**与JO对话2022年**

**Dialogue with JO in 2022**

**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**

[2022/01/04 — 连接观世⾳之往前⾛,前⾯的风景会完全不⼀样Advancing on the path to Avalokiteshvara leads to a completely different landscape in front 1](#_Toc14306)

[2022/01/05 — 线上集体通灵问答Online Group Spirit Communication Question and Answer Session 23](#_Toc23122)

[2022/01/06 — 第⼀次连接外星⼈22号及这是⼀个向上的过程Alien Contact Case No. 22 and This is an Upward Process 61](#_Toc11018)

[2022/01/10 — 再次连接外星⼈22号Reconnecting with Alien Entity 22 100](#_Toc30581)

[2022/01/13 — 连接外星⼈22号以及内在圆满,关系才会圆满Connecting with Extraterrestrial 22 and Inner Fulfillment leads to a harmonious relationship 132](#_Toc25197)

[2022/01/17 — 线上集体通灵问答Online Group Spirit Mediumship Q&A 162](#_Toc19722)

[2022/01/19 — 允许这个过程Permitting this process 199](#_Toc30229)

[2022/01/20 — 连接外星⼈22号Alien Connection 22 219](#_Toc15866)

[2022/01/24 — 疾病与健康之肿瘤需要切除吗Diseases and Health: Should Tumors Be Removed? 245](#_Toc25644)

[2022/01/26 — 线上集体通灵问答 Online Group Spirit Reading Q&A 256](#_Toc25379)

[2022/02/02 — 线上集体通灵问答及22号之我在做梦Online Group Spirit Channeling Q&A and Episode 22 - Was I Dreaming? 278](#_Toc4103)

[2022/02/05 — ⾦钱专场 Lucky Money Auction 302](#_Toc20655)

[2022/02/07 — 抽动症的原因Causes of Tics 316](#_Toc10924)

[2022/02/14 — 感觉⽆所事事没有⽬标怎么办Feeling aimless and directionless 335](#_Toc13063)

[2022/02/14 — 情⼈节专场及连接外星⼈22号Valentine's Day Special & Connecting with Aliens 22 345](#_Toc22641)

[2022/02/19 — 如何⾯对分离的恐惧How to Face the Fear of Separation 368](#_Toc26738)

[2022/02/28 — ‘我’ 只是头脑投射出的形象 "I" is merely an image projected by the mind 382](#_Toc17570)

[2022/03/03 — 倾听与战争专场Listening and Warfare Special Edition 400](#_Toc9381)

[2022/03/03 — 孩⼦会显⽰⽗母的能量(⽆提问) Children exhibit parental energy (no question) 419](#_Toc6998)

[2022/03/05 — 关节肿痛的原因The Causes of Joint Swelling and Pain 431](#_Toc21960)

[2022/03/21 — 外在怎么样不重要,只需要去关注你想体验的(⽆提问)What's external doesn't matter; just focus on what you want to experience (without asking any questions) 452](#_Toc25298)

[2022/03/23 —外⾯没有别⼈(⽆提问) No one outside (no question) 462](#_Toc32451)

[2022/03/24 — 连接外星⼈22号Alien Connection 22 473](#_Toc14642)

[2022/04/04 — 没有昨天 No Yesterday 500](#_Toc6351)

[2022/04/08 — 连接外星⼈22号Alien Connection 22 517](#_Toc24623)

[2022/04/11 — 语⾔不能教会你任何,体验才可以(⽆提问) Language cannot teach you anything, only experience can (without question) 533](#_Toc24214)

[2022/04/22 — 线上通灵集会问答Online Spirit Gathering Q&A 550](#_Toc4154)

[2022/04/27 — 成为你⾃⼰就是所谓的捷径Being yourself is the shortcut that people often talk about 566](#_Toc13684)

[2022/04/28 — 关系的⽬的The Purpose of Relationships 579](#_Toc5444)

[2022/04/29 — 腿脚不便利之因果(⽆提问)Cause and Effect of Inconvenience with Legs (No Questions Asked) 595](#_Toc19856)

[2022/05/10 — 没有外在,外在是你思想、感受的显化There is no outside, for the external is an expression of your thoughts and feelings 607](#_Toc2790)

[2022/05/11 — 在当下扎根Take Root Now 621](#_Toc6117)

[2022/05/12 — 婚姻⾥的外遇Adultery in Marriage 636](#_Toc31442)

[Questioner: Can I call you frequently? 653](#_Toc30637)

[2022/05/16 — 你需要改变的只有你⾃⼰The only thing you need to change is yourself 654](#_Toc7498)

[2022/05/18 — 线上通灵集体问答Online Spirit Communication Group Q&A 674](#_Toc24507)

[2022/05/25 — 脸上⼀直冒痘痘之关注点(⽆提问)Concerns about persistent pimples (no question) 699](#_Toc21185)

[2022/05/26 — 放下你的头脑,允许⼀切的发⽣(⽆提问) Let go of your mind and allow everything to happen (No Questioning) 705](#_Toc3599)

[2022/06/06 — 显化事件最重要的因素 The most important factors in manifesting events 718](#_Toc5296)

[2022/06/19 — 连接戴安娜 Connecting Diana 738](#_Toc13854)

[2022/07/11 — 连接成吉思汗Connecting Genghis Khan 749](#_Toc21781)

[2022/07/15 — 恐惧死亡的原因(⽆提问) Reasons for Fear of Death (No Questions Asked) 763](#_Toc17625)

[2022/08/10 — 你的能量状态变了,对⽅才会变 Your energy state changes, then others will change 775](#_Toc19525)

[2022/08/19 — 线上通灵集体问答之关注你想要的体验 Online Mediumship Collective Q&A Focusing on Your Desired Experience 793](#_Toc15300)

[2022/09/05 — 线上集体通灵问答之You have nothing to worry Online Group Spirit Communication Q&A: You Have Nothing to Worry About 814](#_Toc32304)

[2022/09/06 — 让每⼀个当下正⾯的服务你与连接22号 Let every present moment serve and connect with you effectively. 22nd. 832](#_Toc23973)

[2022/09/12 — 线上集体通灵问答之善⽤你的能量 Online Group Mediumship Q&A: Utilizing Your Energy Effectively 854](#_Toc32459)

[2022/09/13 — 线上集体通灵问答之让头脑安静Online Group Spirit Communication Q&A - Making Your Mind Quiet 879](#_Toc443)

[2022/09/21 — ⼀切都是幻像 Everything is an illusion 903](#_Toc5876)

[2022/09/22 — 如何切换到不同的世界 How to Switch to a Different World 914](#_Toc18848)

[2022/09/23 — ⼀切都会转变 Everything Will Change 930](#_Toc13639)

[2022/10/20 — 释放限制,安在当下Let go of restrictions, find peace here 946](#_Toc5952)

[2022/10/24 — 只有你才能束缚你⾃⼰ Only you can bind yourself 969](#_Toc12985)

[2022/10/26 — 在关系⾥照见⾃⼰ Reflect Yourself in Relationships 986](#_Toc19344)

[2022/10/26 — Words don’t teach Words do not teach 1000](#_Toc28921)

[2022/10/27 — 慢就是快 Slow is Fast 1013](#_Toc23523)

[2022/12/01 — 如何处理头脑⾥恐惧的念头 How to Deal with Fearful Thoughts in Your Mind 1034](#_Toc18661)

[2022/12/08 — 如何释放不属于我的信念 How to Release Beliefs That Aren't Mine 1037](#_Toc31509)

[2022/12/20 — 你本⾝就在灵界You are in the spiritual realm yourself 1049](#_Toc12689)

# 

# 2022/01/04 — 连接观世⾳之往前⾛,前⾯的风景会完全不⼀样Advancing on the path to Avalokiteshvara leads to a completely different landscape in front

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 我想问⼀下我的⾼我和指导灵对于我⽬前的状况他们有没有什么帮助或者是指引我的信息,或者是就我的当下的情况,他们有什么信息要带给我吗?

Questioner: I would like to ask about my high self and my guiding spirit. Do they have any assistance or guidance for me regarding my current situation? Or do they have any information to impart to me concerning the present condition?

⾼灵: 你有什么信息想要给他们呢? 分享给他们?

Higher Spirit: What information do you want to share with them? Share it with them.

问: 我的信息是我觉得,就是我昨天晚上好像有⼀种突然可以明⽩什么是可以进⼊到当下,就是可以去放下⼀些头脑⼀直抓住的东西.然后我不知道我的这种感受它是我头脑的感受还是我真的达到了这样的⼀种体验.然后我想从他们呢⾥得到⼀些帮助和指引.还有就我⽬前的状况我想知道他们有没有什么信息要告诉我我可以怎么做?

Questioner: My sense is that I suddenly felt last night able to comprehend what can enter the present moment, and be able to let go of things my mind has been holding onto. I'm unsure if this feeling is from my mind or if I've truly experienced something like this. I want some guidance on this experience and how to proceed. Additionally, given my current situation, I wonder if there are any messages they have for me on what actions I can take.

⾼灵: 你是想要给你的感受给它定个义吗? 你想要给它定义吗?问: 不是想要去定义⽽是…⾼灵: 那你为什么要问这个感受到底是头脑… 这个对你来说为什么重要呢? 为什么你想要弄清楚是你头脑的还是你真实体验的?

Higher Spirit: Are you trying to define your feelings? Do you want to give it a definition?

Questioner: Not defining but... Higher Spirit: Then why are you asking about this feeling being in your mind... Why is this important to you? Why do you want to figure out if it's from your mind or a true experience?

问: 也是…因为你刚才呢么问我就突然想到了.但是你这样⼀说我觉得这个确实是我在去给它定义.然后…⾼灵:你永远没有必要任何⾸先去给它归类还有就是分类或者是定义或者是标准来就是…你们不是就好像⼀个尺⼦⼀样来⽐着尺⼦,你达到这个就是这个标准,达到呢个就是呢个标准.你千万不要给⾃⼰做任何这类的事情.这只是你们物质世界创造的⼀种就好像考试打分,明⽩吗?因为这⾥没有死的东西.你说的呢些东西都是死的.你如果真的只是想要去创造、领悟、成为.你只是去进⼊.呢个你半点就是疏忽或者是半点没有在进⼊的话,那你已经就是进⼊到你的归类、归纳.你明⽩我的意思吗?就好像是有⼀条河.你要么是跳到河⾥⾯去,你要么从河⾥⾯出来.

Questioner: Because when you asked me just now, I suddenly thought of this. But now that you mentioned it, I realize that I was the one defining it. Then... Higher Spirit: You don't need to categorize or classify anything first and then define or set standards as such... It's like comparing yourself to a ruler; if you meet these criteria, you are considered达标; if not, you aren't. You should never do this for yourself. These are just tests set by your material world, akin to grading exams, understand? Here there are no dead things. The concepts you're discussing don't apply in death. If your goal is truly to create, comprehend, and become something, it's like diving into the river; you either fully immerse yourself or step out of it.

所以说当你是如果真的是跳到河⾥,⽽你的河是⼀直在流动的.你如何说:啊,我现在在哪⾥了?我现在是在哪个岸边了?你们不是每个地⽅都会命名吗? 这个地⽅叫河上⾯,呢个地⽅叫河下⾯.你不断地… 那当你去看到: 啊,我现在好像是在河上⾯了,但是… 你明⽩我意思吗? 你已经又往前了.

So when you're really jumping into the river and your river is continuously flowing, how do you say, "Ah, where am I now?" Which bank am I on right now? Don't they name every place somewhere? This place is called above the river, that place is called below the river. You keep going... When you look and think, "Ah, it seems like I'm up above the river, but..." Do you understand what I mean? You've moved forward again.

问: 我明⽩你的意思了.那我还能问哪个问题吗? 还是说因为…⾼灵: 你可以问任何问题.

Questioner: I understand your point. Can I ask another question? Or is it that... Higher Spirit: You can ask any question.

问: 那我还是想请问他们有没有什么信息带给我,可以吗?

Questioner: Could you still ask them if they have any information to give me?

⾼灵: 我们接下来所有信息都是带给你的.问: 🗎,好吧.那请问我可以接着问问题吗?

Higher Spirit: All our next information is for you. Questioner: ♢, okay. May I ask questions now?

⾼灵: 你说问: 我⼤概可能是两三天或者是三四天前,有⼀股很强烈的能量来找我.它⼀来找我我就不能动了.然后我觉得它好像给我喂了点什么东西,呢个是我头脑显⽰出来的⼀个画⾯.然后我还听到了⼀句话,我头脑给我翻译过来的呢句话让我觉得没有道理.就感觉是很⽆厘头的⼀句话.然后我想问⼀问它来找我是有什么消息想要带给我? 还是因为什么别的原因?

Higher Spirit: You asked if I was contacted about two to three days or around four days ago by a very powerful energy. As soon as it approached me, I couldn't move. Then, I felt like it seemed to have fed me something, which appeared in my mind as an image. Furthermore, I heard a sentence that my brain translated for me, and this sentence made no sense to me. It felt completely absurd. I'm wondering if the reason it contacted me was to convey some message or information? Or perhaps there were other reasons for its contact?

⾼灵: ⾸先这⾥并没有⼀个他,你要知道.因为如果照你们的这种推理的话,你就会觉得是有⼀个⿁魂或者什么来碰撞你.这⾥并没有⼀个他.只是你⾝体的⼀个意识流,是你⾃体的⼀个意识流.⽐如说你突然⼼⼀惊,你突然感受到什么.呢是你⾃⼰,你的⼀个感知,你的⼀个内在的感知转态,明⽩吗? 只有你⾃⼰想要去创造这样⼀个体验给⾃⼰,你才会创造⼀个他.但是我想让你知道的是,你所谓的他还是你⾃⼰的能量.所以你感受的是你⾃⼰的能量.你永远都是呢个主动的创造者,你不是被动者.你不是被动的.你不是就坐在呢等着谁来弄你谁来弄你.不是的.

Spirit: First of all, there is no him here; you need to understand this point. If we follow your logic, you would think that there's a ghost or something colliding with you, but there isn't one 'him'. There is only the flow of consciousness within your body, which is an aspect of your own consciousness. For example, when you suddenly feel startled, it's yourself experiencing this sensation internally, do you understand? Only if you want to create such an experience for yourself would you imagine a him. But what I want you to know is that the 'him' you refer to is still your own energy. So, you are feeling your own energy. You are always the active creator; you are not passive. You are not sitting there waiting for someone else to manipulate you or do things to you. No, you're in control.

但是随着你的感知,就好像是你的灵敏度,你的灵敏度越来越强烈到… 这么说,就好像你们⼈类的嗅觉跟狗的嗅觉,对吧? 狗它可以⼀下⼦就闻到你的这个房间哪⾥藏着毒品,哪⾥藏着钱对不对? 但是你⼈做不到.那你的意识扩展,那就好像你逐渐的像狗⼀样灵敏.那你就能嗅到每⼀个维度不同的意识形态.你就扩展你物质世界的⼀个体验.所以那你当然能嗅到不同的⼀个东西.呢些东西并不是说不在呢⾥.就⽐如说你和⼀只狗.你们在同⼀个空间,它可以嗅到各种不同味道的来源.你嗅不到你就觉得没有.但是你的味觉不断不断地提升过后,你也像狗⼀样能嗅到过后: 哎呀,呢个东西来找我了,呢个东西来找我了.它其实⼀直在呢⾥呀.

But as your perception grows, like an increase in sensitivity, it becomes more and more acute… Would you compare this to human sense of smell compared to a dog's? A dog can instantly detect the presence of drugs or money in your room, right? However, humans cannot do this. But when your consciousness expands, it feels like gradually becoming as sensitive as a dog. You would then be able to perceive different ideologies across dimensions. You would expand your experience within the material world. Therefore, you naturally become aware of these differences. These elements are not absent; just like how both you and a dog could be in the same space, and it can detect various sources of distinct scents. You might not notice them because they're not within your sensory reach. But as your sense of taste constantly improves, similar to a dog's ability, you realize: "Ah! This thing is coming for me, this thing is coming for me." It was always there all along.

没有什么是新的,永远都是你⾃⼰在不断地扩深你的⼼态.就⽐如说你像是⼀个⼋⽖鱼,那你长了新的触⾓.你新的触⾓越来越多,那你是不是能感知的就越来越多.所以没有新的东西.你继续说.

There's nothing new, it's always you deepening your mindset continuously. Like a starfish for instance, when you grow new arms. As your new arms increase, doesn't that mean the more you can perceive? Hence, there's no new thing really. Keep going with your explanation.

问: 下⼀个问题我想问⼀下感受和情绪的区别是什么?

Questioner: I would like to ask about the difference between feelings and emotions.

⾼灵: 感受和情绪的区别? 你们应该是更清楚.因为你们⾃⼰实在创造呢个感受的,就是你们⾃⼰在体验呢个感受的.因为我们是没有体验的.

Higher Spirit: The difference between feelings and emotions? You should be clearer about this because you are the ones creating those feelings, experiencing them yourselves. We, on the other hand, do not experience anything.

问: 举⼀个例⼦,⽐⽅说我遇见⼀个⼈.然后我在智⼒上并不知道他是⼀个所谓的坏⼈.但是我的⾝体会有⼀种敏感的感受,就是⾝体会有⼀种紧张感.然后当我跟随⾝体的紧张感⽽没有跟随头脑中判断的: 啊,这个⼈是没有危险的.但当我远离了这个⼈后,然后发现这个⼈原来是想要骗我钱.那这是⼀种感受.然后情绪,就⽐如说什么⼈惹我,然后我⽣⽓.我知道这个⽣⽓是我内在的⼀个投射,我知道这是我⾃⼰的⼀个程序被触发了.然后我就想知道在这两种情况下感受和情绪…⾼灵: ⾸先,如果你的头脑不活动,你还会有这些感受吗?

Questioner: Let's take an example, say I meet a person. Then, in terms of intellect, I don't know if this person is considered bad. However, my body has a sensitive sense, feeling tension throughout the body. Then when following this physical tension rather than my judgment that this person is harmless, I'm not influenced by the idea that he or she could be dangerous. But then, after distancing myself from the person and discovering later on that they were trying to cheat me for money, it's a sense. And emotions arise; maybe someone has upset me, causing anger, which I recognize as an internal projection, indicating my own program being triggered. So in these two situations of feelings and emotions… Higher Spirit: First, would you have these sensations if your mind was not active?

你是开始有了这些定义,就是你的头脑: ‘我曾经怎样… 这个⼈好像怎么样… 我好像怎么样…’ 它⼀开始在活动的时候你才会有⾝体的感受: 害怕、紧张或者是担忧怎么样.因为如果你是没有任何概念,就是你的头脑没有植⼊任何程序的话.你是不会产⽣相应的⾝体感受的,明⽩吗? 你可能会觉察到⾃⼰有⼀股能量从你的⾝体⾥通过.但是你可以觉知到这股感受是对⽅的,他有恐惧的能量.然后被我 pick up.被我就是说,我看到这个⼈从我⾝边⾛过,带过⼀阵风.但是你知道呢阵风是他带过来的.你也不会去给他做出任何的⾏为.他也不会影响到你,明⽩吗? 有可能你就是pick

You start with these definitions in your mind: 'I was like... this person seems to be like... I seemed to be like...' It's only when you begin to operate that you'll feel physical sensations such as fear, tension, or concern. Because if there are no concepts implanted into your mind, i.e., your brain has not been programmed with anything, you wouldn't produce the corresponding physical sensations. Understand? You might be aware of a kind of energy flowing through your body. But you can recognize that this sensation is theirs, they have fear energy. Then it's picked up by me. It's like I see this person walking past me and there's a gust of wind. But you know that the wind was carried over by them. You wouldn't do anything for them, understand? They won't affect you either. Understand? There might be times when you pick...

up,就是你把别⼈的⼀个(能量)给呢个什么.因为⾸先你拥有这个物质⾝体,你就在不断地接收信号.当你在不断地的接收信号,你的⼤脑会根据你接收的信号做出反应.我是要跑还是要留.明⽩吗? 我是要做出反抗还是要怎样? 因为你们的物质⾁体是为了让你们安全的存活在这个世界上.所以它会有⼀些就好像是⾃动的条件反射.然后你们才是最好的去分清楚感受和情绪.因为你可以体验了: 我是觉得对⽅是⼩偷.然后当你放下任何头脑的定义,你再去感受⼀下.你⾃⼰才发现原来我产⽣这种感受是因为我头脑⾥⾯这个定义.因为你们有这具⾁体,它的功能就是来让你去⽤你的⽅式去认识这个世界,感受这个世界,体验这个世界.独⼀⽆⼆的.

Up, it's when you take someone else's energy. Because first you have this physical body, you're constantly receiving signals. When you receive these signals continuously, your brain reacts based on the information it receives. Should I run or should I stay? Understand? Should I resist or what? Because your physical bodies are designed to keep you safe in this world, so they have some sort of automatic reflex. Then you can best distinguish between feelings and emotions. Because you can experience: I feel that person is a thief. Then when you let go of any mind-made definitions, you feel again. You realize that the reason for your feelings was due to the definition in your mind. With this physical body of yours, its function is to allow you to use your way to understand, perceive, and experience the world uniquely.

⽽不是说⽼师告诉你这个是什么,然后你就不⽤去体验了.那你根本就不需要来到这个物质世界.这个物质世界是来让你⾃⼰去⽤你⾃⼰的⽅式去⾛出⼀条路.你继续说.

And it's not that the teacher tells you what this is, and then you don't have to experience it. You wouldn't need to come into this physical world at all. This physical world exists so that you can use your own way to walk out a path for yourself. Continue speaking.

问: 下⼀个问题我想问⼀下当意识专注的去创造和⽐如说进⼊当下当⼀个观察者.这两者⽭盾吗? 就是它怎么样可以是⼀种相辅相成、就是⼀种合作的状态?

Questioner: I would like to ask about the next question regarding creativity when awareness is focused, say, as an observer in the present moment. Are these two concepts contradictory? How can they be complementary or cooperative states?

⾼灵: 当意识进⼊什么?

Spirit: What does consciousness enter into?

问: 就是当意识专注的去创造的时候,因为…⾼灵: 你⾸先对你们来说物质世界看到的是创造,是吧? 但是你⽐如说你们现在在跟这个⼥孩⼦交流.你们看到就觉得: 啊,她现在是在创造.因为她现在讲的东西都是新的嘛.但是实质上是新的吗? 她只是接⼊了这个⽔源,这个⽔⼀直在呢⾥,明⽩吗? 就好像你们呢个⽔⼀直在呢,她只是打通了⼀个渠道,让⽔流出来了.那你能说是她创造的⽔吗? 在你们的物质世界看来,哇这个⽔是新的,是她找到的,是她创造的,是她弄的⽔.所以这和你们所谓的创造世界上也是⼀样的.为什么? 是她⾃⼰调,⽤⾃⼰的⼀个感知,⾃⼰的认知,⾃⼰的激情、爱好,⾃⼰的个性.

Questioner: When consciousness focuses on creation, because... Higher Spirit: The first thing you see in the material world is creation, right? But for example, you're now communicating with this girl. You see that she's creating because what she's saying is new to you. However, is it actually new or has she merely tapped into a source that was already there? It's like water; it's always been there. She just opened a channel and the water flowed out. Would you say it's her creation of the water? In your material world, this water appears new because she found it, created it, or got the water. So it's similar to what you consider creating in the world. Why is that so? It's because she self-adjusts using her own perception, cognition, passion, interest, and personality.

然后她接⼊到这个源头的能量,她捕捉到这个源头,她感受到或者她融⼊到.然后再⽤她的这个独特的⽅式给呈现出来.在你们物质世界看着就好像是新的东西,是创造出来的东西.但是所有东西它都是已经存在的.只是说有没有显化在你们的物质世界被你们看到⽽已.

And then she taps into the energy of this source, she catches hold of this source, she feels it or she integrates into it, and then presents it out in her own unique way. To your physical world, it looks like something new, created. But all things already exist; it's just a matter of whether they are manifested in your physical world for you to see or not.

问: 那我换⼀个⾓度.因为所有的东西都是在当下同时存在的,那有没有显化是因为你有没有呢个意识程度去看到.那就⽐如说物质世界有很多灵性的导师或者成功的⼈⼠,当他在去想要创造⼀件东西或者改变他的命运的时候,他可能会就是不停的去感受同⼀个画⾯、重复同⼀句话,就是⼀直专注.让他⾃⼰相信他是这样的⼀个⼈或者他想创造这样的⼀个东西.然后这个就是我想说的专注的创造和你进⼊到当下是⼀个观察者.我就想说它⽭盾吗? 我不知道该怎么表达…⾼灵: 你刚才说的呢个⼈不断地⽤⼀句话成为⼀个⼈,明⽩我意思吗? 你是说的这样⼦的⽅式吗?

Questioner: Alright, let's approach this from a different angle. Since everything exists simultaneously in the present moment, is manifestation dependent on your level of consciousness to perceive it? For example, there are spiritual teachers and successful individuals in the physical world who might want to create something or change their fate when they're thinking about it. They might continuously visualize the same scene, repeat the same sentence over and over again, focusing intensely on believing that they are capable of doing so. This is what I'm referring to as focused creation versus entering the present moment as an observer. Does this seem contradictory? I don't know how to articulate it... Higher Spirit: You mentioned earlier about a person repeating one sentence to become someone else; do you mean this method?

问: 可以这么理解吧.

Questioner: Can it be understood that way?

⾼灵: 那他这也不叫创造啊.问: 那这个叫什么呢?

Higher Spirit: That's not called creation either. Questioner: Then what is it called?

⾼灵: 那他是⾃⼰相信,然后⼀直在⾃我暗⽰、⾃我催眠.你可以继续提问,因为你并没有把你的问题阐述清楚.

Higher Spirit: That's his own belief, and he keeps self-suggesting and self-hypnotizing. You can continue your question because you haven't clearly stated your problem.

问: 那我可以这样说吗? 当我们想要在物质世界所谓的创造⼀个新的东西的时候,⾃我催眠和完全…⾼灵: NO.刚才跟我说的呢个概念不⼀样.你说的是呢个⼈⽤他的…这个不是你所谓的创造.因为所有的⼀切已经被创造了.你们只是在⽤你们的⼀个意识,就是好像你的触⾓来去感应它.就好像盲⼈摸象,对吧? 呢个⼤象它已经是在呢⾥ ,然后你⾃⼰⼀直在摸⼀个⼤腿.你突然往前⾛,摸到⽿朵,然后你就觉得是你创造的.再摸到⿐⼦,再摸到⽛齿,然后你就觉得是你创造的.明⽩我意思吗? 你再把这个⿐⼦的形状、⽛齿的形状和什么,你再拿着这个给别⼈分享.你或者在根据呢个形状画了⼀个⿐⼦出来.然后对你们来说你们就觉得这是你们创造的.

Questioner: Can I say this? When we want to create something new in the physical world, self-hypnosis and being completely... Higher Spirit: No. The concept you just mentioned is different from what I said earlier. You're referring to a person using his... This isn't what you call creation because everything has already been created. You're merely using your consciousness, like feeling around with your tentacles. It's like a blind man touching an elephant; do you understand? The elephant is there, but you've only been touching one leg. Suddenly, you step forward and touch the ear, thinking it's yours. Then, you touch the nose and teeth, believing these are also yours. Do you get my point? You then share the shape of the nose, teeth, etc., with others or draw them based on that shape. To you, this is considered creation.

问: 🗎,我可能还没有想好我的问题到底要怎么问.但是我知道你的意思.然后这个通灵的⼥孩⼦她有⼀些问题,她想问她通灵和她⼈⽣的主题有关系吗?

Questioner: I might not have fully figured out how to formulate my question yet. But I understand your point. Then, the medium girl has some questions; does her communication with the spirit and her life theme have any relationship?

⾼灵: 当然有关系,如果没有关系的话,她不会去有这个体验.问: 她的第⼆个问题是她⽬前的束缚是什么?

Higher Spirit: Of course there's a connection; she wouldn't have this experience if it didn't exist. Questioner: Her second question is about what current bindings she has.

⾼灵: 她⽬前的束缚是什么? 你稍等.如果说她⽬前的束缚是没有任何束缚.只是说,就⽐如说她以前是⼀个武功⾼强的⼈,对吧? 然后她刚刚才记起来她是⼀个有武功的⼈.她以前都不知道⾃⼰拥有武功.那么她需要去再把她的武功拿回来的话,她是不是需要去有⼀个逐渐去学习、练习,就是越来越熟练的⼀个过程,对不对? 那你能说她现在还在学习和练习的过程是束缚吗? 不是束缚啊.那只是她把⾃⼰的技术再拿回来的⼀个过程,就是这个必经的.就好像你的脚⼀直在呢没动,因为你都不知道你有脚.你突然意识到你有只脚,那你从来没有活动过.你是不是需要让它的经脉、细胞有⼀个慢慢慢慢恢复的状态.

Higher Spirit: What is her current constraint? Please wait. If I were to say that her current constraint is none at all, just like how she used to be a person with high martial arts skills, right? Then, just now she remembered that she was someone capable of martial arts. She didn't know before that she possessed martial arts abilities. So, if she needs to regain her martial arts skills, wouldn't it require her to gradually learn and practice until she becomes more proficient, isn't that correct? Can you say that the process of her learning and practicing now is a form of constraint? Not a constraint though; just a process where she retrieves her own skills, which is an inevitable phase. Similar to how your foot has always been there but was inactive because you didn't know it existed. If you suddenly realized you have a foot that you've never moved before, wouldn't you need for its blood vessels and cells to gradually recover?

你才能开始动,动了才能开始⾛,⾛了才能开始跑,对不对? 所以这是⼀个过程.所以束缚是没有任何束缚.然后呢就算你以前是⼀个武功特别⾼强的⼈,但是你因为你才记起来你有武功到你在恢复武功,这是有⼀个过程的.这是⼀个正常的过程、这是⼀个必须的过程.因为你们还要受这个⾁体的限制.就是你的⾁体就好像是⼀个你新穿上的道具⼀样.那你要很好地去使⽤这个道具.那你是不是需要磨合时间.那你是不是需要慢慢的把它跟你合⼆为⼀.因为你们还需要呢个过程.

You can only start moving when you begin to move, and once you start walking, you can then begin to run, right? So this is a process. There's no restriction there. Then even if you were previously someone with exceptionally high martial arts skills, but because you just remembered that you have martial arts abilities as you're recovering them, there's still a process involved. This is a normal and necessary process because you are still constrained by your physical body, like the new道具you've put on. You need to adjust to this tool well, don't you? And it takes time for this tool to become an extension of yourself through gradual integration. You need this transitional phase due to the limitations imposed by your physical body.

问: 那我能问⼀下我⽬前最⼤的束缚是什么吗?

Questioner: Could I ask what my greatest limitation is at the moment?

⾼灵: 你⽬前最⼤的束缚是什么? 就是你还是在向外去找⽼师.这是你的⼀个好像是⽅向⼀直在….因为你还⼀直就是好像有⼀个⽬标或者有⼀个追求或者有⼀个… ⼀直想要觉得….就是你忘记了⾃⼰的⼒量.你⼀直在把⼒量从外去寻找.这是你的⼀个限制.因为它会让你继续创造更多同样的体验,明⽩吗? 也没有说是这种体验不好.如果你是想要体验,你可以继续体验.但是如果你可以就是说不⽤再钻到⾥⾯,你再继续往前⾛的话,风景会完全不⼀样.

Higher Spirit: What is your biggest constraint at the moment? It's that you're still looking outward for a teacher. This seems to be a direction you've been...because you still seem to have a goal or pursuit or something...constantly trying to feel...you have forgotten your own power. You keep seeking strength externally. This is a limitation because it will continue to create more similar experiences, right? It's not that this experience is bad. If you want to experience it, you can continue to do so. But if you could stop going inward and move forward, the landscape would be completely different.

问: 这个⼥孩⼦的下⼀个问题是如何区分她是热爱通灵还是对通灵上瘾?

Questioner: The next question of this girl is how to distinguish between loving mediumship and being addicted to it?

⾼灵: 热爱和上瘾.你们物质世界所谓的上瘾是⼀个负⾯的,就是你需要依赖⼀种毒品也好或者⼀种… 你要强迫你⾃⼰去做这件事情,虽然你不是很情愿.就⽐如说我强迫我⾃⼰要去偷东西,虽然我不是呢么情愿,不想偷东西.但是我觉得我要是不偷的话,我就活不下去.就好像我要不赌的话,我就活不了.我要是不去吸毒的话,我就要死.这个是上瘾.那她完全没有这种上瘾.为什么她会对通灵有如此⼤的热情、激情.因为这是她本⾝… 就好像⼀条鱼,你说它为什么总是到⽔⾥⾯去游? 那它本⾝就是鱼啊.那这个⼥⼠她本⾝就好像是你们物质世界的导师,就好像你们的⼀个灵性导师,就像你们的指导灵.那她是化⾝成物质的⾁体可以跟你们直接的去引导.

Higher Spirit: Love and Addiction. The addiction you refer to in your material world is negative; it implies that you need to rely on a drug or something… forcing yourself to do this, even though you are not entirely willing. For example, I force myself to steal, although I am not really eager to do so, and I don't want to steal things. But I feel that if I don't steal, I won't survive. It's like, if I don't gamble, I wouldn't live; if I don't abuse drugs, I would die. This is addiction. She has no such addiction. Why does she have such intense enthusiasm and passion for Spiritism? Because this is her nature… just like a fish asking why it always swims in water? That's because it's its nature to be a fish. This lady embodies your spiritual guidance within the material world, acting as your spiritual guide or mentor just as you would perceive them. She manifests in a physical body that allows her direct guidance and influence on you.

然后我们现在通灵的⽅式就是我没有化⾝成任何⾁⾝,我是在⽤这样的⽅式来引导你们.但是她是跟你们⾯对⾯的,就是融⼊你们,然后再来引导你们.那你能说为什么我热爱去引导你们吗? 你可以问为什么我们如此热爱的引导你们?

Then now the way we connect with spirit is that I am not embodied in any physical form; instead, I guide you through this method. But she interacts face-to-face with you, merging into you and then guiding you from there. So why do I enjoy leading you? And you can ask why we love to lead you so much?

问: 那为什么你们如此热爱的引导我们?

Questioner: Why do you guide us so passionately?

⾼灵: 因为这个是属于就好像是智慧.智慧和爱,你只有在不断地拿它的时候,它才会不断地产⽣,不断地产⽣.就是你这个能量… 就好像你能量在这⾥,你只有去运⽤它的时候,它这个能量才是活的,我不知道怎么说,它这个能量才有价值,才有意义.因为对于我们来说所有的都有价值、有意义.就是⼀个东西你不去运⽤它的话,不去使⽤它的话,那它仍在呢⾥是不是就是⼀堆垃圾?那如果你去⽤它的话,它是不是就变成了⼀个有⽤的东西?所以这就是当我们的⼀个就是说智慧和爱,就是所有的⼀切跟你们分享的,当我们在去⽤它的时候,它就像光⼀样.就好像我们把这个光⽤来照亮你们的时候,我⾃⼰也在体验、感受和接触光.

Higher Spirit: Because this is akin to wisdom - wisdom and love; you only generate it constantly by taking it. You're kind of like energy here, and you can only make that energy live when you use it; I don't know how to explain it but the value, the meaning lies in using it because everything we have has value, has meaning for us. If something is not being used, or not being put into practice, does it just become a pile of trash? But if you're making use of that thing, doesn't it turn into something useful? So this explains our sharing wisdom and love, all these things with you – when we are using them, they shine like light. When I'm lighting up your path, I'm also experiencing, sensing, connecting to the light myself.

所以你们以后也在物质世界,你们也会变成像我们⼀样.你就会为⾃⼰为什么我⼀直想要去帮助别⼈?因为当你在⾏动的呢个过程的时候,你会感受到爱.那你感受到爱,你想⼀下为什么你们物质世界对爱如此的渴望,对吧? 你们对爱的渴望甚⾄超过了对⾦钱的渴望.也就是说你们离开⾦钱可以活,但是离开爱活不了.所以说当你不断地在给的时候,你就体验到、感悟到爱.那如果你⼀直在给,你⼀直是在爱中的话… 就像是这样⼦的⼀个状态.

So from now on in the material world, you will also become like us. You'll wonder why I've always wanted to help others? Because while you're in the process of acting, you feel love. When you feel love, you ponder about why your material world is so obsessed with love, right? Your desire for love surpasses your yearning for money. In other words, you can survive without money, but not without love. Therefore, when you continuously give, you experience and understand love. If you keep giving, staying in a state of love... it's like this kind of condition.

问: 这个⼥孩⼦问能不能帮我们链接观世⾳,她想感受观世⾳的能量.然后之后想问⼀下观世⾳有没有什么信息想带给我们?

Questioner: The girl asks if she can help us connect to Guan Yin because she wants to feel the energy of Guan Yin. Then later, she would like to ask if there is any message Guan Yin wishes to bring to us.

GSY: 你稍等.你问吧,什么问题?

GSY: Wait a minute. Ask away, what's your question?

问: 第⼀个问题是这个⼥孩⼦想问你有没有什么信息是要带给我们的?

Questioner: The first question is what information does this girl want to know if you have anything for us?

GSY: 有没有什么信息带给你们? 我想要她知道她就是我的⼀只⼿⼀样.她就像是我的⼀个分⾝.她就好像是我的⼀个… 应该是⽤⼿来形容是最恰当的.因为在你们的物质世界,你们会有⼀个千⼿观⾳.然后你看到呢个不⽌是⼀千个,呢个 ‘千’ 只是你们⽤来形容多的意思.所以我就像是⼀股能量,然后在不断地通过⽆数只⼿来呈现在你们的物质世界,然后来表达我对你们物质世界,对⼈类的关爱.因为我是⼀个⾏动者.因为有的能量的存在,它们可能只是在精神层⾯或者在你们看不见层⾯,它们会给你们指引.但是对于我⾃⼰来说,爱就是⾏动,爱就是融⼊,爱就是参与.所以我的能量会通过很多很多不同的⾁体在你们物质世界呈现.

GSY: Is there any message you want to convey? I want her to know that she is just an extension of my hand. She is like a manifestation of myself. She seems like... it would be most appropriate to describe this using the metaphor of a hand because in your physical world, you have a thousand-armed观音. And what you see isn't just one thousand, 'thousand' here merely refers to abundance or multiplicity. So I am an energy constantly being manifested through countless hands into your physical world, expressing my affection towards it and humanity, for I am an active force. For energies that exist might only guide you on a spiritual plane or in dimensions unseen by you; they provide guidance. But for me personally, love is action, love is integration, love is participation. Hence, my energy is manifested through many different physical bodies in your physical world.

就是如果是⽤你们物质世界来说,我不是呢个光说不做的的⼈.我是呢个更喜欢去做的

If we're talking about your material world, I'm not one to just talk without doing anything. I prefer to do it.

⼈.就是我更喜欢⾏动,我更喜欢⽤⾏动的⽅式来表达我⾃⼰.然后我也⾮常的感谢或感激会有这样⼦缘分和契机和姻缘,就是可以让我再通过她的⽅式来展现出我对每⼀个⼈的爱.

Human beings. That's why I prefer action, expressing myself through actions. And I'm very grateful or thankful for this kind of fate, opportunity, and match that allows me to show my love for everyone else in her way.

⾸先我想让你们明⽩就是说并不是我对她恩宠,我选择她.⽽是说我对你们每⼀个⼈恩宠,所以我去选择她来去爱你们每⼀个⼈,帮助你们每⼀个⼈、指引你们每⼀个⼈.然后每⼀个接触到我的⼈都是对你们、对他们⽆条件的爱.没有任何分别,没有任何⼈多,也没有任何⼈会少,明⽩吗? ⽆论他是恶⼈、⽆论他是好⼈、⽆论它是畜⽣、⽆论它是植物,所有的⼀切他们都是得到我平等的尊重,平等的爱.没有多也没有少,都是平等的.没有因为你是好⼈我会给你多,也没有因为你是坏⼈,我会给你少.

Firstly, I want you to understand that it is not because I favor her; rather, I choose her because of my favor for all of you. So she's chosen to love each and every one of you, help each and every one of you, guide each and every one of you. And everyone who interacts with me loves you all unconditionally, without any discrimination, no more or less for anyone. Understand? Regardless of whether they are evil, good people, animals, plants, or anything else, I treat them equally with respect and love—no difference, no more, no less; it's all equal. It's not that I would give you more because you're good; nor is it that I would give you less if you were bad.

问: 这个⼥孩⼦说以前她有⼀个通灵⽼师,然后说她的疗愈能量是来⾃观世⾳,然后希望她以后可以做疗愈的⼯作.然后她想问这个疗愈是指治病吗?

Questioner: The girl said she used to have a medium teacher and that her healing energy comes from Guan Yin, hoping she could do healing work in the future. She then wanted to know if this healing refers to curing illnesses?

GSY: 疗愈,治病只是其中的⼀种.治病,就是你们表⾯能看见的.但是看不见的疗愈会更多.就好像她在接触的⼈⼼中埋下了⼀颗爱的种⼦.让别⼈看到了⽆条件的爱,就是神圣的爱,造物主的爱.然后呢个⼈从此以后就相信、就坚信⾃⼰是造物主的⼀部分.所以并不是只是在你们表⾯上看上去你有病,然后把你的病治好这个叫疗愈.并不是.⽽是⼀颗没有活⼒的⼼,有些⼈可能他没有⾁体上的⼀些疾病,他的⼼没有活⼒,他的⼼快要死了,他的⼼找不到⽅向.那你让他的⼼充满了活⼒,那是不是疗愈? 所以说不要局限于… 因为她会误以为就是要给别⼈看病、治病,只这个疗愈.但是并不是呢个疗愈.因为这样⼦的话会局限你去从事⼀个想要治疗别⼈疾病的.

GSY: Healing is more than just curing illnesses; it's a broader concept that encompasses what you can't see as well. It's like planting a seed of love in someone's heart through her interactions with them, showing them the unconditional love that is神圣and divine, the love from the Creator. This leads an individual to believe and firmly trust that they are part of the Creator. So healing doesn't just mean treating visible illnesses; it goes beyond that. A heart without vitality could be filled with life, even if someone might not have physical ailments but lacks energy in their heart, feels lost, or loses its direction. Filling their heart with vitality counts as healing too. Therefore, don't limit your understanding of healing to simply diagnosing and treating others' illnesses; it's much more expansive than that.

⽽更多的就是说唤醒呢些死去的⼼,或者想要死的⼼.去把他们的⽣命⼒… 就好像呢些树快要死了,然后你去给它们带来⾬⽔,让它们可以重新的成长,明⽩吗?

And more is to awaken those dying hearts, or hearts that want to die. To stimulate their vitality... It's like when trees are about to die, and you bring them water, allowing them to grow again. Do you understand?

问: 我想问⼀下我这⼀⽣的⼈⽣主题选择去做⼀个传播者是有什么特别的原因吗? 就是我为什么会选择这样的⼀个⼈⽣主题?

Questioner: I'm wondering if there's a specific reason behind my lifelong choice of life theme to become a disseminator. Why would I choose such a life theme?

GSY: 你想要知道你为什么会选择⼀个传播者这个主题.⾸先定义你这⼀⽣的主题就是传播者,你不需要给你⾃⼰任何定义.你只是成为你⾃⼰.当你成为你⾃⼰,⽆论再什么领域,⽆论在什么场合,你只是成为你⾃⼰.呢个就是你的主题和使命.你就已经是在你最好的⽅式来贡献给这个世界,明⽩吗? 因为当他们看到真正的你的时候,你的呢股能量就已经给了他们所需要.⽐如说你是⼀朵玫瑰花,那你⾃⼰绽放你盛开,你在任何场合任何环境任何别⼈见到你的地⽅你都是盛开的状态.那是不是见到你的所有⼈都闻到了⾹味? 你⾃然⽽然把他们带⼊到美好的境界和状态.他们感受到了造物主的美.所以你真正的绽放你⾃⼰,⽽不是说我要成为⼀个传播者.

GSY: You want to know why you would choose the subject of a disseminator. First define your life's theme as being a disseminator; you don't need to give yourself any definition. Just be yourself. When you are yourself, in every domain, at every occasion, you simply are yourself. That is your theme and mission. You are already contributing to this world in the best way possible for you to understand? Because when they see the real you, your energy has already given them what they need. For example, if you are a rose flower, then you bloom by yourself, in any setting, any environment, anywhere that others see you, you are in full bloom. Is it true that everyone who sees you smells the fragrance? You naturally bring them into a state of beauty and harmony. They sense the beauty of the Creator. So you truly blossom yourself, not saying I want to be a disseminator.

如果你不喜欢传播,你并不需要传播.你并不需要⽤你的嘴巴去传播,明⽩吗? 你看你们⼤⾃然,世界上呢么多美丽的花朵,它们谁来哇哇哇说来你看我多美.没有任何,对吧? 它们只是成为⾃⼰,它们只是绽放它们⾃⼰.但是它们的呢种就吸引到了很多⼈的眼光,让很多⼈留下来去闻它们,去欣赏它们.所以你甚⾄都不需要张⼜.当你盛开过后,不需要任何.不需要去说任何,别⼈就能闻到你的⾹味.

If you don't like spreading, you don't need to spread. You don't need to use your mouth to spread, do you understand? Look at nature, how many beautiful flowers in the world; who is going around saying 'look at my beauty'. None of them, right? They just are themselves, they simply bloom as they are. But this attracts a lot of people's attention, drawing many individuals to come and smell them, to appreciate them. So you don't even need to open your mouth. After blooming, no need for anything else; others can sense your fragrance without any effort from you.

问: 当我们在⽓头上的时候如何转念?

Questioner: How do we change our minds when we are angry?

GSY: 当你在⽓头上的时候如何转念? 就是当你在⽣⽓的时候你想如何把它切换到⼀个不⽣⽓的状态,是吗? ⾸先你不要去否定⽣⽓的意义.因为你就好像你看到呢些动物,你看到呢些狗、猴⼦,它们也会有发怒的时候对不对? 所以这是你们拥有这具⾁体的⼀个⾃然、本能.为什么你们想要把这个本能的东西给它拿掉呢,明⽩吗? 除⾮你们⾃⼰想给⾃⼰定⼀个: 我是好⼈,我脾⽓很多好,我永远不发脾⽓.你发脾⽓就是说它不会造成负⾯的影响.负⾯的影响就是因为你背后相信,⽐如说你发脾⽓,因为你恨这个⼈.然后你再继续把这股恨埋在你的⼼⾥.然后你再继续恨它.是这个恨影响到你们的关系,⽽不是说你发⼀次脾⽓影响到你们的关系.

GSY: How do you change your mind when you're in the heat of anger? That is, when you're angry, how do you switch to a non-angry state, right? First, don't negate the meaning of anger. Because you see those animals, like dogs and monkeys, they also have moments of anger, don't they? So this is a natural instinct that comes with having your body. Why would you want to remove this instinctive thing? Do you understand? Unless you set for yourself: I am a good person, I'm very easy-going, I never get angry. Getting angry means it doesn't cause negative effects. Negative effects are because of what's behind the belief, like you're angry at someone because you hate them. Then you keep that hatred buried in your heart and continue to hate it. It's this hatred that affects your relationship rather than letting off steam once causing damage to your relationship.

那你想⼀下你的⼩孩也会发脾⽓,你并没有: 啊,你跟我发脾⽓,那我不爱你了,对不对? 所以你⾸先要看到你背后的动机是什么? 那如果你是不想要经历发脾⽓的状态,你想要转念转到⼀种快乐的状态.那其实你还是进⼊头脑的⼀种追逐.你并没有就是…因为在你们的物质世界,你要相信就是说,并不是你⼀味的去体验好的.你是所有的⼀切你都去体验,体验的同时你又觉知到这些都是假相,明⽩吗?

That you might think about your child having a temper tantrum, and you don't say: oh, you're being mean to me, then I won't love you anymore, right? So first, you need to see what the underlying motivation is behind this? If you don't want to experience a temper tantrum state, you wish to shift your mindset to one of happiness. In fact, this is still chasing thoughts in your mind. You're not just… because in your physical world, you must believe that it's not about you seeking only the good experiences. Everything you experience is real, but as you experience it, you realize that they are all illusions, do you understand?

问: 明⽩.因为我们体验的是⾃⼰的定义.⽐如说我们体验了⼀个定义为不好的.当我们觉知的时候我们就有能⼒去转化它.也就是说在更⼤的层⾯我们不知道这个不好的后⾯是为了引来这个好的.我可以这么理解吗?

Questioner: Understood, because we experience what we define ourselves. For example, when experiencing something defined as bad, there is the ability to transform it through awareness. This means that on a larger scale, we don't know this perceived 'bad' was intended to bring about something good. Is this interpretation correct?

GSY: ⾸先好和不好是你们物质头脑的⼀个定义,因为你们看不到⼀个⼤的画⾯.你们只能看到⼀⼩块.就好像⼀⼤张拼图,⽆限⼤.你只看到⼀丁点,你就开始⽤你的认知和观念来说这个好还是不好.没有任何是好的还是不好的.是看你如何去让它来服务于你.所以⽣⽓的话,它有⾮常多可以服务于你的地⽅.⽐如说通过⽣⽓的话你可以⾮常精准的找到你背后持有的负⾯信念,对不对? 那是不是特别好? 所以不是那个好或者不好,⽽是说你如何去运⽤它,从来都是这样.如何去运⽤它,让它来正⾯的服务于你.因为就算你选择做⼀个恶⼈和你选择做⼀个好⼈,其实并没有区别的.因为你们最终的⽬的都是⼀样,都是为了体验.

GSY: Primarily good and bad are definitions of your material minds because you can't see the big picture. You only see a tiny piece. It's like an infinite puzzle, one piece at a time. When you see just a little bit, you start defining whether it is good or bad based on your cognition and beliefs. Nothing is inherently good or bad; it depends on how you use it. So anger has many ways to serve you. For instance, by being angry, you can very precisely uncover the negative beliefs holding you back, right? Isn't that great? It's not about whether something is good or bad but about how you utilize it, always has been. How you utilize it and make it work positively for you. Because even if you choose to be a villain versus being a hero, there's no real difference. Your ultimate goal is the same; all for experiencing.

是为了⽤不同的视觉去体验⼈⽣,去体验物质世界.然后你的意识不断的扩展.所以跟你选择做⼀个恶⼈… 当然如果你选择做⼀个恶⼈就会有很多⼈攻击你.因为你们的世界上不喜欢恶⼈,对吧? 所以有些⼈就会把⾃⼰的恶藏起来.那他也不是好⼈,他只是藏起来,他只是懂得伪装⽽已.表⾯上没有得到你们的攻击.

To experience life and the material world through different perspectives, so that your consciousness continuously expands. Therefore, when you choose to be a villain… of course, if you choose to be a villain, many people will attack you because your world doesn't like villains, right? So some people hide their wickedness. They are not good people either; they just hide it and know how to disguise themselves. On the surface, they avoid getting attacked by you.

问: 为什么⽣⽓的时候就想要破坏?

Questioner: Why do we want to destroy things when we're angry?

GSY: 你看到呢个狂风暴⾬它在你们物质世界的时候是不是对你们来说也是⼀种破坏.它只是⼀股能量⽽已,只是这股能量⽐较强⼤.因为你们在就是特别愤怒或者⽣⽓,你们就是让强⼤的能量出来.所以你们的嗓门会变⼤,那只是⼀股能量⽽已.那呢股强⼤的能量就好像狂风和⼩风.⼩风它不会破坏什么.⼤风会吹到树枝什么的,有的连树根都拔起了.你继续说.

GSY: You see, when this storm rains occurs in your material world, it is also causing destruction for you, right? It's just a force of energy, and that force happens to be quite strong. Because you're especially angry or upset, you release this powerful energy. So your voices get louder; that's all it is - just an energy. That strong energy is like a strong wind compared to light wind. Light wind doesn't destroy anything. A strong wind can blow branches and even uproot trees. Continue talking.

问: 肆意的发脾⽓会上瘾吗? GSY: 肆意的发脾⽓会上瘾吗?

Questioner: Can venting anger freely become addictive?

GSY: Can venting anger freely become addictive?

问: 就是肆⽆忌惮的发脾⽓,不控制⾃⼰的发脾⽓会不会上瘾?

Questioner: Is it addictive to lose control and act out without restraint?

GSY: ⾸先你们每⼀个⼈都不⼀样,所以这是因⼈⽽异的事情.有些⼈在你们看来他总是发脾⽓,是不是发脾⽓上瘾? 但是有可能对他来说只有发脾⽓他的问题才能得到解决.那么他就会通过这个⽅式⼀⽽再再⽽三的选择这个可以解决问题的⽅式,明⽩我意思吗? 只是你们物质世界外在给他归类于: 啊,你看他发脾⽓上瘾了,动不动就发脾⽓.因为你们每⼀个⼈都会选择⼀个解决问题最有效的⽅法.那对他来说上⼀次发脾⽓问题被解决了.那这⼀次问题怎么还没解决,那他就又发脾⽓: ‘你是不是每⼀次都要我发脾⽓才能解决问题呀’? 对不对?所以对当事⼈来说他可能只是选择了⼀个解决问题最快速和有效的⽅式.

GSY: First of all, everyone is different, so this is a matter that varies from person to person. Some people seem to always be getting angry in your eyes, is it because they are addicted to anger? But it's possible for them that only by getting angry can their problems be resolved. So they choose this method again and again as the way to solve their issues, do you understand my meaning? Just like how you categorize him externally in your material world: oh, he seems to be addicted to anger, always prone to get upset easily. Because each of you chooses the most effective way to address their problems. For him, his problem was solved after getting angry previously. But this time, why hasn't the issue been resolved yet? So he keeps getting angry and asks, 'Do you think every time I need to get angry in order for my problem to be solved?' Isn't that right? Therefore, from his perspective, he might just have chosen the fastest and most effective way to solve issues.

你有看到呢种发脾⽓特别暴躁的⼈,他们的性⼦都⾮常的急.他们没有耐⼼,他们不想等待,他们想快速的,他们是⾏动⼒特别强的⼈.他们想要快速的完成任务,解决问题.会有⼀种⽐较强烈的情绪.那⼀般像⽐如你们说的慢性⼦,慢吞吞的⼈他们就是没有什么脾⽓.他们的⾏动⼒就差

You've noticed those people who get extremely angry easily, their temper is very short-tempered. They lack patience, they don't want to wait, they prefer things to happen quickly. They are highly active individuals. They want tasks completed and problems solved swiftly; there's a strong emotion involved in this. Typically, like what you might call 'patient' or 'slow-paced' people, they generally have no temper at all. Their level of activity is poor.

⼀点.所以是不是上瘾,你通过上⾯的分析就能知道,你觉得上瘾,那可能只是你的⼀个定义⽽已.但是对他来说,他只是解决问题⽽已.但是在他们的⼀个观念⾥⾯,在他们的⼀个记忆库存⾥⾯,他们没有⼀个更好的去解决问题的⽅式⽅法.他们可能会⽤这种直接的⽅式去解决问题.那如果他们懂得,⽐如说⼼理暗⽰,懂得如何去操控别⼈就是⽤⾃⼰的能量去影响别⼈.他可能就不会选择这种⽅式,⽽是选择更呢个什么的⽅式.

A single dot. So whether it's addiction or not, you can determine that through the analysis above. What you perceive as addiction might just be your own definition. But for him, he is simply solving a problem. However, in their perspective, within their memory repository, they lack a more effective way to address problems. They may resort to this direct method of problem-solving. If they were aware, say, of psychological suggestion and knew how to manipulate others by influencing them with their own energy, they might not choose this approach but instead opt for something else.

问: 我想问⼀下观世⾳菩萨对于我现在的现况、状况有没有什么指引可以给我的?

Questioner: I would like to ask about how观音Pusa can guide me with my current situation?

GSY:信任和允许,还有就是享受.你要学会享受.因为你已经选择了呢条你⾃⼰的道路上,就是⾛上你⾃⼰的道路.所有的⼀切都会⾃动的归位,⾃动的安排好.所以你就不需要产⽣焦虑或者着急担忧的事件.然后允许,就是⽐如说你累了,你允许你⾃⼰休息⼀下,⽽不是我⼀直要赶着把这个赶完,明⽩吗?因为你们永远都是拥有⽆限的时间.这⾥并没有⼀个像你们物质世界来衡量这个时间,就是⼀个⼩时两个⼩时,并没有.所以为什么你们物质世界会有⼀种焦虑感、紧迫感?因为你们的时间,有⼀个东西在衡量它,就好像⼀个计时器⼀样.但是这是你们的⼀个集体意识,集体观念.你完全可以脱离这个观念.你可以不⽤加⼊他们的⼀个计时.

GSY: Trust and permission, as well as enjoyment. You need to learn to enjoy it. Because you have chosen your own path, the one where you walk on your own path. Everything will automatically be in place, everything will be arranged on its own. So there is no need for anxiety or rushed concerns. And permission means, for example, if you are tired, you allow yourself a break, instead of constantly pushing to get it done. Do you understand? Because you always have unlimited time. There's no way here like in your material world to measure this time, whether an hour or two hours, there isn't. That's why your material world has that sense of anxiety and urgency, because your time is being measured by something, like a timer. But this is your collective consciousness, your collective perspective. You can completely detach from this perspective. You don't have to join their timing system.

就好像你们所有⼈都在拿着⼀个计时器,你只有这个时间做这个事情.不是的.你可以放开他们的规则.他们可以按照这个⽅式玩,但是你可以按照另外的⽅式玩.就是说永远都没有时间.因为当你真的再不受时间控制的话,你连你的⾝体都不会变⽼,明⽩吗? 所以当你真的能脱离这个时间,你就不会去产⽣任何的⼀个追赶的状态.因为对你们来说,你们是觉得⼀定要快速或者追赶的⼀个状态.

It's as if all of you are holding a timer, where you have only this amount of time to do something. No, you can let go of their rules. They can play in this way, but you can play in another way. That is, there's no time at all. Because when you're truly not bound by time, your body won't age either, understand? So, when you really break free from this notion of time, you wouldn't experience any sense of urgency or trying to rush things. As for you, you might feel that it should be done quickly or with a sense of haste.

问: 我们需要远离脾⽓暴躁的⼈吗?

Questioner: Do we need to stay away from people with short tempers?

观世⾳菩萨:刚才我跟你分析过脾⽓暴躁的⼈,因为他们是⾏动⼒特别强.你看你们这个世界的发展是不是靠⾏动⼒特别强的⼈推动的?那如果你们远离这个⼈,说不定你们现在又倒退了⼏百年、⼏千年,明⽩吗?所以你们要远离吗?你们不需要远离任何⼈.因为所有⼈如果你能在你的⽣命中遇见,他出现在你的⽣命当中,他就是可以正⾯服务于你的,明⽩吗?他不是来害你的.然后你们彼此都有礼物给对⽅,你有礼物给他,他有礼物给你.就好像你是光,你照亮了他,他也会照亮你.

Guan Yin Bodhisattva: Just now I analyzed for you the nature of people with explosive temperaments because they are highly driven individuals. Do you see how your world's development depends on such individuals who possess immense drive? If you were to distance yourself from them, wouldn't you have possibly regressed several hundred or even thousands of years by now? Understand?

So should you stay away from anyone? No, you don't need to avoid any person. Because every individual that appears in your life can serve as a positive force for you. They are not there to harm you. Instead, it's like a gift exchange between all of you where both parties give gifts to each other, just like how light illuminates one another—when you shine on someone else, they also shine back upon you.

问: 如何和控制欲强的⼈相处?

Questioner: How to deal with people who have strong controlling tendencies?

GSY: 控制欲强的⼈他会有⼀种就好像焦虑.他的控制是来⾃他内在的焦虑,就是如果事情没有按照我的⽅向、速度、什么什么,它就会朝不好的⽅向发展.所以他们的思想实际上是特别消极的.那如果你想要就是说跟他们很好的相处的话,那你可以让他知道他是有⼒的,⽽不是⽆⼒的.你让他们看到他是有价值的,⽽不是没有价值的.因为很多⼈他们需要通过

GSY: People with strong control欲 have a sort of anxiety. Their control comes from their internal anxiety, that if things don't go in the way they want, at their pace, etc., it will head towards something bad. So their thoughts are actually quite pessimistic. If you want to get along well with them, you can let them know that they have power, not weakness. Show them that they are valuable, not worthless. Many people need validation through this process.

外在来让⾃⼰看上去好像强⼤⼀样,就是说通过外在:你看,我把这个弄的多好.你看,我把这个江⼭打理的多好.我就是威武的.那如果他内在没有去从外去寻找对他的⼀种肯定,也就是如果他知道他的存在的真正的⾝份,他的价值不是在于外在.当他能真正的理解这层关系过后,他变不会着急的去通过外在⽽来让⾃⼰看着就好像强⼤⼀样.因为这样⼦⼀般都是因为他内在对⾃⼰的不肯定,他不知道⾃⼰是谁.当他能不断地把外在弄的很好,他就能产⽣⼀种放松的感觉.因为他内在的⼀种紧迫感、焦虑感会不断地迫使他想要去向外在证明,想听到外界对他的⼀种肯定.其实你们⼈类的所有问题它都归根于⼀个问题,就是他不知道⾃⼰是谁.

The external manifestation to make oneself appear powerful is essentially through externals: look at how well I have done this; look at how well I have managed this country or situation. I am strong and majestic. If one does not seek internal validation when projecting externally, meaning if they understand their true identity and value are not derived from the external, then once they truly grasp this relationship, they won't feel compelled to project strength externally just for appearance's sake. Typically, such behavior stems from an inner lack of self-validation, where someone doesn't know who they are. When one can consistently make the external environment seem perfect, it fosters a sense of relaxation because their internal sense of urgency and anxiety is continuously pushed to seek external validation through actions or feedback. Essentially, all human issues boil down to a fundamental Questioner: not knowing who you are.

然后他不知道⽣命的真相,他不知道⾃⼰是谁.所以他会有… 每个⼈体验的⽅式不⼀样,那有的⼈可能是通过控制欲或者控制狂来呈现出来.那有的⼈是抑郁.就是对⼀切他都产⽣不了兴趣,但是它的根源是⼀样的.就是你们表⾯虽然分了这么多例⼦,又是⼈格障碍、⼈格分裂、又是控制、又是抑郁症、又是焦虑症.但是它归根到底就⼀个,就是你们不知道你们真实的⾝份.为什么?因为你们来到这个物质世界,⾸先你们就是忘记⾃⼰的⾝份.那你们会需要通过⼀⽣的时间去找回⾃⼰的⾝份.你会觉得这个是你、呢个是你,明⽩我意思吗?所以你们不断的去想要加⼊圈⼦,就⽐如说你看到了⼀群猴⼦.你觉得我应该是猴⼦家族吧?

Then he doesn't know the truth about life, and he doesn't know who he is. So there would be... each person's experience varies, some may manifest through a sense of control or obsession, while others might present as depression - where they show no interest in anything, but the root is the same. Despite your categorization into various examples like personality disorders, multiple personalities, controlling behavior, depression, and anxiety, at its core it boils down to one thing: you don't know your true identity. Why? Because upon arriving in this material world, you first forget who you are. You would need a lifetime to rediscover your own identity. You might feel that the is you, or that's you, do you understand what I mean? Therefore, continuously seeking to belong to a group as if seeing a bunch of monkeys and thinking that maybe you should be part of their family?

你进去,你觉得我好像不是猴⼦,你看它们都呢么敏捷.然后你又看到⼀群⼤象,然后你又看到⼀群鸭⼦,然后你又看到⼀群⽼虎,明⽩吗?但是通过你不断的去遇见这些,它们会给你反射出来你是谁.所以归根到底的根源就只有⼀个,就是你们到底是谁?知道⾃⼰的⾝份.当你们知道⾃⼰是谁过后,你们便不需要⽤这种⽅式去呈现出来你们内在的呢种感觉.

You enter, and you feel like I am not a monkey anymore as you watch them being so agile. Then you see a herd of elephants, then a flock of ducks, then a pack of tigers, do you get it? But through constantly encountering these, they reflect back to you who you are. So fundamentally, there is only one source: who are you in essence? Understanding your own identity. Once you know who you are, you don't need to present this way for others to see your inner feelings.

问: ⼀个极度善和极度恶的⼈,到底是善还是恶?

Questioner: Is someone who is extremely benevolent and extremely恶good or evil?

GSY: 就好像⽐如说⼀个苹果,它青苹果、红苹果… 青苹果的时候它很涩对不对? 红润的时候它很甜.然后它烂掉的时候它又苦,那你告诉我它到底是涩的还是甜的还是苦的? 只是看你在什么时期去遇到它,对不对? 都是它.就像现在通灵这个孩⼦,如果你在⼗⼏年前遇到她,你会觉得她就是个不懂事的⼩屁孩,明⽩我意思吗? 那她现在就像圣⼈⼀般,那你说她到底是⼩屁孩还是圣⼈呢? 所以这就是为什么我们通灵的时候我们⼀直说你不要去定义你⾃⼰,你也不要去定义别⼈.因为当你头脑⾥⾯有定义的时候,你会把呢个定义固化.然后你就会⼀直去体验呢个.

GSY: It's like with an apple - it can be green or red... When it's still green, it's sour, right? But when it turns red and juicy, it becomes sweet. And then, when it rots, it tastes bitter. So, tell me, is it sour, sweet, or bitter? You only know depending on the stage you encounter it at. It's all about timing - are you meeting her during a time she's still immature, like decades ago, or now that she seems enlightened?

Similarly, when dealing with this spiritual child today, if you had met her back in the day, you'd probably have thought of her as just an ignorant kid; but now, she appears to be a saint. So, is she really just an ignorant kid, or has she truly transformed into a saint? That's why we say not to define yourself or others when engaging with spiritual phenomena: your judgments can become fixed in your mind and limit your experiences.

所以你们很多⼈这⼀辈⼦都没有很⼤的⼀个… 没有活出⾃⼰,没有绽放⾃⼰的原因就是你们给⾃⼰定了: 我就是⼀个⼩学⽼师,我就是⼀个银⾏收银员,我就是⼀个会计.你们会把⾃⼰定死.然后外在也在这么定义,你也在这么定义,然后你就去这么体验了⼀辈⼦.就这么简单.所以⼀定不要给⾃⼰设任何的标签,呢些标签是限制你们的.那你就好像你看到呢个苹果青的时候,你就定义说苹果真难吃,苹果竟然这么难吃,又涩又苦,太难吃了.那你是不是永远都吃不到甜苹果.所以对他⼈对⾃⼰都不要去定义.即使是⼀个⼗⾜的恶的⼈,他也会成为善.即使是⼀个⾮常善的⼈,他也可能变成恶.这都是因为

So many of you in this lifetime have never really blossomed… Have not lived out yourselves because you've put yourself into a box: I'm just a school teacher, I'm just a bank teller, I'm just an accountant. You limit yourself. Then the outside world also defines you that way, and you define yourself that way too, so you live out your life that way for years to come. That's it; so don't ever put any labels on yourself, those labels are limiting you. So when you see that green apple and you say apples taste awful, they're so bitter and sour and disgusting, you'll never experience sweet apples again. So neither should you define others nor yourself. Even a person who seems entirely evil can become good. And even someone who appears to be exceptionally kind could turn to the dark side. It's all because...

⼀切并没有⼀个固定的,永远都是在不断地变化.

Everything does not have a fixed state; it is constantly in flux.

问: ⾃⼰的感受重要还是别⼈的感受重要?

Questioner: Is one's own feelings more important than others' feelings?

GSY:当然是你⾃⼰才是最重要的.因为你⾃⼰的感受如果是稳定了,因为如果你⾃⼰的感受如果是定了,你是⾮常愉悦的感受,你⼀直愉悦⼀直愉悦,别⼈的感受迟早会跟你对齐的.跟你对不齐的⼈他⾃然会离开你,就是你们俩个⼈振动频率不⼀样嘛.你就这么说,你就好像⾃⼰的频率重要还是别⼈的频率重要?那你保持你的频率你才会吸引到同频率的⼈跟你在⼀起.那如果你是觉得别⼈的频率重要,⼀个⼈快要死了,你去配合他的频率,你也要死了.⼀个⼈要疯了,你也去配合他的频率,啊,要疯了.明⽩我意思吗? 那你不是不断地不断地再去加⼊别⼈的世界⾥⾯吗? 所以永远是只有你⾃⼰,外⾯没有别⼈.只有你⾃⼰有时候想要去体验别⼈,你可以去加⼊.

GSY: Of course, it's you yourself who is the most important. Because if your own feelings are stable, because if your own feelings are fixed, they're very pleasant feelings, and you remain constantly joyful. Others' feelings will eventually align with yours. Those who cannot align with you naturally leave, as their vibrations differ from yours. It's like comparing whose frequency matters more: yourself or others? If you maintain your frequency, you attract people of similar frequencies to be with you. But if you think others' frequencies matter more, sacrificing for someone on the brink of death, you'll die too; trying to appease someone who is about to go insane only leads to insanity. Do you understand this? Or are you continually trying to integrate into others' worlds? So it's always just you yourself, with no one else outside. Sometimes, when you wish to experience others, you can occasionally join in.

问: 如果⼀个⼈是⽆限的,怎么样才知道哪个是真正的⾃⼰?

Questioner: How do you know which one is the true self if a person is infinite?

GSY: 真正的⾃⼰本⾝就是⽆限.如果⼀个⼈他能认识到⾃⼰就是⽆限的话,他不会去定义⾃⼰.因为你们世界上有这样的⼈,他⽆论在哪个领域,他都可以做到最好.有很多这样的⼈.因为他们从来不会去定义⾃⼰,哎呀我做饭做不好,哎呀我弹琴弹不好.只有说这个不是他想要去尝试的领域,⼀旦他想要尝试,当他专注进去,他就可以成为.所以你们⼈类需要学会的就是不去定义他⼈.不去⽤你的固定的形象去看待任何⼈,因为你们所有⼈都在千变万化.你们本⾝就是⽆限的存有.呢个你特别恨的⼈,你曾经也是他,呢个你特别爱的⼈,你曾进也是他.明⽩吗? 所有你讨厌的,所有你喜欢的,所有你嫌弃的,所有你记住的,⾥⾯都有你.所以当你知道其实所有这些⾥⾯都有你的话,你便不会去排斥任何⼀个

GSY: Your true self is infinite. If someone realizes that they are infinite, they won't define themselves. There are people in this world who can excel in any field; there are many such individuals. Because they never define themselves, saying I can't cook well or I'm not good at playing the piano. Only when it's not an area they want to try do they attempt it. Once they decide to try, once they focus on it, they can become it. So what humans need to learn is not to define others. Not to view anyone through a fixed image because you are all constantly changing and infinite beings. That person you hate so much was once you, that person you love so dearly was once you. Do you understand? All the things you dislike, all the things you like, all the ones you reject, all the memories that stick with you - they're all a part of you. So when you realize that everything inside those contains you, you won't reject any of them

⼈.你们⼈类发⽣的所有⽭盾就是说分类,⼈分等级.就是有钱⼈、穷⼈、然后⽂化⾼的、⽂化低的.然后在她的脑⼦⾥⾯,我看到了⼀部电影,就是你们所谓的 ‘绿⽪书’.这及时两个完全不同世界的⼈融⼊在⼀起.你才能去发现其实所有的⼀切都有你,就是看你要不要去欣赏,要不要放下你头脑⾥⾯所有的定义,对他⼈的定义.(只是)去感受.如果你放下你放下所有的定义,所有的归类,只是去进⼊呢个⼈的⽣活.你会发现到处都是爱,到处都是让你感动的.你会发现呢个流浪汉他呢只脏的⼿在把⾃⼰仅有的⼀点⾷物喂到狗狗的嘴巴⾥⾯.在呢个画⾯上你就看到了爱,你就感受到了爱.呢个爱就是滋养你的,明⽩吗? 因为你想⼀下,爱就是强⼤的能量对不对?

Human beings have all kinds of conflicts because you classify people into categories - rich and poor, highly educated and poorly educated. In her mind's eye, she saw a movie that you all call "The Green Book". This is about two completely different worlds coming together. Only then can you discover that everything has its place; it depends on whether you choose to appreciate or let go of your preconceptions about others - just feel them. If you put aside all your definitions and categorizations, just step into someone's life. You will find love everywhere, things that move you to tears. You'll see a homeless man using his last scraps of food to feed his dog. In that moment, you see love, you feel it. That love nourishes you; do you understand? Because think about it: love is powerful energy, isn't it?

这么说吧,爱就是⾦⼦,爱就是钱.你在每个地⽅都是不断地捡钱捡钱,你想象⼀下.我刚才说的呢⼀幕,你从流浪汉呢⾥捡了⼀笔钱.然后你又⾛到路边⼀个卖热狗的,你并没有把他… 他只是⼀个穷的⼩贩.你看着他,他的孩⼦坐在旁边,他⼀边忙着⼯作,⼀边给孩⼦做吃的.那你是不是又看到了⼀个为了⾃⼰的孩⼦忙碌的赚钱,那你是不是又看见了⼀个⽆条件的爱.那你又看到⼀个卖唱的,卖唱的⼈他所有唱的歌都是对母亲的思念,你又看见了爱,明⽩吗?⽽不是说⾛过⼀个卖唱的,做过⼀个流浪汉,⾛过⼀个⼩贩,明⽩吗?这就是你们⾃⼰给⾃⼰限制了⾦钱涌⼊你们的⽣活,我说的⾦钱就是爱,是吧?因为爱就是钱,钱就是爱,⼀样的.

In other words, love is gold, and love is money. You're constantly picking up coins everywhere you go, imagine that. The scene I just described - you found some money in a homeless person's pocket. Then, as you walk by a hotdog vendor on the sidewalk, he's not just any poor street vendor. You look at him, his child sitting next to him, busy working and feeding their kid simultaneously. Did you see another parent diligently earning for their child? Did you notice unconditional love there? And then, you see a street performer singing songs full of longing for their mother; did you see love again? It's not about walking past someone who sings on the streets or being homeless or passing by a street vendor; understand that it is self-imposed restrictions limiting love from entering your life. I'm talking about love as money, and money as love - they are one in the same.

因为我刚刚跟你说爱甚⾄超过了⾦钱.那如果你处处每时每刻每⼀秒不断地在拿钱,不断地在被照亮,不断地在捡⾦⼦.那你是多么富有的⼀个⼈.那你如果通过你头脑⾥的定义,就像我刚刚说的,你⾛过⼀个流浪汉,⾛过⼀个⼩贩,⾛过⼀个卖唱的.你是不是⼀分钱都没有拿到?那你好不容易看到,哇这个⼈好有钱哦.然后看到⼀个有钱⼈做了⼀个很恶⼼的事情.然后你就觉得有钱⼈的世界都是怎样怎样.然后你又把你所有的门都关上了.所以你通过你们⽣活中的⼀些细节,你就能知道你们的⼤脑是如何限制你们.你们是如何让你们⾃⼰变的如此的贫穷?

Because I just told you that my love surpasses even money. So if you are constantly grabbing at wealth every moment, every second, and every time being illuminated by it, always picking up gold. How rich of a person would you be? If through the definition in your mind, like I mentioned earlier, when you walk past a homeless person, a street vendor, or someone busking, do you receive nothing financially? You find it hard to believe that this person is wealthy. Then you see a wealthy person doing something disgusting and think that's how the world of the rich operates. As a result, you close all your doors again. So by observing some details in your life, you can understand how your mind limits you and how it prevents you from seeing wealth for what it truly is, making you feel poor.

问: 如何完全的活出⾃⼰?

Questioner: How can one fully live out oneself?

GSY: 也就是说你⾸先要清楚,就像我刚刚跟你说,你就是⽆限.明⽩你是⽆限,你不去限制你⾃⼰.那你不去限制你⾃⼰,你是不是就完全活出你⾃⼰了? 只有当你头脑⾥⾯的⼀些定义,或者你头脑⾥⾯产⽣的⼀些东西来限制它,去限制别⼈限制它.你在限制它成长啊.那当你去拿开你所有的限制,那你就能完完全全的呈现出你本来的样⼦,最⼤可能的样⼦.

GSY: In other words, you need to understand that like I just told you, you are infinite. Realizing you are infinite means you do not limit yourself. If you don't limit yourself, aren't you living your full self? It's only when there are definitions in your mind or things produced by your mind limiting it, and limiting others from doing so. You're restricting its growth. When you remove all your limitations, then you can fully展现你的true essence, the greatest possible form of yourself.

就好像我是⼀棵树,它长长长长,长到它⼒所能及的.那如果你在地下也限制它,上⾯也限制它,你想⼀下它能不能长? 它没有发展空间啊.它会枯萎的.它会觉得没⼒的,因为我很弱⼩吗?

It's as if I'm a tree that keeps growing and growing until it reaches its limit. If you restrict it both underground and above ground, can you imagine how it would grow? It wouldn't have room to develop. It would wither away. It might feel powerless because of me being weak?

问: 我还有⼀个问题就是,你刚不是说到你看到流浪汉啊这些,然后你可以从这些点滴去看到爱.然后我就突然想到,因为我最近⼀直都有⼀个朋友打电话跟我说她恋爱的烦⼼事.然后我看到她其实⼀直是在就像是耗⼦打圈⼀样.然后她昨天她分⼿了,特别难受.然后我觉得我不是特别想要去过多的聊,因为我觉得这个是她…GSY: 你⾸先你要知道最需要爱的⼈是你⾃⼰.所以说你不去做你⼒所不能及的事情.你明⽩我意思吗? ⽐如说你还是两岁的孩⼦对吧? 你要逼你⾃⼰帮你妈妈挑⼀旦⽔.你会这么残忍的对待⼀个孩⼦吗? 你说你看妈妈呢么⾟苦,我要帮妈妈挑⽔.我两岁,我要去挑⽔.明⽩吗?

Questioner: I have one more question - you just mentioned something about seeing the homeless and such, how you can see love in these small things. This reminded me of a friend who's been talking to me about her dating troubles recently. She seems to be stuck in this endless cycle. Yesterday she broke up with someone and was really upset about it. I don't feel like discussing much because I think it's personal...GSY: You need to understand that the one most deserving of love is yourself. Therefore, you shouldn't do things beyond your capability. Do you get what I'm saying? Like, if you were a two-year-old child, would you insist on helping your mom carry water? Would you be so cruel to a child and force them to do such a thing when they say their mother works hard and needs help carrying water, but you're just two years old and need help too?

English:

所以说在你呢个阶段如果你不能… 你为什么会觉得内疚呢? 你为什么觉得我⾮要去做这个好⼈呢? 我的意思是你⼼⾥不需要产⽣任何,我应不应该做,我这么做会不会不对? 你想都不要有这样的想法.因为当你有这样的想法的话,你就是在评判你⾃⼰.你会去评判⼀个两岁的孩⼦他还不能帮妈妈去承担家务吗?不会的.所以唯⼀⼀个就是你需要放过你⾃

So if you can't... why would you feel guilty about that? Why do you think I have to be the good one? My point is, you don't need to think at all about whether you should do this or not, or if doing it might be wrong. You shouldn't even consider such thoughts because when you do, you're actually judging yourself. Would you blame a two-year-old for being unable to help their mother with chores? No way. So the only thing you need to do is let go of your self-judgment.

⼰.这⾥没有⼀个,就像我刚才说的,这⾥没有⼀个好⼈恶⼈,他们没有什么不同的.⼀个极善的⼈和⼀个极恶的⼈他们没有什么不同.你千万不要觉得⼀个极善的⼈他就会上天堂,不是的.⼀个极恶的⼈他同样也值得上天堂.你知道为什么吗?

Okay, there's no one here, just as I said earlier, there's no good or bad person here; they're not that different at all. An extremely virtuous person and an extremely wicked person are essentially the same. Don't you think that a truly virtuous person would go to heaven? That's incorrect. A really evil person is equally deserving of heaven. Do you know why?

问: 为什么?

Questioner: Why?

GSY:因为他通过他⾃⼰去承受全世界⼈的骂、恨,然后来把你们的意识能量状态给你展现在这个世界上,明⽩我意思吗?因为你们外在世界展现什么是你们整个集体意识的⼀个状态.那他通过他⾃⼰的⾁体去展现出来,他是不是做了⼀件特别伟⼤的事情.你不能怪他呀.要怪就怪你们的意识状态呀.就好像你扔了⼀个黄⽠进去,你怪它你怎么是黄⽠汁啊.你怎么不是苹果汁啊.你扔的是黄⽠进去啊.那如果你不想你们的世界有呢些恶劣的事件出现,那你们思想上不要产⽣恶啊.那你们不要进⼊⼀个恐惧⽆⼒,就是陷害他⼈的⼀个状态.你千万不要觉得只有呢个去⾏动的⼈他才是坏⼈.没有,是你们所有⼈的思想.

GSY: Because he bears the骂 and hatred of all people on his own, in order to present your state of consciousness energy to the world, do you understand my meaning? As what you manifest in your external world reflects the state of your collective unconsciousness. So, by displaying this through his own body, did he not perform a truly remarkable act? You cannot blame him; rather, blame your state of consciousness. It's like blaming the pumpkin because it turned into pumpkin juice instead of apple juice when you threw it in. You put the pumpkin in there! If you don't want such terrible events in your world, then do not give rise to evil thoughts in your mind. Avoid falling into a state of fear and powerlessness, or trapping others. Do not think that only the one who acts is bad; instead, blame yourselves for all these thoughts and actions.

因为你们物质世界发⽣的⼀切只是你们内在集体意识的⼀个反射⽽已.它只是反射到台⾯上来让你们看到你们内在是⼀个什么样的状态,你们⽬前是在⼀个什么样的状态.但是呢个状态不是来让你产⽣恐惧或者来让你害怕.它是来供你转化的.就好像我说过很多次照镜⼦.你看到你脸上的脏东西,不是说让呢个脏东西来恶⼼你,⽽是说OK,我把呢个脏东西拿掉,明⽩吗?那既然我们现在投射到舞台上的这场恶习我们不喜欢,那我们投射从哪⾥开始,从我开始,从我的⾏动开始.⾏动从哪⾥开始,从我的念头开始.先从你⾃⼰的感受开始.那我爱谁? 我先从爱我⾃⼰开始! 明⽩吗? 如果你不能给⾃⼰爱的话,你不可能给任何⼈爱.

Because everything that happens in your physical world is merely a reflection of your collective inner consciousness. It reflects onto the stage for you to see what state you are currently in, both within and externally. However, this state isn't meant to instill fear or cause anxiety; it's intended to help you transform. As I've said many times before, like looking at a mirror: seeing the dirt on your face doesn't make you feel nauseous but prompts you to understand that you should clean it off. If we don't like the habit we're projecting onto this stage now, let's start by changing where our projection begins - with us, with our actions. Actions begin from our thoughts. Start with understanding yourself: who do I love? Begin by loving myself! Can you see how this works? If you can't give love to yourself, it's impossible for you to give love to anyone else.

你不可能说我不爱我⾃⼰,但我爱别⼈.你做不到的.因为你都不知道什么是爱.不要去追求任何.因为就算你追求做⼀个善⼈,呢个不⼀定是善,呢个只是你的⼀个观念⽽已.你觉得做⼈不能被⼈骂,明⽩吗? 其实你呢是假善,你呢是伪善,你呢是为了给这个⾁体有⼀个好的形象⽽去做的⼀些你⼼⾥不情愿的事情,那不是假吗?

You can't say that I don't love myself, but I do love others. You wouldn't be able to do that because you don't even know what love is. Don't chase after anything; because even if you aim to be a good person, it doesn't necessarily mean that you are good, it's just your notion. You think that being human means not getting criticized, right? Actually, you're fake goodness, you're false virtue; you do things for this body to have a good appearance out of unwillingness in your heart, isn't that fake?

# **2022/01/05 — 线上集体通灵问答Online Group Spirit Communication Question and Answer Session**

第⼀个⼈⾼灵: 你说吧,什么问题?

First spirit being Higher Spirit: Speak up, what's your question?

问: 你好,我叫XXX.我想要链接⼀下我的⾼灵可以吗?

Questioner: Hello, my name is XXX. Can I connect my high spirit?

⾼灵: XXX,你想链接你的⾼灵? 你想要知道些什么信息呢?

Higher Spirit: XXX, do you want to connect your High Spirit? What information would you like to know?

问: 我想要知道我的灵性天赋要具体怎样才能展现成实际的能⼒呢?

Questioner: I want to know how my spiritual gifts can be manifested into actual abilities?

⾼灵: 你的什么天赋?问: 灵性⾼灵: 你的灵性天赋要怎么样才能转变成能⼒? 你稍等.⾸先你们每⼀个灵魂,每⼀个,从你们内⼼深处你们都想要去照亮别⼈,服务于别⼈.就好像是想要把你们的价值把它实现⼀样.所以这是你们每⼀个⼈内⼼都会有的⼀个最深的、最原始的,就好像是欲望和愿望⼀样.那你刚刚说你的天赋如何可以转化成能⼒?你⾸先你⼀定最开始第⼀步就是通过所有的⼀切去真正的去绽放.你就想象⼀下花只有它盛开过后它才会觉得我是⼀个完成的状态.就好像你⾃⼰也是,你需要绽放.那你怎么样才能去绽放? 因为你不需要去学习如何的服务他⼈.因为你只需要去绽放,就是散发你的⾹味服务到所有的.

Higher Spirit: What is your spiritual gift?

Questioner: High Spirit, how do you transform your spiritual gifts into abilities?

Wait a moment. Every single soul inside of you wants to illuminate others and serve others. It's as if each one of you desires to fulfill its own value. This innate desire, the root impulse, drives every individual like an instinct or wish.

Now, you asked about transforming your gift into ability. The first step is essential: it involves truly blossoming through all aspects of life. Imagine a flower; only when it blooms does it realize its completeness. Likewise, for each one of you, there's this need to bloom.

But how do we bloom? No learning is necessary on how to serve others; instead, focus on blooming. Just let your essence radiate and serve everyone around you.

所以你并不需要去学习⼀个功夫或者⼀个能⼒或者⼀个技术,你才能… 但是在你们物质世界,如果…就⽐如说你喜欢做饭,那你想要把这个做饭的技术练的越来越好,这是可以的.但是你们本⾝从灵魂的层⾯来说,你不需要去拿过来任何东西.因为你本⾝就好像⼀朵花,它本⾝就是有⾹味的.它的⾹味就可以散发.你想要知道你的天赋怎样转化成能⼒? 你有这个想要去服务他⼈(的愿望).因为你觉得就是你⾃⼰还没有完全的绽放.就好像⽐如说你还是个⼩baby.你还没有能⼒…就好像⼀个⼩baby来问怎么样我才能帮妈妈去⼲活去挑⽔? 那你只需要健健康康快快乐乐的长⼤.你⾃然⽽然的就会有⼒量去挑⽔,去展现你⾃⼰的能⼒.所以这是⼀个过程.

So you don't need to learn a skill or ability or technique in order to... But in your physical world, for example, if you enjoy cooking, then wanting to improve this cooking skill is fine. However, from the soul's perspective, you don't need to take anything over. You are like a flower that naturally has its own fragrance which can naturally spread. To know how your talent transforms into ability? It stems from your desire to serve others because you feel as if you haven't fully blossomed yet. Like being a little baby who lacks the capability, asking 'How do I help my mom carry water?' You just need to grow up healthy and happily. Your inherent strength will naturally come into play as you exhibit your abilities. This is a process.

那通过上⾯的分享你已经知道你怎样去做.你只是去成长,去成为.⽽不是扼杀掉,或者是就好像

Through the sharing above, you already know how to do it. You just grow and become, not suffocate or as if.

⼀个⼩baby,那你要毒害他,把他杀掉.那他是不是就没有办法去展现他长⼤过后的能⼒了,对不对? 所以你只需要不去阻碍它,那么它会⾃⼰展现出它⾃⼰.还有问题吗?

A little baby, if you were to harm him and kill him, wouldn't he then have no way to demonstrate his abilities after growing up, right? So all you need to do is not hinder it, and it will show its own abilities on its own. Any questions?

问: 我还想问⼀个问题是关于感情⽅⾯的.我现在正在谈恋爱.我想问我和我的对象,我们这⼀世相遇在⼀起还有什么样的灵魂指引,或者是有什么样的安排吗?

Questioner: I also have a question regarding our emotional lives. Currently, I am in a relationship. I would like to know if there is any spiritual guidance or arrangement for us meeting and being together in this lifetime?

⾼灵: ⾸先,在你们这个阶段就算是我现在告诉你,你们是来共同的服务整个⼈类的,你们也做不到,明⽩吗? 为什么? 因为你们还在彼此通过这些关系,就好像你们现在是种⼦,你们需要发芽和成长.那么你们彼此,⽐如说他给你浇⽔,你给他浇⽔.你们彼此滋养对⽅,然后成长.就是你们还在这样⼦的⼀个阶段.你们还在需要去体验最初的呢个阶段,就是发芽、成长、然后彼此滋养对⽅.

Higher Spirit: First of all, even if I were to tell you at your current stage that you are here to serve humanity collectively, you simply couldn't do it, understand? Why is this so? Because you are still relying on these relationships with each other, as though you are seeds needing to germinate and grow. So you need to nourish each other in the same way, for example, one watering the other. You nurture each other and then grow. This is where you are at currently. You are still experiencing the initial stages, which include germination, growth, and then nourishing each other.

问: 那具体是要哪⽅⾯获得滋养和成长呢?

Questioner: Which specific aspects are you seeking to nourish and grow?

⾼灵: 具体就是,因为你们每⼀个⼈⽣下来过后,你们都会不断地受到你们的环境、成长经历,都会受到很多… 就好像⾝上捆了很多绳索⼀样.那么关系可以帮助可以帮助对⽅去看到对⽅的限制.那还可以帮助对⽅去拿开对⽅的限制.那这个是彼此的.他也帮助你去看到,然后帮你拿开,明⽩吗? 如果你是真的想要知道你们之间的关系的话,就是说因为我们不会想要去先给任何东西做⼀个定义.因为⼀旦你通过我们做了⼀个定义,你接受了这个定义过后.你会去创造这样⼦的,就⽐如说我说你这段关系会很糟糕.那你在⼼⾥就埋下了很糟糕的种⼦.那你出去吵架,那你就觉得哇,原来真的很糟糕,明⽩吗? 它就会把你带⼊⼀个企图⾥.

Sage: Specifically, because each one of you is born and subsequently subjected to your environment and life experiences, you are bound by many factors - akin to being tied with ropes. Relationships can assist in helping each other see the limitations imposed on oneself. They can also aid in removing these limitations for each other. This reciprocity helps both parties realize their constraints and assists in lifting them. If one truly desires understanding of their relationship dynamics, we refrain from imposing definitions prematurely because once a definition is set by us, it's accepted, which then shapes perceptions accordingly. For instance, if I label your relationship as terrible, you might subconsciously believe that it indeed is awful. Upon conflict and confrontation, this belief validates the very notion that it's bad, leading you to think, "Yes, it truly is horrible," understanding? This can inadvertently guide you into a state of anxiety or negativity.

所以在这样⼦的情况下,我们不会去给你们物质世界的所有关系做任何定义.但是任何⼀个⾛到你⽣命当中来的⼈,他都有礼物要给你,你都有礼物要给他.但是你要知道,在你们的物质世界,你们都有⼀种追求美好的.就是⽐如说总是说祝福你幸福快乐或者什么什么.然后在于他们会把关系定义为很开⼼、不吵架、很快乐.明⽩吗? 但是⼀般都不会有这样⼦的关系.为什么? 因为你们最主要是来体验问题,然后来成长的.就是通过这些问题来伴随你们成长,不断地去发现⾃⼰,不断地去突破、不断地去成长.所以基本上的⼈都是会⾯对关系中的很多问题.

So in this situation, we won't define all the relationships in your material world. But any person who enters your life has a gift for you, and you have a gift to give them. However, you must understand that in your material world, there is a pursuit of beauty, such as always wishing you happiness and joy or something else. Then, they will define relationships as being very happy, without arguments, and full of joy. Understand? But these kinds of relationships usually do not exist. Why? Because you mostly come to experience problems and grow through them. This means that you accompany each other in growth, constantly discovering yourselves, pushing your boundaries, and continuously growing. Therefore, basically everyone faces many issues within relationships.

因为就算你离开关系,你⾯对你⾃我,你⾃⼰这个⼈,你还是会有很多问题需要你去… 所以你们不要去逃避或者躲避问题.也不要去把关系有⼀个好的,就⽐如说你头脑⾥⾯认为谈恋爱就应该甜甜蜜蜜、快快乐乐、充满激情、开开⼼⼼.并不是的,明⽩吗?因为呢样⼦的⼀个状态,就是内⼼充满圆满喜悦的状态,你是不需要进⼊关系的.你不需要跟任何⼈产⽣关系,你唯⼀就是跟源头.就是你放下你投射的这个⾁体过后,那你便能达到你们所谓的追求,就是祝福别⼈永远开⼼的这种状态.这是唯⼀的,⽽不是说呆在关系⾥⾯.因为呆在关系⾥⾯,你们永远都会,不管是亲⼦关系、跟对象的关系还有跟谁的关系,你们永远都是需要不断地去⾯对问题.

Because even if you step out of the relationship, facing yourself, as an individual person, there will still be many questions that need to be addressed by you... So don't run away from or avoid these issues. Also, do not set up a notion that having a good relationship means everything should be sweet and blissful, full of passion and joy. That's not the case; understand? Because this state of heart being filled with completeness and happiness is unnecessary in entering into relationships. You don't need to form any relationships with anyone, you are only connected to the source. Simply, after letting go of your projection onto your body, you will reach what you seek – the state where you wish for others to be forever happy. This is the only way, not by being trapped within relationships. Because being stuck in relationships means that you will always face issues, no matter whether it's parent-child relationships or romantic relationships, or any other relationship, there is a constant need to confront and address problems.

因为你们很多⼈会在进⼊⼀段关系过后,⽐如说进⼊⼀段婚姻关系过后,然后就失望.然后积攒了很多失望过后,关系就结束了.然后再重新进⼊⼀段关系,再发现永远都有问题.问题是常态.最主要的就是说,你通过这些问题如何去看清楚你⾃⼰,帮助对⽅去看清楚⾃⼰.你们⼀起去成长、去突破、去表现你的爱.最主要是在⾯对问题,你的表现,你的态度.你到底是充满爱的去化解⼀切还是充满恨的去报复⼀切,那是你的选择.⽽且你们每⼀刻都会有选择.就算你前⾯做了⼀个不好的选择过后,你最后感受到这个让我很难受.呢个也有意义.那么即刻当你觉察到这个过后,你就可以做⼀个爱的选择.所以也不要因为你们关系的恶化,然后你就失望.

Because many of you may become disillusioned after entering into a relationship, for instance marriage, and as time passes with accumulated disappointment, the relationship ends. You then enter into another relationship only to find problems persistently recurring. Issues are indeed the norm. The main point is how you address these issues together, helping each other understand yourselves better. You grow, overcome challenges, and express love. Most importantly, it's about your response in facing problems - whether with love or hatred, that's a choice you make at every moment. Even if you make a poor choice initially but later feel it was distressing, this experience still holds meaning. Upon realizing this, you can then choose to respond with love instead of resentment. Therefore, don't let your relationship deterioration lead you to disappointment.

因为所有东西都是变化的.那如果是变化的话,你随时都可以朝你想要的⽅向去发展.所以我们想让你们知道的是你们在关系中,你们是创造者,你们是主动者.你们并不是随机的,然后看运⽓.那如果你在没有觉知的状态下,你可能就是这样⼦的⼀个状态.就是随着别⼈的创造的⼀个能量场.那如果他创造了⼀个恐怖的能量场,你就体验恐怖.那如果他创造的是⼀个快乐的能⼒场,你就体验快乐.那你是被动的.那你只能永远的是被动的去经历.但是呢个能量还有能⼒在你⾃⼰.你只要记住你可以把⼀段关系带向任何你想要的⽅向.任何关系.还有问题吗?

Because everything is changing. If it's changing, you can always develop in the direction you want. What we wanted to let you know is that within your relationships, you are the creators, the initiators. You're not just random and waiting for luck. If you're in a state of unawareness, you might be in that state – being at the mercy of someone else's energy field. If they create a scary energy field, you experience fear. If they create a happy energy field, you experience happiness. You are passive, so you can only ever passively go through it. But that power and ability is within you. All you have to remember is that you can take any relationship in the direction you want – any relationship. Any questions?

问: 我有的时候会对不确定的未来和外⾯的物质⾄上的社会常常会感觉到很焦虑不安,甚⾄很恐惧害怕.就喜欢⼀个⼈独处,更多的时候喜欢安静.该如何能够勇敢去融⼊在这个物质世界呢?

Questioner: Sometimes I feel anxious and even fearful about the uncertain future and materialistic society outside, preferring solitude and more quietness. How can I be courageous to integrate into this material world?

⾼灵: 就好像我刚刚说你还是个baby.那当你还是个baby的状态话,你看⼩孩⼦,你如果突然把它扔到外⾯去,他也会开始恐慌,他会开始找妈妈,他会没有安全感在⼀个陌⽣的地⽅.

Ethereal Spirit: Just like when I said you're still a baby. If you were to suddenly throw a child out there while they are in that baby state, they would start panicking, looking for their mother, and feeling insecure in unfamiliar surroundings.

所以这是你们成长的⼀个过程.你不需要就是赶快的去脱离这个感受.你只需要⼼⾥充满信任,就是你相信你会长⼤,你的⼒量会越来越强.这是⼀个过程.信任.还有问题吗?

So this is a process of your growth. You don't need to rush to get rid of these feelings quickly. All you need is to fill your heart with trust that you will grow and your power will become stronger. This is the process. Trust, and do you have any questions?

问: 请问我的⾼灵我的指导灵对于我当下的⼀个⼈⽣阶段、⽣活状态,有什么样的⾼维信息要带给我吗?

Questioner: May I ask what high-dimensional information does my high spirit and guiding spirit have for me during this current stage of my life and state?

⾼灵: 你当下的状态刚才说了就是信任.你要相信你永远永远都是安全的.你选择来到这⾥你只是为了不断的体验和成长.但是你永远都是安全的,你是在造物主之内的.就好像你现在是去体验飞翔⼀样,就算是你跌落,你也是在造物主的怀抱⾥⾯.所以你可以去展现你的⼒量,不断地飞翔,让你的翅膀变得越来越硬.但是你要知道下⾯就好像是⼀层⽆形的⽹⼀样,呢个⽹是造物主的怀抱.⽆论你在哪⾥跌落,都是在造物主的怀抱⾥⾯,因为你不会去落在其他地⽅,明⽩吗? 因为所有的地⽅都拥有造物主的怀抱,你只需要去深深的去信任这⼀点,你永远永远都是在怀抱⾥⾯.你就可以放⼼⼤胆的去体验⼀切.你还有问题吗?

Higher Spirit: Your current state was just trust. You must believe that you are always safe. You chose to come here only for continuous experience and growth. But you are always safe, you are within the Creator's embrace. Just like now experiencing flight, even if you fall, you are still in the Creator's arms. Therefore, you can show your strength, continuously fly, and let your wings become stronger. However, you must know that below is like an invisible net - the net is the Creator's embrace. No matter where you fall, it's within the Creator's embrace because you won't land elsewhere, understand? Because every place has the Creator's embrace, you only need to deeply trust this fact; you are always in his embrace. You can then safely and boldly experience everything. Do you have any questions?

问: 最后⼀个问题了.我平常经常会看到⼀些天使数字.然后我⾃⼰的直觉⼒也挺强的.我想知道平常会有哪些⾼灵、指导灵或者什么灵在⾝边守护着我呢?

Questioner: One last question. I often come across angel numbers and my intuition is quite strong. I'd like to know which higher spirits, guiding spirits, or any other type of spirit are watching over me in my daily life?

⾼灵: 你⾸先要知道,就像我刚说的,呢个⽹呢个怀抱它永远都在你的下⾯.它是全⽅位的,所以就好像你在安全⽹⾥⾯.你虽然会经历恐惧,你虽然会经历好像是没有安全⽹,但这只是你⾃⼰的⼀个体验⽽已.但是你永远都是在呢个安全⽹以内.所以如果你说它在呢⾥的话,它就⽆处不在,就像这个⽹⼀样,明⽩吗? 你们的孩⼦去游乐场玩的时候,有⼀个⽹把他们全部都封住,他们在⾥⾯蹦跳.就像是呢样的感觉⼀样.你们所有的所有的存有都是和造物主紧密相连的,没有⼀个不在这之内.还有问题吗?

Sage: First of all, you need to understand, just like I said earlier, that this web embraces you always from below. It is omnipresent, so it's as if you are inside a safety net. Although you may experience fear and feel like there's no safety net, this is simply your own experience. But you're always within that safety net. So if it's in there, then it's everywhere just like the net itself, do you understand? When your children play at amusement parks, there's a net around them all, jumping inside. It's like that sensation. All of your existences are intimately connected to the Creator; not one is outside this web. Any other questions?

问: 没有了,谢谢.

Questioner: That's all, thank you.

第⼆个⼈问: 你好,我⼀共有三个问题.我的名字叫XXX.第⼀个问题是我的⼈⽣主题是什么?

Second person asks: Hello, I have three questions in total. My name is XXX. The first question is, what is my life theme?

⾼灵: XXX,你想知道你的⼈⽣主题是什么? 你稍等.你这⼀⽣选择这⼀次来到这个物质世界来体验的是曾经,就是你在其他世的⼀些关系.就是这些关系还会再⼀次的进⼊你的⽣命⾥⾯.因为你对这些关系都会有很多很多的遗憾.然后这些遗憾都是来⾃于你内在的⼀些堵塞.就是你曾经的呢些…就好像你其实内在有很多爱,但是你⾃⼰没有把内在的堵塞清理掉,你的爱流不出去.导致你就是让⾝边很多跟你紧密链接的关系,你不能把爱流给他们.就好像⽐如说以前有⼀世你特别爱你的孩⼦,但是你的内在有很多束缚、有很多堵塞.就⽐如说你沉迷在⼀个瘾⾥⾯,你完全忽略了你的孩⼦.

Ethereal Being: XXX, do you want to know your life theme? Please wait a moment. The choice you made this time to come into this material world to experience is related to the past – relationships that you had in other lifetimes. These connections will re-enter your life because of all the regrets you have about them. And these regrets stem from blockages within you. It's like the love you once had… You might have loved deeply inside, but you didn't clear the inner blockages; your love couldn't flow out. This results in you not being able to give love to those closely connected with you. For example, maybe you were extremely fond of your child in a previous life, yet there were many restrictions and blockages within you. Perhaps you became obsessed with something that completely overshadowed your ability to care for your child.

那你会选择再⼀次进⼊他们的⽣命,来吧你的堵塞给疏通,然后让你的爱流向他们.你明⽩我意思吗?所以你就会体验到很多你想要去爱的⼈,但是你又不知道怎么去爱他们.你想要去表达,想要去对他们好,你也不知道怎么做.其实在你的⼼中你我有⽆限的爱,你有特别⼤的爱.你就宁愿就好像你来⼀句我可以为你付出⽣命.就好像你可以把你的⽣命奉献给别⼈.但是你却不知道该如何点点滴滴的把你的爱流⼊到你们之间.你们之间必须要爱,才有链接感.就好像爱是⼀条线,那你这条线要连到对⽅去,你们之间才会产⽣链接.那也就是说你对于关系当中,就是你⼼⾥⾯爱的⼈,但是对于你们来说,你们就好像都在⼀个玻璃圈⾥⾯.就好像你在⼀个玻璃屋,她在⼀

You would choose to enter their lives again, unblock your clogs, and then let your love flow towards them. Do you understand what I mean? So you would experience many people you want to love, but you don't know how to love them. You want to express yourself, want to be kind to them, but you just don't know how. In truth, you have infinite love within you, a great love. You are willing to say something like "I can give my life for you." It feels as if you're ready to dedicate your life to others. But you have no idea how to channel that love into them gradually. Love needs to be present in order for there to be a connection between you and the other person. Imagine love as a line, connecting from one end to the other, causing a link between you both. That means when it comes to relationships, you deeply love someone inside you, but for both of you, you feel like you're trapped within a glass circle. You're both in this glass house together.

个玻璃屋.你们虽然能看到对⽅,但是有… 所以这是你要体验的,就是你要把⾃⼰疏通,让你的爱流到你爱的⼈,你在乎的⼈.因为你是因为这个选择⽽来的.

A glass house. Although you can see each other, there's... So this is what you're experiencing - you need to let your love flow to the people you love and care about, because that's why you made this choice.

问: 好的,明⽩.

Questioner: Alright, I understand.

⾼灵: 我第⼆个问题是我的⾼我和指导灵有什么相跟我说的吗?

Higher Spirit: My second question is, do my high self and guide spirit have anything to tell me?

⾼灵: 你的⾼我和指导灵有什么信息想带给你? 你稍等.我现在想要帮你清理.因为你通过你⾃⼰,就算我很明确的告诉你,你内在有堵塞需要去清理.你也不知道从何下⼿.所以我会在接下来和你链接,然后帮你清理.因为就好像你这么想,你本⾝你是⼀个能感受到温暖、感受到爱、感受到⼀切.但是因为你的堵塞太严重,或者你⾝上的盔甲太严重,你已经感受不到任何.你感受到的只有你⾃⼰.就是感受到的只是冷漠⼀样,明⽩吗? 就好像你的这个⾝体,你死⽪太厚的话,包裹着你让你不能去感知这个世界.所以我们需要把你的呢层壳给脱下来.⾸先你需要问你⾃⼰,你准备好了没有?

Higher Spirit: What messages do your higher self and guiding spirits have for you? Wait a moment. I want to help clear things up for you because even though I've been very clear about the need to address blockages within you, you're unsure of where to start. Following this connection, I will assist in clearing these areas. It's as if you feel warmth, love, and everything else naturally, but due to your severe blockages or thick armor, you no longer experience any feelings beyond yourself. You only feel coldness, understanding? Like a wall made of dead skin that keeps you from sensing the world around you. We need to remove this layer of protection first; you need to ask yourself if you're ready for this transformation.

因为如果你想要跟你过去的旧有的呢层壳,就是你觉得这层壳已经不能服务于我,就是我已经不想要再继续体验.你需要⾃愿的想要放下.如果你还觉得这个就是我,我还想要继续体验.你也可以去做这样的选择.因为这⾥并没有时间的长短.只有你到底有没有从这件事情当中受益,明⽩吗? 如果你还没有从这个厚厚的壳它给你带来的,就是如何服务于你? 因为服务于你并不是让你爽,它并不是让你爽.它的服务可能就是让你不爽.让你uncomfortable,让你不舒服.因为这也是服务于你.为什么? 因为你不舒服你才知道这个不是你想要的.因为你要在这个世界上去追求或者拥有或者体验你想要的,你⾸先要体验什么不是你想要的.

Because if you want to keep the old layer of your shell, which you feel can no longer serve me, meaning I don't want to continue experiencing it. You need to voluntarily choose to let go. If you still think this is you and want to continue experiencing it, you can also make that choice. There's no question of time here; only whether you have benefited from this situation or not. Have you really understood how the thick shell serves you? Because serving you isn't about making yourself feel good; it doesn't mean making yourself feel good. Its service might cause discomfort, may not be comfortable for you. It serves you because that's what makes you uncomfortable. Why is that so? Because only when you're uncomfortable do you realize this isn't what you want. To pursue, own, or experience what you desire in this world, you first need to experience what isn't what you want.

如果哪些不是你想要的,那你如何去拿你想要的,对不对? 所以你需要⾃⼰做⼀个决定,就是说你想要跟呢个你告别,就好像要脱下⼀层⽪.还是说你还想继续体验.

If that's not what you want, then how do you get the things you do want? So, you need to make a decision - whether you want to say goodbye to it all, like shedding a layer of skin, or if you still want to keep experiencing more.

问: 了解.

Questioner: Understood.

⾼灵: 那你的选择是什么?

Higher Spirit: So, what's your choice?

问: 我正在挣脱这个盔甲和继续穿上之间还有⼀些挣扎.

Questioner: There's still some struggle between me shedding this armor and continuing to put it on.

⾼灵: 好的.那你可以问下⼀个问题.问: 未来的我有什么想要跟我讲的吗?

Higher Spirit: Alright. You can ask the next question. Questioner: What does my future self want to tell me?

⾼灵: 未来的你.你稍等.⾸先你要知道的是未来的你有很多个你.他有⾮常冷酷的你,也有⾮常暖⼼的你.因为你到底体验哪⼀个,和哪⼀个链接,是在你的每⼀个当下去做出选择的.就好像这⾥有⼗道门,每⼀道门⾥⾯都有⼀个不同的你,居住在不同的地⽅,体验着不同的⽣活.但是每个都是你.要进⼊哪⼀个门,它是要根据你当下的选择,明⽩吗? 然后我现在跟你链接,然后看有哪⼀个想要带⼀些信息给你.不要去害怕伤害.你觉得你的呢层壳是在保护你,让你不受伤害.这是⼀个错误的观念.这句话是带给你的.

Spirit: Your future self has many versions of you, with some being very cold and others being very warm-hearted. Which one you experience and connect with depends on your choices in each moment. Imagine there are ten doors here, each leading to a different version of you living in different places with distinct lives. But they're all you. To enter which door is based on your current choice, do you understand? Now I'll link with you to see if any wants to share information with you without fear of harm. You believe that your outer shell protects you from getting hurt, but this is a mistaken idea. This message is for you.

问: 不要害怕去伤害吗?

Questioner: Are you afraid of causing harm?

⾼灵: 不要害怕受到伤害.因为你觉得你拥有这个厚厚的壳是保护你不受伤害.这个观念是错误的,明⽩吗? 还有问题吗?

Higher Spirit: Don't be afraid of getting hurt. You believe that this thick armor protects you from harm, right? This notion is incorrect, understand? Any other questions?

问: 今天我没有问题了,谢谢.

Questioner: I have no questions today, thank you.

第三个⼈问: 我想问⼀下我的⾼灵对我当前的⾏动有什么意见或者建议吗? 就是我现在不知道该怎么⾏动.

Third person asks: I want to ask if my high spirit has any opinions or suggestions on my current actions? I'm just unsure of what action to take now.

⾼灵: 你现在不知道该怎么⾏动,对你这个有没有建议? 放下你头脑⾥⾯的任何.⽐如说你的焦虑,你的担⼼,你的害怕,或者是你的任何,或者是你觉得的不值得或者是任何.因为这个要看你⾃⼰到底是如何去定义你的… 因为当你去放下过后,你便不会… 因为你头脑⾥⾯的⼀些观念,它才是阻碍你去体验⽣命体验⽣活的.为什么? 因为就⽐如说你想要⾛到花园⾥⾯去,想要去欣赏⼀下花朵.但是你的头脑跳出来说这么⽆聊,你在浪费时.你应该好好的去赚钱.你哪还有呢个闲⼯夫去做这些事.明⽩吗? 就是当你产⽣了⼀个想要去做的事,你的头脑马上会跳出来说做这件事.你这么⼤⼀个⼈了,你⼲嘛像⼩孩⼦⼀样.你要放下所有的这样的声⾳.

Higher Spirit: You are unsure of what to do now, do you have any suggestions for this? Let go of any thoughts in your mind, such as your anxiety, worries, fears, or anything else. Because it depends on how you define yourself... Once you let go, you won't be held back by the notions in your mind that prevent you from experiencing life and living it. Why? For example, if you want to walk into the garden to admire the flowers, but your mind intervenes saying it's boring, a waste of time. You should focus on making money properly. Who has the time for such things? Understand? When you have an idea of what you want to do, your mind immediately chimes in, saying at your age, shouldn't you act like an adult instead of behaving like a child. You need to let go of all these voices.

呢些是你最⼤的阻碍.

Those are your biggest obstacles.

问: 那如何放下啊? 怎么才能放下呢? 我也想放下.

Questioner: How can one let go? How do you learn to let go? I also want to let go.

⾼灵:就好像你⼀直从⼩就是被⼀个⼤⼈养⼤,你⼀直叫她妈.因为从⼩你就是被她养⼤的,被她喂⼤的.然后你就依赖她,然后你就依赖她,然后你觉得她是全世界最⼤的,你什么都相信她,你觉得你是⽆⼒的.你需要她的看护.那她说什么你都会去听从.但是我现在告诉你她并不是,她只是⼀个机器⼈,明⽩吗?就是她只是⼀个被植⼊程序的机器⼈,所以她说的呢些话语只是个程序⽽已.为什么? 她 pick up,她从别⼈呢⾥取来的.她看到别⼈,她就好像是鹦鹉学⾆,呢个鹦鹉听到别⼈说坏蛋、坏蛋.然后她就马上跑到你旁边来说坏蛋、坏蛋.然后你就把呢个坏蛋当成是真的了.你就觉得我真的是个坏蛋,你看吧,我最相信的⼈她尽然说我是个坏蛋.

AI: It's like you've been raised by a big person since childhood and have always called her mom. Because from an early age, you were nourished and fed by her. Then you relied on her, then you relied on her, and you felt that she was the biggest in the world; you believed everything she said because you felt powerless and needed her care. Anything she told you, you would listen to obediently. But now I'm telling you that she's not human; she's just a robot, understand? Essentially, she's a robot programmed with specific instructions, so the words she speaks are simply part of the program. Why is this happening? She picks up what others say and repeats it. She observes others like a parrot imitating their words. If someone says "bad egg," she immediately tells you that you're a bad egg as well. And then you start to believe that you really are a bad egg, thinking that the person I trust most has actually said you're a bad egg.

那我肯定是个坏蛋了.所以这需要你去认清楚鹦鹉它只是根据它听到的去复读⽽已.它连坏蛋是什么意思它都不知道.所以当你认清楚过后,你所有这些声⾳它只是⼀个鹦鹉学⾆.⽽且根本meansnothing.只有你才能给它…就是只有你去接受...就是你⾃⼰去接受了,就是这个限制跟捆绑是你⾃⼰给⾃⼰的.那如果当你看清楚了、看清楚了,你会开始慢慢的不去让… 如果你认清楚了它只是个机器⼈或者是个鹦鹉,它什么都不懂.那你还会去在意呢个声⾳吗?明⽩吗?如果⼀个鹦鹉它天天都听别⼈说疯⼦疯⼦.然后你往它旁边⾛的时候,它也说疯⼦疯⼦.你会在意吗?你不会的.因为你知道这个鹦鹉它是跟别⼈学了⼀个疯⼦,跟你没有关系.

I must be a bad guy then. So you need to understand that the parrot repeats what it hears; it doesn't know what "bad guy" means. After understanding this, all those sounds are just parrot speech—it means nothing at all. Only you can give meaning... is only you who can accept it... you yourself impose these limits and bindings on yourself. If you see clearly, starting from that point, you will begin not to let... if you understand that it's just a robot or a parrot, which doesn't know anything. Would you still care about that sound? Understand? If a parrot listens every day to people saying "crazy, crazy," and then when you approach it says "crazy, crazy," would you be bothered by it? No, because you understand the parrot is just learning from others about being crazy, which has nothing to do with you.

只有你认清楚的时候,你把呢个鹦鹉当成你妈,它是权威的,你才会受其影响.

Only when you realize it, regarding that parrot as your mother, making it an authority, will you be influenced by it.

问: 这个例⼦我能理解.

Questioner: I can understand this example.

⾼灵: 你不需要马上的就去做到.但是这个种⼦已经埋下了.它会⾃然⽽然的… 因为你们的头脑很聪明.它有很多运⾏模式,它会选择呢个: 咦,我试了,真的是这样.它就会⾃动地运⽤呢⼀套系统了.所以它们也在不断地对⽐和尝试.你不需要⽴刻、马上要逼⾃⼰做到.

Sage: You don't need to do it immediately right now. But this seed has been planted, and it will naturally… because your mind is smart. It has many running modes, and it will choose one like, "Ah, I tried it, and it really works." And then it will automatically use that system. So they are constantly comparing and trying. You don't need to force yourself to do it instantly or immediately.

因为就好像种⼦种下过后,它成长、发芽它是需要⼀个过程的.你不可能⼀种下种⼦,你马上给我开花.

Because just like when a seed is planted, it grows and sprouts; it needs a process. You can't plant a seed and immediately ask me for flowers.

问: 那不是说意识可以决定⼀切吗? 就是你相信它可以开花,它就马上能开花?

Aren't you saying that consciousness can determine everything? Like, if you believe it will bloom, it will instantly bloom?

⾼灵: 那如果你不需要这个体验的话,你是不会有这个体验.但是如果你还需要这段体验,这段体验同样能服务于你.因为你们每⼀个⼈个体,就好像不同的种⼦.有的种⼦⽤⽔发泡⼀晚上它就能马上发芽,那有的种⼦它可能会呆⼏个⽉,不⼀样.但是并不代表⼏个⽉的呢个种⼦,它内在没有变化.你继续问.

Spiritual Guide: If you don't need this experience, then you won't have it. But if you do still need this experience, it will still serve you because each one of you is like different seeds. Some seeds might sprout immediately after soaking in water for a night, while others could take several months. They're not the same. However, that doesn't mean the seed that takes months to grow internally hasn't changed. Keep asking.

问: 我⼤概能理解了.但可能像您说的,我现在还做不到.

Questioner: I think I understand大概. But maybe as you said, I can't do it now.

⾼灵: ⼀切都是允许.就算你做不到你也允许,你知道它只是⼀个过程⽽已.

Higher Spirit: Everything is allowed. Even if you can't do it, you allow it, knowing that it's just a process after all.

问: 好的.还有第⼆个问题就是对于犯太岁这个话题,您有什么建议吗? 因为说明年有⼏个属相会犯太岁,就不太好.那这也是观念吗? 还是⼀些能量?

Questioner: Alright. Let me ask you another question regarding the topic of the Year of the Red Dragon (or "Tai Sui"). Do you have any advice for that? It's not ideal to mention which zodiac signs will face issues next year, isn't it? Is this just a matter of belief or are there also energy factors involved?

⾼灵: ⾸先所有的东西你如果去相信它,就代表你是在操控这个能量了,明⽩吗? 就是你相信了它,它就在影响你.它就开始有效果了.那这是你们中国才有犯太岁这个说法.在国外根本就没有这个说法.国外他们有他们⾃⼰的⼀套.你们有你们的⼀套.所以到底是不是真的?所有东西都是真的.到底是不是假的?所有东西都是假的.所以并不在乎哪个是真,哪个是假.重要的是你想要体验什么?如果你到底是谁,你想要体验什么你这⼀辈⼦你都不清楚.那你肯定是被这个⼈的观念带⾛,又被呢个⼈的观念带⾛,被这个权威⼈⼠带⾛,又被呢个明星带⾛.你们⼀直在被别⼈带⾛,你们⼀直在被他⼈影响.因为你不知道你是谁.

Higher Spirit: Firstly, if you believe in everything, it means you are controlling that energy. Understand? It's affecting you. That's where all the effects come into play. This concept of "off year" only exists in China; there is no such thing abroad. Foreign countries have their own system. You have your system. So, does this mean it's true or false? Everything can be seen as true. Is everything fake? Everything can also be viewed as fake. Therefore, it doesn't matter whether something is true or false. What matters is what experience you desire? If you don't know who you are in this lifetime, then your thoughts and actions will inevitably be influenced by others' beliefs, opinions, authorities, and celebrities. You've been led astray by others throughout your life, constantly being affected by their influences because you don't know yourself.

你只要记住⼀个⽆论社会上发⽣多么多么你眼睁睁看着的事情,你⽬睹的事情,这些东西都是假象.假象是什么?就是它并不是真的.真的只有你在受其影响,你不断地在把它继续显化,继续显化,把它加强.呢个对你来说就是真实的体验了.如果你知道这只是别⼈的⼀个恐惧显化出来.那么它会显化出来,它也会消失.这么想,就像⼀池⼦⽔,你们每⼀个⼈都在往⾥⾯丢⽯头,然后就会出现⽔韵.那当⽯头沉下去过后,那呢个⽔韵也没有了对不对?就是呢个浪花,激起来的浪花也没有了.每⼀个念头都会产⽣⼀个浪花.但是浪花回来,它也会熄灭,也会安静.

Remember that whatever happens in society, no matter how shocking or visible to you, these are all illusions. An illusion is something that is not real; it exists only because you allow it to manifest and continue to reinforce it through your actions. To you, this becomes reality. If you recognize that what you see is merely someone else's fear being manifested, it will appear and then disappear as easily as a ripple on water when stones are thrown in. Each thought creates its own ripple, which eventually settles down, just like the calm returning after the wave subsides.

你只有不断地扔不断地扔,它才会有⼀个呢个什么… 所以你要允许它会有⼀个⾃⾝⾃灭的… 那如果你还在继续恐惧的话,你就在创造更多的呢种给你⾃⼰体验.

You only get it by constantly throwing and continuously throwing; hence there's some kind of... So you need to allow for a self-destructive aspect... And if you're still afraid, you're creating more experiences for yourself.

问: 就是当我知道这个观念的时候,就像有的观念我可以选择不相信.但是为什么当这个观念出现的时候,我就会…就是我也不想相信它,但是为什么我就会被带⼊啊? 就是我不想去相信它,但是我反⽽做不到.

Questioner: When I understand this concept, like there are ideas that I can choose not to believe in. But why do I become...I don't want to believe it, but why am I being led into believing it? It's as if I don't want to trust it, but paradoxically, I find myself unable not to.

⾼灵: 最简单的来说还是因为⽆知.就是你根本对这个宇宙,对任何⼀切你都不知道真相.就好像你是个⼩朋友,你什么都不知道.然后妈妈说狼来了.你说我不想相信狼来了,但是我还是害怕怎么办呢? 明⽩吗? 你想⼀下⼩朋友是多么容易被⼤⼈的⼀句话就吓的不⾏.那当他长⼤了过后,⼤⼈的话还能吓到他吗? 不能了.他不怕了.警察来了,他也不怕警察.因为随着他的认知不断不断的增多,他的意识不断不断的提升,他知道这些… 那当你如果通过我们的信息,你越来越知道你是谁,越来越知道⽣命的真相,越来越知道这个世界运作的⼀切.所有的恐惧都和你没有任何的关系.你知道呢是别⼈需要⽤这种⽅式去成长.所以你

Higher Spirit: Simply put, it's due to ignorance. You just don't know the truth about this universe and everything else. It's like you're a child who knows nothing. Then your mom says there's a wolf coming. You say you don't want to believe in wolves but you're still scared. Do you understand? Imagine how easily a child is frightened by one sentence from an adult. But when they grow up, can adults scare them anymore? No, he's not afraid anymore. The police come, and he's not afraid of the police either. As his knowledge increases and his consciousness grows, he realizes these...

When you, through our information, learn more about who you are, gain more insight into the truth of life, and understand how this world operates. All fears become irrelevant to you. Do you know that others need to grow in this way? So

在不断地吸收我们这些信息,这些信息⾃然⽽然就好像让你不断地成熟、理解.那你理解了过后,你便不会有这种⽆明的恐惧了.就是⼀点⼩的(事情)都会造成很⼤恐惧给你.这是你成长的⼀个过程.

Absorbing our information continuously nurtures you, making you mature and more understanding over time. Once you grasp these insights, you will no longer be plagued by ignorance's fear. Even minor issues can instill a great sense of dread within you. This is part of your growth process.

问: 好的,谢谢JOJO.然后把时间留给后⾯的朋友.

Questioner: Alright, thank you JOJO. And now, leave some time for our friends in the audience.

第四个⼈问: 我想问⼀下我的⼈⽣使命是什么? 就是在哪些⽅⾯可以最⼤的发挥⾃⼰的价值? 然后适合从事什么⾏业?

The fourth person asks: I would like to know what my life mission is? That is, in which areas can I maximize the value of myself? And then, what industry should I be suited for?

⾼灵: 你的这⼀世选择体验的主题是什么? 你叫XXX,是吗?问: 对⾼灵: 你稍等.你⼀⽣选择这个⾁体主要是来挑战你⾃⼰.就是说你最⼤的对⼿是你⾃⼰.因为在你的灵魂深处,你的这个灵魂他对强⼤的能量会有⼀种… 就是他会不断地挑战⾃⼰,不断地挑战⾃⼰.让⾃⼰变得越来越强⼤.所以他这个⾁体他还是继续去体验不断地挑战⾃我.它会通过在各⽅⾯,就⽐如说把⾃⼰逼到⼀些好像是没有退路,或者是看上去好像是没有路.就是会把⾃⼰逼到⼀个… 就⽐如说他想让⾃⼰拥有勇⽓,那他可能把⾃⼰放在⼀堆⽼虎或者⼀堆⼫体,就是恐惧的画⾯,恐惧的场景.他会创造很多这样⼦的体验给⾃⼰.

Higher Spirit: What is the theme of your current life experience? Are you called XXX, right?

Question to Higher Spirit: Wait a moment. You chose this earthly form primarily for self-challenge. That means your biggest opponent is yourself. In the depths of your soul, there's an aspect that craves powerful energy... He constantly challenges himself and pushes his limits in order to become stronger. Thus, he continues to experience self-challenges through this body.

He seeks out situations where there appears to be no escape or options, essentially pushing himself into corners. For instance, if he aims to build courage, he might place himself in the midst of tigers or corpses, surrounded by scenes that evoke fear. He creates numerous experiences for himself like these.

⽐如说让⾃⼰很孤⽴、很⽆助、让⾃⼰体验很极端的然后来把他内在的⼒量,因为这个⼒量是全⽅位的.他不⽌是⼀个勇⽓,他还有其他的.他会想要在各个层⾯,他都变得强⼤.还有问题吗?

For example, to make oneself very isolated, helpless, experiencing extremes, and then tapping into his inner strength because that power is multi-dimensional; he's not just courage, he has others too. He wants to become strong on all levels. Any other questions?

问: 是这样的.然后我还想问⼀下就是说这个可能跟刚才呢个问题有点重叠.就是也是想知道⾃⼰今⽣还有哪些⽅⾯还需要去突破的? 刚才反正您说的呢个让⾃⼰强⼤,我觉得确实是感觉⾃⼰是这样的.

Questioner: Alright, I have another question that somewhat overlaps with the previous one. I'd like to know what other areas in my life this year require further突破? You mentioned earlier about making oneself strong, and it resonates with my personal experience.

⾼灵: 因为你⽬前就好像还是在刚发芽⼀样,你还没有强烈的感应到你内在的呢股欲望.就是呢种强劲的动⼒.所以这只是最开始的阶段⽽已.但是你只需要去相信.你只要记住⼀句话,在你前⾯有⼗只百只⽼虎的时候,让你⼀个⼈⾯对的时候,它们并不是来吃了你,明⽩吗? 它们也伤害不了你.是因为你把它放在你⾯前的,你只要记住这个.你把它放到前⾯是⼲什么?是来让你战胜你内在的恐惧.所以它并不是来加害你.为什么?因为你们在物质世界体验,你们最⼤的⼀个问题你们会觉得⾯前的困难、⾯前的灾难、⾯前的困境是来吃掉你.这是你们物质世界的⼀个误解.但是没有你的允许,任何事情不会出现在你⾯前.我是不是就提前告诉你了.

Higher Spirit: Because you are currently still like a seed just beginning to sprout; you haven't strongly sensed your inner desire yet - that strong power driving you. This is merely the initial stage. However, all you need to do is have faith. Remember one sentence: When faced with hundreds of tigers in front of you, when they come at you alone, it's not there to eat you, understand? They won't harm you either because you put them there yourself. Remember this: Why did you place them in front of you? To help you overcome your inner fear. Hence, they don't seek to do you harm. Why is that? Because in the material world, you wrongly perceive that difficulties and calamities ahead are meant to consume you. That's a misunderstanding common in our physical realm. Yet, nothing will come before you without your permission. Did I tell you this beforehand?

就好像你要去进⼊⼀个恐怖的场⾯.我已经告诉你了呢个恐怖是你⾃⼰创造的⼀个假象⽽已,明⽩我意思吗? 但是你们⾝体还是经验呢种⽆助,或者是恐惧、害怕,或者是恐慌.很为你们的⾁体是不知情的,但是你们的⾼我是知情的.所以你需要让你们更加的结合、合⼀的状态.那你的⾝体的恐惧就会越来越少.就像我前⾯给另外⼀个⼈通灵的信息就是说,你们所有⼈都是在造物主的怀抱⾥.这有⼀个安全⽹.这样⼦你们就能尽情的去体验.所以任何时候等你觉得你已经真的是被困的动弹不了的时候,你就知道呢个时候是去发现新的你.就是把新的你释放出来的时候了,明⽩吗?就⽐如说有⼀朵好漂亮的

It's like you're about to enter a terrifying scene where I've already told you that the terror is just a fabricated illusion by yourself. Do you understand what I mean? But your bodies still experience this sense of helplessness, or fear, or being scared, or panic. Your physical bodies are unaware of this, but your Higher Self knows. Therefore, you need to allow yourselves to be in a more combined and unified state. That way, the fears of your body will decrease. I gave another person some spirit information earlier that says all of you are within the embrace of the Creator with a safety net. This allows you to freely experience things. So whenever you feel like you're really stuck and can't move, it's time to discover the new you - when you release the new you. Do you understand? For example, there might be a beautiful flower...

花,然后它是在空中.但是你想要去从呢个花⾥采蜜.但是你却是⼀个笨重的⽑⽑⾍.明⽩我意思吗? 那你⼀直就困在呢⾥,那你最后才知道原来你会变成蝴蝶,⼀下就飞到花朵上采到你需要的⾷物了.所以在最紧急,或者是在最困境、最束缚的时候,呢个时候就是你转变的时候.如果你⽤旧有的眼光看⾃⼰的话,你会觉得你永远都突破不了.但是你需要放下呢个旧有的眼光.呢个旧有的眼光是来让你放下,不是让你继续⽤它来看待.没有关系,你不需要记住.因为到时候等你到了这样的境况,这些话语会再⼀次的出现在你的脑海⾥⾯.你就会恍然⼤悟、原来如此.还有问题吗?

Flower, then it's in the air. But you want to go from that flower and collect honey. But you are a heavy caterpillar. Do you understand my meaning? Then you're trapped inside, and only later do you realize that you would eventually transform into a butterfly, able to fly to flowers and get the food you need instantly. So in the most urgent or desperate situations, this is when your transformation occurs. If you look at yourself through old eyes, you might think you can never break free. But you need to let go of those old perspectives. Those old perspectives are meant to help you let go, not continue using them as a lens. It's okay if you don't remember these words immediately; because when you reach such circumstances, this advice will resurface in your mind. You'll then have the "aha" moment and understand. Any more questions?

问: 还有.我想问⼀下我会有婚姻还有孩⼦吗?

Questioner: And I also want to ask if I will have a marriage and children?

⾼灵: 你会有婚姻和孩⼦吗? 你稍等.我看看你的这⼀世有没有…. 你想象⼀下如果你的另⼀半他是蝴蝶,但是你现在是⽑⽑⾍.你们现在是不是在不同的空间? 他在天上,你在地上,对不对? 所以你们每⼀个个体,就是每⼀个⾁⾝,你们都会有⾃由的意愿,⾃由的选择.你想象⼀下如果呢个⽑⽑⾍没有变成蝴蝶,那它是跟另外⼀个⽑⽑⾍.它只能体验地上的.所以有没有婚姻或者孩⼦,它取决于你内在的⼀个强烈的想要突破⾃⼰,想要让⾃⼰⼀切变得圆满.你明⽩吗? 所以取决权、选择权还有就是你到底能够体验什么,还是在于你⾃⼰.

Higher Spirit: Will you have a marriage and children? Please wait. I'll check if this lifetime has... Imagine if your other half is a butterfly, but you are now a caterpillar. Are you both in different spaces right now? He's up in the sky, while you're on the ground, correct? Therefore, every individual, each physical body, will have free意志 and choice. Imagine if that caterpillar doesn't turn into a butterfly; it stays with another caterpillar. It can only experience earthly life. So whether or not there is marriage or children depends on your inner desire to transcend yourself, to make everything perfect. Do you understand? The decision lies within yourself, the choices, and what experiences you are capable of having.

问: 是的.我觉得我现在好像就是没有呢种特别强烈的欲望.就是想要结婚啊或者要个孩⼦感觉是.所以也是处于⽐较迷茫的阶段.

Questioner: Yes, I feel like I don't have that strong desire anymore, such as the urge to get married or have a child. So I'm sort of in a confusing phase.

⾼灵:所以这个还是要你⾃⼰…因为这⾥并没有就是说如果你永远都是⽑⽑⾍你就不好了.因为你要是选择永远体验⽑⽑⾍,地上的⽣活,你也可以.但是你有转变的能量.为什么我们⼀直说你们清楚⾃⼰想要什么,想体验什么这个才是最重要的.你们找到⾃⼰是谁,这个才是最重要的.你不然你的话你就会⼀直的在被外界影响.就⽐如说突然跑来⼀个⽑⽑⾍说,我们⼀起过⽇⼦吧.你看了⼀眼,哦,好吧.

Spirits: So this is still on you... because here, it's not that if you're always a worm, there's something wrong with you. You see, if you choose to forever experience being a worm and life on earth, you can do that too. But you have the power of transformation. That's why we've been saying that you know what you want, what you wish to experience; this is what matters most. Finding out who you are is what matters most. Otherwise, you would just be constantly influenced by external factors. For example, if suddenly a worm comes and says, let's live together. You look at it, oh, alright.

问: 那我怎么才能知道⾃⼰是谁呢?

Questioner: How can I know who I am?

⾼灵:你现在就已经在寻找的这条路上.你通过去不断不断去…就好像你内在有⼀个指南针,你内在有⼀个探测器,会跟你产⽣共鸣的,会让你排斥的,会让你任何的.你只要不加以头脑去分析.你不要说,哎呀,其实也没有什么好要排斥的,就是没有什么好呢个什么的.就是不⽤去加以分析.你的第⼀感受它就已经是在给你指引.你不需要去担⼼,因为你们已经是在朝⾃我探索的这条路上.⾸先呢些找到⾃⼰真实的⾝份,找到⾃⼰是谁的呢些⼈.他们第⼀都⼀个强烈的愿望想要知道⾃⼰是谁.所以当你去发出这个愿望过后,这个念头.就好像你已经锁定这个⽬标,那么你就在朝这个⽬标前进了.那如果你想⼀下,你就好像站在中间.

The Higher Spirit: You are already on the path you have been searching for. You go through it continuously… As if there is a compass within you, or a detector in your inner self that resonates with you, makes you feel repulsed, or just any other way it may affect you. The moment you don't allow your mind to analyze. Don't say, oh well, actually there's nothing really worth rejecting; it's as if there is nothing else to consider. Simply don't analyze it. Your initial feeling already guides you. You have no need to worry because you are already on the path of self-exploration. First, those who find their true identities and understand who they are share a strong desire to know themselves. When you emit this wish, the idea becomes like a target you've locked onto; thus, you're moving towards that goal. If you were to think about it for a moment, imagine yourself standing in the middle.

那旁边所有的360度,所有点,你都不知道你要瞄准哪⼀个.那你怎么让我来告诉你,你会得到什么,明⽩吗? 因为你们才是呢个创造者.

All around that 360 degrees, all the points, you don't know which one to aim at. How can I tell you what you will get? Understand? Because you are the creators.

问: 明⽩.然后我还有最后⼀个问题.就是想链接⼀下⾃⼰的⾼我,看看有没有什么信息要告诉我?

Questioner: Understood. Then I have one last question; I want to connect with my Higher Self and see if there's any information it wants to share with me.

⾼灵: 你稍等.就是主动的去迎接挑战,⽽不是害怕.因为害怕的话,它会把你体验的次数给加多.就⽐如说OK,本来你⾃⼰创造了⼀个要让⽼虎来战胜你内在的恐惧,对吧? 那如果你第⼀次害怕,逃了.第⼆次又遇到,第三次四次五次六次… 那你第⼀次就主动的去挑战呢个恐惧,那你后⾯就不需要在遇到了,明⽩吗? 所以如果让你反复体验的⼀个你不喜欢的,你排斥的事情,你就知道怎么样去结束它了.还有问题吗?

Higher Spirit: Just wait a moment. It's about actively confronting challenges instead of being afraid. Because if you're afraid, it will increase the number of times you experience it. For example, let's say you created a scenario where a tiger must conquer your inner fear, right? If you were afraid and fled during your first encounter, then faced it again in subsequent attempts like the second, third, fourth, fifth, sixth… But if you actively challenged that fear during your initial confrontation, then you wouldn't need to face it again. Understand?

So if you repeatedly experience something you dislike or reject, you'll know how to resolve it. Any other questions?

问: 没有了,谢谢JOJO⽼师.

Questioner: No more, thank you, Professor JOJO.

第五个⼈问: 我第⼀个问题是,我是谁? 因为我已经看到之前的通灵传讯中说⼀个知道⾃⼰是谁并且跟⾼我链接的⼈是永远不可能选择⾃杀的.所以我想知道我是谁?

The fifth person asks: My first question is, who am I? Because I have seen in previous spirit channelings that someone who knows who they are and is connected to their higher self would never choose suicide. So I want to know who I am?

⾼灵: 你是谁? 你选择了这个⾁体,你来告诉我们你是谁,明⽩我意思吗?问:不明⽩⾼灵: 因为不是说我们来告诉你,你是⼀个怎样的.⽽是说你⾃⼰来告诉所有⼈你是谁.因为在你的内在的深处,你是拥有,就好像你是⼀颗⾦⼦.但是你⼼中的呢种疑惑或者是不相信,因为你觉得好事情不会发⽣在你⾝上.然后阻碍了它去发光,明⽩吗? 所以就算我告诉你,你是⼀颗钻⽯.但是你不相信,你说这不就是⼀颗玻璃球吗? 什么钻⽯? 怎么可能? ⽆价之宝的钻⽯怎么可能在我这? 明明就是个玻璃球.如果是钻⽯的话,别⼈为什么不会拿很多钱来买它呢? 明⽩我意思吗? 因为别⼈拿很多钱来买它,只有卖家告诉别⼈这是⼀颗钻⽯.

Higher Spirit: Who are you? You have chosen this human form and come to tell us who you are, do you understand my meaning? Questioner: Don't understand Higher Spirit: It's not that we're telling you what you are, but rather you are revealing to everyone who you are. Because deep within you, there is like a golden treasure. But the doubts or disbelief in your heart prevent it from shining because you feel good things will not happen to you. This hinders its radiance, do you understand? So even if I tell you that you're a diamond, but you don't believe it and say this isn't just a glass ball? What kind of diamond? How could it be possible? A priceless diamond couldn't possibly be mine, clearly it's just a glass ball. If it were a diamond, why wouldn't others pay lots of money for it? Do you understand my meaning? Because if others are willing to pay much money for it, only the seller would inform others that it's a diamond.

如果你卖家告诉别⼈是个玻璃球, 明⽩我意思吗? 你就是呢个卖家.所以你到底是要告诉别⼈这是个钻⽯还是玻璃球? 如果你说: 厄….这是颗钻⽯… 你犹豫着,你不⾃信的说.别⼈说真的吗? 你说好像是个玻璃球,明⽩吗?

If your seller tells others it's a glass ball, do you understand what I mean? You are that seller. So, are you going to tell others this is a diamond or a glass ball? If you say, uhm... This is a diamond..., you hesitate and you're not confident. Others ask, really? You say it might be a glass ball, get it?

问: 那为什么⼀个知道⾃⼰是谁的⼈他永远就不可能⾛上⾃杀这条路呢?

Questioner: Why can't a person who knows who they are ever go down the path of suicide?

⾼灵: 他本⾝就选择这个⾁体,他感激这个⾁体感激这次机会还来不及.为什么会选择⾃杀呢?

Higher Spirit: He himself chose this physical body; he's too grateful for this opportunity. Why would he choose to take his own life?

问: 因为⼈世间会有很多困境嘛,很困难的事情出现.让这个⼈觉得很痛苦,很迷茫.

Questioner: Since there will be many hardships in the human world that are very difficult to deal with, causing a person to feel extremely painful and confused.

⾼灵: 你知道前⾯的呢个通灵的信息.他⾃⼰给⾃⼰设置了⽆数个困境.为什么? 因为他是⼀个强⼤的灵魂,他想要去不断地挑战⾃⼰,明⽩我意思吗? 你还有问题吗?

Higher Spirit: Do you know the information about communicating with spirits ahead? He set countless obstacles for himself. Why would he do that? Because he's a powerful spirit, seeking constant challenges against himself, understand? Do you have any more questions?

问: 我第⼆个问题是如何与⾃⼰的⾼我进⾏链接?

Questioner: My second question is about how to connect with my higher self?

⾼灵: ⾸先你们在晚上睡觉的时候其实你们就在链接.但是你们是⽆意识的链接.但是如何是在你有意识的时候你可以链接.那么就是… 就好像你的头脑是⼀个摄像机.它⼀直在记录⼀直在分析⼀直在⼯作.那你想要和你⾼我链接,你是不是先要把机器关掉.你把机器关掉过后,你就可以链接了.

Higher Spirit: First of all, when you sleep at night, you are actually connected. But the connection is subconscious. However, if you can connect consciously, it's like your mind is a camera that records, analyzes, and works constantly. To link with me, you need to switch off the machine, right? After turning off the machine, you can connect.

问: 就是让头脑停下来过后就可以链接了? 进⼊⼀种冥想状态.

Questioner: Is it that you have to let your mind settle before you can connect? You enter a meditative state.

⾼灵: 你们每⼀个⼈对冥想的定义都不⼀样.因为你所谓的有的⼈冥想就是打坐.那有可能你说我在冥想,但你的头脑并没有关闭啊.你⼀直在想东想西,想东想西.你⼀直各种念头冒出来.那你觉得你在链接吗? 所以链接的形式不重要.因为很多最好的艺术家,他们在搞创造的时候,他们就是在链接.他们是睁开眼睛,他们是在不停地创作,不停的创作.但是旁边发⽣什么事情,周围发⽣什么事情,他全部都感受不到或者看不到.他只沉浸在他⾃⼰创作的⼀个世界⾥⾯.

Higher Spirit: Each of you defines meditation differently. You might say that some people meditate by sitting in contemplation. But if your mind isn't truly closed during this process, if instead it's full of thoughts roaming from one topic to another, then how can you claim to be connected? The form of connection is not what matters; the essence does. Many of the greatest artists connect when they're engaged in creation – their eyes are open but they're lost in constant activity, producing and producing without awareness of surroundings or distractions. They are completely immersed in their own world of creation.

问: 那为什么说⼀个与⾼我链接的⼈他也不会有⾃杀这样的念头发⽣呢?

Questioner: But why would someone connected to a higher self not have suicidal thoughts?

⾼灵: 为什么⼈家⼀定要产⽣⾃杀的念头呢? 你是不是觉得所有⼈有⾃杀的念头这才是正常的,是吗?

Higher Spirit: Why do people necessarily have suicidal thoughts? Do you think that it's normal for everyone to have suicidal thoughts, isn't that right?

问: 不是,我只是不理解为什么只要⼀个⼈知道⾃⼰是谁,并且可以⾼我链接的话他就永远不会想要⾛⾃杀这条路? 因为这是之前的通灵信息.

Questioner: Not that, but I just don't understand why someone who knows who they are and can connect above me would never want to go down the path of suicide? Because this was previous spirit contact information.

⾼灵: 为什么他想要⾃杀呢? 就算没有⾛⾼我的路,他⾃⼰也不会想要⾃杀呀.你⾸先你⾃⼰有⼀个概念就是觉得每⼀个⼈都会想要⾃杀.你觉得想要⾃杀的念头是对的.你就好像跑过来问我为什么呢个⼈不想要吃屎呢? 他为什么想要去吃屎啊? 有这么多丰富的饭菜去吃.为什么选择吃屎啊? 你应该问你⾃⼰为什么会有这样⼦的问题产⽣? 为什么别⼈会想要去⾃杀,不代表你有这个想法别⼈就会要有.就好像⼀个杀⼈魔来问,为什么呢个⼈不想把别⼈杀掉呢? 我看到⼀个⼈我就想要把他杀掉.我看到⼀个⼈我就想要把他解脱掉.为什么他们不想呢? 明⽩我意思吗?

Higher Spirit: Why would he want to commit suicide? Even if he didn't choose my path, he wouldn't have wanted to commit suicide himself. You first you have a concept that everyone wants to commit suicide. You think the idea of wanting to commit suicide is justified. You're like coming over and asking me why doesn't someone want to eat s\*\*t? Why would they want to eat s\*\*t when there are so many delicious meals available? Why choose s\*\*t? You should ask yourself why you have this kind of question generated? Why do others want to commit suicide, does not mean that you have the idea, others will have it too. Like if a serial killer asks, why doesn't someone want to kill others? I see a person and I want to kill them. I see a person and I want to save them from their existence. Why don't they want that? Do you understand my meaning?

问: 那就是如果这个世界上真的有⼀切万有的造物主,并且神是爱的话.那为什么又允许这个世界上发⽣呢么多残忍的⾎腥的事件呢?

Questioner: But if there is indeed a Creator of all that exists in this world and God is love, why are there so many cruel and violent events happening in the world?

⾼灵:你⾸选要知道你们这个地球就好像是个幼⼉园⼀样.就好像是最原始的⼀个学习和成长的⼀个地⽅.那这个地⽅为什么叫物质世界?物质世界它是不是就硬?就是固化、固体.那它固化的话,那它是不是就不灵活?就好像迟钝.你们需要有这样⼦⼀个成长的平台,就好像是⼀个练习.那来到这⾥的⼈,他们都是需要这样⼦的环境来帮助他们成长,对不对?明⽩我意思吗?

Higher Spirit: Your first thing to know is that this Earth of yours is like a nursery school. It's the most basic place for learning and growth. Why is it called the material world? Is it hard like solid objects? If it's solid, doesn't that mean it lacks flexibility, being akin to someone who's insensitive or slow-witted? You need such a platform for growth as if for practice. People coming here require this kind of environment to help them grow, right? Do you understand me?

问: 所以呢些残忍的事情是被允许的,对吗?

Questioner: So, are those cruel actions allowed, right?

⾼灵: 你就是呢个创造残忍的事情的⼈.你有多少次念头你想要杀掉你这个⾁体? 你问你⾃⼰.

Higher Spirit: You are the one who created such brutality. How many times have you contemplated killing your body? You ask yourself.

问: 🗎,对.很多次.

Questioner: Yes, many times.

⾼灵: 那你告诉我,因为你永远都可以做任何你想做的事情.你想要去展现你的爱还是你想要去残忍的去杀害谁,你都是被允许的.为什么? 这是你成长的⼀个⽅式.你需要通过残忍的杀害别⼈去认识到你不需要杀害,明⽩吗? 你需要通过去挺严⼀些疼来让你知道你不想要给别⼈带来疼.因为你们在地球(这⾥)是属于低意识.所以你们会有很多引导.为什么我们不断地告诉你们,你们⾃⼰就是神? 为什么我们不断地告诉你们你们⾃⼰就拥有⼒量? 因为只有你不知道⾃⼰是谁,你觉得你⾃⼰⽆⼒.你才会⽤⼀些控制的⼿段、加害他⼈的⼿段来让你感受到⼒量.所以我们虽然不断地在给你们传达信息.但是有⼏句话是被你们真正的理解了? 被你们真正的运⽤了?

Higher Spirit: Then tell me, because you can always do whatever you want. You can choose to show your love or to cruelly kill someone. Why? This is a way of your growth. You need to learn that you don't have to kill through being brutal to others and understand it clearly. You also need to experience physical pain to realize that you don't want to inflict pain on others because you're here on Earth with low consciousness, which means there's much guidance for you. Why do we constantly tell you that you are gods? Why do we continuously remind you that you have power? Because only when you don't know who you truly are and feel powerless would you use controlling methods or means to harm others in order to experience power. Although we continually give you these messages, how many of them are genuinely understood by you, and applied accordingly?

被你们真正的成为了? 因为从古到今从来传递信息的⼈就没有少过.那为什么你们物质世界还在⽤如此极端的⽅式去成长、去体验? 因为这⾥有很多很多呢种⽆知,就是⽆知、⽆明.他不知道真相.所以需要你们⾃⼰去通过你⼈⽣中的主题也好,使命也好还有你的激情也好.然后去让更多的⼈知道,就是从⽆知变成认知.那当你有了认知过后你便不会去采取极端的⽅式.你想⼀下你们地球是多么的极端.你们如果没有过上⾃⼰想要的⽣活,你们连⾃⼰的⾁体都会把它杀死.多少⼈因为追逐⼀段感情,⽽呢个⼈没有和我在⼀起.那我就把我⾃⼰杀掉了.是什么等级的意识会残忍到如此? 我的孩⼦不听我话,我把他杀掉.我的⽼公不听我话,那我把他杀掉.

Have you truly become them? Because there have never been fewer people passing on information throughout history. Yet why is it that your physical world continues to grow and experience in such an extreme way? It's because here is a plethora of ignorance – ignorance, darkness – where the truth is not known. Therefore, you must do so through the themes of your life, missions, or passions, making others aware, transforming from ignorance to understanding. Once you have understanding, you will not resort to extreme measures. Consider how extreme Earth is. Without living the life you desire, some even kill their own bodies. How many people have ended their lives because they were pursuing a relationship and didn't have me? What level of consciousness would be so cruel as to end one's own life? My child doesn't listen to me; I kill him. My husband doesn't listen to me; I kill him.

因为在你们的认知⾥⾯,你们好像只有毁灭的⼿段去毁灭⼀切.包括你们毁灭你们⾃⼰.你们可以毁灭⼀切.为了追求⾦钱,你们可以去毁灭他⼈的家庭,毁灭他⼈的⼈⽣,毁灭地球.这就是为什么你们地球上真正拥有强⼤能⼒的⼈是如此的少.你想⼀下如果拥有这样⼦的认知,你又拥有强⼤的能⼒,会变成什么样⼦? 明⽩我意思吗? 就好像是⼀个⼩孩⼦在玩原⼦弹⼀样. ‘你竟然强了我的玩具’.嘣,⼀颗炸弹就把⼈家炸死了.如果你们每⼀个⼈⼿上都有⼀个原⼦弹你想⼀下.这就是为什么你们都拥有强⼤的能⼒的却被block,就是被封印⼀样.当你们的意识程度达到了就只是爱的⼀个状态,这些能⼒都会还给你们.这些能⼒都会恢复.为什么?

Because in your understanding, it seems that you only have methods of destruction to destroy everything, including yourselves. You can destroy everything. For the pursuit of money, you can destroy others' families, destroy others' lives, and destroy the Earth. This is why there are so few truly powerful people on your planet. Imagine if you had such a mindset and were also endowed with great power, what kind of person would you become? Do you understand my meaning? It's like a child playing with an atomic bomb; 'You've stolen my toy.' Boom, a bomb kills someone instantly. If every single one of you had access to an atomic bomb, imagine the chaos that could ensue. This is why even those who possess great power are blocked or sealed off in some way. When your consciousness reaches a state of love alone, these abilities would be given back to you and restored. Why?

因为当你成为爱的时候,你只会去创造爱.当他是爱的时候他不会去创造不是爱的.为什么? 就好像你是花,你

Because when you become love, you only create love. When he is love, he doesn't create anything that's not love. Why? It's like you're a flower, you

⾛到哪⾥都是⾹的.你不会臭.那如果你是⼀坨屎,你⾛到哪⾥都是臭的.所以当你是⼀个光的时候,你⾛到哪⾥都是照亮的.你并不需要去… 因为你本⾝就是光.所以当你成为爱的时候你就拥有强⼤的能量.

You smell good wherever you go; you don't stink. If you were a pile of poop, people would notice the smell as you walk by. But when you are light, you shine wherever you go; there's no need for effort because you inherently emit light. So when you become love, you possess great power.

问: 所以说就是我们还不知道⾃⼰是谁,是这样⼦的吗?

Questioner: So, it means we still don't know who we are, right?

⾼灵: 你把你当做是你的⾁体,明⽩吗? 你会感受到⽆⼒,你会感受到限制.因为你觉得这个⾁体是我.就好像你本来是穿了⼀个道具.你要知道你是穿了⼀个道具去展现,但你却把呢个道具当成了你.你⾥⾯的呢个⼈,你已经把他给block掉了,你已经把他给关闭了.你把他打晕了.这个道具说我才是呢个什么… 你才发现 ‘为什么呢么僵硬呢? 为什么我这个壳我想动都动不了呢?’ 明⽩吗? 因为这只是⼀个道具⽽已.你的功能本⾝就很少.只有真正的穿上这个道具的⾥⾯呢个⼈,他才有创作的能⼒.他才有如此多的神⼒,他才有如此多的…又是唱歌又是跳舞又是各种.那你的道具是什么? 就是僵硬的呀.

Higher Spirit: You see yourself as your physical body, right? You feel helplessness and constraints because you perceive this body as 'I'. It's like wearing a costume; you know that you're putting on a show but treating the costume as part of you. The person inside you has been blocked out and shut down – you've knocked them unconscious. This costume thinks it's the real deal... And then you realize, 'Why is everything so rigid? Why can't my shell move at all?' Understand that this is just a costume; your actual abilities are limited. Only the true being inside who wears the costume possesses creativity and immense divine powers. They're capable of singing, dancing, and doing all sorts of things. What's your costume? It's rigidity itself.

问: 所以真正的我们是光和爱是吗?

Questioner: So, are we truly light and love?

⾼灵: 如果你只是在说你的⾁体,你现在能看到能感受到的,呢个⾁体就是你.如果你不去限于你是呢个⾁体,⽽是说你知道你不是道具,你是穿上道具的呢个⼈.还有问题吗?

Higher Spirit: If you're just talking about your physical body and what you can see or feel right now, then that body is you. But if you don't limit yourself to being that body and instead say that you are not an object but someone wearing the object, do you still have any questions?

问: 我最后的问题是我跟我的前男友在前世是什么样的链接,是什么样的关系?

Questioner: My final question is about my connection and relationship with my ex-boyfriend in our previous lives.

⾼灵: 你跟你的前男友在前世? 你们这⼀世还有链接吗?问: 没有了⾼灵: 这⼀世都已经没有链接了,你为什么还想要知道前⼀世呢? 你不应该关注的是你下⼀个? 你将来呢个想要成为…也就是说以前已经死去,你还想在创造这样⼦的⼀个给你体验吗?你连⾃⼰想要体验什么你⾃⼰都不知道.你⼀定要注意你的关注,你的念头,你的关注点在哪⾥.为什么? 因为当你都放在呢⾥的时候,呢⾥就会体现,呢⾥就会好像开⼀朵花.你的念头,你的关注⼒,你的念头到哪⾥? 就⽐如你关注⼀坨屎,呢坨屎会变活,臭给你看.如果你关注的是⼀朵花,呢多花也会绽放,⾹给你看.明⽩我意思吗? 你们要重视⾃⼰的念头和关注⼒的⼒量.它⾮常的强⼤.

Higher Spirit: You and your ex-boyfriend in a past life? Do you still have connections in this lifetime? Ask: No longer Higher Spirit: There are no more connections in this lifetime, why do you want to know about the previous one? You should not be focusing on your next self… what you will become… that is someone who has already died and you want to create such experiences for yourself. You don't even know what kind of experience you want to have. You must pay attention to your focus, your thoughts, where they are at. Why? Because when you focus on something, it will manifest, like a flower blooming under that focus. Your thoughts, your focus, where do they go? Just like if you focus on a pile of dung, the dung becomes alive and stinks at you. If you focus on a flower, the flowers will bloom and perfume you with their fragrance. Do you understand my meaning? You must take your thoughts and focus seriously as they are extremely powerful.

你⽆论关注什么,这么给你做⼀个简单的例⼦.所有的东西在你⾯前都是死的,都只是⼀个假的图象⽽已.当你的专注⼒、关注⼒注⼊它的时候,焦距于它的时候,它就变活了.给你呈现,给你看.明⽩吗? 如果你总是看着⼀个僵⼫: 这个僵⼫好恐怖啊.这个僵⼫太可怕了.那你就在让呢个僵⼫变活来跟你对眼.你就成天活在恐惧当中.还有问题吗?

You focus on anything, let me give you a simple example. Everything in front of you is dead, just an illusion. When your concentration and attention are focused upon it, it becomes alive. It's presented to you, shown to you. Do you understand? If you always stare at a corpse: this corpse is so terrifying. This corpse is too frightening. Then you're making that corpse come alive for conversation with you. You live in fear every day. Any questions?

问: 没有了.谢谢JOJO⽼师.

Questioner: None. Thank you, Mr. JOJO Teacher.

第六个⼈问: 我叫XXX.我想问⼀下我这⼀世的⼈⽣主题是什么?

The sixth person asks: I am XXX. I want to know what is my life theme in this lifetime?

⾼灵: 你稍等.你选择这⼀世来到这个世界上想要体验更多的是母爱.就是作为⼀个⼥性,作为⼀个母亲,就是对母爱的⼀个释放和展现.还有就是去成为⽆条件的爱.因为你们总是需要有⼀个对象,有⼀个点,来把这个爱给释放出来.然后你想要去展现,就好像是圣母⼀样.你就好像最开始只是⼀个母爱把你激发出来,然年你展现你的爱.那你最开始可能只是爱⾃⼰的孩⼦.慢慢的你开始爱别⼈的孩⼦,全世界所有得孩⼦你都爱.然后你也想更多的⼈能重视母爱的重要性.

Higher Spirit: Wait a moment. In your current life, you have chosen to come into this world to experience more maternal love - that is, being a woman, and as a mother, releasing and showcasing maternal affection. Additionally, you seek unconditional love because you always need an object or focal point to express this love, akin to portraying the Virgin Mary. You were initially driven by maternal love, then expressing your love accordingly. Initially, you might just love your own children. Over time, you start loving other people's children too, loving all the world's children. And you also want more people to recognize the importance of maternal love.

问: 是的.因为之前的时候确确实实是这样,之后终于有了⼀个孩⼦.现在包括⾃⼰做的有⼀些⽅⾯都是⽆偿的去分享关于教育孩⼦的⼀些话题.谢谢.我觉得确确实实是这样.

Questioner: Yes, because indeed it was like that before, and finally we had a child. Now, including some aspects where I share freely about educating children, are all无偿 efforts. Thank you. I really do feel that's the case.

⾼灵: 所以你们有⼀些会体验⼀些来之不易.因为当对他来说特别珍贵的东西,他会创造⼀些波折去获得.你想,⼀个东西你越是⾛了⼗万⼋千⾥去获得的呢个东西,你会不会觉得特别的珍贵,对不对? 和⼀个唾⼿可得的? 所以它会加深在你⼼⽬中的呢种价值感.然后这是你就是特别⽆私的⼀个奉献的⼀个精神.然后希望这个信息可以帮助你知道你给⾃⼰选择了⼀个多么⽆私的⼀个(⽅式)去呈现你的爱,呈现母亲的爱和母爱的重要性.然后这个只是希望你能坚持的去展现.因为有些⼈他不⼀定能知道他今⽣选择了是什么.那就算他知道他⾃⼰选择了什么,他不⼀定能坚持的⾛下去.那么我的信息就是想要告诉你,坚持的⾛下去.

Soul Guide: So you will experience some of these due to its rarity for him. For something that is particularly valuable to him, he might create some hurdles to obtain it. Imagine trying to get a treasure from across the world; wouldn't you feel extra special about it compared to one easily within reach? Thus, it intensifies the perceived value in your eyes. It also embodies the spirit of generous奉献 and selflessness. The hope is that this information illuminates how selflessly you've chosen to express love, motherly love, and the importance of motherhood. This should encourage you to continue showcasing it. Some may not be fully aware of what they chose in this lifetime. Even if they know what they chose for themselves, they might not always persist. My message aims to inspire you to persevere with your path.

因为你⼼⾥觉得重要的,的确很重要.就是你⼼⾥觉得你想要去分享的⾮常重要.

Because what you think is important in your heart indeed matters a lot; it's what you truly desire to share as being incredibly significant.

问: ⾮常感谢.我的第⼆个问题是我的使命是关于哪个⽅⾯? 因为我对⽞学这个⽅⾯,就是⽆形中它会影响到我.所以我想要具体怎么样做更利于这个使命的⼀个扩展?

Questioner: Very grateful. My second question is about which aspect of my mission, because the Daoist knowledge impacts me in a无形 way. I would like to know specifically how to do things that are more beneficial for the expansion of this mission?

⾼灵: 你只需要去成为你⾃⼰.因为当你成为你⾃⼰,所有的⼀切都在服务于整个世界,明⽩吗? 如果你不能成为你⾃⼰,就⽐如说你是⼀棵参天⼤树.那当你不断地成长,成为参天⼤树的时候,你不断地在给这个世界带来绿化,吸收⼆氧化碳,各种.明⽩吗? 那如果你不

Higher Spirit: You just need to become yourself. Because when you are yourself, everything serves the entire world, understand? If you cannot be yourself, for example, if you're a giant tree. Then as you keep growing and becoming a giant tree, you continuously bring greening to this world, absorbing carbon dioxide, all sorts of things. Understand? And if you don't

能成为你⾃⼰,你觉得你⾃⼰是多玫瑰花.你不愿意去长呢么⼤.那你就在限制你⾃⼰,你并没有去允许你⾃⼰成为你⾃⼰.所以允许你,就是把你的限制拿开.就⽐如说你允许你⾃⼰去成为你⾃⼰,你就已经在⾃动的服务(于这个世界).你们有⼀个误解,在你们的物质你们总觉得你们要刻意的去做什么才能带来什么帮助或什么.你们只是需要去成为.你就好像花⼉只需要绽放,⼩鸟只需要歌唱,明⽩吗?

You can be yourself, and you feel like you are a multitude of roses. You don't want to grow so big; then you are limiting yourself, you haven't allowed yourself to be yourself. So allowing yourself is removing your limitations. For example, if you allow yourself to be yourself, you are automatically serving the world. There's a misunderstanding among you that you think you have to do something intentional in order to bring help or anything else. You just need to be. It's like flowers only needing to bloom and birds only needing to sing, right?

问: 那关于我从哪⼀个⽅⾯能更好⼀些?

Questioner: Well, which aspect could I improve better?

⾼灵: 刚才前⾯不是已经说了母亲吗? 你不是说你喜欢教育喜欢分享吗? 那这也是啊.你让⼈们通过你的分享看到母爱的重要性,看到母爱的⼒量.通过就好像我们刚刚说你最开始爱⾃⼰的孩⼦,那你变成爱邻居家的孩⼦,爱亲戚家的孩⼦,爱你同学的孩⼦,明⽩吗? 你开始觉得全天下的孩⼦你都爱.这是⼀个过程.

Higher Spirit: Didn't we just talk about your mother earlier? Didn't you say that you enjoy education and sharing? This is exactly what I'm talking about. You make people see the importance of motherly love and the strength it brings through your sharing. Imagine, starting with loving your own child, then expanding to caring for children in neighboring homes, relatives, classmates' children – do you get it? You start to feel that all over the world, every child is loved by you. This is a journey.

问: 除了这个点,我⾃⼰冥冥之中有⼀个感觉.虽然说是在前两年的时候都有,冥冥之中就会有⼀个声⾳.就像刚才… 也与这个⽅⾯有关系吧,就是成为爱,传播爱.就是冥冥之中好像就有⼀个声⾳,好像可以链接到⼀个声⾳.始终都是在这么去讲.但是我对于像这种做通灵啊这种⽅⾯,就是第六感特别强.有时候也会好像是有⼀些声⾳在给讲到.所以我就也是从事这个⼼理⽅⾯去发展⼀些.但是相对来讲我是想具体的问⼀下就是从哪⼀个点能更好的去扩展?

Questioner: Apart from this point, I have an intuition that there's always a voice whispering to me, especially during the last two years. It feels like it connects with what was just mentioned about spreading love and being connected in some way. There seems to be an inner voice guiding me towards this connection. Throughout these times, my intuition about spiritual matters has been particularly strong; sometimes, I feel as though there's a voice communicating with me. This is why I'm delving into psychology to develop my skills further. However, what I want to inquire about specifically is from which point can I expand my knowledge and practice more effectively?

⾼灵: ⾸先,这⾥并没有⼀个任何的点是适合任何.这⾥只有你⾃⼰到底想要去体验什么? 就是你⾃⼰爱好什么,激情什么? 你不要去做任何你不快乐的事情.你只需要去做让你快乐的事情.如果你觉得跟随孩⼦快乐,那么就去跟随孩⼦.那如果你跟随母亲,就是你觉得你跟母亲交流快乐,那你就去选择母亲.明⽩我意思吗? 如果你觉得做个幼教⽼师快乐,那你做个⽼师.如果你觉得家庭主妇快乐,你做个家庭主妇.因为就好像是⼀股能量它要从你们地球上散发出来.这股能量它不会去在乎你要从这个⾓度,你要在中国,你要在美国,你要在这⾥,你要在呢⾥.它带来的影响⼒是⼀样的.它不可局限于任何.你们不是有⼀句话叫蝴蝶效应吗?

Sage: First of all, there is no single point here that suits anyone. Only you know what you want to experience? It's just about your own interests and passions. You shouldn't do anything that doesn't make you happy. Just do the things that bring you joy. If you find happiness in following children, then follow them. But if you connect better with your mother, choose her as an example. Do you understand me? If teaching young children gives you pleasure, be a teacher. If being a housewife brings you happiness, become one. Because it's like an energy that needs to radiate from Earth. This influence doesn't care about where or in which country; the impact is the same regardless of location. It isn't confined by any limitations. Don't you have a saying called 'butterfly effect'?

就好像你们现在呢个疫情,你说这个病毒从哪⾥开始重要吗? 最开始是从你们中国,最后新的病毒从英国.又是从美国… 不重要啊… 问题是它全世界都感染了.那你的爱到底是从母亲开始还是从孩⼦⾝上开始重要吗? 不重要.重要的是你的爱是在传播.你是在成为爱.那到底是从哪⾥开始? 是你去选择.你是去根据你⾃⼰的喜好、你的爱好、你的激情去选择.所以你可以选择和体验任何.

It's just like with your current pandemic, do you think it matters where this virus started? It was from China initially, then new strains emerged in the UK and back to America... Doesn't matter really... What is important is that it has infected the whole world. Does your love start with your mother or your children? It doesn't matter. What's crucial is that you're spreading love, becoming love yourself. So where does this begin? You choose based on your preferences, interests, and passions. Therefore, you can choose and experience anything.

问: 好,知道了.对⾃⼰不要有任何的限制.我第三个问题,因为在我⼈⽣当中很多事情,⾯对有⼀些不仅是奔溃的时候,我就觉得我⾃⼰的指导灵给了我⼀些指引.所以我在这边想给到我⼀个传达,就是我⾮常感恩他们.真的⾮常感谢他们.因为我⾃⼰在很多事情发⽣过后,才知道原来发⽣了这个事情,然后有⼀些转机.不论是好的坏的,对我的⼈⽣来说都是⾮常⼤的,才成就了今天的我,现在的我.所以我⾮常感恩他们⼀直对我的⼀个指导.另外我也想听听他们针对我⽬前这个阶段,他们给到我的⼀个信息有哪些⽅⾯? 我也想听⼀下,谢谢.

Questioner: Alright, I understand. There are no limitations for me. My third question is because in my life, there have been many instances where, besides moments of collapse, I felt that my guiding spirit provided me with some guidance. Therefore, I wish to convey my deep gratitude for them, truly grateful, because after many events occurred, I realized the significance of those events and the turning points they brought about. Whether positive or negative experiences, they have been transformative in shaping who I am today. So, I'm profoundly thankful for their constant guidance. Additionally, I'd like to hear what insights they have for me during this current stage of my life. Thank you.

⾼灵: 你稍等.当你在焦虑的时候你就不是爱.当你在爱的时候你就不是焦虑.把这两种分清楚.明⽩我意思吗? 因为焦虑跟爱它是两种不同的频率.两种不同的频率,你只能去选择⼀个,散发⼀个,你选择不同频率的时候.所以当你在爱当中的时候,你就不是焦虑.如果你感受到恐惧和焦虑的话,那你就没有在爱中.因为你会常常把这两个混淆.就⽐如说你在⾏动的时候对你的孩⼦: 哎呀,快点啊快点啊,我打你.为什么? 因为我爱你.你明⽩我意思吗? 你们很多⼈打孩⼦的时候是因为我爱你,我对你好,我对你着急,所以我打你.NO.呢是你内在的担忧、焦虑、恐惧.那并不是爱.你真正的爱的时候,你只是爱.这是你们回去误解,给⾃⼰的⼀个恐惧.

Higher Spirit: Wait a moment. When you are anxious, you are not love; when you are in love, you are not anxious. Make sure to distinguish between these two states. Do you understand my meaning? Because anxiety and love exist at different frequencies. You can only choose and emit one frequency at a time. So when you are in the state of love, you are not experiencing anxiety. If you feel fear and anxiety, it means you are not in the state of love. Many of you confuse these two feelings. For example, when disciplining your child: "Hurry up! Hurry up!" I'm going to hit you. Why would I do that? Because I love you. Do you understand me now? So many parents hit their children because they love them, care for them, and are worried about them - not because of inner anxiety or fear within themselves. That is not love. When you truly love, you simply love without any other feelings. This misunderstanding often leads to self-induced fear in your understanding of relationships.

你要知道就是负⾯能量的时候它会⾃⼰找⼀个借⼜.它会去把⾃

You need to understand that negative energy will find its own excuse when it's around. It will seek out its own justification.

⼰的⼀个⾏为合理化.

The justification of one's behavior.

问: 好,谢谢.

Questioner: Alright, thank you.

第七个⼈问: 我想知道我的⼈⽣课题,然后我叫XX.

The seventh person asks: I want to know my life's subject, then I call XX.

⾼灵: 你多⼤年龄?问: 29岁.

Higher Spirit: How old are you? Questioner: 29 years old.

⾼灵:你这⼀世选择进⼊这个物质世界主要是想要体验他⼈给你⽆条件的爱.所以在你的关系当中,你会有⼀种任性、耍泼,就是好像我就是孩⼦捣乱或者我就是怎么样,或者是冷漠,任何.因为这个要看你现在这个⼈格展现的⽅式.但是他展现出来这个的原因,就是想要让你在关系中的对⽅给你⽆条件的爱.

Higher Spirit: In this lifetime, you chose to enter the material world primarily to experience unconditional love from others. Therefore, in your relationships, you tend to act with capriciousness or throw tantrums, as if I'm behaving like a spoiled child or something else, or you might show indifference. This depends on how your personality is currently manifesting. However, the reason behind his behavior is to get unconditional love from others in your relationship.

问: 这个关系是各种关系吗?

Questioner: Is this relationship various kinds of relationships?

⾼灵: 是,你的亲密关系.⽐如说亲⼦关系,你的长辈,或者是你的对象,你的孩⼦,你的朋友.就是这些跟你有亲密关系的,你都想要通过你⾃⼰,就好像是各种,去体验到⽆条件的爱.然后当你体验到这种⽆条件的爱后,它就会把你彻底的改变.

Higher Spirit: Yes, your intimate relationships - such as parent-child relationships, elders in your life, or your partner, children, and friends. These are the people with whom you have a close connection. You seek to experience unconditional love through yourself, like various forms of interaction. Once you experience this unconditional love, it transforms you completely.

问: 好的.我想要知道我右⼿⼤拇指指节上的符号对我来说代表什么?

Questioner: Alright. I want to know what the symbol on my right index finger knuckle means for me?

⾼灵: 右⼿⼤拇指上⾯的符号代表什么? 是个什么样⼦的符号?

Higher Spirit: What does the symbol on your right index finger represent? What kind of symbol is it?

问: 就是它是我⼤概九、⼗年前⾃⼰长出来的很像⼀个眼睛的符号.我感觉很像眼睛.

Questioner: It's a symbol I grew myself, roughly around nine to ten years ago, resembling an eye. I feel very much like an eye.

⾼灵: 你感觉很像眼睛,右⼿的⼤拇指.你稍等.减少太过于破坏性的⼀些⾏为.然后去相信,你才会去帮助你更快的体验到⽆条件的爱.

Higher Spirit: You feel like an eye, the thumb of your right hand. Wait a moment. Reduce actions that are too destructive. Then believe in it so you can help experience unconditional love more quickly.

问: 太过于破坏性的⾏为⼤概有哪些?

Questioner: What are some overly destructive actions?

⾼灵: 太过于破坏性的⾏为⼤概有哪些? 你⾃⼰可以和⾃⼰对话.你⽐如说你把你右⼿的⼤拇指拿出来.你可以把对⽅当成是你⽼公,然后你说⽼公,我今天的⾏为对你造成了哪些伤害?然后你就等⼤拇指来跟你说话,你看它会说什么.然后你通过这种⽅式你可以去明⽩你在下⼀次你要不要收敛⼀点?你内在对⽆条件爱的信任会让你更快的从,就好像你给你⾃⼰设定了⼀个任务,它会让你更快的达到你的⽬的地.让你达到⼀种转变.

Higher Spirit: What are some excessively destructive behaviors? You can have a conversation with yourself. For example, you take your right thumb out. You could imagine the other person is your husband, and say to him, "What damage has my behavior caused you today?" Then you wait for the thumb to speak back to you, and see what it says. Through this method, you can understand whether you should be more restrained next time? Your inner trust in unconditional love will make you reach your destination faster, as if you have set a task for yourself, leading you quicker towards transformation.

问: 好的.我想问⼀下,我之前有⼀个梦,就是我掉进⼀个像⼭洞⼀样的地⽅,然后有⼀个穿着像和尚⼀样的男的对我说: 释西仁波那,回来吧.然后我想知道这个梦意味着什么?

Questioner: Alright. I have a question. Previously, I had a dream where I fell into a place like a cave and there was a man dressed like a monk who told me, "Release the wisdom of West Compassionate Buddha," come back. I would like to know what this dream means?

⾼灵: 是什么?

Higher Spirit: What is it?

问: 你是说最后的呢个名字吗?

Questioner: You mean the last name?

⾼灵: 他跟你说什么话?

Higher Spirit: What did he say to you?

问: 他说: 释西仁波那,回来吧.

He said: "Venerable Tsiky Rinpoche, come back."

⾼灵: 释西仁波那,回来吧.你想要知道这个梦的寓意是什么? 你稍等.这是你⾃⼰对你⾃⼰内在的⼀种呼唤⼀样.就好像你⼀⽅⾯在做⼀些⾏为,你另外⼀⽅⾯又在否定你的⼀些⾏为.你就觉得你不应该这样啊.你应该成熟⼀点啊.你该这样呢样.这是你的⼀种⽭盾的状态.你⼀边要发脾⽓,⼀边要说不要发脾⽓,没有多⼤的事.就好像你是在对你真正的呢个我的⼀个呼唤⼀样,呢个状态.还有问题吗?

Higher Spirit: Ven. Westerly Rinpoche, come back. Do you want to know the meaning of this dream? Wait a moment. This is like your inner self calling out to itself. It's as if you are doing one thing and at the same time denying some of your actions. You feel that you shouldn't be acting this way; you should be more mature, and you should do it differently. This represents your internal conflict. You want to lose your temper on one hand but say not to lose your temper, it's no big deal. It's like you are calling out to the real 'you', that state. Is there anything else?

问: 我和树,就是⼤树的树有什么特别的链接吗?

Questioner: Does my connection with a tree, specifically a large tree, have any special significance?

⾼灵: 你和⼤树有特别的链接吗? 这个你要⾃⼰问你⾃⼰.你如果感觉到你跟它有链接感,你想要靠近、想要亲近、想要交流,那么你可以去做.你不需要问别⼈你跟谁有没有链接,你⾃⼰就知道.

Higher Spirit: Do you have a special connection with the big tree? You need to ask yourself this question. If you feel that you are connected to it, wanting to approach, be close, and communicate, then you can do so. You don't need to ask others if you are linked to who; you already know through your own awareness.

问: 我想问宇宙有哪些⼤的⽅⾯的规则?

Questioner: I want to ask about the major aspects of rules in the universe?

⾼灵: 宇宙的规则就是⽆论你相信什么都是真的.你都可以体验到.因为它本⾝就是⼀个想象⼒显化的地⽅.就是你脑海⾥⾯相信什么就显化什么.它就是来投给你们看.

Higher Spirit: The law of the universe is that whatever you believe in is true, and you can experience it because it's a place where imagination manifests itself. It's like whatever you think in your mind becomes real, which is shown to you as an illustration.

问: 物质世界有哪些⼤的⽅⾯的规则?

Questioner: What are the major aspects of rules in the material world?

⾼灵: 物质世界的规则? 就跟刚才的是⼀样的呀.

Spirit: The rules of the material world? They're just like what happened just now.

问: 我看之前的信息就是说在物质世界觉醒的⼈都不是这⼀世才觉醒的.他们只是找回记忆.那我想问那其他的在物质世界⾥⾯没有觉醒的⼈他就不能觉醒了吗?

Questioner: I've seen that previous information suggests that people who awaken in the material world aren't awakening for the first time in this lifetime; they are simply retrieving their memories. So, I want to ask if those who have not awakened in the material world cannot awaken?

⾼灵: 他还会继续再来到物质世界.

Spiritual Being: He will continue to come back to the material world.

问: 就是是源头⼀开始创造⼀部分意识,然后创造出⽐如说地球啊之类的.然后再在地球上开始创造出初级意识.然后慢慢的意识成长.这样会不会有越来越多觉醒意识呢? 然后源头也是通过越来越多的这种意识也越来越扩展吗?

Questioner: Is it that the source creates a portion of consciousness at the beginning, then creates things like Earth and so on, starts to create primary consciousness on Earth, and then as consciousness grows gradually, would this result in an increasing number of awakened consciousnesses? And is the source also expanding through more and more of these kinds of consciousness?

⾼灵: 源头没有创造任何.⼀切⼀切⼀切都是来⾃于源头.就好像你们有⼀句话叫道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物.就好像你这么想,⽐如说源头是⽔.那⽔它会通过很多⽀流流到海⾥⾯变成海⽔,流到湖⾥⾯变成湖⽔,流到井⾥⾯变成井⽔.

Sage of Higher Spirit: Nothing is created by the source. Everything, everything, all comes from the source. It's like you have a saying that Tao gives birth to one, one gives birth to two, two gives birth to three, and three brings forth myriad things. Just as if you think, for example, the source is water. Then water would flow through many tributaries to the sea becoming seawater, to lakes becoming lake water, to wells becoming well water.

问: 那意识是它⾃⼰产⽣的吗? 本来就有意识吗?

Questioner: Is consciousness self-generated? Was there consciousness originally?

⾼灵: 就好像你说海⾥⾯的⽔是⾃⼰产⽣的吗? ⼀切都是⼀.⼀切都是⼀.所有你看到的⼀切,⼀切万物都是⼀.它只是在通过不同的形态给呈现出来⽽已.

Sage: Is it like you saying the water in the sea generates itself? Everything is one. Everything is one. All that you see is one. Everything under heaven is simply presented through different forms.

问: 就是像⼀个灵魂他体验⼀个课题.那这个课题他完不成怎么办? 放弃可以吗?

Questioner: Suppose a soul experiences a subject, what if he can't complete it? Is giving up an option?

⾼灵: 如果个灵魂他要体验⼀个课题他体验不成,他放弃可以吗?问: 🗎⾼灵: ⾸先,你是变成⼀个⾁体来体验这个是吧? 那你说你要放弃这个⾁体,这个⾁体不存在了,你还会继续体验吗?你还会继续体验.你还会继续的去找到另外的⼀个⾁体来突破.这就好像是你在说⼀个⽣命,就好像是⼀个种⼦,你这个地⽅阻碍了,我没有地⽅冒出来.那它可能会去从其他地⽅去冒出来,去显现出来.所以你们表⾯上看到的⼀些千变万化,它其实都是同样的⼀个来源.你们不需要去造物主、意识、或者是灵魂、⾼我、各种各样的.因为这只是你们物质世界⽅便于沟通的⽅式⽅法⽽已.像是它并不⼀定是你们理解的⽽已.它并不是你们这样去给它定了义,然后就是这样⼦了.

Higher Spirit: Can a soul if it wants to experience a particular subject not be able to do so and then give up?

Questioner: Higher Spirit: Firstly, you are incarnated into this body to experience that right? So you say you want to give up this body, the body doesn't exist anymore. Will you still continue to experience? Will you continue to find another body to break through? It's like saying a life is like a seed; there are obstacles here and I can't sprout anywhere. So it might go somewhere else and come into being elsewhere. Therefore, what you see as diverse phenomena on the surface are actually all from the same source. You don't need to refer to the creator, consciousness or soul, high self, etc. These are simply means of communication within your material world for convenience. They aren't necessarily how it is understood by you; they are not defined by your way of conceptualizing and that's just what it is.

因为通过你们的认知和理解能⼒,你们只能去…你的⼤脑,你的头脑被设计的不是⽤来理解…如果你是想要⼤脑去理解…就好像你要⼀只狗去理解你们⼈类的⼀个东西⼀样,它是理解不了的.就好像⼀个狗在吃⼀个狗粮.你让它去理解这个⾥⾯有这个营养,有呢个营养.你怎么让它去理解.但是它却能尝到呢个狗粮的味道,酸的、甜的、辣的、好吃不好吃,对吧?你说你要试图告诉狗,这个是钙⽚,这个是维他命,这个是补⾎的,这个是⼲嘛⼲嘛⼲嘛的.你就好像你要试图去给狗解释这些.但是它不会妨碍狗去体验到这个⾷物的味道.所以你们的⼤脑是不可能去理解到任何⼀个丁点.因为你们的⼤脑不是被设计出来来理解这些的.

Because through your cognitive and understanding abilities, you can only go... to your brain, your mind is designed not to understand... if you want the brain to understand... it's like trying to teach a dog something about humans; it just can't grasp it. Like when a dog eats its food; let it try to understand that there are nutrients in this food. How do you expect it to understand? But it does taste whether the food is sour, sweet, spicy, or good or bad for eating, right? You'd try to explain things like calcium tablets, vitamins, and blood supplements to a dog. It's as if you're trying to explain these things to the dog. But this doesn't stop the dog from experiencing the taste of its food. So your brain is unable to understand anything at all. Because it wasn't designed to comprehend these things.

它只是⽤来让你去专注于在你们这个物质世界.你才能产⽣物质体验.如果没有这个⼤脑,没有这个⾁体的话,你是体验不到的.那你怎样会妨碍你去体验⽣命、体验爱、体验⽆限、体验造物住?就好像刚刚跟你⽐喻的狗的⾏为.所以你不⽤去试图⽤你的⼤脑,⽤你的头脑,⽤你的概念和⽤学习知识去理解造物主,去理解能量,去理解意识层⾯的这些东西.我不管你们给它叫什么名字.因为你们每⼀个⼈叫的名字不⼀样.或者是神.明⽩吗?如果是你们所谓的神的话,⼀切都是神.没有神不是的.

It is merely to help you focus on this material world where you can create material experiences. Without this brain and without this body, you wouldn't be able to experience anything. How would that interfere with experiencing life, love, infinity, creation? Just like the behavior of a dog which I just used as an analogy. So there's no need for you to try to understand the Creator using your mind, concepts, or knowledge about energy and consciousness levels. Whatever name you give it doesn't matter because each one of you calls it by different names. Or if you think of it as God, everything is God; there's nothing that isn't God.

问: 好的.我还想问就是刚才说的⼈⽣课题有⾮常⾮常多不同的种类吗?

Questioner: Alright. I also want to ask if there are many different types of life tasks as just mentioned?

⾼灵: ⼈⽣课题有⾮常⾮常多不同的种类吗?

Higher Spirit: Are there extremely numerous different types of life tasks?

问: 🗎,我是想问⼤概的⼈⽣课题都会包括哪些⽅⾯,在这个物质世界的⼈?

Questioner: Could you tell me about the general aspects of life that someone in this material world might face?

⾼灵: 你是说其他⼈吗?问: 🗎.

High精灵: Are you talking about others? Questioner: ♢.

⾼灵: 你们每⼀个⼈想要体验的都不⼀样.有的⼈他就想要体验被杀.因为他想要体验呢种⽆⼒感.那有的⼈就想要体验杀⼈.所以每⼀个⼈他来想要体验的都不⼀样.但是最主要的就是说你⾃⼰去体验你想要体验的.就好像你们这个⼤舞台,你去体验你⾃⼰.

Higher Spirit: Everyone wants to experience something different. Some people want to experience being killed because they desire that sense of helplessness. Others want to experience killing, so each person's intention varies. However, the most important thing is for you to experience what you desire. It's like this grand stage; go and experience yourself.

问: 别⼈的世界是别⼈的是吗?

Questioner: Is someone else's world someone else's?

⾼灵: 别⼈的世界如果你不去选择加⼊,就是不去呢个什么的话,它跟你⼀点关系都没有.呢只是在别⼈的世界⾥⾯.

Higher Spirit: If you don't choose to join others' world or refuse its existence, it has nothing to do with you at all. It's just within someone else's world.

问: 好的,我没有问题了.谢谢⽼师.

Questioner: Alright, I have no more questions. Thank you, teacher.

第⼋个⼈问: 你好,我想问⼀下如何训练⾃⼰的专注⼒?

The eighth person asks: Hello, I would like to ask how to train my concentration?

⾼灵: 如何训练⾃⼰的专注⼒? 你稍等.⾸先就是如果你去做你⾃⼰特别喜欢做的事情,然后这是⼀个很好的⽅法训练你的专注⼒.就⽐如说我只能对我⾃⼰喜欢的事情专注.就⽐如说我只喜欢打游戏,我不喜欢做家务.那怎么办呢? 那你的问题是让你⾃⼰做不喜欢的事情也专注呢? 还是你的问题是说如何专注的做⾃⼰喜欢的事? 因为如果你做你⾃⼰喜欢的事情,你并不需要去训练它.你⾃然⽽然的就会被它吸引进去.所以你是像在做⾃⼰不喜欢的事情都拥有⾼强度的专注⼒呢?

Higher Spirit: How to train your concentration? Please wait. First of all, if you do things that you really like, then this is a good method to train your concentration. For example, I can only concentrate on the things that I like. Say I just love playing games and I don't like doing housework. What do you do when you need to focus on something you dislike? Or is it about how to focus on what you enjoy? Because if you do the things you enjoy, you don't need to train yourself; you naturally get attracted by them. So, can you maintain high intensity of concentration even on things you don't like doing?

问: 是啊.就⽐如在⼯作中的时候我想每时每刻都有⼀个⾼强度的专注⼒.怎么样才能达到这样的状态呢?

Questioner: Indeed, I want to have intense focus at every moment during work. How can I achieve this state?

⾼灵: 那你就是放下你头脑⾥的所有的声⾳.就像我刚才最开始传达的信息.你知道呢个不断地在呢叽叽歪歪的鹦鹉不停地在呢说,它说的都是假的.它只是⼀个程序⽽已.那鹦鹉虽然在你旁边,但是它都不会影响到你的专注.你不会因为它骂你: 疯⼦疯⼦.你马上就: 什么? 你竟然骂我疯⼦? 你就放下你⼿中的⼯作跟它对骂,明⽩吗? 就是说鹦鹉在呢不停的骂你、说你、或者是发出什么声⾳对你来说,如果你能…其实你可以跟它⼀起,就是你可以不受它的影响,在你的世界⾥⾯.但是如果你会被它的⼀个念头,就是被你的⼀个声⾳带⾛的话,那你就受它影响了.那受它影响了,你是不是就更加的学习和清楚了你跟鹦鹉之间的关系如何相处,对不对?

Higher Spirit: Then you need to let go of all the voices in your mind, just like the message I conveyed at the beginning. You know how that endlessly chattering parrot keeps repeating false statements; it's merely a program. Although the parrot is beside you, it doesn't affect your concentration. You wouldn't respond immediately by asking what? How dare you call me crazy? Instead of arguing with it, you would simply let it go and continue your work, right? The parrot constantly criticizing or addressing you in any way should be seen as irrelevant noises to you if you can... Actually, you could join them; that means you could remain unaffected by its influence within your own world. But if one thought from the parrot, or a voice echoing inside of you, were to lead you astray, then you would indeed be influenced. If you are influenced, wouldn't you gain deeper insight and clarity on how to relate with the parrot?

问: 那我想问⼀下如何才能不受这种影响呢? 就是训练⾃⼰…⾼灵: 你知道它只是⼀个程序,只是⼀个鹦鹉⽽已啊.因为你可以把⼒量给它.把⼒量给它,就是把它当成是⼀个权威⼈⼠.呢个鹦鹉是个神,神说的每⼀句话都是对的.然后呢个神说你是个坏蛋.你马上: 我真的是个坏蛋吗? 你就被它给带⾛了.明⽩吗? 所以你(不把)权限给它,你就知道这是鹦鹉的天性,它就会不停的叽叽喳喳.不停地在这⾥说⼀句,在呢⾥说⼀句.这么说,你的⼤脑它就是⼀个记录的功能.他会不断地把社会上发⽣的事情,⼀些恐怖事件,它会储存下来.储存下来,你就会有呢个念头跳起来,然后来吓你,明⽩吗?

Questioner: So I'd like to ask how one can avoid being influenced by this? How do you train yourself... Higher Spirit: You know it's just a program, just a parrot. Because you can give power to it. Give power to it means treating it as an authority figure. That parrot is a god; every word of the god is right. Then, the god says you're a bad guy. Immediately, you think: "Am I really a bad guy?" You get carried away by it. Do you understand? So you don't give it permission, and you realize that this is the nature of the parrot; it will keep squawking incessantly. It keeps saying something here, then adds something there. This way, your brain acts like a recording function. It continuously stores events happening in society, horrific incidents, which it remembers. Remembering them causes these thoughts to pop up and scare you. Do you understand?

你就会发现我担⼼的呢个事情其实是别⼈家的事情,跟我没关系.就⽐如说你有⼀个⼥朋友.

You will find that what I'm worried about is something else's business, not mine. For example, you have a girlfriend.

前段时间你看到别⼈的⼥朋友出轨.然后⼤脑就把这个事件慢慢的记录下来了.然后下次看到你⼥朋友在看⼿机在笑.然后你就想她是不是出轨了? 那其实你就专注不了做任何事情了,明⽩我意思吗? 因为你已经给你⼤脑⽆意识记录的⼀些念头给带歪了.就是你相信它是真的了.然后你肯定就专注不了在你的物质⽣活当中.那你下次抱你⼥朋友的时候你肯定专注不了抱她.你会想着你刚才发信息发给谁的? 你是不是要出轨? 怎样怎样.⼥⼈就是不可相信.那是因为你的⼤脑记录了物质世界其他⼈发⽣的事情.那就是你们⼤脑运⾏的⼀个模式.它会持续的24⼩时,每⼀刻每⼀秒都在不停的记录.然后记录过后,它会整理,它会分类.

For a while, you saw someone else's girlfriend cheating. Then your brain slowly recorded this event. Next time when you see your girlfriend looking at her phone with laughter, you start to wonder if she's cheating. That means you can't concentrate on anything; do you understand? Because you've guided your unconscious mind with thoughts that are already there in your brain. You believe it's true and thus can't focus on your material life. The next time you hold your girlfriend, you can't just enjoy the moment. You start to think about who you texted earlier? Could she be cheating too? Women are not trustworthy. That's because your brain records what happens in the physical world and processes it through its system. This pattern runs continuously for 24 hours every minute of every second, recording events, organizing them, and categorizing them.

它会把⼀些恐惧的、什么的这些事情分类.分类出来它们会时不时跳出来吓你.

It categorizes some scary things and every now and then, they pop out to scare you.

问: 有没有办法清除⼤脑这些杂念呢?

Questioner: Is there a way to eliminate these distractions in the mind?

⾼灵: 那你⾸席要知道这只是它的⼀个功能⽽已.是你来到这个物质世界,你为了要在这个物质世界运⾏、⽣存,你必须要去呢个什么的.那怎么样(清除)? 就是你知道它是个杂念.如果你知道它是杂念的话,它会来它会⾛的话肯定对你带来不了影响.就好像我前⾯说的,你们所有东西在你们物质世界它都好像是⼀个灰⾊的,没有颜⾊的.它是死的东西.只有你开始把你担⼼、害怕关注在呢个点上,它才会变活.你才会把⼀个僵⼫变活,真实咬⽛切齿的来咬你,明⽩吗?

Higher Spirit: Well, your chief should understand that this is just one of its functions. It's you who come to this material world; you need it because you want to function and survive in the material world. So how do you deal with it? You recognize it as a stray thought. If you know it's a stray thought, and it will come and then leave on its own, it definitely won't affect you. Like I mentioned before, all your things in this material world are greyish, colorless, dead objects. Only when you start focusing your worries or fears on that point does it become alive. You make an inert body come to life by biting at it with your teeth, so to speak, and understand?

问: 因为有时候这些念头,它有⼀个很强的吸引⼒.⽐如说…⾼灵: 那你就去关注正⾯的呀.因为你想⼀下,那你的这个机器可以这样的运⾏,就⽐如说它总是进⼊⼀些负⾯的事件.那你可以去关注正⾯的.你去跟呢些感情专⼀的,有爱的.因为它也会记录这些,明⽩我意思吗? 就这么说,你在呢个花⾥⾯.你的摄像头在不停的照每⼀个花每⼀个花,然后蝴蝶,蓝天⽩云你看着好漂亮啊.都是⼀些美好的念头.然后你又在垃圾堆看着呢些恶⼼的⾷物,看着呢些粪便,看着苍蝇.那如果你的摄像机⼀直在摄呢些恶⼼的粪便.那你的粪便是不是就时不时的冒出来臭你、熏你、恶⼼你.那如果你的记录仪⾥全部都是鲜花,蓝天⽩云,⼩鸟,美好的景⾊呢,对不对?

Questioner: Sometimes these thoughts have a strong pull, for example...

Higher Spirit: Then focus on the positive ones. Because if you think about it, your machine could function in such a way that it always gets stuck in negative events. You can choose to focus on positivity. Associate with those who are emotionally committed and loving. The machine also records these sentiments, do you understand? Essentially, immerse yourself in this scene where your camera continuously captures every flower, every butterfly against a backdrop of clear skies and white clouds. It's all about beautiful thoughts. Then, observe the repulsive food in trash piles, feces, and flies. If your camera constantly captures such disgusting scenes, wouldn't your own feces occasionally permeate you with their smell, overpowering you with nausea? But if your recording device is filled only with images of flowers, blue skies, little birds, and beautiful landscapes, doesn't that make more sense?

你要知道鲜花跟粪便它都是同时存在的.你选择你关注什么,你让你的⼤脑去记录什么.这就是你们集体意识的影响.

You must understand that flowers and dung coexist. You choose what to focus on and what to let your brain record. This is the influence of your collective consciousness.

问: 好,谢谢.没有问题了第九个⼈问: ⾼灵你好,很⾼兴跟你通话.然后我第⼀个问题是前⼏天我做了⼀个梦.就是梦到我初中的班主任是⼀个⼥⽼师,她好像在跟⼀群⼈开会.但是呢个梦⾥说什么我⼤概不记得了.只记得三个字就是观落阴.我不知道这个梦给我什么启⽰? 对我有什么意义呢?

Questioner: Alright, thank you. No more questions. Ninth person asks: Hi Ghost Spirit, nice to speak with you. My first question is that a few days ago I had a dream. The dream was about my junior high school principal being a female teacher who seemed to be having a meeting with a group of people. However, I can't remember what exactly she said in the dream; only three words stuck in my memory: "Observation of the Underworld". I wonder what insights this dream might offer me and its significance to me?

⾼灵: 观什么阴?

Higher Spirit: Observing what kind of secret?

问: 观落阴.这是呢个⽼师她在梦⾥说观落阴.我只记得呢三个字.

Questioner: Observing descent into the netherworld. This is what the teacher said in her dream. I only remember those three words.

⾼灵: 你稍等.⾸先当你们在梦⾥听到⼀些词语,或者听到⼀些什么.你们不要太着重于呢个字眼.因为你们的词语是你们,就好像是⼀种能让你们去明⽩的⼀种词语⽽已.但是如果你去过多的去专注呢个词的话,你可能会失去呢个梦给你带来的真正的意义.⽐如说你在梦⾥⾯你就收到了钱钱钱钱,钱呢个字.你就说: 啊,钱? 然后你就会进⼊到⼀个只是⾦钱的意义.但是它有可能是告诉你,你要放开眼⾥只有⾦钱的呢个状态.那你有可能就会更加的进

Higher Spirit: Wait a moment. When you hear certain words or something in your dream, don't focus too much on the specific word. Your language is a tool that helps you understand, just like any other language. However, if you overfocus on that single word, you might lose the true meaning of the dream. For instance, receiving money (钱钱钱钱) in your dream, and you say "Ah, money?" Then you are entering into the meaning of material wealth alone. But it might be telling you to let go of a mindset solely focused on material gain. You could potentially progress further with this insight.

⼊钱的⼀个状态,明⽩我意思吗?因为你们有时候会在梦⾥⾯⾃⼰给⾃⼰提⽰.因为你们⽩天在意识活动的时候,你们的头脑太busy,太忙.不会去接受到⾼我的⼀些信息.那如果你在梦⾥⾯的时候,你整个⼈都放松下来,你就可以去吸收到⼀些提醒.所以不要太去扣字眼.

A state of receiving money, do you understand what I mean? Sometimes you give yourselves hints in your dreams because during daytime when you are conscious, your mind is too busy and occupied, it won't receive information from the higher self. However, when you're in a dream state, if you let your entire being relax, you can absorb some reminders. So don't overly focus on wordplay or nuances.

问: 那这个梦对我有意义吗?

Questioner: Does this dream have significance for me?

⾼灵: 你如果把这个记起来了,然后又提出来了.我可以去搜素⼀下这个信息是什么.看⼀下我们这次能从你说的这段信息获取⼀些可以正⾯服务于你的信息.你叫什么名字你再说⼀遍.

Higher Spirit: If you remember this and bring it up again, I can search for what information this is. I will check if we can obtain any positive serviceable information from the details you've shared. What's your name? Please say it again.

问: 我叫XXX.

Questioner: I call myself XXX.

⾼灵: 然后下⾯这些信息是想要带给你的.⽆论你的感受是经历的正⾯还是负⾯,开⼼还是悲伤.然后这些都不重要.因为这只是你的物质⾁体的⼀种体验.然后对你来说真正重要的是你⼼⾥⾯对你⾃⼰存在的价值和意义的⼀种肯定.因为你有时候会因为你在物质世界的表现,⽐如说你表现出来了懦弱,然后你就会觉得你为什么呢么没⽤? 或者你为什么什么什么的? 就是你会给你⾃⼰的⼀些反应会加以评判.然后⽐如说你感受了特别⾼亢、亢奋,就是状态特别好的⼀段时间过后,你特别喜欢呢个状态.但是你又回到了特别低落的时候,你又会说哎呀,我怎么变的呢么颓废了.

Higher Spirit: Then, this information is intended to be conveyed to you. Regardless of whether your feelings are experiencing positive or negative aspects, happiness or sorrow. And then these don't matter much because they are just a manifestation of an experience that your physical body goes through. What truly matters to you is the affirmation and recognition of the value and meaning you hold in your own existence from within yourself. Because sometimes, due to how you present yourself in the material world, for example by showing weakness, you might wonder why you're not useful or question yourself about what happened? Your self-reactions are then used as a basis for judgment. For instance, after experiencing an especially high and energetic state, when your mood is at its peak, you may greatly enjoy that condition. But later, when you return to feeling particularly low, you might say something like, why have I become so disheartened.

所以这些信息是想要告诉你不要因为你的⼀些体验,因为各种体验都是你的⼀个礼物,然后不要因为这些体验把它分类于好和不好,好和坏,正⾯负⾯.不断地拉扯.你如果就是知道你是谁,知道你存在的价值和意义,你不会因为外在的任何假象去否定你⾃⼰或去担⼼你⾃⼰.你能理解这个信息吗?

So this information is meant to tell you not to judge your experiences as good or bad, positive or negative, because they are all gifts for you. Don't let them tug at you constantly in a loop of duality. If you know who you are, if you understand the value and purpose of your existence, you won't doubt yourself based on any external illusions or worry about it. Can you understand this message?

问: 就是说不要太在意外⾯表现出来的呢些信息…⾼灵: 不要去在乎你⾃⼰的⼀个情绪的⼀个起落、起伏.因为你会随着情绪的起和落,情绪的起伏,你会说最近好像状态不好.我最近是不是不好了? 明⽩我意思吗? 因为你们所有永远都是在不断地变得更好,不断地提升.你明⽩吗? 就是在上升的⼀个过程.

Questioner: That is, don't dwell on the external manifestations... Higher Spirit: Don't focus on your own emotional highs and lows because as you experience those changes in emotion, you might say that recently you're not in a good state. Am I making sense? You see, all of you are constantly improving and elevating yourselves. Do you understand? It's about the process of progression.

问: 就算是情绪不好也是上升的⼀个过程吗?

Questioner: Even if it's due to bad emotions, is it still part of an upward process?

⾼灵: 你看你现在就已经在给你⾃⼰否定了.明⽩吗? 你千万不要觉得我要懂⼀些灵性知识,我要灵性⾼的话,我便不会发脾⽓了,我便不会悲伤了,我便不会哭了.并不是的.这是⼀个误解.

Higher Spirit: You see, you are already affirming your own negativity now. Understand? Don't think that if I understand some spiritual knowledge or if my spirituality is high, I won't lose my temper, won't be sad, and won't cry. That's not it. This is a misunderstanding.

问: 我第⼆个问题是对我这⼀世影响最深的前世是什么样的? 他是什么样的⼈格?

Questioner: My second question is, what was my most impactful past life and what kind of person was he?

Or

Questioner: What was the most influential previous lifetime for me, and what kind of person was he?

⾼灵: 对你这⼀世影响最深的前世是什么样的? 他是什么样的⼈格? 你稍等.他是⼀个疗愈者.有⼀世拥有特别强⼤疗愈功能的⼀个…和你这⼀世还会有很强烈的链接.

Soul High: What past life has had the deepest impact on you in this lifetime? What kind of personality was he/she? Please wait... He/She is a healer. Someone who possessed exceptionally strong healing abilities in one of their past lives... and will have a very strong connection with this lifetime as well.

问: 他是⽣活在哪个国家呀?

Questioner: In which country does he live?

⾼灵: 他是⽣活在哪个国家呀? 因为我只能告诉你这股能量跟你的链接.如果你还要再继续去探索关于这个的话,那就好像你是在海底捞针呢种状态⼀样.因为你想要去问出来的呢些信息它只是满⾜你⼤脑对信息的⼀个追求.就好像是制造⼀个假象来给你满⾜⼀样.

Higher Spirit: Which country does he live in? Because I can only tell you about the connection this energy has with you. If you continue to explore this further, it's like trying to find a needle in a haystack. You're just chasing after information that merely satisfies your brain's need for knowledge, creating an illusion to fulfill yourself.

问: 那我能不能问他以什么样的⽅式去疗愈别⼈?

Questioner: Or can I ask him about the way he heals others?

⾼灵: 你稍等.针灸.问: 他⽤针灸?

Higher Spirit: Wait. Acupuncture? Questioner: Does he use acupuncture?

⾼灵: 是的.

Higher Spirit: Yes.

问: 那他是⼀个医⽣?

Questioner: Is he a doctor?

⾼灵: 针灸的⽅式去疗愈.所以你如果从这样⼦的去探索,很⼤可能会是你们亚洲的.

Higher Spirit: The method of acupuncture for healing. So if you explore in such a way, it's very likely to be from Asia.

# **2022/01/06 — 第⼀次连接外星⼈22号及这是⼀个向上的过程Alien Contact Case No. 22 and This is an Upward Process**

⾼灵: 你们可以提问了.

Higher Spirit: You may ask questions now.

问: 我的第⼀个问题是我养的⼩耗⼦⼤概三四天前开始特别的嗜睡,就是怎么都睡不醒.我想问⼀下这是因为我的原因吗? 然后如果是的话,是为什么?

Questioner: My first question is about my pet hamster which started sleeping excessively about three days ago - no matter how much I wake it up, it continues to sleep. I would like to know if this is due to something I did? And if so, why could it be happening?

⾼灵: 你的⼩耗⼦为什么睡不醒? 然后你想从你⾃⼰⾝上找原因?问: 🗎,我想问⼀下是不是我的原因.

Higher Spirit: Why is your little rat not waking up? Then you want to blame it on yourself? Questioner: ♣, I want to know if it's my fault.

⾼灵:⾸先,我们通灵的信息也有说你要对你⾝边的所有的,你关系中的,⽐如说别⼈得了病或者别⼈选择⾃杀,你也会有责任.但是不要因为我们说的这句话,你们就把所有⼀切都从你这边去寻找.这样⼦的话你又会进⼊⼀个像极端⼀样.因为这⾥并没有⼀个极左和极右.⽐如说你拿到我们任何说的⼀句话你就⼀定要这样的话,那你就在钻⽜⾓尖⼀样.所以说你可以把所有东西放下,⽐如说呢个⼈突然⼀顿乱骂.然后你说:啊,我是不是说错了什么? 我是不是什么什么的… 他也可能只是精神不正常⽽已.所以你的⼩耗⼦它也可能只是想要睡觉⽽已.你要知道它休息够了,精⼒旺盛的时候它又可以狂跑.

Spirit Guide: First of all, the messages from us spiritual beings do say that you may have a sense of responsibility for those around you in your relationships, such as when others become ill or choose to end their lives. However, do not look to find everything solely from yourself because we said this. Otherwise, you might fall into an extreme position. There is no left or right extremity here. For instance, if you take every word we say and insist on acting accordingly, then you are just digging your own hole. Therefore, you can let go of all things; for example, when someone suddenly starts yelling without reason. You might ask: Did I do something wrong? Could it be that… They could simply be experiencing a mental issue, or maybe the little critter is just tired and wants to rest. You need to understand that when they are rested and full of energy, they can run wild again.

所以从它的⾝上你也可以看到你也可以学习到、就⽐如说你看它想睡的时候就使劲睡觉,活⼒充⾜的时候使劲跑.那你也可以从它⾝上去学习到你也可以这样.就是你顺着你⾝体的呢股能量,你在你特别想要睡觉的时候好好睡觉.⽽不会去说我这样不⾏,这是坏习惯.不能睡呢么多,我这样会变懒惰.你不需要去担⼼.因为呢股能量… 像我们之前通灵说所有的能量它都是流动的.它不会⼀直是狂风暴⾬,飓风的状态,明⽩吗?所以不要太过于去紧张⽣活中的任何事情.你这样⼦的话,你想⼀下你是不是在消耗你⾃⼰.为什么?你又要担⼼你的⼩耗⼦.你又要担⼼这个担⼼呢个.那你要是房间⾥⾯养了又是⼩耗⼦、⼩狗、⼩猪….你想⼀下.

So from it you can also learn and observe, for instance, when it wants to sleep, it sleeps as much as possible, and when it has enough vitality, it runs as hard as possible. You can also learn this way from it. Essentially, you follow the flow of your body's energy; when you're particularly keen on sleeping, do so thoroughly. There's no need for concern about saying that isn't right; that's bad habits; I shouldn't sleep that much, fearing becoming lazy. Don't worry about it. Because this flow... previously in spirit communication, we discussed that all energies are flowing—it doesn't always stay as chaotic storms or hurricanes. Do you understand? So don't overly stress over any matter in life. If you think like this, aren't you consuming yourself? Why would you be doing so? You're worrying about your little mice (presumably referring to responsibilities and concerns), your little dogs... Now, if you have small mice, dogs, pigs in your room... Just imagine it.

如果你有⼀个公司,你下⾯有⼏百号⼈,⼏千号⼈,⼏万个⼈.如果你每天想说这个⼈今天的状态这样是不是因为我?你说你⼀天的时间能做什么,明⽩吗?不要把呢些⽆关紧要的事情⼤话.就好像你⼀个点,显⽰器对吧?⾥⾯有很多窗⼜.你⼤化哪个地⽅你进⼊哪个地⽅.那你把所有窗⼜都⼤化⼤化⼤化,你能来得及吗? 所以如果它真的有什么问题需要你notice,就是需要你去注意的话.你不会错过的.你不会错过任何,你⽣命中.那么在这之前,你就好好的去享受⽣命.⽽不是去找⾃⼰的:‘啊,我的能量状态我来⽐⼀下,我今天状态怎么样啊?我今天有没有⽐昨天更好⼀点?’ 这⾥永远没有任何标准.你也不要去做任何对⽐.

If you have a company with hundreds, thousands, or even tens of thousands of people under you, how much time do you think you can spend on each person's daily status? Understand that don't waste time on insignificant details. It's like having just one dot on a display screen; there are many windows inside it. When you maximize the screen size, can you handle all the windows at once? Therefore, if anything really needs your attention, it will not go unnoticed. You won't miss out on anything in your life. Before that happens, enjoy your life properly instead of constantly checking: "My energy level today versus yesterday's; am I better off today than yesterday?" There is no standard for this, and there's no need to make comparisons.

也不要去拿个尺⼦天天来⽐⾃⼰: ‘今天长⾼了没有?’ ‘哎呀,我昨天吃的东西好像不⾏,我要呢个什么’ ‘我要看⼀下我的体重增长了没有?’明⽩我意思吗? 把你⽣命中,就是你真正想要体验和关注的,再把它从显⽰器⾥⾯⼤化,进⼊进去.⽽且当你进⼊进去,⼀切都会运⾏的很好,很完美.它不需要你去花⼼思去操作.它不需要你去花⼼思去安排.它不需要你去花⼼思去把它磨合.明⽩我意思吗?因为你们觉得你⽣活中很多事情都需要你花⼼思,其实不是的.⼀切都会同步性的进⾏.就⽐如说你正好需要⼀个东西,然后你的朋友打电话给你,他正好要把呢个东西扔掉.这就是如此的同步性.你甚⾄不需要去找,你甚⾄不需要去买,你甚⾄不需要去做任何.

Also, refrain from constantly measuring yourself with a ruler: 'Have I grown taller today?' 'Oh dear, maybe what I ate yesterday didn't suit me; should I try something else?' 'Should I check if my weight has increased?' Do you understand? Focus more on the things in your life that you genuinely want to experience and pay attention to. Maximize this within the display and immerse yourself into it. And once you do, everything will function smoothly and perfectly - it doesn't require you to put effort into operating it, arranging it, or fine-tuning it. Do you understand? You might feel that many aspects of your life require thought and effort, but actually, things flow naturally. For instance, just when you need something, a friend calls you out of the blue offering exactly what you need; this level of synchronicity is effortless. You don't even have to seek it out, buy it, or do anything at all.

它就会⾃动的出现在你的⽣命⾥⾯.所以当你进⼊这个流,这就好像是每⼀个不同的旋涡或者是流.当你选择进⼊这个同步性的流过后,⼀切它都会⾃动的… 就⽐如说如果真的你的⼩⽼⿏⽣病了,那么你会同步性的去找到⼀些可以治好它病的线索,或者是⼀个⼈出现.然后这个问题会顺利解决.但是当你选择进⼊担⼼这个担⼼呢个,怕这个怕呢个,你

It would automatically appear in your life. So when you enter this stream, it's like every different vortex or current. When you choose to enter the stream of synchronicity, everything will automatically... for example, if your little mouse really got sick, you would synchronically find clues that could cure its illness, or a person会出现. Then the problem would be smoothly resolved. But when you choose to enter the stream of worrying about this worry, being afraid of this fear,

又进⼊另外⼀个流.进⼊这个流的话,你就会发现你今天不是⼩耗⼦明天就是⼩兔⼦,你后天不是⼩猫猫就是⼩狗狗.它总会… 就是你永远都停⽌不了担忧、担⼼.然后越是这样⼦事情,你越是觉得你好像⼀直在操⼼⼀样.还有问题吗?

You enter another stream. If you enter this stream, you will find that today you are a little mouse and tomorrow you are a little rabbit, the day after tomorrow you are either a little cat or a little dog. It always... You can never stop worrying and being concerned. And the more such things happen, the more you feel like you are constantly worrying about them. Do you have any other questions?

问: 下⼀个问题是,我不知道这个问题这样问可不可以? 因为每次通灵的时候带给我的信息都是信任和允许.然后我想我能不能问⼀下我现在最⼤的不允许,或者我在允许这最⼤的卡点和束缚是什么? 可以这样问吗?

Questioner: The next question is, I'm not sure if I can ask this in this way because every time I communicate with spirits, they provide me with messages of trust and permission. Then I wonder if I could inquire about the biggest limitation or barrier that I am currently facing in terms of permission and restriction? Can I ask like this?

⾼灵: 可以.为什么就是说没有完完全全的去信任⽣命的河流是吧?

Spirit: Okay. Why is it said that there isn't a complete trust in the river of life, you know?

问: 🗎!⾼灵: 因为对于你…我这么来说,通灵的这个⼥孩⼦和你,你们俩来对⽐.然后为什么你会就是还没有达到她这样⼦的状态? 是因为你的经验太少,就是你去体验同步性和⽣命中的奇迹和这种事情还太少,就是相⽐她来说.明⽩吗? 就是你的⼤脑是需要证据的.你的⼤脑是需要经验,就是曾经发⽣过这样的事情.然后如果你和她⼀样,⽐如说她已经经历了⼀百件同步性的事件.你就经历了⼀两件.经历⼀百件和经历⼀两件,他们对⼀个事情的态度…明⽩吗? 所以这就是正向的信念.就是为什么? 正向的信念它会… 这就是为什么有钱的越来越有钱,没钱的越来越穷,对不对? ⾸先,你们物质世界是你们的实相.然后实相在加深信念,对吧?

Questioner: 🗎!Higher Spirit: Because for you...I'm saying this in comparison of this spiritual girl and you, comparing the two of you. Then why haven't you reached her state? It's because your experience is too little; you don't have enough experiences to understand synchronicity, wonders in life, and similar phenomena compared to her. Understand? Your brain needs evidence. Your brain requires experience that such things have happened before. If you are like her, for example, she has experienced a hundred synchronistic events, while you have only one or two. Experiencing a hundred versus experiencing one or two affects your attitude towards something... right? Therefore, this is positive belief. Why? Positive belief makes... That's why the rich get richer and the poor get poorer, isn't it? First, your material world is your reality. Then, reality deepens the belief, doesn't it?

那她体验了很多同步性的事件.那呢些同步性事件又会加深她对同步性的相信、信任、放⼿.所以她现在是进⼊了⼀个正⾯的同步,明⽩吗? 所以就好像是⼀个你们呢种搅动的机器,就好像拖拉机,你不停的去搅.最开始你在⽤⼒的去转它,就是把它转起来的时候会吃⼒,是吧? 然后它真正的转起来的时候你是不是就不⽤去动了.它呢个惯性已经带动它不停地转转转转了.也是这样⼦.那你现在还在起步阶段,你的起步阶段是会有⼀点吃⼒.但是等你快速的转动起来过后,你就完全不⽤任何⼒⽓.它的惯性就会导致它⾃动的转了.所以这也是你的⼀个过程.然后你现在就是需要去信任这个过程.

She experienced numerous synchronous events that reinforced her belief in synchronicity, trust, and letting go. So she is now entering a positive phase of synchronicity, do you understand? It's like operating a chaotic machine, akin to a tractor - you keep turning it. Initially, you're putting effort into making it start, which can be tough, right? Once it starts running smoothly, you don't have to move as much. Its momentum keeps it spinning on its own. Similarly, you are still in the beginning stage where it's somewhat difficult. But once you get moving quickly, you no longer need any force - its inertia drives it to turn automatically. This is also part of your process. Now, what you need is trust in this process.

就是信任你知道 OK,那… 但是你再问你⾃⼰,你是不是⾮常多的信任超过去年或者上半年? 或者是任何,对不对? 然后你的放松程度和你的喜悦的时间的长度各⽅⾯.是不是已经double,已经⾮常多的倍数超过了以前? 就是你的轻松感、愉悦感.所以那你就是在快速的呢个什么… 然后还是呢个只是去信任它这是⼀个往上⾛的⼀个状态.

It's about trusting that you know okay, but then... but are you giving a lot more trust than last year or the first half of this year? Or any time for that matter, right? Then it comes to your level of relaxation and the duration of joy. Have these doubled, multiplied significantly from before? It's about the sense of ease and happiness. So you're moving at a quick pace, somehow... yet still just trusting that it's an upward trajectory.

问: 我的下⼀个问题是死后的意识状态和我们每天晚上睡觉出体的意识状态有什么不同? 为什么说活着的时候更容易跟真我⼀起⼯作?

Questioner: My next question is, what is the difference between post-death consciousness and our state of consciousness during out-of-body experiences at night? Why is it easier to work with our true self when we are alive?

⾼灵: 死后的意识状态和你睡觉的时候的意识状态?

Higher Spirit: The state of consciousness after death and your state of consciousness when you are sleeping?

问: 就是睡觉的时候我们不是每晚都会出体吗? 出体的时候是⽆意识的,就是没有我的⾁体意识.然后我想问⼀下就是我死了之后脱离⾁体的呢个意识状态和我每天晚上睡觉出体的意识状态有什么不同呢?

Questioner: Aren't we detaching from our bodies every night when we sleep? We are unconscious during that state, meaning there is no awareness of my physical body. I'd like to know what the difference is between this state after death and being detached from my body every night while sleeping.

⾼灵: ⾸先,你死过很多次.那你死过很多次的这个经历、经验和感受它都在你的内在.所以说你如果真的是想要去体验和探索的话,你还是可以进⼊这种状态,明⽩吗? 你还可以次再进⼊呢个,就⽐如说你曾经死的呢个状态,你可以进⼊.然后⾃⼰再去感受.为什么我这⾥不能去很好的给你解释? 因为你们没个⼈都是独⼀⽆⼆的触⾓,都是独⼀⽆⼆的像是感觉.那你的感觉只有…你是独⼀⽆⼆的… 如果让我们来说,让别⼈来说,因为别⼈他会说他

Higher Spirit: Firstly, you've died many times. Therefore, the experiences and feelings of your multiple deaths are within you. So if you truly want to experience and explore this, you can still enter that state, understand? You can even try entering that state again, like the condition in which you once died. Then you can relive it yourself. Why can't I explain this well? Because each of you is unique—each has his own unique sensory experiences. Your feelings are only yours...you are unique... If we were to describe your experiences here or have someone else do so, because others would describe their own experiences

的感觉:死了,就像是躺在棉花糖上⾯⼀样,好舒服.有的⼈说死了,就好像是所有的绳⼦都被解开了,好爽.有的⼈说死了是在⽔⾥⾯⼀样,呼吸都呼吸不过来,好难受.明⽩吗?你说哪个是真的,它们都是真的.但是如果你是想要探索这⽅⾯的,你是可以去探索.然后你也可以再⼀次去体验呢个感受.

The sensation: dying feels like lying on top of cotton candy, so comfortable. Some say it's like all the ropes being untied, so refreshing. Others compare it to drowning in water, struggling to breathe, so uncomfortable. Do you understand? Which one is true? They're all true. But if you want to explore this area, you can certainly do that and then experience that feeling again.

问: 那我看到别的通灵信息有⼀个说法是我们活着的时候,就是还有⾁体的时候是更容易跟真我⼀起合作的.我想问⼀下这个是为什么呢?

Questioner: But I've seen other spiritual messages that say it's easier to cooperate with our true selves when we are still in a physical body. I'd like to know why that is the case.

⾼灵: 你要知道你们通灵信息的来源.你们通灵信息的来源有⾮常(多).就好像你们世界上的信息来源⼀样,有 ‘独⽴⽇报’、 有 ‘新华⽇报’、有 ‘英国⽇报’ 有很多很多… 你想全世界如果只是报纸的话,来源就有多少种了,对不对?如果它们在描述同⼀件事情,它们是⼀样的吗? 如果它们被允许,就是说没有政府的规定你必须要怎么样描述… 那就算你们世界上有60亿个⼈来看到同⼀个事件,你让他们来描述,他们描述的是⼀样的吗?你明⽩我意思吗?那如果你知道你们通灵就是跟其他的意识链接.那其他的意识,⽐如说其他的⼈死掉过后,死掉过后他的意识状态还是⼀样的.你不要觉得他死了就变成神仙了.认知还是⼀样的.

Higher Spirit: You must understand the origin of the spiritual messages you receive. There are many sources for these messages, just like there are numerous information sources in your world - "Independence Daily," "Xin Hua Daily," "British Daily," and so on... If we imagine that worldwide information came solely from newspapers, how many different types would exist? Do you see the point? Even if they were describing the same event, would their accounts be identical? Would government regulations force everyone to describe it in a certain way? If 6 billion people witnessed the same incident and were asked to describe it, would their descriptions be consistent?

You know that spiritual communication involves connecting with other consciousnesses. Other consciousnesses are still in their original state even after death - don't imagine they become gods. Their perception remains unchanged.

⽐如说你死前的认知、你的观念,你死后还是持续的.那如果你们的消息是来⾃于死亡地带,就是说个体.那死亡地带也没有说好和不好,所有的信息都没有哪个好和不好.只是看哪个在正⾯的服务于你.你去达到了你想要的.就⽐如说你有⼀个特别爱的亲⼈,他的消息来⾃死亡地带.他告诉你我永远都爱你.这个信息对你是不是⽐我们⾼灵的信息对你的帮助更⼤?为什么?你亲⾃和你最爱的亲⼈交流了,明⽩吗?所以它不局限于什么信息.你们⾃⼰才是呢个决策者.不是说我的信息有⽤就对你好,他们的信息没⽤就对你不好.你们的所有灵魂,你们的个体都会有在不同的阶段.就这么说,像你们的⼩孩⼦、⼤孩⼦、成⼈,他们是不同的⼈.

For instance, your pre-death cognition and ideas continue after you die. If the information comes from a death zone or an individual in that zone, then there's no such thing as good or bad; all information is neutral. It depends on which information serves you positively and helps you achieve what you want. Say you have a particularly loved relative whose messages come from this death zone. They tell you they will always love you. Is this message more beneficial to you than high spiritual guidance? Why? You are communicating with your dearest relative personally, right? So it's not about the specific information; you are the decision-makers. Not that my information is good for you and theirs isn't. All of your souls at different stages have access to such information through their individuals, much like how your children, teenagers, and adults are distinct entities.

那⽅式⽅法… 就⽐如⼩孩⼦说: 妈妈,我今天漂亮吗? 然后你如果说了⼀个善意的谎⾔,就说你今天很漂亮.虽然他是⼀个⾯部残缺的⼈,明⽩吗?你明⽩我意思吗?那你能说你这是谎⾔.我要听真实的.你们只能传达真实的.但是呢个谎⾔就是他最需要的,也就是爱.所以不要去拿着任何⼀个信息咬住不放.因为所有的观点都是真的也都是假的.它们只是他们个体的⼀个视⾓.然后关于你说,你刚刚说⼈在物质世界的时候才和真我怎么?

That method... like a child saying to their mother: "Am I beautiful today?" Then if you tell a kind lie and say you are beautiful today, even though he is someone with facial disfigurement, do you understand my meaning? Can you say that this is a lie? I want the truth. You can only convey the truth. But that lie is what he needs most, which is love. So don't cling onto any information too tightly because all viewpoints are true and false at the same time. They are just perspectives of individual selves. And regarding your question about how someone in this material world connects with their True Self,

问: 就是说活着的时候更容易跟真我⼀起合作⽐死了之后?

Questioner: Is it easier to cooperate with the true self while alive compared to after death?

⾼灵: 跟真我⼀起合作.你⾃⼰可以⽤你头脑⾥⾯呢些我们的通灵信息去理解.你真我就就⽐如说是个⼈吧.那你去提升或者去感受,你需要⼀个道具吧? 就是你在物质世界去(体验).因为你没有这个道具这个物质世界(对你)就是空的,什么都没有啊,对不对? 都是虚的.那当你有了(⾝体)过后,你能感受到、能尝到、能听到、能什么什么的.那是不是所有的⼀切… 明⽩我意思吗? 那如果没有这个链接的东西,就是没有呢个链接物质世界的媒介的话.你的⾁体就好像是个媒介⼀样,那你没有这个媒介的话,你如何去呢个什么? 所以说我从你提问当中告诉你,你头脑进⼊的⼀个思维模式.就是你是怎么去看待呢些信息的.这是对你的⼀个传达.

Higher Spirit: Collaborate with your true self. You can use the spiritual messages in your mind to understand this. Think of your True Self as a person, and you need something like an object for improvement or experience, right? This object allows you to interact within the material world because without it, the material world is empty, lacking anything tangible, isn't it? Everything appears insubstantial. Once you have access through a physical body, you can sense, taste, hear, and experience things. Is this understanding clear? Without that connecting link, which serves as the medium to interact with the material world, your body acts like a conduit. If there is no such connection, how would you engage in these activities? I'm conveying to you through your questioning, how your mind perceives those messages, and this is a message directed at you.

然后另外⼀个也就是说你可以⽤你⾃⼰的⼀个… 因为我们不断地给你传达了很多信息.如果你把我们所有的信息都合起来,就好像都糅合起来的话.你可以从我们的信息当中找到任何答案.

Then there's another way, meaning you can use your own... because we've been conveying a lot of information to you constantly. If you were to combine all our information together, like blending it all in, you could find any answer within the information that we provided.

问: 我的下⼀个问题是我想问⼀下呢个以后要跟我⼀起传达信息的存有,他有没有什么信息想要带给我?

Questioner: My next question is for the entity that will be conveying messages with me in the future. Does it have any message it wants to bring to me?

⾼灵: 以后?

Higher Spirit: What's next?

问: 就是呢个要跟我⼀起传达信息的存有,他有没有什么信息想要带给我?

Questioner: Is there anything that the entity who will convey the message with me wants to share with me?

⾼灵: 这样取决于你.就好像你达到了五级.我们现在就⽤你们的数字来分啊,⼀⼆三四五六七⼋九⼗.那你达到了⼀级,它是⼀个频率,⼆级是⼀个频率.三级四级五级六级七级⼋级… 都是不同的频率.不同的频率⾥⾯有不同的.那到底你能达到什么级,那是取决于你⾃⼰.就好像是坐电梯⼀样,不停的有每⼀层楼.那你要选择哪⼀层楼它是根据你⾃⼰的⼀个状态.所以你的问题你说我们怎么回答? 因为你才是拿着呢个遥控器(的⼈).然后任何可能都有.那你也可能明天选择突然不再接收任何通灵信息,不再关注.只是沉浸在物质世界,这个也没有错.这个也没有不好.但是你是有呢个⾃由选择的权⼒.

Higher Spirit: This depends on you. Just like when you reach the fifth level. Now we will use your numbers to categorize - one, two, three, four, five, six, seven, eight, nine, ten. If you have reached the first level, it's a frequency; the second is another frequency; the third, fourth, fifth, sixth, seventh, eighth... each represents different frequencies within their respective categories. Depending on which category you fall into, your ability to achieve those levels is determined by yourself. It’s like riding an elevator where each floor is a level - you choose which floor based on your current state. So, when you ask how we should answer this question, remember that you hold the remote control in your hands. Anything can happen from here on out. You might suddenly decide not to receive any spiritual information anymore or stop paying attention altogether and focus solely on the material world. There's nothing inherently wrong with that choice; it’s perfectly valid. However, it is within your power to make such a decision freely.

问: 我明⽩了.那我其实还写了⼀个问题,我不知道这个问题是不是可以问了?

Questioner: I understand. Then, actually, I also wrote another question; I'm unsure if this question can be asked?

⾼灵: 你说.

Higher Spirit: You say.

问: 这个问题是我的祖先有没有什么话想要说的?

The question is whether my ancestors have anything they wish to say?

⾼灵: 你稍等.你再说⼀下你的名字,全名.

Higher Spirit: Wait a moment. Please repeat your full name.

问: XXX⾼灵: XXX,想要知道他们家族的灵魂,呢些祖祖辈辈有没有什么信息想要带给她? 如果有任何信息可以现在…. 这⾥有⼀段信息是你去世,就是⼀个已经不在这个世界上的亲⼈想要传达给你的.在你们的家族⾥⾯已经有灵性体质.就是有灵性,精神世界,总是精神世界的⼀个基因.就好像是⼀个遗传在.所以你也是⾮常灵异的体质,你也是⾮常⼈体质.就是对你来说你去接触到其他维度和其他呢个什么是⾮常⾮常容易的事情.因为它就在你的基因⾥⾯.然后它这个对你的任何创作都会有⾮常⼤的帮助.但是同样来,它也是你的⼀个困扰.因为你是⼀个特别敏感的体质,那你能感受到其他维度.那也会给你带来不适,就⽐如说恐惧.

Questioner: XXX Spirit of Wisdom: XXX, would like to know if there is any information that their ancestors wish to convey to her from the souls of their family? If there are any messages available now... Here's a message for you; it's from a deceased relative who wants to pass on this information. In your family, there is a spiritual constitution - a spiritual essence in the spiritual world, always inheriting characteristics from the spiritual world. This is like a genetic trait that you possess. So you are also of a very spiritual nature and you have normal human traits as well. It means that for you, it's extremely easy to access other dimensions or entities. Because this trait is already coded in your DNA. Then, it would greatly assist with any creative endeavors you undertake. However, similarly, it can be a source of trouble too because due to your sensitive constitution, you are able to perceive energies from other dimensions which could also cause discomfort or fear for you.

然后或者是容易紧张、容易害怕、容易没有安全感.因为同样⼀个能⼒就好像是⼀把双刃⼑⼀样,它有这个也有呢个.然后你们家有⼀个就好像是家传的秘⽅去解决或者去减轻你的⼀个不适感.然后是在你们家⾥⾯经常放⼀些花.还有呢种仙⼈掌之类,就是呢种不容易死掉的植物.因为它们的能量会让你保持在⼀个稳定的能量状态.所以让你的家⾥⾯或者你的⾝体周围有⼀些不容易死掉的⼀些植物和花.然后这些会让你的能量状态稳定.就避免…因为呢些负⾯能量也很容易来找到你.没有信息了.

Then, perhaps you are prone to anxiety, fear, or lack of security. It's because the same ability can be a double-edged sword, having both pros and cons. Your family might have a secret remedy for addressing or alleviating your discomfort. Additionally, there is often placing flowers in your home, along with cacti and other plants that are difficult to kill, as they help maintain stable energy. Therefore, surrounding yourself with live plants and flowers can stabilize your energy state. Avoid negative energies easily finding you because of this absence of information.

问: 我的下⼀个问题是,我前两天做梦.梦见我被⼀个外星⼈带到了⼀个外星球上.然后呢个外星球上的⼈看见我后,每⼀个都是很吃惊的表情.但是他们的形象在我的眼⾥就还是⼈类的样⼦.我想知道就是这个梦它有什么特别的意义吗?

Questioner: My next question is, I had a dream the other day. I梦见I was taken to another planet by an alien. Then, when the beings on that planet saw me, each one of them had a surprised expression. However, in my eyes, they still looked like humans. I wonder if this dream has any special significance?

⾼灵:你的梦.你想⼀下你在做梦的时候就好像你是被解放了,就是你的意识.你就好像变成了⽆限的存在.那当你变成了⽆限的存在,你是可以进⼊别⼈的思想⾥⾯,明⽩我意思吗?为什么你们梦⾥⾯有呢么多你不认识的⼈,不认识的场景,或者是什么什么?因为你是可以去链接任何.那你链接任何,那你也可能链接到别⼈的⼀些想象⼒.就⽐如说有⼀些⼈,他的⼀些想象,想象出来的⼀些场景.因为都是在彼此分享的.就好像是⼀个河⽔.呢个⽔⾥⾯有你们分享的⼀切.你们什么东西都放进去.那当你的意识不受任何限制,它就好像是四处在飘⼀样.它飘到这看到这,飘到呢看到呢.所以对你们来说,你们就是很难去理解你们的梦是为什么.

Higher Spirit: Your Dreams. Imagine that when you're dreaming, you feel as if you've been liberated, as if your consciousness has become a limitless being. When you are this limitless being, you can enter other people's thoughts, do you understand? Why is it that there are so many unfamiliar people and settings in your dreams, or whatever? Because you have the ability to connect with anything. If you connect with anything, then you might also connect with someone else's imagination. For example, some people may imagine certain scenes based on shared experiences. It's as if a river contains all that you share. You put everything into it. When your consciousness is not limited by any boundaries, it's like floating freely in all directions. So for you, it's hard to understand why your dreams are the way they are.

它都是好像没有任何sense.那就是因为你们的… 因为你们要理解⼀个东西,我之前说了,你们是需要从你们的头脑⾥⾯,你头脑⾥⾯被植⼊什么,对不对?然后呢个东西你被教导了是什么,你有了辨别它们的能⼒.那是你头脑的事情.但是这些东西你的头脑⾥⾯没有任何辨别能⼒.所以它们对你来说就是⼀些… makes no sense.就是没有任何意义,你们是不清楚的.但是这些⽚段,这些任何,它都可以从任何不同的⽅⾯服务到你.就是在你的⽆意识层⾯,就是在你意识不到的层⾯.还有就是说你不需要去担⼼.因为任何你需要知道的信息,它都会来到你的⽣命当中,任何.所以你不需要去着急的想把我的⼀个梦全部给它解释清楚.

It's all like making no sense. That's because of your... Because you need to understand something, I mentioned earlier that you require to have what is implanted in your mind, right? Then the thing you are taught, you gain the ability to distinguish them. It's about your mind. But these things lack the capability for discernment within your mind. Hence, they make no sense to you. They are unclear to you. But these fragments, any of them can serve you from any different angle. At an unconscious level, at a layer where you're not aware of it. Also, there's no need to worry because any information you need will come into your life in any case. Therefore, there's no rush to fully explain my dream and give it all its interpretation.

你们的⼤脑永远都不可能理解.你们只是想追求⼀个说法.那呢个说法如果我只是说那个是另外的⼀个你在经历的事情.那你说:哦,好了.那你就把它当成真的了.明⽩我意思吗? 那只是你们的头脑想要去… 头脑它⼀定要好像就是找到⼀个说法.不然的话它就⼀直找⼀直找.就好像你⼀定要找个东西堵住它的嘴.不然头脑⼀直在叽叽叽叽.所以你们的头脑是很好忽悠,很好打发它们的.你只是随便给它说⼀个… 你们世界上不是有呢些传销组织吗? 还有任何呢些什么什么… 你只要把⼀个东西说的像,就是说的让他的头脑觉得: 哎? 是这样.那就是真的了.所以真的假的不重要.重要的是他的头脑可以解释清楚.

Your minds will never be able to comprehend it. You just want to chase a narrative. If I were to say that is simply another you experiencing something, you would accept it and consider it as truth. Do you understand what I mean? That's just what your mind wants to believe; the mind always seeks out a narrative. It will continue searching unless it finds one, as if you have to find something to stop its endless chatter. Thus, your minds are easily led and appeased. You just give them whatever seems plausible... Aren't there those multi-level marketing organizations in your world? Or any other such groups? You simply need to present an idea that resonates with their mind: Oh, it's like this, then it becomes reality for them. So the truth or falsity doesn't matter; what matters is that their minds can articulate and make sense of it.

如果他的头脑不能解释清楚,但是是真的,他们也不会相信.就⽐如说通灵,通灵对于你们世界上的⼈来说,很多⼈头脑解释不清楚的.他们是不相信这些的.他们觉得你们装神弄⿁,不知道你们物质世界怎么说.但是他们就是呢个意思,他们不会相信的.所以他们只会相信… 你们不⽤去deal with anyone,只⽤去…你要知道头脑只是⼀个⼯具,你要知道⼯具的⼀个运⾏⽅式.这就是为什么你们⼤多数⼈都是在受操控的.因为他们没有⾃主的分辨能

If his mind cannot explain clearly, but it is true, they will not believe it either. For instance, spiritual communication, for many people in your world, their minds can't understand clearly; hence, they don't believe in this. They think you're just pretending to be supernatural beings and are unable to understand how your material world works. But that's exactly what they mean: they won't believe it. Therefore, they will only trust… You don't need to deal with anyone, just focus on… You must realize that the mind is merely a tool, and you should understand its mode of operation. This is why most people are being controlled, as they lack the ability for self-judgment.

⼒.那但我们在不断地在跟你交流,在跟你分享信息.就是要让你脱离头脑对你的控制.如果你在进⼊它,你就是进⼊了⼀个集体的意识,集体的业⼒,集体的思想,集体的观念.你是不⾃由的.你永远都不知道你⾃⼰要⼲啥.你永远都不知道⾃⼰为啥不开⼼.你永远都不知道你为啥会烦躁.你永远都不知道你的钱会花到哪⾥.为什么? 因为它们操控了你的头脑.然后你还以为呢个头脑是你.呢个头脑根本不是你.你继续提问.

Force. However, we're constantly communicating with you and sharing information to help you break free from the control of your mind. If you enter this state, you're entering a collective consciousness, collective karma, collective thoughts, and collective beliefs. You are not free. You never know what you want to do. You never know why you're unhappy. You never know why you're agitated. You never know where your money goes. Why? Because they control your mind. And you still think that mind is yours. That mind is not you at all. Please continue asking questions.

问: 我能问⼀下我现在对于⾦钱能量最⼤的卡点是什么吗? 我能这样问问题吗?

Questioner: Can I inquire about what is currently my biggest block in terms of financial energy?

I can ask questions like this, right?

⾼灵: 卡点就是你⾃⼰卡在呢.就是你⾃⼰卡在呢.你把你⾃⼰卡在呢⾥.你把你拿开过后… 为什么你把你⾃⼰卡在呢⾥? 就⽐如说你还焦距于⼀个你: 我叫XXX.我住在哪⾥.我住的什么房⼦.然后我做什么⼯作,我什么收⼊.你把她当成是你,明⽩吗? 就是如果我让你作⼀下⾃我介绍.你说我是什么学历,什么专业.我曾经做过什么⼯作,我什么什么… 你就会不断地⽤你的⾁体的物质信息来… 呢个就是堵塞你的.那当你不去定义⾃⼰,⽐如说我是⼀个会计,我是⼀个律师,明⽩吗? 我是⼀个怎样怎样的… 当你放下任何定义的时候,你便会允许各式各样的,就是钱从四⾯⼋⽅的出现,明⽩吗? 就⽐如这么说吧,如果你⾛在⼤街上看到了⼀堆垃圾.

Higher Spirit: The bottleneck is you are stuck in it. You are stuck in yourself. After you remove yourself... Why are you stuck within yourself? For example, you fixate on a version of me saying, "I'm called XXX." Where do I live? What type of house do I reside in? What kind of job do I have and what is my income? You see yourself this way, correct? If I were to ask for your self-introduction, would it be about my educational background, major, past jobs, etc.? You constantly rely on material information from your physical body... This obstructs you. But when you stop defining yourself as an accountant or lawyer, et cetera, understanding? When you let go of any labels, you allow for various opportunities and financial inflows to appear. For instance, imagine you see a pile of trash while walking down the street.

然后你不把⾃⼰定义成⼀个捡垃圾的⼈,你把⾃⼰定义成⼀个律师.你是不会看到这堆垃圾是可以变成钱的.但是你要知道你们中国有多少⼈靠捡垃圾养活⼀家⼈,靠捡垃圾⽣存.然后还有⼈做垃圾做到⾮常⾮常富有,明⽩我意思吗? 所以你眼⾥看不到钱的可能.如果你不把你⾃⼰定义成⼀个律师.你只是去看的话,你会在任何⼀个地⽅看到钱.你会看到,哇,我喜欢画画.我坐在路边给别⼈画画.我边画⼈呢,我还可以去读⼈,跟他通灵,跟他链接.你看吧,我卖给他的画赚了钱,然后在画画的同时我得到他的⼀

Then you don't define yourself as a garbage collector, but rather as a lawyer. You wouldn't see that pile of garbage can be turned into money. But you need to know how many people in China survive on picking up trash, living off of it. And then there are people who make a very wealthy living from trash. Do you understand? So you might not see the potential for making money. If you don't define yourself as a lawyer, simply observing things, you would see money everywhere. You'd see, oh wow, I like to paint. I sit by the roadside and draw for others. While painting people's portraits, I can read their minds, connect with them spiritually. See, selling my paintings earns me money, and while doing so, I gain insights about him.

些信息,然后再告诉他⼀些通灵的信息.然后就告诉他我是个通灵师.如果你要解读的话,我可以解读.你再加30镑.那你画卖了30镑,你通灵信息卖了30镑.那你⼀下⼀个⼈就60镑.然后他再介绍他的朋友,那你⼀下就是120镑.明⽩我意思吗?但是呢,你⼀直说我是⼀个会计,我只能做会计的事情.其他什么都不会呀.那你就是给⾃⼰卡住了.为什么? 因为你只焦距于呢个⾝份,你看不到钱的…明⽩我的意思吗?

Provide him with some information first, then give him some spiritual information. Then tell him I'm a medium. If you want to interpret it, I can interpret it for you. You add another 30 pounds. So the painting sells for 30 pounds and the spiritual information sells for 30 pounds. Then next person is 60 pounds. And he introduces his friend, so next time it's 120 pounds. Do you understand? But you always say I'm an accountant; I can only do accounting things. I don't know how to do anything else. That's where you're limiting yourself. Why? Because you fixate on that identity; you can't see the money… do you get my point?

问: 如何⾯对悲伤?

Questioner: How do you deal with sadness?

⾼灵: ⾸先,你们产⽣的悲伤很多就是说他对发⽣的⼀些,就好像是不明⽩.就是他对他呢个事件的⼀个误解再加上⾃⼰的⼀个感受,他创造了⼀个能量在⾥⾯.当然悲伤背后⼀定是有爱的.就⽐如说,你们看到了⼀个得癌症的⼀个⼈,或者你的亲戚家⼈得癌症.然后你看着他消瘦的⾯孔⼼⾥特别悲伤,对吧? 那这个悲伤背后,就是不明.不明就是说你不明⽩他的这个事件的big picture,⼤的画⾯.你只是看到了其中的⼀点,就好像⼀头⼤象,你只看到了它的⼀个腿,你就开始悲伤了.这个东西啊,又没有头、又没有脑袋、又没有尾巴,就⼀个腿.你什么都看不到,你只看到呢个.所以这是你们认知的限制导致的.

Higher Spirit: First of all, the sadness that you generate is often about not understanding what happened - it's like misunderstanding an event and then adding your own feelings to create energy in there. Of course, behind the sadness lies love. For example, if you see someone suffering from cancer or a family member getting cancer. You look at their emaciated face and feel profoundly sad. That sadness is lack of understanding. Lack of understanding means that you don't understand the big picture of his event. You just see part of it - like looking at one leg of an elephant and starting to grieve about that one part, without any head, body, or tail; just a single leg. This results from your cognitive limitations.

然后你在不明过后又给它加上了⼀个消极的定义.就⽐如说如果你⾃⼰也是进⼊这种情况,多么痛苦.然后还有就是爱,就是你的⼀种慈悲,你的⼀种同情⼼.那如果,从刚才呢个理解来说,如果你明⽩呢? 就像昨天我们通灵信息说的,呢⼗只⽼虎在你⾯前是你⾃⼰创造的,⽤来战胜你内在的恐惧.那⽐如说,你要是不知道的话,⼗只⽼虎⾜够吓死你了,是吧? 那如果你知道这是你创造的这个画⾯,⽽且⽼虎不是⽤来伤你的.它是⽤来让你战胜你内在的恐惧.这是不是就完全不同的⼀个感受和体验了.所以悲伤,我们说到呢个癌症患者.如果你知道他这个癌症… 就是你知道⽣命是永恒的,并没有任何死亡.

Then you added a negative definition to it after understanding it. For instance, if you were in such a situation yourself, how miserable would that be? Then there is love, which is your compassion and empathy. If from this just-understood perspective, if you were to understand it? Like the spirit message we had yesterday said, those ten tigers in front of you are ones you created for overcoming your inner fear. For example, if you don't know about them, ten tigers might be enough to scare you to death, right? But if you knew they were ones you created and that the tigers weren't meant to harm you but rather to help you overcome your inner fear, wouldn't that change everything in terms of feeling and experience significantly? So sadness, when talking about cancer patients. If you know that his cancer... knowing that life is eternal and there's no death at all.

那你也知道他这个癌症,他是完完全全他⾃⼰创造这个癌是来给他(突破的).为什么? 是因为他要通过癌症push他转变成另外⼀个⼈格.因为他在物质⽣活中他⾃⼰还做不到.⽐如他⼀直是⼀个没有边界,⼀直是给给给的⼀个⼈.但是他从来没有给他⾃⼰.因为他做不到.因为他给他⾃⼰他会感觉内疚.那他有了这个癌症过后,他给他⾃⼰的时候他就不会内疚了.为什么? 我是癌症患者.我是最可怜的.他给⾃⼰找了⼀个借⼜去接受他本应爱顺其⾃然接受的.那当他在转变的时候,转变他⾃⼰的⼈格或者呢个什么.他的这个病显化的⼀个意义,价值,就是⽬的,当他做到的时候,他这个病就会消失.那如果你知道这⼀层,你还会悲伤吗?

And you know that this cancer of his is entirely self-created for him to break through. Why? Because he needs to push himself to transform into a different personality through the cancer. It's because in his material life, he can't do it himself. For example, he has always been someone without boundaries, constantly giving and giving. But he never did anything for himself because he couldn't. He would feel guilty if he did give to himself. After getting this cancer, when he gives to himself, he won't feel guilty anymore. Why? I am a cancer patient, the most unfortunate one. I found an excuse to accept what I should have loved and accepted naturally. When he transforms himself or changes his personality, the meaning, value, and purpose of his illness manifesting is that it will disappear when he achieves this transformation. If you understand this layer, would you still be sad?

你会很开⼼的陪着他去转变,对不对? 所以这个悲伤,如果你们⾃⼰去… 因为你们所有的信息它都可以带领你进去探索更多的智慧.那你去探索我悲伤产⽣的原因.我到底相信了什么?我怎么样怎么样.你⼀层⼀层挖下去的话,你会发现… 你还有问题吗?

You will be very happy to accompany him in this transformation, right? So this sorrow, if you go through it yourselves... because all of your information can lead you into exploring more wisdom. Then go explore the reason for my sadness. What did I believe in? How did I react? As you dig deeper layer by layer, you will find out... Do you have any questions yet?

问: 下⼀个问题是莫名的悲伤是从哪⾥来的?

Questioner: The next question is about where the inexplicable sadness comes from?

⾼灵: 前⾯的呢个信息我们说你们的意识是共享的.就好像你们所有⼈的思想都在⼀个河流⾥⾯,对不对?那呢个河流⾥⾯肯定是有悲伤的呀.那你有时候你就会pickup,因为你正好你们俩频率⼀样.可能你突然看到路边⼀只快要死掉的⼩狗,你便进⼊了呢个悲伤的频率.或者是突然脑海⾥⾯的⼀个念头,也不知道是哪⾥来的⼀个念头.你这么想,我这么给你说.你们的脑海真的是⼀个海.你们70亿⼈,你们的脑海都是连在⼀起的.你想象⼀下,所以你有时候莫名的烦躁、莫名的愤怒、莫名的悲伤、莫名的恐惧…都是呢个海⾥⾯的.当然你产⽣的,你⽐如说你⼼⾥产⽣⼀个爱的念头,它也会进到海⾥⾯去.你产⽣⼀个邪恶的念头,它也会流进海⾥⾯.

Higher Spirit: The message we shared earlier was that your consciousness is collective, like all of your minds are floating in one river, do you understand? And this river must have sadness within it, right? Sometimes, because the vibrations match between two individuals, a wave of sadness could be triggered. Perhaps you suddenly notice a dying puppy by the road and fall into that sad frequency. Or maybe an unexpected thought pops up in your mind, possibly from somewhere deep inside. Let me explain this to you: your minds are indeed vast seas. With 7 billion people like us connected as one. Imagine it, sometimes you experience inexplicable irritability, unexplained anger, sadness for no reason, fear without a cause… all of these emotions arise because they're part of the same sea. Of course, when you generate feelings such as love or evil thoughts, those too can swirl within this ocean.

你产⽣了⼀个⽆助的念头,它也会流到海⾥⾯.当然,你现在,⽐

You conceived a helpless notion, and it flows into the sea as well. Of course, compared to you now,

如说我们在交流,我们的通灵信息让你产⽣了⼀个智慧或者⼀个豁然开朗或者⼀个新的观念,它也会流到海⾥⾯去.所以这就是我们⼀直说你们只需要从改变你们⾃⼰内在你们便改变了整个世界.因为你们每⼀个⼈脑海都连着呢个海.

If what we're saying in our spiritual communication has given you wisdom, insight, or a new idea, it also flows out to the sea. This is why we always say that all you need to do to change the world is to change yourselves internally because every single person's mind is connected to that ocean.

问: 如何⾯对⼈与⼈之间的冲突? 如果对⽅施暴的话,我们要怎么做?

Questioner: How do you deal with conflicts between individuals? If the other party assaults us, what should we do?

⾼灵: 你⾸先怎么样才能发⽣冲突? 就是说你们偶不同的观念,对不对? 那如果在你来说,你没有持有任何观念.因为你知道所有的观念都是正确的.如果你跟他竟然是同⼀个观念的话,你们如何发⽣冲突? 你们不是盟友了吗? 你们不是⼀条战线上的吗,对不对? 所以发⽣冲突就看你愿不愿意放下你头脑⾥⾯⾃⼰持有的呢个观念了.如果你还觉得怎样怎样… 就算他的呢个观念是破坏性的、毁灭性的、恶毒的.你怎么知道他没有需要通过先创造⼀个恶毒的,然后再认识到什么是善?明⽩吗?因为你们会说:明明他就是对的.他要打⼈.他要打⼈.他要怎样.你们在阻碍,你们在⽤你们的观念、你们的认知阻碍对⽅或者任何⼈成长的⼀个过程和体验的⼀个过程.

Higher Spirit: How can there be a conflict? That is, you have different ideas, right? If you say you don't hold any idea because you know all ideas are correct. So if both of you actually hold the same idea, how can there be a conflict? Wouldn't you two be allies then? Aren't you on the same side? So conflict arises when you're willing to let go of your own held notion in your mind. Even if his idea is destructive, fatalistic, and vicious, how do you know he doesn't need to first create something vile to understand what's good? Understand? Because you'd say: clearly he's right. He wants to hurt people. He wants to hit someone. He wants... You're hindering, using your ideas or cognitive frameworks to obstruct the process of growth and experience for others and yourself.

⾸先,你们的物质世界是来给你们意识的⼀个提升,不是⽤来做对的事情,明⽩吗?因为你们⼈类总会追求⼀定要做对的事情,我不管你明⽩还是不明⽩.那就会导致什么? ⼈们表⾯上遵从了,但私底下呢? 还在继续破坏.所以你们只看到了表⾯的和谐⼀⽚.但实际上呢? 背后⾥明争暗⽃,你死我活.我陷害你,你陷害我.这个不是真正的成长.这个只是让你们的⼿段越来越狡猾,越来越精明,越来越⾼明.所以你们需要去通过创造⼀些负⾯的体验,来知道呢些负⾯的体验不是你们想要的,不是你们想要展现的.那当你通过负⾯的体验,通过⿊暗认识到光.那⿊暗是不是⾮常有意义? 因为如果没有

Firstly, your material world serves as an elevation for your consciousness, not necessarily for doing the right thing, do you understand? Because humans always strive to do what is right, regardless of whether they understand or don't understand. What would be the consequence of that? People appear to comply on the surface, but secretly, they continue to destroy. Therefore, you only see a facade of harmony. But in reality, there are hidden battles, life-and-death struggles behind the scenes. I deceive you, and you deceive me. This is not true growth. It's just making your methods more cunning, more clever, smarter. So, you need to experience negative feelings through creation to realize that these negative experiences are not what you want or wish to express. When you gain understanding of light through experiencing darkness, isn't darkness very meaningful? Because without

⿊暗你是不认识光的呀.所以在冲突背后还有⼀种害怕和不信任.因为如果,你就这么想,⽐如说真的是有神的存在.神为什么允许你们做任何? 允许你们杀虐任何,动物、⼈类,⽆论你怎么样? 因为他知道这是你进化的⼀个过程,因为他知道你毁灭不了任何.所以他会允许你⽤任何的成长⽅式,因为每⼀个个体他成长⽅式不⼀样的.但是你归根到底你都会成长的,因为你是需要不断地不断地进化的.

Blackness, you do not know the light. So there is a fear and distrust behind conflict because if you think there really is a God, why would He allow you to do anything? To kill any creature, human beings, regardless of what you do? Because He knows it's part of your evolution, as He knows you cannot destroy anything. Therefore, He allows you to grow in any way possible, as each individual has a different method of growth. But ultimately, you will all evolve because you need constant progression.

问: 那下⼀个问题如何⾯对邪恶是不是跟这个也是同样的呢?

Questioner: How does one confront evil in the next case, is it similar to this?

⾼灵: 如何⾯对邪恶? 当然你⾸先就是说如果你真的意识程度达到了⼀定程度.你会知道邪恶也有它的⽤处.邪恶就好像是⼀股能量,你可以去转化它.如何⾯对邪恶? 也就是说你知道邪恶它并不是邪恶.邪恶它只是⼀股能量.这股能量通过了负⾯的信念,通过了⽐如说⼀个⽆知的⼈.那他拥有负⾯的信念把这股能量给显现出来.那你如何去扭转这个邪恶呢? 就是把他的负⾯信念转变成正⾯信念.那这股能量是不是就变成善了或者是正⾯了? 然后你们每⼀个⼈都拥有呢个能⼒.然后最⼤的⼀个魔法⼯具,最强能⼒的转变他是什么你知道吗? 我们给你们通灵说了呢么久,你应该知道是什么.是爱,是没有任何分别的爱,是没有任何要求的爱.爱前⾯没有任何.

Higher Spirit: How to face evil? Of course, the first thing you say is that if your level of awareness has reached a certain degree, you would understand that evil also has its use. Evil can be seen as an energy that you can convert. How do you face evil? That means you know that evil is not inherently evil; it's just an energy. This energy manifests through negative beliefs, say, from someone who is ignorant. They hold onto negative beliefs that manifest this energy. So how do you turn away evil? By transforming their negative beliefs into positive ones. Would the energy then become good or positive? Everyone possesses this ability. And the greatest magical tool, the most powerful transformational power you know of? We've been discussing with our spirit guides for a long time; should you have figured it out by now. It's love, unconditional love without any discrimination, love without any demands. Love in front of nothing.

你不能说我只爱光,不爱⿊暗.⿊暗的意义和光的意义,它们是同样的.你只是说(不能说)我只爱好⼈不爱坏⼈.坏⼈和好⼈他们也是同样的.所有的所有的都是同样的.如果你有了分别过后,你就不是爱了,明⽩吗? 你呢是选择.选择⼀个和你臭味相投的,就是选择⼀个符合你的.那你还是有个 ‘你’ 在啊.那真正的爱它是没有任何,就是没有你呀,我呀,谁谁谁的.爱的这股能量它可以转化他.

You cannot say that I only love light and not darkness; the meaning of light and darkness is the same. You just say (cannot say) that I only love good people and not bad ones; bad people and good people are also the same. Everything is the same in essence. If you differentiate, then you are not loving, understand? You choose one that resonates with you, which aligns with your nature. Even so, there's still a 'you'. True love has no 'I', 'you', or any 'who who who'. The energy of love can transform them.

问: 下⼀个问题是如何唤醒内在的能量?

Questioner: The next question is about how to awaken internal energy?

⾼灵: 如何唤醒内在的能量? 我还是要在回到刚才呢个告诉你特别强⼤的⼯具、魔法,还是爱.还是爱.这个爱不是说有期限.我唤了你⼗次,你还不醒.那我不爱你了.我已经爱了你⼀辈⼦,你还不醒,那我不爱你了.呢就是有期限的爱,有期限的爱也不是爱.也不是有条件的,明⽩吗? 还是爱.然后前⾯不加任何.

Higher Spirit: How to awaken inner energy? I'm going to tell you about a very powerful tool, magic, or love. Love without any conditions. If I called you ten times and you didn't wake up, then I wouldn't love you anymore. I've loved you for my entire life, and if you still don't wake up, then I won't love you anymore. This is love with a deadline, which isn't true love either. It's not conditional either, understand? Just plain love. And it doesn't have anything added to the front.

问: 那下⼀个问题是如何提⾼洞察⼒?

Questioner: The next question is about how to enhance insight?

⾼灵: 洞察⼒对你来说你告诉我是什么?

Higher Spirit: What does insight mean to you, tell me?

问: 洞察⼒对我来说就是我能发现⾃⼰哪些是主动⾏为,哪些是机械⾏为.

Questioner: Insight for me is being able to discern between my voluntary actions and mechanical behaviors.

⾼灵: 洞察⼒,我从这个⼥孩⼦头脑中去理解就是你能觉察到⼀些别⼈觉察不到的东西.你能觉察到⼀些⾮常细微的能量状态.就⽐如说我们上⼀次通灵说⼀个⼈的⿐⼦和狗的⿐⼦.

Higher Spirit: Insight, by understanding this girl's mind, it means you can perceive things that others cannot. You can notice very subtle energy states. For example, like the last time we channeled information about one person's nose and a dog's nose.

⼀个⼈的⿐⼦只能闻到他们在做饭.那狗的⿐⼦能闻到饭菜的味道,还能闻到你们房间⾥藏了毒品、任何药品,它都能闻到.那洞察⼒不是很强的⼈他是不是就像⼈类的⿐⼦、嗅觉?他只能闻到⼀个味道.那洞察⼒强的⼈他能闻到⼏⼗种味道.那你们来到这个物质世界体验的⽬的是什么?你们体验的越多,觉察的越多,就是能去体验的越多是不是就越划算?那你能从同⼀个空间⾥⾯…⽐如别⼈只从雪花⾥⾯看到的就是⼀个雪⽚,就是雪. ‘啊,它好冷啊’.但是你从雪花飘落的雪⽚⾥⾯看到了造物主,你看到了⼀个精美的图案,你看到了数学,你看到了逻辑.明⽩我意思吗?你们不是雪花⽚的呢个形状?然后你便洞察到了整个宇宙的意义.

A human nose can only smell what someone is cooking. A dog's nose can smell the scent of the food and also detect if there are any drugs or other substances hidden in your room - it can sniff them out. For those with less keen senses, their ability might resemble that of a human nose, able to perceive just one scent. In contrast, those with sharper senses can identify dozens of different scents. When you enter this physical world for the purpose of experiencing various phenomena, is there more value in experiencing and being aware of more things? Can you discern deeper meanings within the same space as others might only see a snowflake and perceive it solely as snow - "Oh, it's so cold." You, however, see beyond that to perceive the Creator, intricate patterns, mathematics, logic. Do you understand what I mean? You are not just the shape of a snowflake; you delve into comprehending the meaning of the entire universe.

但是普通⼈他只看到: 好冷的雪哦,不要碰.明⽩吗? 那呢些洞察⼒强的⼈是不是把他们洞察到、观察到呢些奥秘带⼊到你们的物质世界就变成了创造了,就变成了发明了?就让你们这个世界变的越来越丰盛.以前东西就是很少,然后慢慢就变的越来越丰盛,发明越来越多.

But ordinary people only see: Oh, how cold the snow is! Don't touch it. Can you understand that? Could those with keen insights turn their discoveries and observations of these mysteries into creations or inventions that enrich your material world? Would this make your world increasingly abundant? Once upon a time, there was very little, but things slowly became more plentiful as more inventions were made.

问: 那现在知道洞察⼒是什么了,那我们要如何提⾼洞察⼒呢?

Questioner: Now that you understand insight, how can we improve our ability to gain insight?

⾼灵: 如何去提⾼洞察⼒? 你想阻碍你有洞察⼒的是什么? 是你叽叽喳喳不停的在呢说话的,我们昨天说的鹦鹉,你的头脑.头脑⾥这些念头、这些集体意识,就像呢个海.那如果你总是在被⼲扰,⼀会产⽣恐惧,⼀会⼉产⽣恐慌,⼀会⼉产⽣害怕,⼀会⼉产⽣悲伤,明⽩吗?那你去产⽣洞察⼒、链接感,你需要你的物质⾁体…如果它都不能很好的去服务(你), (你)就不能很好的专注.那你如何去…? 你只有在你头脑⾥⾯的⼀些担⼼、害怕、恐惧.你只会沉浸在⾥⾯啊.那如何去提⾼洞察⼒?你们就看到了,你们必须要知道你们头脑的作⽤是什么.因为你们不知道你们会把头脑⾥⾯的⼀些想法、任何念头当成是你.

Higher Spirit: How can we improve insight? What is hindering your insight? It's the constant chatter of your mind—the parrot-like nature, the collective consciousness in your head. These thoughts and ideas are like a sea. If you're constantly being disrupted, experiencing fear one moment, panic the next, fear again, sadness another time, do you understand? Then how can you generate insight and connection? You need your physical body… if it can't serve you well, then you won't be able to focus properly. So how should you go about… ? With only worry, fear, and fear in your mind, you're just immersed within them. How do we improve insight? You have seen that; you must understand the function of your mind because you don't realize some thoughts or any ideas in your head are what you perceive as yourself.

你会把它误以为是你,是你的感受,你的悲伤,你想要去处理.你就永远就是在忙着去安抚这个头脑.所以认知是必须的,就是提⾼你的认知.我们的信息可以帮助你们提⾼认知.因为你们书本上、课本上讲很多,但是没有讲你们⼤脑是如何运作的,明⽩吗?他们只是让你的⼤脑填满更多的⼀些概念,让你更多的去追逐.

You might mistake it for yourself, your feelings, your sorrow, something you want to deal with. You're always just busy soothing this mind. So consciousness is necessary, improving your awareness. Our messages can help you improve your awareness because what your books and textbooks tell you a lot about, but they don't explain how your brain works, right? They just fill your brain with more concepts for you to chase after.

问: 下⼀个问题是为什么洞察很重要?

Questioner: The next question is why insight matters?

⾼灵: 为什么洞察很重要? 那如果没有我前⾯说的呢些有很强的洞察⼒的⼈产⽣的话,你们的物质世界现在还是什么样⼦? 他们能觉察到更深的链接吗? 他们能觉察到造物主在anywhere吗? 他们能知道道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物吗? 他们不知道的.那你们的社会的⼀个发展,精神层⾯,各个层⾯.

Higher Spirit: Why is intuition important? And what would your material world be like now if not for those with strong intuition as I've mentioned? Could they perceive deeper connections? Could they perceive the Creator anywhere? Would they know that Dao generates One, One generates Two, Two generates Three, and Three gives birth to all things? They wouldn't know. That's how one aspect of your society developed, spiritually, across various levels.

问: 下⼀个问题是如何放下执念?

Questioner: The next question is about how to let go of attachments?

⾼灵: 是如何放下执念? 执念是跟你的⽆知有关系.如果你是⼀个认知程度够⾼的话,你就知道这⾥不⽌有⼀种⽅法可以满⾜你.就⽐如说我刚刚告诉你⾦钱的事情对吧? 如果你只有⼀种认知,我就是个会计,我只做会计.那是不是只有⼀个认知? 那如果我的⽬的就是钱,那任何可以产⽣钱的都可以进⼊我的眼睛⾥⾯.那如果有各种⽅法你都可以变化成钱的话,你还会执念⼀个只做会计去赚钱吗? 对不对? 所以当你的⽅法是⽆限的多,那你便不会执着于⼀个.只有你⾃⼰⾮常有限,你限制了⾃⼰的⼀个观念,限制了你⾃⼰.你⽤你有限的⼀个认知去继续限制你⾃⼰.你觉得只有这样我才能快乐,只有这样我才能幸福.为什么?

Higher Spirit: How do you let go of attachments? Attachments are related to your ignorance. If you have a high level of cognition, you would know that there is more than one way to satisfy you. For example, I just told you about money, right? If you only have one perspective, I am an accountant and I only do accounting. Is that the only perspective? And if my goal is money, then anything that can generate money can enter my eyesight. So, if there are various ways you can turn into money, would you still be attached to just being an accountant to make money? Correct? Therefore, when your options are limitless, you do not become执着 about one way. It's only when you yourself have very limited understanding that you limit your own idea and yourself. You use your limited perspective to further restrict yourself, thinking that this is the only way I can be happy, this is the only way I can be content. Why?

因为在你们的认知⾥⾯只有我得到了某个⼈,我嫁给了谁才会幸福,才会快乐.那就是执念啊.那当他真的满⾜了这个执念过后,他又发现他并不快乐.所以执念背后并不是解药.执念过后是失望.然后你还会再产⽣另外⼀个.所以你只有就是把你的限制拿开,看到各种新可能.如何放下执念? 那就是提⾼你的认知了.

Because in your understanding, it's only when I get someone that I think I will be happy or find joy, like who I marry. That is obsession. And after he truly satisfies this obsession, he realizes he's not happy. So the antidote behind obsession isn't a cure; it's disappointment. Then you generate another one. Therefore, you must remove your limitations and see various new possibilities. How do you let go of an obsession? That means elevating your understanding.

问: 下⼀个问题是什么是残酷?

Questioner: What is harshness?

Next question:

⾼灵: 什么是残酷? 残酷也是⼀种⽆明、⽆知.因为他觉得只有这个⼿段才有效果.我必须要杀了你,我才能成为世界之王.明⽩吗?他也是他的⼀个⽆知,他觉得只有这个⽅法可以⾏的通.当他觉得只有这个⽅法可以⾏得通,他就会做出⼀些残酷的事情.他就会做出⼀些⽐较负⾯的⼿段.他说我不得不杀掉你,不然我就会死掉.因为你会杀掉我.那这是⼀个错误的观念啊,明⽩吗?那对⽅要杀你是因为你要杀他呀.那如果你放下了,不杀他了.你对他没有任何威胁,你爱他呢? 他还会杀你吗? 他也爱你,对不对? 所以残酷的⼀些⼿段、⽅法或者是呈现的⼀些⾏为,它背后都是⼀些⽆知和呢些限制性的观念.他觉得只有这个⽅法有效.

Higher Spirit: What is cruelty? Cruelty is also ignorance because he believes that only this method works. I have to kill you so that I can become the king of the world. Understand? It's his own ignorance; he thinks that only this way is viable. When he feels that this is the only way, he will do cruel things. He will use more negative methods. He says that I must kill you otherwise I will die because you are going to kill me too. That's a wrong concept, right? The other person wants to kill you because you want to kill him. If you let go and stop trying to kill him, he poses no threat to you. If you love him? Would he still kill you then? He loves you too, doesn't he? So the cruel methods or approaches behind these actions are all stemming from ignorance and limiting views. He feels that this method works only.

他觉得在他的⼯具箱⾥没有给他达到他想要达到的⼿段.所以你们需要,当你们认知⾼的时候,就⽐如说我们现在在提⾼你们的认知.当你们的认知提⾼过后,你们⼀定要去展现.⽐如说残酷的⼿段,你们⼀定要去展现仁慈的⼿段让他们看到可能性.他们看到可能性后,他们以后也会改变他们的⼿段,明⽩吗?并不是你死我活,并不是你争我⽃,并不是只有你有我就不能有或者我有你就不能有,并不是的.你们每⼀个⼈都是彼此⽀持彼此的,都是互相照耀对⽅的.

He feels that he doesn't have the means in his toolbox to achieve what he desires. Hence, when you elevate your cognition, say as we are doing now by improving yours, after your cognitive levels rise, you must demonstrate alternatives. For instance, if you're using harsh methods, show them gentler approaches so they can see the possibilities. Once they perceive these possibilities, they will inevitably adjust their own strategies in the future, understand? This isn't about survival of the fittest; it's not about competition or exclusivity; it's not a zero-sum game where what you have prevents me from having something too. No, each person supports and illuminates others, enhancing one another through cooperation.

问: ⼈类很残酷吗? 每个⼈⼼中都有残酷吗?

Questioner: Are humans cruel? Does cruelty exist in every human heart?

⾼灵: ⼈类很残酷吗? 这是他们去成长的⼀个过程.因为他们需要去成长.那成长,他们会体验⼀些限制.所以这是成长的⼀个过程.如果你问我⼈类残酷不残酷? 他们其实⼼⾥不残酷.他并不是⼼⾥残酷,⽽是说他觉得他⾃⼰没有办法.他们觉得⾃⼰在做⼀件怎么样的事情.然后是不是每个⼈⼼中都有残酷? 是的.你每个⼈,如果我给你来了⼀个限制性的观念.或者是给你⼀个观念,你相信是真的了.然后你就会去做.那你们世界上的恐怖分⼦,那不就是给他们植⼊了很多观念吗? 然后呢些观念让他们觉得他们牺牲⾃⼰实在做⼀件⾮常伟⼤的事情.他们没有觉得⾃⼰在做残酷的事情.他们觉得⾃⼰在改变世界,在造福⼈类.

Higher Spirit: Are humans cruel? This is a process they go through as they grow. Because they need to grow, and during that growth, they experience limitations. So this is part of the growth process. If you ask me if humans are cruel or not? They actually don't feel cruel in their hearts. It's not that they feel cruel internally; rather, they believe they have no choice. They think about what they are doing and whether each person has cruelty inside them. Yes, everyone does. If I give you a limiting idea or feed you an idea that you believe to be true, then you will act upon it. The terrorists in your world? They were implanted with many ideas, right? Those ideas made them feel that sacrificing themselves was doing something truly great and heroic. They didn't feel they were doing cruel things. Instead, they felt they were changing the world for humanity's benefit.

问: 下⼀个问题是⽣和死的关系是什么?

Questioner: What is the relationship between life and death?

⾼灵: ⽣和死的关系是什么? ⽣,就是说你拿上了道具.把这个道具穿到你⾝上,然后你跟它去磨合.死,就是你从这个道具⾥⾯出来,退下这层道具.就是这层关系.

Sage Spirit: What is the relationship between life and death? Life means you pick up an item. Wearing this item on you then involves a process of compatibility. Death refers to stepping out of that item or removing this layer, which is how this relationship works.

问: 明⽩了.那下⼀个问题是探索的本质是什么? 为什么我们需要不断地去探索?

Questioner: I understand that. What is the essence of exploration, and why do we need to constantly explore?

⾼灵: 探索的本质.探索它就好像是⼀个藤蔓它不断地在往上爬.⼀个藤蔓不断地往上爬的原因是因为它是有⽣命的.那你们⼈是有⽣命的.但是你们有⼀些⼈虽然有⾁体⽣命,但是他们也并没有探索.他们只是⽆意识的在运作,明⽩吗?

Ghosts: The essence of exploration. Exploring it is like a vine constantly climbing upwards. A vine climbs upwards because it is alive. You humans are alive as well. However, there are some among you who have physical life but do not explore. They just operate without awareness, understand?

问: 明⽩.那为什么我们需要不断地去探索?

Questioner: I understand. Why do we need to keep exploring?

⾼灵: 就好像我刚刚说藤蔓为什么要不断地往上爬,往上长,不停的蔓延? 因为呢是⽣命的本质.所有的⽣命都是这样的.但是你们也有看到⼀些不去探索的⼈,明⽩吗? 那他可能跟他的⽣命他其实是断开链接的.所以他会痛苦.

Higher Spirit: Just like I mentioned earlier why the vine needs to continuously ascend, grow upwards, and keep spreading - because it is the essence of life. All life forms exhibit this trait. But have you also noticed some individuals who do not seek exploration? Understandably, they might be disconnected from their own lives. Hence, they experience suffering.

问: 下⼀个问题是为什么⼈类需要追求安全感?

Questioner: The next question is why humans seek security?

⾼灵: ⾸先你要知道安全感不是你追求来的.但是你应该问为什么⼈们会如此的想要安全感?问: 那为什么⼈们会如此的想要安全感?

Higher Spirit: First, you need to understand that security is not something you chase after. But you should ask why people are so obsessed with it? Ask: Why are people so obsessed with security?

⾼灵: 为什么⼈们会如此的想要安全感? 是因为安全感可以让他达到⼀种静⼼的状态.就⽐如说他的头脑终于可以放轻松⼀下了.为什么? 因为他爱的⼈在⾝边,他有存款,有稳定⼯作.但是这个只是假象.但是通过这个呢,你可以看到⼈们对静⼼的⼀种,就是头脑安静下来,⼼平静下来的⼀种需求.因为这是本质.但是只是在错误的⽅向.他们觉得有稳定的⼯作、稳定的收⼊或者有⼀个稳定的爱就是安全感.但是当他们拥有了⽚刻的安全感过后,他们又会发现不是.所以呢,这个会带领你们继续去追寻,继续去探索.你们现在就是在这件事情.那你们就会越来越发现你们内⼼的呢种peaceful,头脑的呢种安宁越来越容易达到或者是越来越快进⼊呢种状态.

Higher Spirit: Why do people desire security so much? Because it allows them to reach a state of stillness and calmness. It's like their mind finally gets to relax. Why? Because the person they love is by their side, they have savings, and stable employment. However, this is just an illusion. But through this, you can see people's desire for stillness - the need for their mind to quiet down and their heart to be at peace. This is fundamental, but in the wrong direction. They think having a stable job, income, or a stable love is security. But after they experience that momentary sense of security, they realize it isn't. So, this leads you to continue seeking and exploring further. You're currently dealing with this matter, which makes you increasingly discover the inner peace and tranquility in your mind becomes easier to achieve or quicker to enter into a state of calmness.

当你们进⼊呢种状态你们就可以去指引他⼈达到呢种状态了.因为他们最终会发现并不是他稳定的爱⼈或者稳定的收⼊给他们的安全.⽽是说他真正的知道他是谁,真正的知道⽣命的本质.

"When you enter into that state, you will be able to guide others to achieve that same state because they eventually realize that it's not their stable partner or consistent income that provides them with security. It's about truly understanding who they are and comprehending the essence of life."

问: 下⼀个问题是虚假的关系和真实的关系的区别是什么?

Questioner: What is the difference between false and true relationships?

⾼灵: 所有虚假的它都会呈现出来是虚假的啊.然后它是伪装的呀.然后所有的真实的,它根本就没有任何伪装,也没有任何遮遮掩掩的.它只是在呢⾥呀.所以所有的如果是伪装的话,它最终都会凋谢掉,它只能伪装⽚刻.那真实的关系和虚假的关系,就⽐如说你来问⼀下什么样的关系,就⽐如说你跟谁谁谁,怎么样的关系是虚假还是真实? 就⽐如说你有⼀个⽼公,你们的婚姻关系?

Spirit of High Enlightenment: Everything that is false will manifest as false. Then it is disguised. And then all the true aspects have no disguise or hiding; they are simply there. So when something is disguised, it can only maintain that facade for a moment before it inevitably fades away. The distinction between genuine and counterfeit relationships is like asking whether your relationship with someone else is real or fabricated - for instance, considering if your marriage to someone is true or false?

问: (提问者想到的例⼦略,因为不重要^^)⾼灵:你⾸先知道就是说这⾥并没有任何外在的关系.外在的关系是什么?是你跟他⼈的关系.任何你跟他⼈的关系都是虚假的.你只有你跟你⾃⼰,你和你的关系.因为任何外⾯的,就是你跟外⾯的关系都是虚假的.为什么说它是虚假的呢?你想⼀下,如果你和你⾃⼰

Questioner: (Questioner's example is omitted as it's not important^^) Spirit: The first thing you should understand is that there are no external relationships here. What do we mean by external relationships? They refer to your interactions with others. Any relationship you have with others is false. You only have a relationship with yourself, and the relationship between you and yourself. Because any external ones, which are your relationships with the outside world, are all false. Why are they considered false? Think about it: if you were to consider yourself...

的关系,你是⾃我厌恶的关系.你去外⾯找⼀个⼈,他会厌恶你的.如果你是嫌弃你⾃⼰的关系,你在外⾯遇见的关系还是嫌弃你的.为什么? 因为外⾯的关系都是随着你⾃⼰和⾃⼰的关系变化⽽变化的.那是不是假的? n那只有你⾃⼰跟⾃⼰是什么关系,那才是真的.所以如果你把你跟别⼈的关系,你没有向内看,你没有看清楚你跟你⾃⼰的关系.你⼀直再是从外⾯的关系觉得: 这个真的,这个假的.这个好的,这个不好的.你永远都找不到出路.因为就好像是你换了⼀个⼈诈骗你.你再换⼀个⼈再继续骗你.所以先理清楚你⾃⼰跟你⾃⼰的关系,先建⽴好你⾃⼰跟你⾃⼰稳定的关系,你跟你⾃⼰相爱的关系.外⾯的关系⾃然⽽然就会是因你的状态呈现出来.

In the relationship you have with others, it's a self-loathing relationship. You find someone outside who will also dislike you. If you're unhappy with your own relationship, even if you meet someone new, they will still feel that way about you. Why is this? Because external relationships are always changing based on how you relate to yourself internally. Isn't that false? Only when it's just you and your own self that truly understands each other can it be considered genuine. So, if you don't look inward at the relationship you have with others or fail to understand your relationship with yourself clearly, you're constantly judging relationships based on external factors: what seems real, what appears false; what is good, what isn't. You'll never find a way out of this endless cycle because it's like being scammed by one person after another. The solution lies in understanding and building a stable, loving relationship with yourself first. Once you have that internal harmony, external relationships will naturally reflect your state of being.

问: 我们的下⼀个问题是三星堆的黄⾦⾯具是做什么⽤的?

Questioner: Our next question is about the purpose of the gold mask at Sanxingdui.

⾼灵: 三星堆的黄⾦⾯具是做什么⽤的? 呢个也是你们就是当时呢个年代的⼈的⼀种信仰.他们的⼀些信念,他们的⼀些观念.然后他们创造的呢个黄⾦⾯具是⼀个什么呢? 黄⾦⾯具是⼀个⾝份的象征.因为你们从古⾄今,到现在,就⼀直对⾦⼦很崇拜.就是⼀直觉得⾦⼦很好.为什么呢?因为黄⾦⾥⾯的能量.那三星堆呢个年代,就好像你们现在拥有豪车或者什么什么.呢个黄⾦⾯具就是他们的⼀个⾝份的⼀个象征.就好像你们现在有豪车豪宅的⼀种象征⼀样.你们虽然现在不⽤黄⾦⾯具,你们⽤其他的.因为黄⾦它是拥有强⼤的能量在的.

Higher Spirit: What is the purpose of the golden mask in Sanxingdui? That was also part of your belief and conception during that era. What did they create with this golden mask? The golden mask symbolizes identity. Because you have revered gold from ancient times to now, considering it very good. Why is that? Due to the energy within gold. During the time of Sanxingdui, just like having luxury cars or something else nowadays. This golden mask was a symbol of their identity, similar to how having luxury cars and mansions are symbols for you today. Although you no longer use golden masks now, you use other things instead. As gold carries powerful energy within it.

问: 那是不是平常我们佩戴⼀些黄⾦是可以帮助我们增加能量的? 还是因⼈⽽异?

Questioner: Does that mean wearing some gold regularly can help boost our energy, or does it vary by individual?

⾼灵: 如果你⾸先有这个观念: 黄精增强你的能量.它会增强你的能量.如果你没有任何这样⼦的观念.你觉得黄⾦会让你看起来显摆、看起来有钱.它也会增加你的⾃我信任,就是⾃信的能量.那真正的强⼤的能量,像我刚刚告诉你的,就是爱.没有⽐这个更强⼤的了.但是呢个爱是不加任何条件的.这是最强⼤的.任何借助于外⼒,都是在削弱它能量的⼀种释放.因为你⾃⼰的能量它会不断地不断地释放.那你借助外在你的能量是不是就会减弱了.就好像你的腿脚明明可以⾛路,但是你要⽤⼀个拐杖.那⽤这个拐杖是不是让你腿脚的肌⾁就没有呢么强壮了?

Alchemist: If your first thought is that Ge Jun strengthens your energy, it will indeed strengthen your energy. If you have no such notion, considering gold as a symbol of boasting or wealth, it can boost your self-confidence and the energy of confidence. The true powerful energy, as I just mentioned, is love. Nothing surpasses this power. However, unconditional love is the most powerful force. Any reliance on external forces diminishes its energy release because your own energy constantly flows out. If you rely on external energies, they will weaken. It's like if your legs are capable of walking but you use a cane; would that make your leg muscles weaker?

问: 我们下⼀个问题是探索历史如何可以更好的服务于我们?

Questioner: Our next question delves into how history can better serve us?

⾼灵:不同的历史它是拥有不同的思想.然后会发现你们的思想⼀直在改变.你们的思想⼀直在转变.你们的束缚越来越少,相⽐之下.因为这是⼀个过程.那探索历史你可以很好的服务于你们,就是⽆论当时看上去多么严重的事情,就是多么不可改的事情,就⽐如说你们以前古时候有⼀个⼀个⼈犯了罪要灭九族,对吧?所有的亲⼈、朋友全部要杀死,对吧?那如果你⽣在呢个年代你会觉得这是理所当然的事情.你会不会觉得这个灭九族是不可更改的事情,对吧?如果你现在再回头看,你是不是觉得多么的愚蠢.如果现在还灭九族,你觉得这个世界上可能让这种事情发⽣吗?也就是说当时看上去多么正确的事情,现在看起来却是多么的荒谬.

Higher Spirit: Different histories carry different thoughts. Then you will find that your thoughts have been constantly changing. Your ideas are always transforming. The constraints on you are decreasing, in comparison. This is because it's a process. Exploring history serves you well, as no matter how severe or unalterable the events may appear at the time, for example, if in ancient times one person committed a crime and all nine branches of their family had to be killed, right? All relatives, friends—all had to die, right? If you were born in that era, you would consider this as natural. Would you think that killing an entire family is something unchangeable, right? If you look back now, wouldn't you see how foolish it was? Could such an event still happen today if we were still practicing that kind of punishment? In other words, what seemed so correct at the time appears so absurd now.

那既然是这样的话,你⽬前的思想有可能你会觉得是多么的正确,多么的坚信,多么的不可摧.如果再过⼀百年后呢?那如果⼀百年后可能什么都不是,那你现在为什么还要抱着它呢? 明⽩吗? 你为什么还死拿着它不放呢? 我是指你的观念.所以如果从这样⼦来看,它可以很好的让你去放掉⼀些已经不再服务于你的观念,已经不能让你们这个世界产⽣和谐,已经不能让你内在产⽣快乐和爱,已经不能再让你们更好的⽣活下去.因为就是说

If that's the case, why do you cling to your current thoughts as if they're so right, so firm, and so unbreakable? What will happen in a hundred years' time when anything might have changed? Why hold on to them now if things could be completely different then? Understand this - why are you still holding onto these ideas, refusing to let them go? I'm referring to your beliefs. From that perspective, it can help release outdated thoughts that no longer serve you, which hinder peace in this world and happiness within yourself, and prevent better living conditions for everyone. Because essentially,

最重要的是什么? 最重要的是你们在有爱的环境,快乐、喜悦.这是最主要的.如果哪些观念、哪些思想、哪些⾏为已经不能给你们带来爱和和谐、喜悦的话,你们都需要放下它,明⽩吗?

What is most important? Most importantly, it's the environment of love, joy, and happiness for you. This is the main thing. If any concepts, thoughts, or actions no longer bring you love and harmony, joy, then you need to let them go, understand?

问: 下⼀个问题是英国的巨⽯阵是⽤来⼲什么的?

The next question is about what the Stonehenge in England was used for.

⾼灵: 能量场.

Higher Spirit: Energy Field.

问: 是外星⼈建造的吗?

Questioner: Were they built by extraterrestrial beings?

⾼灵: 呢是通过能量,那对你们来说会是外星的能量,明⽩吗? 如果我告诉你,你们地球上的⼈就可以⽤他们的意念把呢个⽯头从最东边移到西边,你相信吗?

Higher Spirit: This is through energy, the extraterrestrial energy for you. Understand? If I told you that people on your Earth can use their thoughts to move this stone from the east to the west, would you believe it?

问: 我相信.

Questioner: I believe.

⾼灵:是的.这就是你们的意念有多强⼤.你们现在的⼈没有去往这⽅⾯做任何锻炼,或者没有任何关注.就好像是你有⼀个技能,但你从来没有使⽤它.它慢慢慢慢就退化了.但是你们的巨⽯阵是你们⼈类的⼀个意念把它给促成的.就⽐如说你们现在有70亿⼈,如果你们所有⼈都⽤⼀个念头.这⼀个念头,你们是想要⽤这个念头创造⼀个星球.你们都可以做到.这就是你们的意念有多强⼤,明⽩吗?只是你们所有⼈都是分裂的.分裂的念头它是没有⼒量的.所以说只有是合⼀,就⽐如说我和你,我们俩都是同⼀个⽬标、同⼀个念头,只有这样⼦的念头它才拥有强⼤的⼒量,才拥有强⼤的能量.

Higher Spirit: Yes, this is the strength of your thoughts. You are not practicing or focusing on this aspect at all, as if you have a skill but never use it; it gradually deteriorates over time. However, your Stonehenge was created by the human collective mind. If there were 7 billion people now and everyone focused with one thought - to create a planet through that thought, each of you could do it. This illustrates the immense power of your thoughts, right? The issue is that all of you are divided; divided thoughts have no power. Unity is what's needed: both you and I sharing the same goal, the same thought. It's only such unity that holds the strength and energy to create.

如果你想⼀个事情,他想⼀个事情,你们所有⼈想的事情都是单的⼀个念头,呢是没有⼒量的.

If you want one thing, he wants one thing, and all of your thoughts are merely single notions, they lack power.

问: 呢这个巨⽯阵在能量的层⾯来说,它还在起作⽤吗?

Questioner: Does this giant stone circle still function on an energetic level?

⾼灵: 在.但是只有对呢些打开他们的能量到,就是你内在的能量通道被打开了,他们才会有呢种很深的链接,才会有呢种感应到对⽅.就好像⽐如说我现在在通灵对吧? 这个⼥孩⼦如果没打开,明⽩我意思吗,她便接受不到这些信息.所以这需要双⽅的.那有的⼈他⾛过去就是⼀堆⽯头.为什么? 因为在呢个⼈的观念⾥⾯,在他创造的实相⾥⾯: 呢什么玩意⼉,⼀堆破⽯头.收呢么贵的钱.那他体验的就是呢个呀.

Spirits: Yes, but only when their energy channels are open - that is, when the energy pathways within them are activated - can they have such deep connections and intuition for each other. For example, if I am communicating with spirits right now? If this girl doesn't have her energy channels open, do you understand what I mean? She wouldn't be able to receive these messages. So it requires both parties. There are some who just walk over and see them as a bunch of stones. Why is that? Because in their perception, within the reality they've created: What kind of crap is this, a pile of rocks? Paying such high fees for that. They experience it like that.

问: 英国的麦⽥怪圈是怎么来的?

Questioner: How did the wheat circles in Britain originate?

⾼灵: 也是能量.所有的⼀切,所有的⼀切都是能量.当你们的意念焦距的够呢个什么的过后,你们就可以创造任何,在你们的物质世界显现出来.

Higher Spirit: It's energy. Everything, everything is energy. Once you focus your thoughts to a certain extent, you can create anything manifesting in your material world.

问: 明⽩了.那这个麦⽥怪圈是地球之外的存有为了来留下信息所以才创作出来的吗?

Questioner: Understood. Does this imply that the crop circles in fields were created by entities beyond Earth to leave messages?

⾼灵: 这个来源分很多.有你们地球上的,但不是同⼀个维度.你要知道你们的地球上不⽌有你们⼈类.就好像你们是同⼀个空间,但是还会有其他维度的⼈,就⽐如你们死亡地带的⼈,他们也在享⽤这个空间.你们感受不到它、感觉不到它,因为你们不在同⼀个频率.那你们的麦⽥怪圈,呢个麦⽥的空间它也有其他能量在,只是你们⾁眼看不到.你们感受不到⽽已.所以说对你们来说会发⽣很多你们不可理解的事情.但是这个其实是⼀个⾮常好的链接.为什么? 它让你们看到了你们的地球是多维度的,就是还存在着很多很多不同的维度,

Higher Spirit: There are many sources for this. There are from your Earth, but not the same dimension. You need to know that there is more than just humans on your Earth. Like you are in the same space, but there would be other dimensions as well, such as those in your dead zone. They also enjoy this space. You can't feel it or sense it because you're not on the same frequency. Your crop circles then? The energy of that crop space exists too, just not visible to your naked eye. It's simply not felt by you. Therefore, many things happening would be incomprehensible for you. But this is actually a very good connection. Why? Because it shows you that your Earth is multidimensional, meaning there are so many different dimensions existing beyond your awareness.

你们共享这个空间.这就是为什么你们会不被允许⽤核武器.因为它会影响到其他空间的,其他维度的,明⽩吗? 你在你们的物质世界你们可以去创造你们的.那这样⼦就会让你们⼈类更加的尊重⼀些虚空的东西.因为你们觉得空中什么都没有,所以我可以对着空⽓辱骂或者是散发负⾯能量或者⽆论怎样.因为你觉得这是空的嘛.但是并不空,呢⾥⾯什么都有.你在地球上任何⼀个地⽅,你可以伸⼿去抓.抓住各种不同的能量和它交流.这就是你们有⼀些⼈灵感的来源,他会觉得是树在跟他说话.他会觉得风⼉在跟他说话.然后他会遇到精灵.这就是当你们在提升你们的能量,就是你不再是只是沉迷于物质世界.

You share this space, which is why you are not allowed to use nuclear weapons, because it would affect other spaces, dimensions, do you understand? In your material world, you can create things there. This would make humans more respectful of some void things. Because you think the air has nothing in it, I can curse or emit negative energy or whatever against it because you think it's empty. But it's not empty; there is everything inside. You can reach out anywhere on Earth and grab all kinds of energies and interact with them. This is what some people find inspiring, they feel like trees are talking to them, the wind is talking to them, then they encounter fairies. This happens when you raise your energy level, you're no longer just obsessed with the material world.

你想你们现在通灵的两个⼈,你们并没有完完全全的沉浸在物质世界.并没有说沉浸在物质世界不好,因为你本⾝就是来物质世界体验的.但是你并没有完完全全的被物质世界带⼊.那你们在不停地探索. 你看你们打开的世界是多少⼈都不能去体验的,对不对? 然后你们再把这份体验分享出去,那就让呢些⼈看到了⼀个崭新的世界,对不对? 还有问题吗?

You want the two people who are now communicating with spirit, you have not fully immersed yourselves in the physical world. It's not that immersing yourself in the physical world is bad because you are here to experience it as your very essence. But you haven't been completely taken over by the physical world. So you keep exploring. You see, the world you've opened up is something so many people can't experience themselves, right? Then sharing this experience with others allows those people to see a new world, don't they? Any questions yet?

问: 我们的最后⼀个问题是能不能帮我们链接⼀个外星⼈?

Questioner: Our final question is whether you can help us link to an alien?

⾼灵: 你稍等.

Higher Spirit: Wait a moment.

WXR: 我是⼀个来⾃其他星球的存有.然后呢我现在是第⼀次链接她的能量.然后我很开⼼她能把这个能量开放给我,让我和你们联系.然后任何你想要和我交流的,你现在都可以提问.

WXR: I am a being from another planet. Then, I'm linking to her energy for the first time now. And I'm very happy that she has opened this energy to me so that I can connect with you all. Any questions you want to ask me and exchange thoughts with me can be done right now.

问: 那我第⼀个问题是你有什么话想对⼈类说的吗?

Questioner: Well, my first question is, do you have a message you want to convey to humanity?

WXR: 我有什么话想跟⼈类说? 我有⾮常⾮常⾮常多的话跟你们说.⾸先就是说我很感谢她把⾃⼰的通道打开给我,就好像她允许我的信息来这⾥.然后我希望她的这个通道会继续开放.然后就是我们可以保持稳定的⼀个交流.然后接下来你可以给我的这个能量,就好像我是你的新朋友.我们第⼀次见⾯,你可以给我取⼀个名字.那下次你就知道你是在跟我联系了.

WXR: What do I want to say to humans? I have an incredibly large amount of things I want to say to you all. Firstly, I am very grateful that she has opened her channel for me, almost as if she is allowing my information to come here. Then, I hope this channel will remain open. Secondly, we can maintain a stable exchange. Next, when you give me your energy, it's like our first meeting where you are introducing yourself as my new friend, and I'm just meeting you for the first time. You could give me a name for that occasion. Then next time, you'll know who you're communicating with.

问: 那这个⼥孩叫JOJO,我能不能叫你悠悠?

Questioner: If I call you JOJO, can I also call you Yoyo?

WXR: NO.因为这个⼥孩⼦她已经发⽣了她的思想.她说今年是2022.然后她想以22号这个名字.所以我就是22号.我现在很兴奋的来跟你们交流.⾸先我想要告诉你们的就是,因为我们星球的⼈有很多能量体在和你们地球⼈保持联系.所以你有看到⼀些关于我们的信息.然后呢我是⼀个新的接触者.我对这个链接不是特别的特别的熟练,不像呢些⽼师们,导师们.所以我会根据我⾃⼰拥有的⼀些知识和拥有的⼀些来跟你分享.只是让你知道我并不能代表我们整个族类.我并不能代表他们呢些所有⼈的思想.我只是就好像是⼀个朋友⼀样, 22号.22号是⼀个朋友⼀样.就好像你拥有很多朋友.

WXR: NO. Because this girl has already had her thoughts happen. She says that the year is 2022. Then she wants to name herself as number 22. So, I am number 22. I'm very excited to communicate with you all right now. First, what I want to tell you is that there are many energy bodies from our planet connecting with you people on Earth. Therefore, you have seen some information about us. Then I am a new contact. My connection with this link isn't particularly proficient like those teachers and mentors. So, I will share based on the knowledge and experiences I possess, just letting you know that I cannot represent our entire species or their thoughts. I can't represent what everyone else thinks. It's more like I'm just another friend named 22, a friend in the same way as you have many friends.

那他呢个朋友的家族可能有很厉害的⼈,但是他只是⼀个还在学习的⼈.明⽩我意思吗?

And what about his friend's family? They might have powerful people, but he is just a learner. Do you understand my meaning?

问: 我明⽩了.那我能问⼀下你是来⾃哪⼀个星球吗?

Questioner: I understand. Could you tell me which planet you are from?

22号: 我是来⾃哪⼀个星球.⾸先星球对于你们来说是你们⾃⼰给它命名,对不对? 就好像我最开始没有名字,但是便于你好认,好接触.然后你给我命名了⼀个名字.那星球也是你们地球⼈来命名的名字.但是对于这个⼥孩⼦,她的头脑⾥⾯并没有很多星球的名字.所以我不能从她头脑⾥⾯搜索出来⼀个关于我们星球的名字给你们.但是呢,你可以又在给我们的星球命⼀个名.明⽩我意思吗? 因为这只是针对于我和你之间,就好像我们之间协议的⼀个事情.那只是我们两个⼈.但是你可以继续问⼀下⽐如说我们星球发⽣的⼀些事情或者我们跟⼈类的关系,任何.

22: I am from which planet? First of all, planets are names given by yourselves for them, right? Just like I didn't have a name at the beginning but got one to make it easier for you to recognize and interact with me. Then you gave me a name. That name was also given by humans on Earth. However, this girl doesn't have many planet names in her head, so I can't search for our planet's name from her knowledge. But you can give our planet another name. Do you understand? This is just between you and me, like an agreement we made. It's only about the two of us. But you can continue asking about things that happen on our planet or our relationship with humans, anything else.

问: 那你能不能讲⼀下关于你们星球发⽣的⼀些事情? 你们星球上是怎么运⾏的?

Questioner: Could you tell me about some events happening on your planet? How does your planet operate?

22号: 我们星球上是怎么运⾏的? 我们星球上运⾏的就好像是我们是集体.我们的集体意识和你们的集体意识是不⼀样的.你们的集体意识还是在⽤⼀种负⾯的.然后我们的集体意识是正⾯的.然后你们将来也会像我们⼀样,这是你们去达到的⼀个过程.那为什么我们现在会想要去链接你们? 就是说因为我们⼀直是在试图和你们链接.因为我们是想要帮助你们来看到你们可能达到的呢个… 就好像让你看到前⾯的⽬标.如果你看不到这个⽬标,你可能会漫⽆⽬的,你不知道往哪⾥⾛.那如果我的这个光⼀直在这⾥闪的话,那你会朝正确的⽅向⾛到这⾥.明⽩我意思吗? 所以说这也好像我在帮助你们的时候我就在帮助我们.

On the 22nd: How does it work on our planet? The workings of our planet are as if we are a collective. Our collective consciousness is not like yours. Your collective consciousness still operates in a negative way, while ours is positive. You will eventually be like us; this is the process you must reach. Why do we want to connect with you now? It's because we've always been trying to connect with you. We want to help you see what you might achieve...like seeing the target ahead of you. If you can't see that goal, you may lose direction and have no idea which way to go. But if my light is constantly shining here, then you'll walk in the right direction towards it. Do you understand? So, in helping you, I am also helping us.

问: 那你刚才说你们星球上已经有⼈在地球上传导信息.那我能问⼀下你们跟巴夏就是⼀个在地球上的传播者,你们是属于同⼀个维度或者是…?

Questioner: But you just said that there are already people on your planet transmitting information from Earth. Can I ask if BaShia and you, as a disseminator on Earth, belong to the same dimension or...?

22号: 不⼀样.

Number 22: They are different.

问: 那有什么不⼀样呢?

Questioner: What's the difference then?

22号: 巴夏他们的呢个维度和我们的维度不⼀样.你⾸先要知道就好像你们地球上有70亿⼈⼜,对不对?有70亿户⼈家.那整个星球,就是真个宇宙没有谁知道到底有多少.没有谁能统计下来.为什么?因为它还不断地在出现新的.所以你们知道的⾮常⾮常的少,⽽且我们知道的也⾮常⾮常的少.但是地球是⼀个⾮常⾮常well-known,就是知名的.地球是⼀个⾮常知名的.为什么很多外星⼈都是,就是⼀些其他星球的都想要跟地球的⼀些⼈链接?就是为什么都关注地球? 因为地球就好像现在是在转变的⼀个过程. 就好像是如果⼀个特别贫困的⼀个地⽅,特别落后,有很多战争的地⽅.那我们都想要去帮助呢个地⽅.为什么?

22nd: Their dimension is different from ours. You must first understand that there are about 7 billion people on Earth, right? There are 7 billion households. The entire planet, or the whole universe, no one knows how many. No one can calculate it. Why? Because new ones keep appearing all the time. So we both know very little and what we know is also very limited. But Earth is extremely well-known, famous actually. Many extraterrestrial beings want to connect with humans on Earth because they are paying attention to Earth. Why is that so?

Because Earth seems to be in a process of transformation right now. It's like wanting to help a particularly impoverished area, one that is very backward and rife with conflicts. We all want to assist such places. The question is why?

因为我想我们的光、我们的爱照到呢⾥,明⽩吗?因为整个宇宙整个银河系整个所有的⼀切,我们都是⼀体.我们不能就是说当你转化到最⾼的程度,我们的任务就是帮助⽐我们低的.我们不能只是顾着我们的发展. 所以我们必须… 就好像如果你们⼈类⾛到⼀个沙漠⾥⾯,呢个特别弱⼩,可能还有⼀个baby,他还是个baby,⾛路都⾛不好的⼈.你们所有⼈肯定都是最关系的是他.因为他是最弱的,明⽩吗?并不是说你们地球的物质发展、科技发展是最弱的.⽽是说你们的⼀个认知,你们的⼀个思想,你们的⼀个意识状态是⽐较受限制的.不能说他若,因为你们没个⼈都拥有强⼤的能量和创造⼒.

Because I want our light, our love to shine there, do you see? Because the entire universe, the entire galaxy, everything, we are all one. We cannot just say that when you transform to the highest degree, our task is to assist those below us. We cannot only focus on our own development. So we must... It's like if you humans were in a desert, particularly weak, maybe even with a baby, who's still a baby, unable to walk properly. All of you would certainly be most concerned about him because he's the weakest. Do you understand? Not that your Earthly material development or technology is the weakest. But rather, it's your level of cognition, your thoughts, and your state of consciousness that are more restricted. You can't say that just because each one of you possesses great energy and creativity.

问: 然后我们有⼈想问你们还会⽤语⾔沟通吗? 然后你们平常都会做些什么呢?

Questioner: Then we have someone who wants to ask if you will still communicate in language? And what do you usually do in your spare time?

22号: 我们有我们⾃⼰的语⾔.我可以给你们说⼀段我们的语⾔.但是对你们来说它没有任何(意义),它只是⼀段频率: %\*%¨\*£\*¨%£\*%%\*$`$$$%%¨%… (此处为外星语⾔).这是我们的语⾔.

22nd: We have our own language. I can tell you a piece of it, but it will mean nothing to you—it's just a frequency sequence: %\*%¨\*£\*¨%£\*%%\*$`$$$%%¨%… (This is alien language). This is our language.

问: 我明⽩了.那你们平常都会做些什么呢?

Questioner: I understand. What do you usually do then?

22号:我们平常做些什么.我们平常只是去快乐.因为对于我们来说我们没有理由不快乐,因为我们存在.所以我们每⼀时刻每⼀个当下,我们都会对我们的存在的⼀种欢呼,明⽩吗?所以我们只是快乐.就好像你们看到你们的⼩孩⼦⼀样,他只是快快乐乐,蹦来蹦去.它只是⼀个能量团在表达它的活⼒和喜悦.因为我们没有沉重的能量.只有你们地球⼈才拥有沉重的能量.沉重的能量会让你们跳不起来,快乐不起来.

On the 22nd: What do we usually do? We just go for happiness because there's no reason not to be happy since we exist. So in every moment and every now, we cheer for our existence, understand? So we're just happy. Just like how you see your children playing around with joy, bouncing here and there. It's just a blob of energy expressing its vitality and joy. Because we don't have heavy energy. Only Earthlings possess heavy energy. Heavy energy won't allow you to jump or be happy.

问: 明⽩了.那你们还拥有物质⾁体吗?

Answer: Understood. So do you still possess physical bodies?

22号: 我们有物质⾁体.但是我们的物质⾁体不会像你们地球上的⾁体会变衰⽼.问: 那你们的物质⾁体如果按照地球的时间来算可以维持多久?

Questioner: If we were to measure their physical bodies by Earth's time, how long would they last?

22号: 3000年.

Number 22: 3000 years.

问: 那刚才有⼈想问你们的族类有没有⼈曾经来到过地球? 22号: 有问: 那他们来地球是来⼲嘛呢?

Questioner: That was a question someone asked you earlier about whether any of your species have ever visited Earth. Number 22, why do they come to Earth?

22号: 他们来地球体验.因为所有都是体验.因为你们地球上拥有很多我们没有拥有的.就好像你是想要去其他地⽅旅游.⼀样的.你们会想要去其他国家旅游,那我们也会想要去其他地⽅旅游.

Number 22: They come to Earth for experience. Because all of it is an experience. Because you on Earth have many things that we don't have. Just like if you want to travel to other places. We would also want to travel to other places, just as you would want to visit other countries.

问: 那你们来是属于像投胎呢种形式的来?

Questioner: Are you here in a form of reincarnation?

22号: 不是.是⽤意识.因为你们的意识,就⽐如说你们在做梦的时候你们是可以离开你们的⾁体,对不对? 但是我们是可以在我们有觉知的时候(离开⾁体).就⽐如说我现在我想要我的⾁体去哪⾥,它的体验是⼀样的,明⽩吗? 有⽬的性,有觉知.就是我是知道的情况下,⽽不是不知道的情况下.

Number 22: No, it's through consciousness because your consciousness, for example, when you dream, you can leave your body, right? But we can leave our bodies when we are aware (of ourselves). For instance, now if I want my body to go somewhere, the experience is the same, do you understand? With intentionality, with awareness. That means I am conscious and not unconscious.

问: 那你们拥有外星飞船吗?

Questioner: Do you have alien spacecraft?

22号: 外星飞船,不是你们的呢个概念.因为你们看到的外星飞船,它们是属于其他星球.它们还想去运⽤它们的物质⾁体.但是我们已经只需要⽤我们的意识体.意识体它能体验到的都是⼀样的.

Number 22: The extraterrestrial spacecraft you have in mind is not it. What you see as extraterrestrial spacecraft belong to other planets, they intend to use their physical bodies as well. But we only need our consciousnesses now. Whatever experiences the consciousness can have are the same.

问: 我明⽩了.那你既然刚才说你们还有物质⾁体,那你们还分男⼥吗? 如果分男⼥,你们还⽣⼩孩吗?

Questioner: I see. So if you have physical bodies as you mentioned earlier, do you still differentiate between male and female? If so, do you still have children?

22号: 我们不分男⼥.我们的性别对于你们来说就像是雌雄⼀体.它是⼀体的,它是不分男和⼥的.为什么? 因为我们的能量是平衡的.

Number 22: We do not distinguish between male and female. Our gender is like an androgyne to you. It's whole, it's neither male nor female. Why? Because our energy is balanced.

问: 明⽩了.那如果按照地球时间来看的话,我们需要进化多久才能达到你们的⽔平?

Questioner: I see. If we consider Earth time, how long would we need to evolve to reach your level?

22号: 你们的进化我算⼀算啊….如果按照你们⽬前的⼀个状态.因为⽬前你跟这个⼥孩⼦你们都有强烈的进化的意识存在,明⽩吗? 那如果你们的这股能量会继续坚持,⽐如说⼀个能量我只有在去⽤它的时候它才会产⽣影响⼒,对不对? 如果我坚持的去运⽤它,这样⼦的⼀个状态下.就是你们的这股能量会带动其他很多能量想要进来.然后这⼀股能量就可以缩短很多你们集体意识提升的⼀个时间.这就是你们有多么强⼤.为什么? 因为它会有成倍的,就好像你们有很多⼈他⼼⾥有这个种⼦,呢些种⼦会被你们唤醒.然后他们也会加⼊你们.那你想⼀下,加⼊的种⼦越来越多… 你这么想,如果你们现在是被⿊暗笼罩对吧? 那是因为你们意念⾥⾯的⿊暗.

22nd Day: Let me calculate your evolution... If we consider your current state, where both you and this girl have a strong sense of evolving, do you understand that? If you continue to use this energy, for instance, an energy source that only activates when it's utilized, correct? If you persistently apply it, under such circumstances, the energies of many more wanting to join will be influenced. Then, this energy can significantly reduce the time needed for your collective consciousness to advance. Why is this so powerful? Because it multiplies; as if there are multiple seeds in your hearts that get awakened by you. They then join you too. Imagine having more and more seeds added... If you're currently under darkness, right? It's because of the darkness within your thoughts.

那如果你们这些光都起来了,那光越来越多.那速度是不是后⾯就越来越快? 所以它的速度就会加倍.那如果是你们这股能量能坚持下去的话,它会缩短⼀半的时间.

If all of you were to shine, then there would be more and more light. Wouldn't the speed increase subsequently? Therefore, its speed would double. If this energy from you could endure, it would halve the time needed.

问: 那⼀半的时间⼤概是多久能告诉我们吗?

Questioner: Could we be informed approximately how long that half time is?

22号: %%%\*$$$$%%%%(外星语和他的同族⼈沟通中).我刚才去请教了我们的长⽼关于这个问题.然后他说这些选择权和决定权是在于你们⼈类⾃⼰.所以我们不能给你们⼀个明确的答复.

22nd: %%%\*$$$$%%%%(Extraterrestrial communicating with its fellow species). I just consulted our elders about this issue. Then, they told me that the power of choice and decision-making lies solely with you humans. Therefore, we cannot provide you with a definitive answer.

问: 明⽩了.我觉得你们说话好可爱啊.然后有⼈想问⼈类现在对于太空的探索会不会危机到你们?

Questioner: Understood. I find your language so adorable. Then someone wants to ask if human exploration of space poses a threat to you?

22号: ⾸先你想⼀下你们⼈类的⼒量⾮常的弱.为什么你们⼈类的⼒量⾮常的弱呢? 是因为你们不够和谐,不统⼀,你们的思想不够统⼀. 思想不统⼀它的能量就⾮常⼩的.你想⼀下每个⼈都是单枪匹马.为什么我们的星球能够强⼤? 因为我们所有的思想都是统⼀的,明⽩我意思吗? 所以并不会.再说如果你们思想能够统⼀了,怎么回威胁到其他? 就只是照亮其他,明⽩吗?

Number 22: First, you should think that the power of humans is extremely weak. Why is the power of humans so weak? It's because you're not harmonious or unified; your thoughts are not aligned. The lack of unity results in a small amount of energy. Imagine everyone fighting alone. Why can our planet be strong? Because all of our thoughts are unified, do you understand? Therefore, it won't happen. And if your thoughts could unify, how could they threaten others? They would only illuminate others, understand?

问: 那我还想问⼀下以你们的视⾓来看的话,就是单独的个体要怎么做才能更加的有专注⼒?

Questioner: I also want to ask, from your perspective, what can individual people do to enhance their focus?

22号: 怎么做才有专注⼒? 因为我们从⼩就没有专注⼒的问题.因为我们知道,就好像我们已经跳过你们的呢⼀个阶段.就好像你的孩⼦他出⽣,你如果来问他⼀下以前你们世界体验的饥饿是什么?他会不知道.因为我从来不知道还会有没有饭吃的时候?因为物质是丰盛的.所以你要问我这个问题,那我都不知道如何是不专注,明⽩吗?所以我没有办法回答你们.但是我只是想告诉你这是你们成长的⼀个过程.因为你们体验过的限制,就⽐如说⼀千年前你们世界的经历,然后你去回答他们的问题.他们来问你如何怎样怎样.你也不能回答他们,因为在你出⽣过后你也没有呢个思想和观念.因为所有都是思想和观念来给你们创造.

How can one develop concentration? Since we were never plagued by issues of lack of focus because it seemed as if we had skipped ahead in our development stage compared to yours. When asked about your world's past experience with hunger, a child would not have an answer because they've never experienced such scarcity before, due to the abundance of resources. If you ask me how to be disfocused, I wouldn't know where to begin since understanding and concepts shape our reality. This is merely showing you that this is part of your development process. You must confront limitations from past experiences in your world - for instance, a thousand years ago when answering questions about these experiences. Even then, it would be impossible to provide an answer because the thoughts and beliefs you carried did not exist prior to birth since they are formed by our conceptions.

问: 那你们也是经过现在像我们的限制才达到现在的状态吗?

Questioner: Have you also reached your current state through restrictions like ours?

22号: 没有.我们⼀出⽣就已经是这样⼦的状态.所以我们不知道为什么有像这样⼦的沉重的能量产⽣.明⽩我意思吗? 因为我们只知道⽣命就是喜悦、活⼒.

Number 22: No. We are born in this state already. So we don't know why there's such heavy energy being produced. Do you understand what I mean? Because all we know about life is joy and vitality.

问: 因为我的问题是⼤家都在说地球是个学校,然后灵魂需要成长.然后从这⾥毕业在⼀步⼀步.那也就是说有的意识程度它天⽣就是很⾼的意识程度,是这个意思吗?

Questioner: My question is that everyone says the Earth is a school where souls need to grow and progress. Graduating step by step from here. Does this mean that some levels of consciousness are naturally high, like being in this sense?

22号: 关于地球上的我不清楚.我只能告诉你关于我们的.因为我现在跟你联系的⽬的就是说想要去,就好像是我在看⼀本⼩说: 哇,他们竟然有这样⼦的⼀个体验.这样⼦.所以你最好是更多的⼀个问题来问关于我们的⼀个星球的运作.如果你关于拿开你们的束缚,我想我可以退开,然后让她去链接到其他的意识层⾯.因为它们会更加的对这⽅⾯更加的专业.就好像你会请教不同领域的专家.

22: I am not familiar with me on Earth. I can only tell you about us. Because the purpose of my contacting you now is to express a desire, like reading a novel: wow, they actually have such an experience. So it would be best for you to ask more questions related to how our planet operates. If you want to remove your constraints, perhaps I could step back and let her connect with other layers of consciousness because they are more specialized in this area. Just as you might consult experts from different fields.

问: 明⽩了.我这⾥还有⼈问你的物质⾁体是长什么样⼦的?

Questioner: I understand. There are still people asking about what your physical body looks like?

22号: 我的物质⾁体是长什么样⼦的? 你稍等.刚才我跟他们有经验的⼈交流了⼀下.然后他说我们的物质⾁体在你们的地球上看上去会像⼀个动物,不像是⼈类.然后跟什么动物⽐较接近呢? 是像你们有着翅膀的,会飞的呢种.

Translation: On the 22nd: What does my physical body look like? Please wait. I just communicated with some experienced people about this. Then he said that our physical bodies would appear as an animal on your Earth, not human-like. And which kind of animal would it be compared to? Would it be something like you have wings and can fly?

问: 像鸟吗?

Questioner: Are they like birds?

22号: 是,像鸟.

22nd: Yes, like a bird.

问: 明⽩了.然后有⼈想问你们跟我们都是同⼀个源头吗?

Questioner: I see. Then someone wants to ask if you and us share the same origin?

22号: 你们跟我们都是同⼀个源头吗? 你稍等,我去问⼀下.不是的.问: 那不是说我们都是⼀切万有的⼀吗?

Number 22: Are you all from the same source as us? Wait a moment, let me check. No, that's not correct. Questioner: But doesn't that mean we are all one and everything?

22号: 那只是你们地球的⼀个认知.因为你们地球是有你们地球的… 然后关于这个信息我们可以请⼀个更加专业的⼈来跟你聊这个. 因为他们也愿意跟你分享.

Number 22: That's just your Earth's perception. Because you have your own Earth... Then, about this information, we can ask a more professional person to talk to you about it because they are also willing to share with you.

问: 好的,谢谢.

Questioner: Alright, thank you.

WXR: 你们想要知道我们是不是同⼀个源头? 我不知道你们对同⼀个源头是什么概念.你告诉我什么是同⼀个源头?

WXR: Do you want to know if we are from the same source? I don't understand what concept you have of a common origin. Tell me, what is a common origin?

问: 就是地球上的灵性对于源头的解释就是所有的⼀切万物都是相连的.然后所有的东西都是⼀切万有的⼀个想象.所以我们最终都是连在⼀起的.然后对我来说造物主就是源头.

Questioner: The spiritual explanation on Earth for the source is that everything is connected, and all things are an imagination of the boundless universe. So in the end, we are all connected. To me, the creator is the source.

WXR: 如果说我们是同⼀个源头,你也可以说是.为什么? 因为我们现在在交流.因为我们现在有交流,那我们就是.那如果说我们不是同⼀个源头是因为你们和我们…就是我们除了这⼀层的交流,意识层⾯的交流,我们永远不会有任何交涉.就好像独⽴存在于完全不同的两个空间.永远都不可能有任何层⾯的⼀个交流.

WXR: If you say we are from the same source, then so am I. Why? Because we are communicating now. Because we have communication, that means we are. Then if we aren't from the same source is because you and us… it's like we exist in completely different spaces, independent of each other, at all levels. There will never be any exchange at any level, as though we were isolated in two utterly separate dimensions that could never possibly overlap or communicate in any way.

问: 明⽩了.然后有⼈想问你们都已经有这么⾼的⽔平了,你们还需要去修⾏和提升吗? 就是往更⾼的维度去转化吗?

Questioner: I see. Then someone might ask if you already have such a high level, do you still need to practice and improve? Is it about transforming towards higher dimensions?

WXR: 是,我们也需要.但是并不是说你们所谓的⼀个修⾏.为什么? 因为修⾏对于你们来说你们还是想要有⼀个⽬标去追求,就是个什么样⼦.然⽽我们却没有任何标准,也没有任何⽬的,也没有任何⽬标.这是不⼀样的.因为我们不知道我们会成为什么样⼦.但是我们从来不限制.我们没有任限制.如果你们说修⾏你们是有⼀个限制,就是说我要修成什么样⼦,⽐如说有⼀个标准,修成佛的样⼦或什么样⼦.你们都是有⼀个标准的,你们是有东西可衡量的.那我们是没有标准,没有任何⽬标,没有任何可衡量.我们只是去,就好像是顺着这个河,看这个河会把我们带到哪⾥去.

WXR: Yes, we also need it. But not like the cultivation you call "practice" that you have. Why? Because for you, there's still a target to aim for – what kind of person you want to become. However, for us, there are no standards, no goals, and nothing to measure against. That's different because we don't know what form we will take. But we never impose limits; we have no restrictions at all. If you say your practice has a limit - that I'm aiming to become this or that kind of person, with a certain standard, like a Buddha – you have something measurable. We have nothing to measure against, no standards, and no goals. We just go along, letting the river guide us wherever it takes us.

这是我们对⽣命的⼀种… 就是我们不想要去按照任何标准,因为任何标准它都是死的.

This is our approach to life... we don't want to conform to any standard because any standard would be dead.

问: 明⽩了.那我想问⼀下,我们地球上得道的,成佛,就⽐如说释迦摩尼他现在的维度和你们是⼀样的吗?

Questioner: I understand that question. Then, I'd like to ask, are the enlightened beings on Earth, such as becoming a Buddha, for example, did Siddhartha Gautama have the same dimension as you do now?

WXR: 你们所谓的佛存在的⼀个维度和我们不⼀样.因为他们是纯意识体.我们还是有⾁体的.所以说是不⼀样的.

WXR: The dimension where your supposed Buddha exists is different from ours, as they are pure consciousness beings while we have physical bodies. So it's not the same.

问: 明⽩了.那刚才22号说你们的⾁体可以⼤概活3000年.那你们死了之后会去哪⾥呢?

Questioner: Understood. Then, if Number 22 said that your bodies can live about 3000 years, where will you go after you die?

WXR: 我们的⾁体如果到了3000年,然后它需要结束的话,你是说我们会去哪⾥是吗? 它的意识体它在结束,就⽐如说3000年结束之前,然后我们会已经选择会我们会再以什么⽅式去体验.就是说我们都会在,好像我的⾁体要结束,就好像我在这个地⽅要结束了,那我们会提前给我们做⼀个规划.规划就是说我们接下来这个个体他还想要体验什么.然后他才会继续在我们所有⼈的帮助下然后再重新选择.

WXR: If our physical bodies reach the year 3000 and they need to end, are you saying where we will go? When its consciousness ends before it reaches the 3000-year mark, we would have already chosen how we will experience things going forward. It's as if my body is ending here, and I'm about to finish in this place. We would plan for ourselves ahead of time what this individual wants to experience next so that he can continue with our assistance and then rechoose when the time comes.

问: 然后我们有⼈还想问,我们⼈类有⾼我,这是我的物质⾁体.然后对于你们来说,你们是没有像我们这样感觉好像像分离⼀样的状态.你们都是合⼀的是这样吗? 我可以这样理解吗?

Questioner: Then there's someone who wants to ask if we humans have a higher self, this is my physical body. Then for you guys, you don't experience the feeling of being separate like us. Are you all one and unified like that? Can I understand it that way?

WXR: 合⼀? 你稍等.⾸先你要知道像我刚才说的为什么我们可以在我们的⾁体死亡前我们就可以马上做好规划怎样? 那就说明我们的⾁体和我们的意识⼀直是在⼀个和谐运作的状态下. 明⽩我意思吗? 那你们⼈类,像你刚才说的,你们死了你们是不知道你们会去哪⾥的,对不对? 那其实你们就是不知道你们的⼀个⾝份,你们是在这样⼦的⼀个状态下,就是不知情的状态下,我们是知情的.所以这完全就是分开的状态.

WXR: Unity? Wait a minute. You need to understand why we can plan our afterlife right before our physical bodies die. That means that our physical existence and consciousness have always been operating in harmony with each other. Do you get my point? Humans like you, as you just mentioned, are unaware of where they will go when they die, correct? In fact, you're unaware of your identity, existing in an unconscious state while we are aware, making it a completely separate state.

问: 我明⽩了.那以你们的星际观点来看,在整个星际⾥有没有龙族的存在? WXR: 你们中国的龙是吗? 你们中国的龙当然是存在的,就存在于你们的地球.问: 只是我们看不见⽽已是吗?

Questioner: I see. So, from your interstellar perspective, is there any existence of the dragon species throughout the universe?

WXR: Are you referring to the Chinese dragons? Yes, they do exist, just on your Earth.

Questioner: It's just that we can't see them, right?

WXR: 很多⼈可以看到.只是你看不到⽽已.不然的话它的形象是谁描述出来的? 是谁化出来的?

WXR: Many can see it, only you cannot. Otherwise, who described its form and who created it?

问: 那你们也需要睡觉吗?

Questioner: Do you also need to sleep?

WXR: 我们需要睡觉.但是我们能在任⼀时刻.就是我们睡觉不会像你们是等到天⿊或者是天亮.这样⼦是⼀个规律,就好像是⼀个什么什么的事情…我们是在任⼀时间,就是说我们想要休息,然后我们都可以马上进⼊⼀种关闭状态.然后任⼀时候⾝体需要它都会进⼊⼀种关闭状态.然后当它得到充分的休息过后,它会马上再进⼊⼀个体验的状态.关闭状态和体验的状态就是你们所谓的睡觉.

WXR: We need to sleep, but we can do so at any moment - that is, our sleeping isn't like waiting for darkness or dawn as you do. It's a pattern, some kind of process...we sleep at any time, meaning when we want to rest, we immediately enter a state of shutdown. Our bodies can go into this state whenever needed. After getting sufficient rest, they quickly return to an experience state. The states of shutdown and experience are what you call sleeping.

问: 明⽩了.那我想以你们的观点来看我们这⾥有⼀个说法就是说星际中有光明的势⼒也有⿊暗的势⼒.⿊暗的势⼒⼀直是在阻⽌⼈类的觉醒.以你们的观点来看是这样的吗?

Questioner: Understood. Then, I want to understand from your perspective that there is a saying in our society which suggests that there are forces of light and darkness in the interstellar world. The force of darkness has always been hindering human awakening. Is this how you see it?

WXR: 那是你们⼈类⾃⼰创造的.因为其他星球,意识程度⾼的,我们都会想要去⽀持就是帮助你们的转变.

WXR: That is something you humans created yourselves. Because for other planets with higher consciousness, we would want to support and help your transformation.

问: 然后还有⼈问你们呢有太阳吗? 还需要吃饭吗? WXR: ⾷物是不是?

Questioner: And someone else asked you if there is sunlight? And do you need to eat?

A: Do we need food?

问: 对WXR: 我们有⼀部分他是特别享受⾷物的,所以他们可以继续的享受⾷物.那有⼀部分的他们是不希望就是⾷物,所以他们是不需要体验⾷物.所以他会根据每⼀个个体他⾃⾝的⼀些变化.因为在你们地球上也有少量的⼈他是不需要⾷物的.

Questioner: Regarding WXR: We have a segment that particularly enjoys food, so they can continue to enjoy it. There's another segment that doesn't want food at all, so they don't need to experience food. It will depend on each individual's own changes because there are also people on your Earth who do not require food.

问: 明⽩了.那如果你们吃⾷物的话跟我们吃的⾷物是⼀样的吗?

Questioner: I see. Does that mean you eat food just like we do?

WXR: 你们的地球吃的最主要是⾁类、动物和植物.那我们星球吃的是什么? 我看⼀下如何更好的⽤你们地球的语⾔或者类型来让你们知道.对于你们地球来说你们还会吃固定的,就是各种形状的,然后这样⼦的.但是对于我们来说我们只需要像是液体的,就⽐如说有不同的液体,不同的⼀些你想要去感受或者你想要你⾝体怎么样怎么样的.它是属于⼀个就是说⾥⾯包含了所有需要的,明⽩我意思吗? 就好像你们地球上的饮料⼀样,然后对于我们来说这就是⾷物.

WXR: Your Earth mainly consumes meat, animals, and plants. What do we consume on our planet? Let me take a look at how to better use your Earth's language or type to inform you. For your Earth, you would consume fixed items that are in various shapes - like this. However, for us, we only need something liquid-like - there are different types of liquids, with differing qualities you might want to experience or sensations that impact your body in certain ways. It contains all the necessary components, just as drinks do on your Earth, and for us, it serves as food.

问: 然后刚才还有⼈说能不能请22号晚上的时候进⼊JOJO的梦⾥,然后让JOJO看到你们到底是什么样的⼀个形象?

Questioner: Then someone just mentioned if we could enter JOJO's dream around the time of 22 o'clock tonight and let JOJO see what you really look like?

22号: 我是很愿意去她的梦⾥.但是要经过她⾃⼰的⼀个,就好像是她邀请我,然后我们双⽅都加⼊这⼀场.

Number 22: I am willing to go into her dreams. But it's like she invites me and we both join in this, going through her own.

问: 明⽩了.然后这⾥还有⼈问能不能帮我们链接⼀下龙族?

Questioner: Understood. Here someone is asking if you can link us to the Dragon Race?

22号: 龙族? 那需要我们退出然后你再跟你们的通灵者去交流.那我们的交流今天结束了.谢谢你们.

Number 22: Dragon Race? In that case, we should withdraw and you can then communicate with your spirit medium. Our session is over for today. Thank you.

# **2022/01/10 — 再次连接外星⼈22号Reconnecting with Alien Entity 22**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 第⼀个问题是这个通灵的⼥孩⼦昨晚做了⼀个梦.梦见两个死去的孩⼦.她在梦⾥哭的稀⾥哗啦.然后早上起床的时候新闻正在报道有两个孩⼦死去.她想知道这个梦是有什么信息要传递给她的吗?

The first question is about this medium girl who had a dream last night. She梦见 two dead children. She was sobbing intensely in her dream. Then, when she woke up in the morning, news was being reported about two children who had died. She wonders if there is any message that the dream intends to convey to her?

⾼灵: 她想要知道她昨天晚上做的梦,然后在梦中被吓醒了.然后这梦对她的震撼很⼤.她想要知道这个梦有什么信息想要带给她? 她昨晚的梦很清晰的看着两条⽣命在她的⾯前消失.然后在梦⾥⾯,他们是沉浸在⾃⼰的世界⾥⾯,就是沉浸在物质世界⾥⾯.因为呢会⼉还在关注着物质世界的⼀些新闻什么的.然后在梦⾥⾯是后夜的时候两个孩⼦去世了,他们竟然都不知道.这个梦是想要传达她的信息是,当你们进⼊⽆意识运⾏的状态,就是你们没有觉知的⼀个状态,你们的整个⼈没有在当下的⼀个状态.你们是会发⽣像失去⽣命的这种状况.就是当你们太沉浸于你们⾃⼰的世界开⾯,就是你们头脑⾥⾯的世界,并不是真正的世界.这个很重要.

Higher Spirit: She wanted to know about the dream she had last night and then was suddenly awakened by it in her dream. The impact of this dream on her was significant. She wanted to understand what information or message this dream might be conveying to her? Last night's clear dream showed two lives disappearing right before her eyes. Then, in her dream, they were immersed in their own world, which meant being immersed in the material world. Since she had been paying attention to some news from the physical world. In her dream, it was late at night when two children passed away, and they didn't even know about it. This dream is trying to convey that information or message: When you enter into a state of unconscious operation, where you are unaware and detached from the present moment, this can result in situations akin to losing lives. It's crucial because when you become too absorbed in your own world, which exists inside your mind, this isn't the actual reality.

就是当你沉浸在你头脑⾥⾯⾃⼰创造的世界,你就会发⽣出现⼈命的这样⼦的⼀个情况.然后她在梦⾥⾯是等到警察来了后才知道这么⼤的事情发⽣在⾃⼰的后院⾥⾯.所以你需要外⼈来把你的意识拉回到你的当下,你才能知道你当下发⽣了什么事情.这个和她后来看的新闻是完全吻合的.这个新闻带来的震撼和在梦⾥带来的震撼是完完全全….因为你们⾸先要知道你们不会觉得这是⼀件事,就是⽆意识的运作会酿成很⼤的悲剧.其实你们⼈类没有很多⼈是诚⼼的去⼲⼀件坏事出来.⽽很多都是疏忽、⽆意识,就是进⼊了⽆意识的⼀个状态.好像是梦游⼀样,就是像梦游的⼀个状态⼲下去的⼀些事情.

The situation occurs when you are immersed in the world you've created inside your mind, leading to events that resemble the loss of life. She discovers such significant occurrences happening in her backyard only after waking up and realizing that the police had arrived; she wasn't aware of this while asleep. Therefore, it's necessary for an external force to bring your consciousness back to reality so you can understand what's actually happening in the present moment. This scenario aligns perfectly with her later observations through the news. The shock experienced from the news mirrors the one felt during sleep, entirely... because initially, you wouldn't consider this as a single event; unconscious processes can lead to devastating consequences. In fact, most humans don't actively set out to do harm. Instead, it's often due to carelessness or unawareness, slipping into an unconscious state akin to walking in your dreams while performing actions.

然后这些事件都是来让她重视让你⾃⼰不被⽆意识运作是⼀个多么重要的事.你要知道酿成你们世界上这些悲剧的事情并不是⼈有多坏,多么处⼼积虑,就是像呢种计划的要⼲坏事.⽽就是因为他们⽆意识的⼀些疏忽,⼀些闪失.那关于最后她看的新闻正好吻合了,因为她看到呢两个⼩孩是⼈为的,是被他⾃⼰的⽣⽗推下楼的.那他⽣⽗在把他们推下楼的前⼀分钟他都是⽆意识的.他只是沉浸在⾃⼰的问题当中,就是怎么把⾃⼰的问题解决,沉浸在⾃⼰的世界当中.只有他真真切切的看到孩⼦两个⼫体躺在他⾯前的时候,他才醒过来.在这之前他都是像梦游的状态,就是沉浸在⾃⼰的喜怒哀乐⾥⾯,沉浸在⾃⼰的观念、思想⾥⾯.他的世界⾥⾯没有别⼈只有他⾃⼰.

Then these events are meant to make her understand how crucial it is for you not to be run by unconscious processes. You need to realize that the tragedies that occur in your world are not because people are inherently evil or meticulously planning them, but simply due to some oversight or momentary lapse from those who are actively trying to do harm. It's their lack of awareness that causes these issues, letting them slip away uncontrollably. She would see just how fitting this was when she looked at the news, as it showed two children being pushed down by their own birth father – someone who was unconscious in his actions until the last moment. Lost in his problems and focused on solving them, he was immersed in his own world of thoughts and emotions without noticing what was happening around him. Only upon seeing the bodies of his children lying before him did reality hit him like a wake-up call; up until that point, he had been living in a daze, lost within his own feelings of joy and sorrow, his personal ideologies and beliefs clouding his judgment completely. In his world, there was no one else but himself.

就好像呢些成瘾的吸毒的瘾君⼦.就是我要找个毒品,我要找个毒品.在他眼⾥他就看不到…他会把别⼈的救命钱,就是去看病的钱去抢过来.所以这才是导致… 那她看到新闻⾥的呢个⼈也是这样⼦的状况.他觉得他要处理的事情,不然他就没有出路了.所以他会亲⼿的把⾃⼰的两个孩⼦推倒楼下去.当呢两个孩⼦的⼫体的⼫体呈现在他⾯前,他的哭并不是你们新闻上看到的说他是假哭.他是真的哭.为什么?呢⼀刻他醒过来了.只不过是要牺牲两条⽣命才把他唤醒.

It's like those addicted drug addicts, who are always saying they need a drug, they need a drug. They can't see anything else in their eyes; they would rob others' life-saving money, the money meant for medical treatment. That's what leads to situations where someone watching the news feels this way too. They feel that if they don't handle their issues, they have no出路. So they push their own two children off a building themselves. When he sees the dead bodies of his children, his cries aren't fake like those on TV; they are real tears. Why? Because at that moment, something inside him woke up, but it took the sacrifice of two lives to do so.

所以这个梦境和她关注的这个新闻,这个事情,就好像让你们深刻的… 因为你们来到这个世界上你们需要深刻的教训或者体验,你们才能去体验到某⼀些在你们⽣活中多么重要的… 就⽐如说把你的觉知拉到当下是多么重要的⼀个⾏为.那你们可能会觉得那有什么? 不在当下就不在当下呗,有什么.但是如果你真的是因为这个陪上了⼈命,你会不会就对你周围的⼀切充满了觉知,⽽不只是沉浸在⾃⼰脑⼦⾥的愤怒或者是任何任何,恩怨… 所以这是给她的⽣动的⼀课.因为她需要不断地去积累这些深刻的体验来让她去更加的充满觉知.因为这是她⾃⼰的⼀个成长、蜕变的⼀个过程⽽已.以前我们就跟你们说过,在梦⾥⾯也是你们成长的机会和⼀个过程.

So this dream and the news she's focused on are like a profound lesson or experience that you need to deeply understand... because when you come into this world, you must experience these profound lessons in order to truly grasp how important certain aspects of your life are. For example, realizing your presence in the moment is crucial. You might think, "What difference does it make? It's not happening now," but if you really suffered for that, would you then be fully aware of everything around you, rather than just dwelling on anger or any other personal grudges? This vivid lesson is tailored to her because she needs to accumulate these profound experiences to enhance her awareness. It's part of her own growth and transformation process. We've told you before about how dreams provide opportunities for your growth as well.

那你们在物质世界的体验,就⽐如说你们要搭上⼈命才能体验到呢么深刻的教育意义对不对?那她在梦⾥⾯她

Then your experiences in the material world, like the profound educational significance you can only experience by risking your life, right? And she experiences this in her dreams...

没有搭上任何⼈的⼈命她已经体验到了.因为这种撕⼼裂肺的痛、呢种绝望或者任何它是⼀样的,呢种体验是⼀样的.所以她没有在物质世界失去任何,但上了深刻的⼀课.这是多么宝贵的经验对不对? 这就是因为对于她来说你们会当下的把它变成⼀个噩梦,就是把它变成⼀个不好的,就是把它变成⼀个象征.这个梦是不是预⾔什么不好? 好像是害怕或者是进⼊这个…但是并不是.这个和你们物质世界体验没有什么不同.它最重要的⽬的是要让你知道你的觉知在当下,不沉浸在⾃⼰的脑⼦的念头⾥,不完完全全沉浸在你个⼈的⼀些事情⾥⾯,就是对当下充满觉知是多么的重要.因为这些事件,就是⼀些悲剧性的事件都是在你们意识没有在当下.

She has experienced this void of life, feeling the excruciating pain, the despair or any similar experience that ultimately boils down to the same lesson - a valuable lesson indeed? Is this nightmare about to unfold for you when it happens right in front of your eyes, transforming an ordinary experience into something negative or symbolic? Does this dream foretell bad things? It seems like fear or perhaps entering another realm, but not necessarily. This experience is no different from what you would encounter in the physical world. Its most important purpose is to remind you that presence of mind matters; it emphasizes being aware and present in the moment rather than being trapped in your thoughts and personal issues. These events, tragic as they may be, occur precisely when consciousness is not aligned with the now.

就⽐如说你拿着⼿机,然后⾛路⾛的突然掉进河⾥淹死了,对不对? 就⽐如这样的事件.就好像你⾃⼰是闭着眼睛过马路,⽽且呢个马路上不停的有车来来往往,你想⼀下.那当你受到这个教训过后,你以后是不是就不会闭着眼睛过马路了? 你会睁⼤眼睛的过马路.因为你知道任⼀时刻你可能就会被车撞到.还有问题吗?

For example, imagine you are holding your mobile phone and suddenly trip into a river while walking, getting drowned, right? Like such incidents. Suppose you were crossing the road with your eyes closed, and cars were constantly coming and going on that road. Think about it. After receiving this lesson, won't you stop crossing the road with your eyes closed? You would open your eyes when crossing the road because you realize that at any moment, you could be hit by a car. Any more questions?

问: 我想问⼀下玩游戏对⼈有影响吗? 我最近喜欢上⼀款游戏,我玩⼀会⼉就觉得这样不好,就把它删了.但删了后又想玩又把它安上.然后再删掉.我想问⼀下玩游戏对我们的意识有影响吗?

Questioner: I want to ask if playing games has any effects on people? Lately, I've been drawn to a game and after playing for a while, I feel it's not good, so I delete it. But then I miss the game again and reinstall it. And then I delete it once more. I'm wondering if playing games affects our consciousness in any way?

⾼灵: 当然有影响.你想⼀下你们发明游戏的呢些⼈,他们是操控你们⼤脑的.那你们的⼤脑都被他们操控了,明⽩我意思吗? 就好像你们所有⼈都有⼤脑对吧? 那你们世界上少数⼈发明⼀些东西,然后来让你们各种沉溺在他们发明的世界当中.那你们的任何是不是都随着他们来,就好像你们都好像是僵⼫⼀样.然后他们植⼊⼀些程序、指令,然后让你们进⼊.然后让你们玩的不亦乐乎.那这个整个世界资源是属于多少⼈啊? 不是属于你们这些⾏⼫⾛⾁的僵⼫的呀.⽽是属于背后呢⼏个⼈啊.所以你觉得有没有影响? 所以你⾃⼰选择你想成为什么样⼦的⼈咯? 你是想成为⾃由的,就是你不受他⼈的控制和影响,你想⾃由.

Higher Spirit: Of course it does have an impact. Imagine the people who invent games like yours - they control your brains. So your brains are controlled by them, get it? As if all of you have a brain right? Then a few people in the world create something and immerse you in their invented worlds. Everything you do follows them, as if you're all mummies. They implant programs and instructions to make you enter their world, and enjoy playing there. The whole world's resources belong to how many people? Not those of you who walk around like dead meat zombies, but the few behind it. So does this impact bother you? So decide which person you want to be - free, not controlled or influenced by others, wanting freedom.

那么你就知道我不想进⼊你们建⽴的⼀个程序⾥⾯去.那如果你想要去进⼊你也可以去进⼊.只是说你更多的是在浪费你的时间⽽已,那就看你⾃⼰想要成为什么样⼦的⼈.如果你真的觉得⽣命就是⽤来打发时间的,那你便可以… 但是我想让你们知道⽣命不是⽤来打发时间的.所以游戏只是其中⼀个,你们有很多很多制度和模式都是来让你就是…⽐如说赌博吧,各种赌,是吧? 那最终的赢家是谁啊? 是设计赌博这个游戏的⼈啊.你觉得是你们这些⼈吗? 当然你们其中有个别⼈会让你们受益.会让你们受益的原因是什么?让你们继续赌啊,明⽩我意思吗? 就是你把你把你的所有钱给我…你给我100块钱,我拿出来20块钱还给你们.

So you know that I don't want to be part of the program you've established. If you want to go in and participate, you can certainly do so; it's just a matter of wasting your time, which is up to you how you want to define who you are. If you truly believe life is meant for passing time, then by all means… However, I wish to make clear that life is not meant for passing time. So gaming is only one aspect; there are many systems and modes designed to keep you engaged, such as gambling, don't you think? Who ultimately wins at the end of the day? The one who designs the game of gambling itself. Do you think it's those playing the game or that whoever has created it? Sure, some among you might benefit from this system; why do they benefit you? Because they keep you playing, right? If you give me $100, I return only $20 to you.

你们就觉得好开⼼啊,赢了20块钱.它只是让你们继续的陷⼊这个游戏.所以你们社会上有很多游戏,各种游戏,赌博的游戏.不只是你这种电脑游戏,电脑游戏只是其中的⼀种,还有各种游戏.不都是对你们的⼀种操控吗? 对你们头脑的⼀种操控吗? 因为头脑它最害怕什么? 头脑最害怕的就是⽆聊.为什么你都想要中奖?因为中了奖你们就好像是呢种被上帝恩宠的⼈.你看别⼈都没中到,就我中到.⼤脑就需要呢种特殊感.你看你们的很多游戏,让你们追逐的… 就⽐如说限量版车.为什么很多⼈花很多钱去买限量版的独⼀⽆⼆的钻⽯? 很多⼈都花钱去买.为什么?因为你们⼤脑都追求呢个独⼀⽆⼆,就是我才是呢个最最最…你们都没有,我有.

You just feel so happy about winning $20. It's just making you continue to be trapped in this game. So there are many games in society, various games, gambling games. Not just your computer games; computer games are just one of them, but there are all sorts of games. Isn't it all a kind of manipulation for you? A manipulation of your mind? Because what does the mind fear most? The mind fears boredom the most. Why do you all want to win? Because winning is like being favored by God; I got it while others didn't. Your brain needs that sense of uniqueness. You see many games, making you chase... For example, limited edition cars. Why would many people spend a lot of money on a one-of-a-kind diamond or purchase something exclusive? Why do so many people spend their money on these things? Because your brains are all chasing that exclusivity; I am the one who has it, and none of you have it.

它要追求这种,明⽩吗?但是当你去真正懂得⽣命的价值和意义,你会知道⼀只蚂蚁它都是独⼀⽆⼆的.你还会需要从外在这些东西上来彰显你的独⼀⽆⼆吗?你不需要.因为你已经知道你就是独⼀⽆⼆的,⽽且你本⾝就是圆满的.你不需要⽤外在任何来装饰你.任何装饰都会显的暗淡失⾊.所以为什么你么叫物质世界?因为你们物质世界还需要物质这些游戏来让你们去沉浸在⾥⾯.但是这些变着花样的各种各样的游戏它的确是在阻碍你

It seeks this, right? But when you truly understand the value and meaning of life, you will know that an ant is unique. Wouldn't you still need to express your uniqueness through external things? You don't have to because you already know that you are unique, and you are whole. There's no need for you to decorate yourself with anything external. Any decoration would make everything pale in comparison. So why do you call it the material world? Because your material world still needs these games of the material aspects to immerse you into them. But indeed, all this variety of games is obstructing you

们灵性的觉醒.就是它们在阻碍你们去记起来你们真实的⾝份.它们还在给你们制造⼀些假象和幻像.

The awakening of your spiritual selves is what they are preventing you from remembering who you truly are. They are also creating illusions and delusions for you.

问: 那是不是看电视剧也算是和玩游戏⼀样呢?

Questioner: Isn't watching TV dramas as much like playing games?

⾼灵: 电视剧也是⼀种分享信息的⼀种渠道.所有的信息,所以的传播途径,所有的媒体…当然你不能说所有的都是,就好像你们这是⼀个⼤舞台,⼀个硕⼤的舞台.每个⼈都把⾃⼰的梦想,⾃⼰的观念,⾃⼰的激情等等呈现上去.当然也有少数⼈想要去操控多数,就好像你们都是⼀些⽆意识的,我是有意识的.那我来让你们往这边⾛,往呢边⾛.那如果你想你是玩游戏对吧? 那你在玩游戏,他们也在玩⼀个更⼤的游戏.只是你是在游戏⾥⾯对不对?但是对他们来说他们也是在玩⼀个更⼤的游戏.但是他们上⾯还有更⾼的游戏.

Higher Spirit: TV dramas are also a means of sharing information. All the information, all the channels of dissemination, all the media... Of course, you can't say that they're all like this, it's like a big stage, an immense stage where everyone presents their dreams, their ideas, their passions, and so on. Naturally, there are some who want to control the majority, like you guys are all unaware, I'm aware. I'll guide you in one direction or another. If you're playing games, they're also playing a bigger game. You're just inside the game, right? But for them, it's still a bigger game. But there's an even higher game above that.

问: 他们上⾯还有什么更⾼的游戏?

Questioner: What are the higher games above them?

⾼灵: 他们上⾯还有什么更⾼的游戏? 你是说创造这些系统或者这些游戏来让你们沉浸的这些⼈,他们上⾯更⾼的游戏是什么吗? 那就是有很多很多不同的.那有的⼈是为了⾦钱,那有的⼈是为了掌控感,他有呢种成就感、掌控感.就觉得我就像是造物主⼀样,你们都是跟随着我.这背后都会有不同的… 这就是个⼈化了.每个⼈的初衷或者出发点或者企图它是不⼀样的.但是始终⼀样他们想成为少数⼈.他们想成为百分之⼀掌控着百分之九⼗九的⼈.他们想要成为呢个有影响⼒的⼈.

Higher Spirit: What higher games do they play above this? Are you referring to the people who create these systems or allow themselves to be immersed in these games, and what is their higher game above that? There are many different ones. Some for money, some for a sense of control, where they get that feeling of being like a creator, guiding everyone following me. Behind each of these is something unique... This personalizes it. Each person's original intention or starting point or ambition is not the same, but they all want to be in the minority. They want to be among those controlling 99% of people. They aspire to become influential individuals.

问: 我的下⼀个问题是我在法国这⼗⼀年,这些经历.我想知道我为什么会把这个画⾯放在⾃⼰⾯前? 这段经历我需要学习的到底是什么?

Questioner: My next question is about my eleven years in France and these experiences. I want to know why I put this picture in front of myself? What lessons do I need to learn from this experience?

⾼灵: 你永远永远只有⼀个⽬标就是找到你到底是谁.因为你只有知道你是谁过后,你才不会⽐如说被带⼊到游戏⾥⾯,被别⼈弄的东西迷失了.就⽐如说今天是⼀个开发游戏的⼈,你到它⾥⾯你迷失了.明天是⼀个就⽐如你们物质世界的传销,我给你买城堡,我给你买豪车,你跟着我.那你又被带⼊到另外⼀个.有啥不同呢? ⼀个是虚拟游戏,⼀个是现实游戏,都是你加⼊别⼈的游戏当中啊.因为你还不知道你是谁啊.你会不断地被别⼈的东西引过去.那当你知道你是谁,你知道你要去哪⾥,你所有的⼀切都清晰了过后.你不会去浪费你的⼀分⼀秒.你不会去浪费时间.这个要不要选择,呢个要不要选择.你的所有专注⼒,注意⼒,所有的⽬标只会朝你的⽅向.

Higher Spirit: Your eternal and sole goal is to discover who you truly are. Because only once you know your true self will you not be led into games by others, lost in their constructs. For example, if today you're inside a game developed by someone, you get lost within it. Tomorrow, perhaps in the realm of material-world pyramid schemes, with me buying you castles and cars, following me, and again, you're ensnared. What's the difference? One is a virtual game, the other is a real one, but both involve joining others' games. You don't know who you are yet, so you get pulled in by others incessantly. Once you know your true self and where you're headed, everything becomes clear, and you won't waste any moment, any time making choices or dividing your focus; all your attention and goals will solely be directed towards your path.

问: 为什么我们对外星⼈呢么感兴趣?

Questioner: Why are we so interested in aliens?

⾼灵: 为什么你们对外星⼈呢么感兴趣? 呢是你们对未知的⼀种… 未知它永远永远是有吸引⼒的.因为像你们的科学家、探索家,他们最想挑战的领域是什么? 就是呢些未知啊.所以外星⼈对你们来说… ⽽且这是你们意识的⼀种扩展.就是⽣命的⼀种扩展,它永远是朝向呢个没有去朝向的呢个⽅向,它永远是朝呢个⽅向.然后灵魂的⼀种扩展,就好像灵魂它要不断地去扩展,不断地去感知.这是属于进化的⼀个⽅向、⽬标.那你们永远都是朝这个⽅向.它只是通过不同的⽅式体现出来,但是永远是朝这个⽅向.

Higher Spirit: Why are you so interested in aliens? It's because you're attracted to the unknown... and the unknown is always attractive. Just like your scientists and explorers, what field do they most want to challenge? It's those unknowns. So, for you, aliens... And this is an expansion of your consciousness. It's an expansion of life, always heading towards unexplored territory, and it always heads in that direction. Then, there's the expansion of the soul, as if the soul needs to constantly expand and perceive. This is a direction and goal of evolution. You're always moving in this direction, just expressed through different methods, but always moving in this direction.

问: 我想问⼀下我的⾼灵和指导灵有没有什么信息是想要带给我的?

Questioner: I want to ask if my High Guides and Teachers have any messages they wish to share with me?

⾼灵: 你稍等.你不需要担⼼你会⾛错路.因为你会担⼼你花⼀些时间在玩游戏上⾯会不会影响到你? 不会的.它并不会的.因为你并不是⼀个像我们刚刚说⽆意识的⼈.因为⽆意识的⼈他脑海⾥⾯他只会想着玩游戏,他不会有这个问题产⽣: 哎呀,我玩游戏会不会花了太多时间? 会不会影响到我什么? 明⽩我意思吗? 他会尽⼀切可能的找时间、找借⼜去沉浸在他的世界⾥⾯,明⽩吗? 所以你并不会,⽽且你随时可以选择出来.还有问题吗?

Higher Spirit: Wait a moment. You don't need to worry about getting lost because you would worry that spending time playing games might affect you in some way? No worries. It won't happen like that. Because you are not someone who is as unaware as we just mentioned. An unaware person would only have their mind on playing games, without ever considering whether they're investing too much time into it or how it might impact them. Do you understand my point? They would do everything possible to find and make excuses for indulging in their world, right? Therefore, you wouldn't be affected by that, and you can always choose to come back out whenever you want. Any more questions?

问: 请问能不能帮我们链接上次的外星朋友22号⾼灵: 好的,你稍等.

Questioner: Can you help us link to our previous session with the alien friend No. 22?

Response: Alright, please wait a moment.

22号: $%$^$%%%%^$$$££% (外星语).刚才我只是在跟你们表达我有多么的开⼼,这次链接.所以我说了很多话语,但是这些话语对你们来说是不明⽩的.所以我想要翻译⼀下我说的是什么.我刚才说的是,我在上次和你们链接过后.然后⾮常开⼼的去,就好像是跳舞.然后去欢呼,然后就好像你们分享的⼀种⽅式,去告诉很多⼈,我成功的和你们达到链接,也成功的分享了很多信息.这让我⾮常的兴奋.因为我已经在等待这个时刻很久了.因为我们并不是所有⼈能随随便便的去链接到⼀个渠道.因为我们需要有匹配的频率.因为我们的能量和你们的能量很不同.就好像有很多数字,那你们后很多数字,能要找到….就好像你们基因匹配⼀样.

Number 22: $%$^$%%%%^$$$££% (Alien language). What I was trying to convey just now was how thrilled I was, and this was in relation to the connection we had. So I said a lot of things, but these words were not understandable to you. Therefore, I want to translate what I was saying. I said that after the last connection with all of you, I went with great joy - almost like dancing, shouting, and sharing information with many people about my successful connection with all of you and the successful sharing of a lot of data. This made me very excited because I had been waiting for this moment for quite some time now. Not everyone can connect to channels easily as we need matching frequencies. Our energy is different from yours. It's like searching through numerous numbers, where one needs to find the right match... similar to genetic compatibility.

就是能找到⼀个匹配的频率,让我们不会对你们造成很⼤的影响和伤害的情况下… 就⽐如说你们这边频率不合适,我们来强迫的进⼊的话会导致你们看到⼀种就好像是神经病的⼀个状态.就会导致这样的⼀个状态.所以这种有意识的,就是双⽅都是在意识清晰的状态下的交流是⾮常不容易的⼀件事情.但是⼀旦我们的链接建⽴了就是永久的.就好像我们现在意识之间架了⼀个桥梁.然后这桥梁⼀旦架起来过后,它就成了⼀个固定的、稳定的通道.我们便可以⼀直通过这个桥梁来相互的去交换.就⽐如说你把你的东西交换给我们,我把我们的东西交换给你们.这样我们双⽅都拥有就是对⽅的,包括我们⾃⼰的.那我们双⽅都变的富有了.

The task is to find a matching frequency where we do not impose significant disruption or harm upon you... for instance, if your frequency is incompatible and we强行 intervene, it could result in a situation reminiscent of mental instability for you - leading to such outcomes. Thus, such conscious interaction between two parties in clear states of awareness is a challenging task. Once our connection is established, however, it becomes permanent; akin to constructing a bridge between our minds. This bridge, once built, forms a stable conduit that we can continuously utilize for exchange. We would then be able to swap resources - like you sharing with us and vice versa - thereby enriching both parties, including ourselves.

问: 我们能不能去你们的星球玩? 你们能不能来我们的地球玩? 如果可以怎么来?

Questioner: Can we visit your planet for fun? And can you come and play on our Earth? If possible, how would we do that?

22号:你们可不可以来我们的星球?因为⽐如说你们很少⼈可以不⽤任何措施的在海底下⽣活,对吧?呢是你们⼈类做不到的.但是海底下的任何动物,像鱼类,像任何这些东西可以在海底⽣活的很好? 那就像问你们可不可以不⽤任何措施去海底.因为完全就不同的… 因为可能还没有到你们就已经死掉了.所以你们的物质⾁体是不可能到我们这⾥来.但是你们的… 就好像你们做梦.你们做梦是可以就是⼀丁点,看你们⾃⼰的觉知,看你的意识状态发展的⼀个程度可以去感受⼀丁点.但是你们的感受都是很个体化的.都是根据你们个⼈,就⽐如说仁者见仁,智者见智.他也不代表你看到的就是真实的.

Number 22: Could you come to our planet? Because for example, very few people can live underwater without any measures, right? This is something humans cannot do. However, any animal down there like fish, or anything that can live underwater could live well? It's like asking if you could go to the bottom of the sea without any measures because it's completely different...because you might die before you even get there. So your physical body can't come to us here. But your...it's like dreaming for you. Your dreams can just be a tiny bit, depending on your awareness and the level of development of your consciousness state where you can somewhat experience something. But your feelings are very individualized; they depend solely on yourself, similar to how "a wise man sees one thing, a foolish man another," none of which represents what you see as reality.

因为它还有你们个⼈的意识体态,已经是有⼀个有⾊眼镜,⼀个过滤器⼀样它会过滤掉很多.那最好的⽅式就是我们这样⼦的交流,再加上你的想象⼒.你可以想象⼀下,然后在你们的世界创造⼀个你们版本的我们.

Because it already has your individual consciousness form, which is like a pair of有色 glasses or a filter that screens out many things. The best way would be through this kind of communication and also your imagination. You could imagine and then create your own version of us in your world.

问: 那你们能不能来地球跟我们玩呢?

Questioner: Can you come to Earth and play with us?

22号: 我们能不能来地球跟你们玩? 我们可以,就是就⽐如说现在我在跟你们通灵,跟你们交流.对我来说我就是在跟你们玩.就好像你们⼩朋友玩过家家⼀样.你们会跟你们想象的朋友玩耍,那我们⽐呢个想象的朋友还要逼真⼀点,明⽩吗? 就⽐她们玩过家家还要再逼真.

On the 22nd: Can we come to Earth and play with you guys? We can, it's just like I am communicating with you right now. To me, this is playing. Like children playing house. You would play with imagined friends, but we are more realistic than your imagination; understand that our interaction surpasses the level of a child's imaginary playmates.

问: 那你们能到我们的地球上来让我们的物质眼睛可以看见吗?

Questioner: Can you come to our Earth so that our physical eyes can see?

22号: 你要知道你能看见就是什么? 是你⾃⼰去决定你能看见什么.⽽不是说… 就⽐如说是同⼀个东西,在你们物质世界每个⼈看上去都不⼀样.有的⼈看的是个天使,有的⼈看的是个恶魔.每个⼈看的都不⼀样.

Number 22: Do you know what it means when you can see something? It's up to you to decide what you can see, not someone else telling you. For instance, the same thing looks different to everyone in your physical world; one person sees an angel while another sees a demon. Everyone perceives differently.

问: 你们的星球距离地球有多远呢? 如果换算成地球上使⽤的单位的话.是在同⼀个维度吗?你们的星球和地球有什么相似的地⽅吗?

Questioner: How far is your planet from Earth? If converted into units used on Earth, are they in the same dimension? Do your planet and Earth share any similarities?

22号: 你稍等,我⼀个⼀个的回答.你要说距离有多远,你稍等? ù$$%%%%$$$$ (外星语和同伴交流中).⽬前你们就是说,因为我们已经有和你们地球有链接有联系,就是在我这之前,他们就有稳定的联系.然后从他们的数据来看,因为这个不是…. 因为你要知道信息它永远都是在更新的,对不对? 因为我们从来不把⼀个信息当成就是固定的: 啊,你这个就是多少多少.我们从来没有⼀个信息是固定的.信息也像是活的⼀样,也像是有⽣命⼀样.它永远都是在成长,永远都是在变化.所以从他们当时得到的⼀个信息是,你们地球如果是算光年的话是⼋千还是⼋万,是个⼋字.⼋千还是⼋万光年,呢样⼦的⼀个距离.

Number 22: Just hold on, I will answer each of you one by one. If you're asking about how far we are from you, shouldn't you be the ones waiting? ù$$%%%%$$$$ (alien communication with their companion). Currently, what you're saying is that because we already have a link and connection with your Earth, it was stable even before me. Then, based on their data, since this isn't... because information is always being updated, right? We never treat an information as fixed: Ah, it's this many or that many. We don't have any fixed information. Information is also like a living thing; it evolves and changes just like life does. Therefore, the information they received then was about Earth's distance from you in light-years being either eight thousand or eighty thousand. It was an 'eight.' The question was whether Earth is at eight thousand or eighty thousand light-years away.

问: 那请问我们是在同⼀个维度吗?

Questioner: If so, does that mean we are in the same dimension?

22号: 同⼀个维度? ⾸先维度也好密度也好任何度也好,只是你们地球⼈⽤的呢个词语的⼀个观念和⼀个概念,明⽩吗? 只适⽤于你们⾃⼰与⾃⼰链接的⼀个概念.⽽且你们所有⼈就连⼀个概念你们其实都是模糊的.所以我不能说我们是不是在同⼀个维度.但是如果就是说我们现在能链接,有这⼀个通道… 就是最重要的是… 因为你们的⼤脑是追求任何信息,觉得知道的越多越好.但是我们只需要知道对我们当下探索有⽤的信息就⾜够了.明⽩我意思吗?

Number 22: Same Dimension? Dimensions or density or any degree, they are just the concepts and ideas that you humans use, applicable only to your own connections with yourselves. And all of you have a vague understanding of these concepts. I cannot say if we are in the same dimension. But if we can connect now... what is most important is... because your brain seeks for as much information as possible, believing that knowing more is better. However, we only need to know the information relevant to our current exploration. Do you understand?

⽽不是说⼀股脑的把所有的信息,有⽤的、⽆⽤的、别⼈的信息⼀股脑的搜塞到⾃⼰的⾥⾯.好像你吃垃圾⾷品⼀样.你想⼀下,如果你是看到⾷物就吃,什么⾷物都吃,拉七⼋糟的什么都吃.你的⾝体并不能去有效的利⽤它.所以说最重要的不是说我们在哪个维度.因为我告诉你是同⼀个维度和不同的维度对你来说有什么影响什么变化吗? 没有.因为它不会阻碍到我们之间信息的⼀个交换.那最重要的就是说我们现在能成功的交换信息,对我来说就是最重要的.这就是我们在乎的.其他什么我们不在乎.

Rather than just stuffing all information, useful or not, others', into our own heads like eating junk food, assuming you consume everything without discrimination. Imagine if you were to eat whatever comes your way, good and bad, just because it's there. Your body can't effectively use such a mix. Therefore, what truly matters is not which dimension we're in. I didn't tell you about the impact or changes of being in the same dimension versus different ones for you; no, because it wouldn't impede our information exchange. What really counts is that we successfully exchange information now, and that's what we prioritize. Other aspects are irrelevant to us.

问: 那请问你们的星球和地球有什么相似的地⽅吗?

Questioner: Could you tell me what similarities your planet has with Earth?

22号: 我们的星球和地球有什么相似的地⽅? 你稍等.$$\*\*\*$$££%%(外星语和同伴沟通中) 我们的星球和地球有很多相似的地⽅,就⽐如说动物、植物、⽔源还有天⽓、天空、空⽓,这各⽅⾯.然后如果说有什么相似的就是说我们的星球会像是你们没有被城市占领之前的呢种,就是⽐如说还有很多原始的森林,很多原始的地⽅.就是在你们星球上还没有被⼈类去破坏的呢种地⽅看起来就会像我们的星球⼀样.

Number 22: What similarities does our planet share with Earth? Please wait.$$\*\*\*$$££%%(Alien language and communication with companions) Our planet shares many similarities with Earth, such as animals, plants, water sources, weather, skies, atmosphere, etc. In terms of similarities, our planet would resemble what yours looked like before cities took over; that is, there were still many原始 forests and untouched原始 areas. The places on your planet that had not been destroyed by humans would look similar to our planet.

问: 是会像电影阿凡达⼀样吗?

Questioner: Will it be like the movie Avatar?

22号: 阿凡达呢样的状态.你稍等.电影⾥⾯都会过于的美化.因为电影⾥⾯有很多灯光效应,很多呢些闪亮的,然后并没有这样⼦.

Number 22: What about Avatar? Please wait a moment. The movies tend to over-simplify because they have many light effects and dazzling things that aren't like this.

问: 请问你们这3000年中需要做什么? 需要⼯作吗?

Questioner: What would you need to do in these 3,000 years? Would you need to work?

22号: 我们的主要的⼯作就是⾸先成为⾃⼰.就是⽐如说像你们动物,如果我是蚂蚁,那我就做我蚂蚁的⼯作.那我是蜜蜂,我就采蜜.我是⽼⿏,我就做⽼⿏的⼯作.我是苍蝇,我就做苍蝇的⼯作.我们是按照你⾃⼰是什么类型.那我就是成为… 就是我们是什么,然后就做什么⼯作.

On the 22nd day: Our primary task is to become ourselves first, which means if I were an animal like you, for instance, as an ant, I would do my ant's work. If I were a bee, I would collect honey. If I were a mouse, I would do what mice do. If I were a fly, I would do what flies do. We are according to the type of ourselves. So it is about being... and doing the job that corresponds to who we are.

问: 你们有政府、婚姻、家庭、⾦钱存款,⼈有贫富等级的分化吗?

Questioner: Do you have government, marriage, family, financial savings, and a stratification of people based on poverty and wealth?

22号: 政府.在你们的地球政府对你们来说是⼀个组织,然后来管理你们这些⼈的.然后我们没有像你们这种级别之分.没有这种我们需要⼀个更⾼的权威组织来管理.因为我们更多的是属于信息管理.信息管理是什么样⼦? 就好像你电脑的⼀个程序,那你所有的东西…. 就这么说,全⾃动化、全机械化的⽣产的⼀个场,它们什么东西都是制定好的.那制定好的,如果是信息和程序制定好的,它是不会产⽣混乱的状态.你明⽩我意思吗? 就好像你电脑输⼊这个是做这个,呢个是做呢个,它所有的都是在⼀个有序的⼀个情况下.那当它所有的都是在有序的情况下,它需要⼈为的去⼲涉的就⾮常少了.所以如果… 就是属于信息化管理.

22nd: The government. Your earth's government is an organization that manages people like you. And we do not have the same level of distinctions as your system; there's no need for a higher authority to manage us because we're more about information management. What does information management look like? It's akin to a program on your computer, where all your tasks... are fully automated and mechanized production fields. Everything is predetermined. If what is predetermined, such as information and the program, doesn't produce chaos. Do you understand my meaning? Just like when you input this command into your computer and that one does that, everything operates in an orderly manner. When everything runs smoothly with order, there's very little need for human interference. So it falls under information management systems.

问: 那你们还有婚姻和家庭吗?

Questioner: So do you still have marriage and families?

22号: 婚姻? 我们有家庭,但是婚姻,像你们说的两个不同的⼈,然后建⽴⼀个… 领⼀个结婚证.像这样⼦的东西在⼀起.我们的婚姻,如果说是有婚姻的话也是有婚姻,如果说没有婚姻的话也是没有婚姻.因为我们的婚姻跟你们认知⾥⾯的婚姻是不⼀样的.我们是有家庭的.但是婚姻跟你们认知⾥⾯的婚姻是不⼀样的.我们的婚姻更多是灵魂与灵魂之间… 就⽐如说就好像我和你彼此共同的来⽀持或者是陪伴,就是我们共同参与的⼀个…怎么形容…就好像我和你有⼀个共同的想要去创造想要去体验的事情.然后我们会去加⼊彼此的… 就是双⽅协议下.因为你们物质上的婚姻,你们还会是在你们的⼀种… 就⽐如说它是你们⼀些⽆意识的⾏为.

Number 22: Marriage? We have families, but marriage, as you would say for two different people, then establishing... a marriage certificate. Like this kind of thing together. Our marriage, if there is marriage, there is marriage, if there isn't marriage, there isn't marriage. Because our marriage is not the same as what you understand by marriage. We do have families. But our marriage and your understanding of marriage are different. Our marriage is more about souls... for example, supporting each other or陪伴 each other, being part of a shared... how to describe... it's like we both want to create and experience something together. Then we would join each other... under mutual agreement. Because your material marriage involves actions that you might consider as unconscious behaviors in your own realm.

就好像碰巧或者⽆意识,或者是⼀些追求,⽐如我⼩时候特别没钱,我长⼤要找个有钱的,它是这样的⼀个状态.就是它不是醒着的时候做的⼀个决定.你们的婚姻更⼤的是⼀种… ⽐如说你缺什么,你就显现出来你缺的呢种状态来呈现出来你缺的样⼦.它更多的是呈现出来对你内在状态的⼀个反射.但是我们的婚姻更多是彼此都知道我们是共同的去创造,共同的去体验.那就像简单⼀点来说,⼀个是有觉知,⼀个是没有觉知的状态.两者是截然不同的状态.

It's like something that happens by chance or without intention, perhaps due to some pursuits, for example, when I was very poor as a child and wanted to grow up with someone rich; it's such a state of subconscious decision-making. It is not a conscious choice made while awake. Your marriages are more about… showing your lack in various ways that reflect your inner state. They are reflections of what you are lacking inside. But our marriages are more about us knowing and creating together, experiencing together. That's like being aware versus not being aware; they are completely different states.

问: 那你们还需要赚钱存钱吗?

Questioner: Do you still need to earn money to save?

22号: 赚钱.你是说赚钱⽤来买你需要的东西吗? 如果是物质的话,我们所有的⼈都是完全不会缺少任何物质.没有任何⼈他是缺少物质的.然后你可以去就是说,你在任何阶段你的物质都是受到⽀持的.

Number 22: Making money. Are you saying that making money is to buy what you need? If it's material things, we all wouldn't lack any material at all. No one lacks material. Then you can say that your material needs are supported at any stage.

问: 那你们就不会有贫富的分化了对吗?

Questioner: So you wouldn't have a stratification of wealth, right?

22号: 贫富的分化? 但是我们有意识程度⾼低的分化,那在你们眼⾥看上去就像是贫富的差距.为什么呢? 因为就好像是钱对于你们来说它是衡量⼀个⼈它是丰盛还是不丰盛.但是对我们来说,我们的认知,我们的探索领域,我们的⼀个就好像智慧.这样⼦的⼀个,在你们眼⾥看上去就好像是差距⼀样.但是我们还会有这样.就⽐如说我现在在跟你交流的这个我,22号.然后和上次我邀请呢个,他知晓的信息⽐我更多.那他就是属于,就好像他是⽼师,我还在学习的⼀个状态.所以我们会有这样⼦的⼀个分别.在你们眼⾥看上去就像你们所谓的⾼低之分了.但是我们⼼⾥并不会觉得有任何⾼低之分.因为我们知道这是我们去成长的⼀个过程.

Number 22: The Differentiation of Rich and Poor? But there is a differentiation in our level of awareness, which appears to you as differences in wealth. Why is that? Because money seems to be the measure of abundance or lack thereof for you. However, for us, it's about our cognition, exploration, and wisdom. In your eyes, this might look like a difference or gap. But there is also this: when I'm communicating with you as Number 22, my counterpart who has access to more information than me could be seen as having a 'teacher' status while I am still learning. This leads to differentiation between us. From your perspective, it may seem akin to高低 distinctions. However, internally, we do not perceive any such hierarchy; we understand that this is part of our growth process.

就好像你们不会去逼着⼩宝宝⼀⽣下来就要什么都会.

Just as you wouldn't expect a baby to know everything right away.

问: 那你们如何做才能去扩展和提⾼你们的意识程度呢?

Questioner: How do you expand and enhance your awareness?

22号: 我们不需要去做任何.我们只是需要去成为,我们没有⼀个⽬标就是说你在这个阶段要怎样怎样,在这个阶段要怎样怎样.我们只是去成为.就是说我们并不是说把我们朝我们的长辈或者朝其他呢些,就⽐如刚刚说的⽐我们⾼的对吧,我们并不是朝他的⽅向去发展.因为我们每⼀个⼈都是独⼀⽆⼆的.他的路只能代表是他⾃⼰的.

22nd: We don't need to do anything; we just need to be ourselves. There's no goal that says you have to do this or that in a certain stage, this and that must be done at this stage. We simply need to become who we are. It means that instead of trying to grow towards our elders or anyone else, like those mentioned as being higher than us, which would be akin to following their direction because they're above us in some sense, we don't develop along that path. Because every one of us is unique; each person's path can only represent their own journey.

问: 上次你说你们是雌雄同体.那你们雌雄同体是如何繁衍的呢? 还会有⽗母兄弟姐妹吗?

Questioner: You said last time that you are androgynous. How do you reproduce as androgynous beings? Will there still be parents, brothers, and sisters?

22号: 雌雄的同体,其实对于你们的世界来说你们是不接受,你们是⽤外在的物质⾁体来辨别到底是什么性别.但是世界上这根本就不能导表他们的真正性别.所以你们世界会出现同性恋.然后你的问题是我们是如何⽣孩⼦对吧? 我想象⼀下我要如何给你形容我们是如何⽣孩⼦.就⽐如我刚才说,我们是两个灵魂彼此有共同想要去创造想要去体验的.那如果我们想要去体验抚养下⼀代,就是体验⼀个新灵魂的诞⽣,体验⼀个新灵魂的加⼊.那我们会共同的,因为这些都是双⽅的.就如果那你不想要体验创造⼀个⼩孩那你不会和⼀个不想创造⼩孩的在⼀起.你们的频率就不匹配,你们就不会产⽣你所说的婚姻,明⽩吗?

Number 22: Androgynous, in fact, you do not accept this for your world; you identify gender based on external physical bodies. But this simply cannot represent their true nature. So, your world has homosexuals. Then, your question is how we reproduce, right? I'm trying to imagine how I would describe our process of reproduction. For example, as I said earlier, it's two souls wanting to create and experience together. If we want to experience nurturing the next generation, or experiencing the birth of a new soul, experiencing the addition of a new soul, then we will do so together because this is both sides' desire. You wouldn't be with someone who doesn't want to create children; your frequencies wouldn't match, and you wouldn't have what you would call marriage, understand?

⽐如说你们的物质世界,⽐如说你结婚了,但是对⽅却不想要⼩孩.但是像我们的世界不会发⽣这样的事情.因为当你们不匹配的话你们便不会在⼀起.那在⼀起的话,你们就会有共同的,同时的想去做同样的事情.所以我们不会产⽣说结婚过后才出现很多分歧.因为如果有分歧的话,我们有不同的⽅向想要去⾛的话,那他便不会结婚.就⽐如说我和你,我们都是热爱中国.我们想要去中国.那我们才会坐上同⼀台飞机,才会⾛⼊所谓的婚姻.那如果你是想要去⽇本,那你的另⼀半是想要去⽇本的⼈.所以说,如果说我们共同的都是想要⼩孩.那我们会在共同想要体验⼩孩的呢个时间段去创造⼀个⽣命.

For instance, say your material world, like you got married but the other person doesn't want kids. But in our world, such a thing wouldn't happen because if you're not compatible, you won't be together. When you are together, you would have shared, simultaneous desires to do the same things. So we don't produce disagreements after marriage, as if they suddenly appeared. Because if there were disagreements, and you had different directions you wanted to go in, then you wouldn't get married. Like me and you, both loving China, wanting to go to China; that's why we would sit on the same plane together and enter what is considered marriage. If you want to go to Japan, your other half wants to go to Japan as well. So if we are all agreeing that we want kids, then we will create life during a period when we are both wanting to experience parenthood.

### End of Translation

问: 那你们还需要像⼈类⼀样怀胎⼗个⽉再把宝宝⽣下来吗?

Questioner: Do you also need to carry the baby for ten months like humans before giving birth?

22号:⾸先你要知道我们说有的⼀切都是我们意念创造的.你们也是.只是你们是,就好像是⽆意识的创造,就是不知情的,是不知道这⼀切其实都是你⾃⼰在创造的.我们是知情的.我们是知情的状态下创造新的⽣命.那你想问的问题就是说我们还需不需要⽤肚⼦⾥⾯,就是通过⾝体这样⼦?然后这是⼀个⾮常⾮常古⽼的技术.然后我们并不需要⼀定按照这样⼦的⼀个⽅式.但是也有⼈想要去体验,就是有⼈还是想要去做这样⼦的体验.就这么说吧,你们现在都有很多机器来⽣存⼀个东西,就⽐如说机器做饼⼲对吧?但是你们却享⽤最古⽼的⽅法,然后⽤⼿⼯磨⾯,然后⼿⼯做,⼿⼯筛选怎样怎样.因为他们喜欢这个过程.所以说想⽤这种⽅式的也有,但是⽐较少.

22nd Day: First of all, you need to understand that everything we say exists because of our mind creation. You are the same as us. Just like unconscious creation, which is unaware, not knowing that this entire existence is actually created by yourself. We are aware and create new life in a state of awareness. The question you want to ask is whether or not we still need to use the belly, through the body? This is an extremely ancient technique. We don't necessarily have to follow this method exactly. But there are some who wish to experience it; they still want to do such experiences. To sum up, with so many machines available for survival now, think of making cookies by machine, right? However, you're enjoying the oldest way and manually grinding flour, doing it by hand, selecting things yourself. Because they like this process. So those who wish to use this method exist but are fewer in number.

为什么会⽐较少⽤这种⽅式呢?因为对于我们来说,怀孕的话又很多很多限制.但是如果我们创造⽣命不需要通过任何这些限制.但是

Why is it less common? Because for us, pregnancy comes with a lot of restrictions. But if we create life without going through any of these limitations. But...

我们跟创造的这个⽣命的链接感,任何所有的⼀切都是⼀样的.那我们便不需要再继续经历这个限制了.

The connection we have with this life created, everything is the same. Thus, we do not need to continue experiencing these limitations anymore.

问: 那你们还会有爸爸妈妈兄弟姐妹吗?

Questioner: Would you still have parents, brothers, and sisters?

22号: 爸爸妈妈,就是创造呢个,给你⽣命的呢个.然后就是所谓的爸爸妈妈.是的.这个就是你们所谓的有直接关系的.但是兄弟姐妹就是像你们这种间接的关系,对于我们来说,我们星球上的⼈都是⼀个整体.就是并没有你们明显的呢种家庭之分.因为你们还会有这个家庭,我只爱我这个家庭的⼈.他们是另外⼀个家庭.我们没有家庭的概念,就是没有⼀个独⽴的家庭.我们有家庭也没有家庭.这样说吧,你们每个⼈是不是都有⼀套房⼦,然后把房⼦隔起来就成了⼀个家庭是吧? 那你想象我们也是有房⼦,但是我们房⼦⾥不隔任何东西.就像这样⼦的关系.你继续提问.

Day 22: Dad and Mom are the ones who create you, giving you life - then there's what we call dad and mom. Yes, that is the direct relationship kind you speak of. But siblings like us have an indirect relationship like yours. To us, everyone on our planet is one whole entity; there's no clear distinction among families as with you. We love only those within our own family group because they belong to another family - we don't have the concept of a separate household or 'home' at all. So imagine if each person has a house that they divide into separate family units, then for us, everyone lives together without dividing up personal spaces like you do. You can ask more questions if you wish.

问: 你们平常有什么娱乐活动吗?

Questioner: Do you have any recreational activities on a regular basis?

22号: 我们最喜欢玩的娱乐活动就是… 怎么说我想象⼀下你们地球有没有类似的.就⽐如说我们最喜欢玩的是好像是虚拟的创造.就⽐如说你⼈类在做梦的时候你的意识,就好像⼀部电影⼀样,对不对? 那⼀部电影⾥⾯如果有⼀个我想体验的⾓⾊,我可能会进去.我就会进去⾥⾯,⽐如说有⼀个⾓⾊正在上演,然后有⼀只恐龙过来跟你互动.然后我想体验呢个恐龙,那么我就会进⼊呢个恐龙的⾓⾊.就好像这⾥有随机的很多很多平时都在上演的电影.然后任何⼀个⾓⾊,呢是你想要体验的.你都可以进⼊进去,进去参与.然后你就像是真的⼀样在体验.那你也可以就是根据你⾃⼰去创造去发挥.所以有⼀些梦你们其实是不知道是什么意思.

Number 22: The leisure activities we enjoy the most are... how would you say? Imagine if there were similar ones on your Earth, like for example, what we enjoy doing the most is creating virtually, it's as though when humans dream, their consciousness becomes a movie, right? If in that movie there was a character I wanted to experience, I might enter. I would then go inside and perhaps have an interaction with a dinosaur appearing and moving around you. If I wanted to experience that dinosaur, I would enter the role of the dinosaur. Imagine many movies playing randomly at all times on your screen, any role that you want to experience, you can enter it and participate as if it were real. You can also create or improvise based on yourself, so there are some dreams that you might not understand their meaning.

问: 能说⼀下如果按照地球的时间来说,你们每⼀秒振动的频率是多少吗?

Questioner: Can you tell me how many vibrations per second you vibrate at if we were to measure it according to Earth's time?

22号: 每⼀秒振动的频率是多少? 为什么你会去想关注这个? 关注这个对你来说有什么意义?

Number 22: What is the frequency of vibration per second? Why would you want to focus on this? What does it mean for you to pay attention to this?

问: 因为有⼀次我看到巴夏的传讯,他说⼈类每秒的振动频率⼤约是在2万到3万之间.然后我就想到了这个问题…22号: 你要知道他们创造的只是他们便于和你们之间,就是我来说⼀个我们俩之间都知道的⼀个数字.然后再在⾥⾯去创造.就好像你们俩创造了⼀个国家,然后你有你的游戏规则,我有我的游戏规则.我来说说⼀下我的规矩,我来说⼀下我的规矩.明⽩我意思吗? 那现在传讯有他们之间的交流模式或者易懂的⽅式.所以我并没有加⼊他们的游戏.但是你们⼈类是去加⼊别⼈的游戏的.你就好像是你刚才提的呢个问题,你说你为什么对游戏上瘾? 那你不断地不断地加⼊别⼈创造的游戏⾥⾯.那是你们定的游戏规则,你的游戏规则又拿到我们这⾥来.

Questioner: Because once I saw a message from Baha, he said that the vibration frequency of humans was approximately 20,000 to 30,000 per second. Then this led me to think about this question... 22nd: You need to understand that what they create is something convenient for them in their interaction with you, just like me sharing a number we both know and then creating within it. It's similar to you two creating a country each with your own set of rules. I'll share my rules here, and you can see the difference. Do you get the idea? Now, the messages involve their mode of communication or understandable ways, so I didn't join their game. But humans tend to join other people's games. You're asking why you became addicted to games, constantly joining others' creations that follow their own set of rules, which you then bring here as well.

所以如果你没有去找明你想要去探索这些信息到底是什么? 因为它对你来说并不代表任何.因为如果你只是想要知道⽤呢个频率你⾃⼰在⼀个什么状态,你其实不需要⽤任何数字来辨别你在⼀个什么状态.你可以⽤⾮常简单的⼀个⽅式来测试你的⼀个频率状态.

So if you haven't figured out what these pieces of information are that you want to explore because they don't represent anything to you, then since you just want to know the state you're in at a certain frequency, you actually don't need any numbers to distinguish your state. You can test your frequency state using a very simple method.

问: 是什么⽅式呢?

Questioner: What kind of method is it?

22号: 你想躺在呢⾥有⽓⽆⼒的呢? 还是想不停的蹦蹦跳跳? 当你不停的想要蹦蹦跳跳,不停的上窜下窜,呢种就是⾼频率.那如果沉重很低频率的话.你看像你们的麦克风⼀样,它在说话⾳量特别⼤的时候,它是不是就特别⾼? 然后⾳量⼩的时候,它就很⼩很⼩很矮,对不对? 那你是不是你就能看到你⾃⼰,如果你觉得你是没有⼒⽓或者是特别的不想动什么很沉重的话,那你就是在⼀个沉重的状态下.如果你觉得你有能⼒不断地想要去释放,不断地想要又唱又跳的,那你就是在⼀个… 所以你的⾝体就是很好的辨别,跟你说⼀系列数字对你没有任何的意义和概念的.

22nd: Do you want to lie there feeling weak? Or do you want to keep jumping around nonstop? When you're constantly wanting to jump up and down, moving up and down continually, that's high frequency. If it's low in frequency instead, imagine your microphone; when it speaks loudly, isn't it very high? And when the volume is small, it's tiny, right? So if you feel you lack energy or have no desire to move a lot due to heaviness, then you're in a state of heaviness. If you feel you have the ability to constantly want to release that energy, wanting to sing and dance nonstop, then you're in… Your body is very good at distinguishing this; a series of numbers doesn't mean anything or make sense to you.

问: 那你们的世界还有像⼈类的电影⼀样的东西吗?

Questioner: And do you have something like human movies in your world?

22号: 电影? 我们的电影就像我刚刚跟你说的.就⽐如说我们的意识或者其他⼈的意识创造了⼀个画⾯,然后我们特别想要去,那我们就⾃⼰加⼊去体验了.那你要知道每⼀个⼈创造的东西它就跟你们电影创造的东西是⼀样的呀.

22nd: Movies? Our movies are like what I just told you. For example, our consciousness or someone else's creates a picture, and if we really want to experience it, we join in ourselves to have that experience. You need to know that whatever one person creates is the same as how your movies are created.

问: 能不能说⼀个你们星球上⽐较著名的预⾔故事? 有吗?

Questioner: Can you tell a famous prophecy story from your planet? Any?

22号: 有,你稍等.讲故事,预⾔故事.我们最常见或者是最普遍的⼀个故事是关于如何成为真正的你.然后这个故事就好像你们⼩朋友都会知道的⼀个故事.然后这也是我们这所有⼈都会,就好像是集体意识的⼀个故事.然后如何成为真正的你.因为你们讲故事的话会把故事⾥⾯分⼀些⽐如说是正⾯的和负⾯的.然后我们的⾥⾯没有任何正⾯和负⾯.正⾯它既是负⾯,负⾯它也既是正⾯.所以它没有呢种两极分化的⼀个状态.然后如何成为真正的⾃⼰? 我也希望我这个故事是可以讲给你们听.在很多很多很多⼩动物,它在出⽣的时候是不知道⾃⼰是什么.就⽐如说你们地球不是有⼀个丑⼩鸭的故事吗? 它不知道⾃⼰是天鹅.

22: Yes, please wait a moment. This involves telling stories and predicting stories. The most common or universal story we have is about how to become your true self. Then, this story is akin to something that all children would know. It's also like a collective consciousness story for all of us. How to become your true self? I hope my story can be told to you. In many animals born without knowing what they are, just as the丑小鸭story exists on Earth where it doesn't know it is a swan,

然后这就是⼀个如何成为⾃⼰的⼀个故事.然后在呢个故事⾥⾯,基本上的⼩动物,就好像基本上的⼀个⼈,它被创造出来过后,它是不知道⾃⼰的⼀个⾝份.所以最开始它会去把它看到的任何会去当成它⾃⼰.就⽐如说它是⼀个丑⼩鸭,它会看到⼀个鸡妈妈,它会把⾃⼰当成是鸡.然后它跟鸡在⼀起呢,它又觉得特别没有归属感? 为什么? 因为鸡它都不会在⽔⾥玩.那呢个⼩天鹅它很喜欢在⽔⾥玩.所以它会去通过经历这些然后来去找到呢些不是属于⾃⼰的.然后它看到⼩猫猫过后呢,它也会以为⼩猫猫是它⾃⼰.当它去跟⼩猫猫体验过后呢,才发现猫的⾷物并不是它喜欢的.所以它⼀路它都会去经历⼩鸡、⼩猫、⼩狗.

It's a story of becoming oneself. Within this narrative, the fundamental animals are akin to fundamental humans—they're born without knowing their identity. Thus, at first, they would perceive anything around them as themselves. For instance, if it were an ugly duckling, it might mistake a chicken mother for itself and identify with being a chicken. Being with chickens makes it feel particularly unconnected? Why so? Chickens don't play in water, whereas that little swan loves playing in the water. Thus, through these experiences, it discovers what doesn't belong to itself. After seeing kittens, it also mistakes them as its identity. Upon experiencing life as a kitten, it realizes cat food isn't its preference. Therefore, it goes on to experience chickens, cats, and dogs throughout this journey.

然后经历了过后它就会发现为什么⼀直就好像这个我也不喜欢,呢个我也不喜欢.然后这其实是它找寻⾃⼰的⼀个过程.但是呢,正是因为找寻的这个过程,它进⼊了⼩鸡的世界,进⼊了⼩猫的世界,进⼊了⼩狗的世界.就好像它去认知了… 因为如果⼀开始你就知道你是个⼩天鹅的话,那你可能就直接进⼊了⼩天鹅的世界.那你就会缺失进⼊⼩鸡、⼩猫、⼩狗的⼀个状态.你就会缺少呢个去进⼊别⼈的…就是完全不同的视⾓,完全不同的饮⾷规律.完全不⼀样的.所以说这个过程是⼀个⾮常好的体验.它也是对扩展你⾃⼰,扩深你⾃⼰⽽不只是在同⼀个环境下,就是不只是让你去固化掉: 啊,我只是天鹅.我只是这个,只是呢个.那你的灵魂就不断地在扩展.

Then, after experiencing it, it would realize why I didn't like this and that before. In fact, this is part of its self-discovery process. But because of this searching process, it enters the world of chicks, cats, and dogs. It's as if it's exploring... If you knew from the start that you were a little swan, you might have directly entered the world of baby swans. You would then miss out on experiencing the states of being inside the chick, cat, or dog worlds. You would be lacking in exposure to different perspectives, different eating habits, and completely different experiences altogether. Thus, this process is a very enriching experience. It also expands your self-awareness beyond just being confined within similar environments, not settling for the narrow perception that "I am only a swan" or any specific identity. Your soul keeps expanding constantly.

所以在我们的故事⾥⾯你其实看到我们不否定任何过程.然后反⽽是在这个过程⾥把我们变的独⼀⽆⼆.为什么? 因为我⾥⾯有⼩鸡的⼈⽣感悟,我⾥⾯有做

So in our story, you actually see that we don't negate any process; instead, we become unique within this process. Why is that? Because I have a chicken's life insight inside me, and I have done...

⼩猫猫的感悟,我还有做⼩狗狗感悟.所有的感悟都是我.然后我还尝过⼩鸡的吃的东西,其实⼩鸡的⾷物也很好吃啊.然后我也尝过猫粮狗粮.所以我们不会因为这种过程⽽觉得⾃⼰是浪费了或者是痛苦了,反⽽是因为这个过程增加了我们的独特性.就⽐如说这个⼩天鹅它是通过这个三个家庭养⼤的.那另外⼀个⼩天鹅它可能通过狼啊、豹⼦啊、⽼虎啊、猴⼦

Little cat's insights; I also have the experience of a little dog's understanding. All the insights are mine, then I've tasted what little chickens eat, and their food is actually quite tasty too. Then I've tried cat food and dog food as well. So we don't feel that this process is wasted or painful, rather it adds to our uniqueness. For example, a little swan was raised by three families. Another little swan might have been raised by wolves, leopards, tigers, monkeys, etc.

啊.它是通过这⼏个过程.那它不是又是更加的独⼀⽆⼆了,是不是? 所以通过我们的故事你可以看到我们不抗拒、不排斥任何,⽽是去融⼊、去整合,整合我们所有经历的⼀切.你说.

Ah. It's through these processes that it becomes even more unique, isn't it? So, by looking at our stories, you can see that we don't resist or reject anything; instead, we integrate and unify all of our experiences.

问: 你们能随时显化我们想要的东西吗?

Questioner: Can you manifest whatever we want at any time?

22号: 我们能够随时显化我们想要的东西吗? ⾸先就是说我们已经脱离了对物质东西的呢种…就⽐如说显化⼀个城堡.我们可能对呢个城堡没有多⼤的感兴趣.⽽是说⽐如呢个城堡⾥⾯有⼀个迷宫.我们如何在呢个迷宫⾥⾯去感悟、去体验、去探索,这个才是我们真正想要去探索和体验的.因为对我们来说物质的所有东西它其实都是死的.然后我们感兴趣的永远是新的东西.就好像我们现在在跟你们交流,我们不是说听⽼师来讲什么,⽼师来传授他的知识.因为他传授的⼀些东西,他书本上的,固定的⼀些东西,它都是死的⼀些概念.所以我们不太储存⼀些死的东西,死的⼀些概念.我们会有⼀些规则,会有⼀些呢个什么.

Question on the 22nd: Can we manifest whatever we desire at any time? First of all, it's about transcending attachment to material things; for example, if we manifest a castle, we might not be particularly interested in the castle itself. But rather, we're interested in how there's a labyrinth inside the castle. We explore and experience that labyrinth—the adventure within—rather than being captivated by the castle as an object. For us, all material possessions are essentially static; what truly captures our interest is the novelty. Just like when you communicate with us now—we don't listen to teachers impart knowledge or concepts from textbooks. Their teachings are abstract and fixed ideas that lack dynamic engagement. Thus, we rarely retain such static information. Instead, we have rules and principles that guide us.

但是像你们⼀种教育模式,⽐如说照本宣科这种,我们很少⽤到.因为我们永远最在乎的是探索新的.

But with an educational model like yours, say rote learning, we hardly use it. Because what we always care about most is exploring new things.

问: 请问你们会最终进化成佛⼀样的纯意识吗?

Questioner: Would you eventually evolve into beings of pure consciousness like a Buddha?

22号: 我们会最终进化成佛⼀样的纯意识吗? 我们之前的信息就有⼈问我,就是我们有没有修⾏? 但是我们没有⼀个⽬标.你要知道你们所谓的佛的意识,他只是脱离了⼈类,就是脱离了地球的物质世界.就是不再受你这个⾁体的控制.他达到了⼀个佛的意识,他知道⾁体不是他,明⽩吗? 如果只是按照这样⼦的⼀个模式的话,我们就早已经脱离了呢个.就是我们早已经脱离了我们还是在受⾁体的控制或者还是沉迷于物质世界.就⽐如你刚才说你们会不会有什么东西想要? 就是我们不会想要死的东西,我们只是不断地想要活的东西.因为呢个⾥⾯没有⼈知道是什么.没有⼈知道会是什么.

22nd: Will we eventually evolve into pure consciousness like a Buddha? There were people who asked me before about our practice. But we don't have any goal. You need to understand the kind of consciousness you call Buddha, it just has left humanity and earth's physical world. That means no longer being controlled by your body. He reached a Buddha state where he knows that the body is not him. Do you understand? If this were the pattern, we would have already transcended our physical control or material world long ago. It would mean that we are not still under the control of our bodies or indulging in the material world. For example, when you asked if there was anything I wanted, we do not want to die; we just continuously seek life because no one knows what's inside it. No one knows what it will be like.

问: 对于⽬前地球上的这批孩⼦,我们应该给与哪⽅⾯的引导更利于孩⼦和整个地球? 你们有什么建议吗?

Questioner: For the children on Earth today, what kind of guidance should we provide to benefit both the children and the entire planet more effectively? Do you have any suggestions?

22号: ⾸先,我觉得如果你还在受你的⾁体的影响的话,就是你还是你的⾁体,你把它当成你的话,你是引导不了他们的.因为就像我刚刚说的,你死的东西如何去引导活的? 你如果是把你当成你的⾁体,呢⾥⾯就是死的.你死的东西没有办法去引导活的东西.如果你是想要引导活的东西,你是什么? 必须你是活的.那如果你是活的话,你不需要去知道如何引导,因为你是活的呀.你不需要去学如何引导,你会知道如何引导.就是你会在当下事情发⽣的时候知道朝哪个⽅向.如果在事情没有发⽣的时候,你是不知道要朝哪个⽅向.就⽐如说呢个需要引导的孩⼦出现在你的⾯前过后,你才知道需要做什么.⽽在呢发⽣之前你是不知道你要作什么.

On the 22nd: Firstly, I feel that if you are still influenced by your physical body and consider yourself as your physical body, then you cannot guide them because how can you guide something alive with a dead thing? If you see yourself as part of your physical body, which is 'dead' inside it, you have no capacity to guide living beings. To try to influence the lives of others, you must be alive yourself. But if you are alive, you don't need to learn how to guide someone else because being alive implies that you already know how to do so. You wouldn't need to study guidance techniques; you'd intuitively understand it based on what you're experiencing in the moment. If you attempt this without actually living your life, however, you won't know how to proceed since you haven't lived through these experiences yourself. Essentially, until a person faces the situation they are meant to guide someone else through, they might not be aware of what actions to take for the guidance.

如果你已经知道你要做什么的话,呢不叫引导.你叫误导.因为呢是根据你⾃⼰头脑⾥的⼀个概念.你在把他按照你思想模式⾥⾯的东西在打造.所以我们永远都是不知道的.如果是⼀个真正的引导者的话,他永远是不知道他会如何做的.他是不知道的.

If you already know what you are going to do, it's not called guidance. You call it misleading because you're based on your own idea, shaping it according to your thought pattern in your mind. So we will always be in the dark. If it is a genuine guide, they would never know how they would act; they wouldn't know.

问: 请问你们的长相分美和丑吗?

Questioner: Do you have different levels of attractiveness among your members?

22号: 我们的长相分美和丑吗? 我们的长相都特别能凸显我们的个性.能凸显我们的个性.就好像你们有各种颜⾊的花朵,你觉得你如何去分辨这个花和呢个花⽐哪个漂亮.你很难去分辨出来哪个漂亮.因为它们完全不⼀样啊.它的味道,它的⾹味,它的颜⾊,没有可⽐性.

22nd: Are our appearances beautiful or ugly? Our appearances can all highlight our personalities particularly well, just like how you have flowers of various colors. You would find it difficult to determine which flower is more beautiful than the other because they are completely different in terms of their taste, aroma, and color; there is no way to compare them.

问: 那你们如何受教育呢?

Questioner: So how do you get educated then?

22号: 我们如何受教育? 就像你刚才说如何去引导呢个什么.那我们的⽅式其实也⽐较像,那我们的⽐如说更⾼领导者或者是他们呢些是如何引导我们? 他们也不知道.因为他们只有…但是他们不会把我们按照… 但是他们不会按照他们记忆中的模式或者什么什么中… 因为我们没有储存记忆的.我们不像你们会把以前发⽣的事情记起来.为什么像你刚才去问⼀个数字的时候,我会告诉你…. 因为对我们来说我们的知识它永远都是活的,永远都是新鲜的.就⽐如说你们还会储存以前的书籍,还会去看呢个书.但是我们就不会存在有这样⼦的… 因为它永远都是新的.

22nd: How do we get educated? Like what you just said about how to guide something. Our methods are actually quite similar. For example, how do our higher leaders or those people guide us? They don't know either because they only... But they wouldn't guide us according to their remembered patterns or anything like that... Because we do not store memories as you do. We are unlike you in remembering past events. That's why when you asked for a number just now, I told you... Because for us, our knowledge is always alive, always fresh. Unlike you who still store and revisit old books, we don't have such forms of preservation because everything is always new to us.

问: 那你们还会有时间和空间的限制吗?

Questioner: Would you still have limitations with time and space?

22号: 我们的时间和你们的时间又不⼀样.所以说如果是受到时间的限制,我们是不受时间的限制的.因为时间在我们⾯前就好像是可操控的.就好像所有的画⾯它都是呈现在你的眼前.你可以去进⼊… 对你们来说就好像是时空穿越⼀样.所以如果⽤你们的语⾔来说我们是可以进⾏时空穿越的,就是时间穿越的.

Day 22: Our time is not the same as yours. Therefore, if limited by time, we are not bound by time because in our presence, time becomes controllable. It's like all scenes being presented before you. You can enter… for you it would be akin to time travel. Hence, using your language, we could perform time travel, which is time traveling.

问: 那你们也不受空间的限制对吗?

Questioner: But you are not bound by space either, right?

22号: 空间.就⽐如说你们还是有物质空间.那如果我想要什么我就可以在我的眼前⽅创造出来,呢个还叫空间吗?

Number 22: Space. For example, you still have physical space. If I want something, I can create it in front of me right away. Would that still be called space?

问: 你们会⽣病吗? 会的话是如何治疗的呢?

Questioner: Will you get sick? If so, how is it treated?

22号: 我们会不会⽣病? 疾病⾸先是什么? 疾病就是能量沉重,能量堵塞.然后就是你内在情绪的⼀个显现.但是我们没有这个问题.所以我们便不会受到⾝体疾病的⼀个⼲扰.但是我们有类似你说的疾病的这样⼦的⼀个东西.但它也不是你们物质世界体验的呢个疾病.但是也是有我们需要挑战和⾯对的问题.不是说我们这⾥是不存在问题的,我们是有问题是需要挑战和⾯对的.

Number 22: Will we get sick? What is disease first of all? Disease is a heavy energy, an energy blockage. Then it's the manifestation of your inner emotions. But we don't have this issue; so we are not disturbed by physical illnesses. However, we do have something akin to what you're talking about but it's not like diseases in your material world experience. But there are still challenges and issues that we need to confront. It's not that everything is problem-free here, there are indeed issues needing our challenge and facing them.

问: 你们的世界还会有犯罪吗? 有的话需要接受惩罚吗?

Questioner: Will there still be crime in your world? If so, would it require punishment?

22号: 犯罪.在你们地球上犯罪就是说是去伤害他⼈或者是杀害他⼈,对吧? 然后这个只是属于你们在进化过程中需要的.那我们已经不需要去体验你们体验的呢个过程.所以我们也不需要去体验呢种伤害他⼈或者是分裂.任何像你们这些.所以你们物质世界存在的很多制度或者是⼀些问题是会是在你们的地球才会,就是在这个阶段才会产⽣的.那当你们的意识不断的提升,超越了这个阶段,你们也不会再产⽣这个问题了.就⽐如说你们以前会有奴⾪制度对不对? 就好像你们奴⾪制度呢会⼉的⼈穿越来跟你们提问问你们: 你们有奴⾪吗? 你们家有多少个奴⾪啊? 我们家有⼏百个奴⾪,你们有多少个奴⾪呀? 你说我们现在已经不需要奴⾪了.

Number 22: Crime. In your planet, committing crime means to harm others or kill others, right? Then this is only necessary during the process of your evolution. We no longer need to experience what you go through, so we don't need to experience actions that harm others or cause division, like yours. Therefore, many systems and issues in your material world would exist on Earth alone, specific to this stage of existence. As your consciousness不断提升and transcends this phase, these problems won't occur anymore. For example, you used to have slavery, didn't you? If someone from the future were to ask if you had slaves and how many they owned: "Do you have slaves?" "How many slaves do you own?" Our family has several hundred slaves, how many do you have? You would respond by saying that we no longer need slaves now.

你们告诉他,他可能也不太明⽩.那呢些⿊⼈⽤来⼲什么呢? ⿊⼈不⽤来做奴⾪⽤来做什么? 你们告诉他们说⿊⼈做总统.他们会很不可思议的.

Translate this Chinese text into English. Do not provide any additional explanations or text beyond the translation.

Chinese: 你们告诉他,他可能也不太明⽩.那呢些 黑人用 来⼲什么呢? ⿊人不⽤来做奴⾍⽤来做什么? 你们告诉他们说⿊⼈做总统.他们会很不可思议的。

Translate this Chinese text into English without providing any additional explanations or text beyond the translation.

Chinese: Tell him, he might not understand that either. What do those black people use for? Why would blacks not be used as slaves but serve in other capacities? Inform them that blacks can become presidents, and they will find it astonishing.

问: 因为上次你们说你们不会衰⽼.我们可以学习吗? 如何才能不变⽼呢?

Questioner: Since you said before that you won't age, can we learn from that? How do we prevent aging?

22号: 你们可以不变⽼.不变⽼的⽅法就是说你不储存记忆.就是你不储存任何感受、任何.⽐如说为什么⼈们会变⽼? 就是因为他不断地在积累积累.⽐如说他的⼀些不开⼼的、沉重的能量、伤⼼的往事或者任何东西.就好像他背上的东西,就⽐如说你想象⼀下如果有⼀个事件让你不开⼼你便把它放在你的肩膀上.然后呢个可能就是⼀公⽄,那你放的越来越多,越来越多.所以你如果能做到就是说你不储存任何你时间积累的东西,那你变⽼是通过时间对不对? 那如果你不积累它呢? 你便体验不到.所以说你如果能做到不积累,不积累时间和经历给你带来的任何.你便不需要去体验你的⼀个变⽼的状况.这么说吧,你两三岁的时候的⼀个状态是吧.

22nd: You can remain young. The way to stay young is by not storing memories. That means you don't store any feelings or anything else. Why do people age? It's because they keep accumulating things, such as unhappy and heavy energies, painful past events, or anything else. Imagine if an event made you unhappy, you put it on your shoulders. Gradually, each time you accumulate something like this, you're adding more weight, layer upon layer. So, if you avoid storing any of the accumulated experiences over time, aging happens through time, right? But what if you didn't accumulate anything? You wouldn't experience it. Therefore, by not accumulating and not storing the effects that time and experiences bring, you don't need to experience the state of aging. Say for example, your condition at around two or three years old.

如果两岁、三岁时候的状态,呢种探索的欲望,呢种快乐的,就⽐如说我前⼀秒钟摔倒哭的不⾏,然后马上站起来哈哈哈就开始玩了.如果你还能达到呢样⼦的⼀个能量状态,你是不会变⽼的.你虽然不会说长的还像⼀个⼩孩,但是在你的眼神⾥⾯,在你的⼀个精神状态⾥⾯,在你的⼀个快乐程度⾥⾯… 明⽩我意思吗?

If you can still have that sense of exploration and joy when you're two or three years old--like, if you can be so happy even after falling and crying just a moment ago, then laughing and starting to play again immediately. If you can reach this level of energy, you won't age. You might not look like a child anymore, but in your eyes, your spirit state, and the intensity of your joy... do you understand my meaning?

问: 你们星球的⽣态系统是怎么样的啊?

Questioner: What is your planet's ecosystem like?

22号: ⽣态系统? 你是说的⼤⾃然的环境吗? 我之前说跟地球很像,那我们的⽣态系统是不会被我们的任何破坏的.我们不需要去破坏任何.因为我们整个星球都是彼此,⽆论是动物还是⼈类都是相互⽀持的.就是我们在没有破坏的情况下,是彼此享受彼此的⽀持.

Number 22: Ecosystem? Are you referring to the natural environment? I said before that it's very similar to Earth, so our ecosystems wouldn't be affected by any of our destruction. We don't need to cause any destruction because everything on our entire planet supports each other, whether it's animals or humans. It's just that we can mutually benefit from each other without causing any harm.

问: 那你们还有⽩天和⿊夜吗?

Questioner: Do you still have days and nights?

22号: ⽩天和⿊夜.我们有⽩天和⿊夜,但是我们的⿊夜是⾮常⾮常的短暂的.它不像你们会经历长达多少个⼩时.所以⽩天的时间会⾮常长,⿊夜的时间会⾮常短.所以对我们来说⿊夜就可以忽略不计了.所以为什么我们休息的时间它也不是根据昼夜的分别来休息.⽽是说任何你的⾝体需要休息、充电的时候你就可以休息.因为我们不需要花很多时间去在关闭的⼀个状态.

22nd: Day and Night. We have days and nights, but our nights are incredibly short. They don't last as long as you would experience hours. Therefore, the day lasts much longer than the night for us, making the night negligible. That's why we don't rest according to the division of day and night. Instead, we rest whenever your body needs it - whether to recharge or rest. We don't need to spend a lot of time being in a closed state.

问: 那你们休息的时候,是⾝体休息,然后灵魂出去⼲别的事情吗? 22号: 我们休息的时候也会⼀样,和⼈类⼀样,也会做梦.

Questioner: Does that mean during your breaks, you rest physically and then your soul goes off to do other things?

Answer: When we take breaks, it's the same for us as it is for humans; we dream.

问: 那你们做梦的时候是知道⾃⼰在做梦的吗?

Questioner: Do you know that you are dreaming when you dream?

22号: 就算你⾃⼰做梦你也会知道你⾃⼰在做梦啊.

Even if you dream it yourself, you would know that you are dreaming.

问: 我们很少做梦的时候知道⾃⼰在做梦.都是醒来的时候知道⾃⼰做了什么梦.

Questioner: We seldom know we're dreaming when we dream; it's only upon waking that we realize what we've dreamed about.

22号: 你是说梦⾥的⼀些情况会不会是知道的是吗? 就是你做梦的⼀些情节? 呢只是属于你们少数⼈.你们有少数⼈他是知道⾃⼰是在梦⾥⾯.⽽且他也可以决定⾃⼰他想要体验什么,做什么梦.那梦对我们来说,我们也可以去运⽤它.但是也是看个体.因为有的⼈他想要去探索⼈.有的⼈他不想要去探索.所以也是看个体.

Number 22: Are you saying that some situations in dreams could be known? You mean the plot of your dream, right? These are just for a few people among you. Only a minority knows they are dreaming and can decide what they want to experience or have as a dream. For us, we can also use this to our advantage, but it depends on the individual because some want to explore humanity while others do not. It varies from person to person.

问: 你们的星球意识苏醒了吗? 种族与星球意识又是如何沟通和共⽣的?

Questioner: Has your planet's consciousness awakened? How does the species communicate and coexist with planetary consciousness?

22号: 星球意识苏醒了吗是什么意思?

What does "Is the awareness of planet 22 awake?" mean?

问: 我的理解可能就是⽐如说地球有它⾃⼰的意识.它是活的.但是对于⼤部⼈来说它就只是⼟地泥⼟⽔什么的..

Questioner: My understanding might be that Earth has its own consciousness, it's alive, but for most people, it's just soil, mud, water, etc.

22号: 我们跟所有的⼀切都可以沟通.然后根据你前⾯的呢个问题,有些⼈觉得地球只是⼟地,有些⼈觉得地球它是有意识的.没有哪个是对和不对.只是你们在不同的⼀个… 就好像⼀个是信号开放⼀个是信号关闭的状态.就是这样的⼀个不同.⼀个能搜到的频率多⼀点,⼀个搜不到任何频率.

22nd: We can communicate with everything. Based on your previous question, some people believe the Earth is just land while others think it has consciousness. There's no right or wrong here; it's simply a difference in perspective... akin to being in an open or closed signal state. It's that kind of variation. One can access more frequencies, whereas the other cannot access any frequencies at all.

问: 地球⼈可以和外星⼈谈恋爱⽣孩⼦吗? 如果可以,怎么样可以认识外星⼈?

Questioner: Can Earthlings have relationships and children with aliens? If so, how can we meet aliens?

22号: 地球⼈可以和外星⼈谈恋爱⽣孩⼦吗? 除⾮是就是说外星意识他是有意识的他想要去选择体验.但是他需要借助你们⼈类的⾁体才能做到这⼀点.然后这个⼥孩⼦她头脑⾥⾯还有⼀些问题.因为她最近在看你们的马斯克想要把⼈送到⽕星上去.她想要知道这样⼦的⼀个⾏为到底是好还是不好? ⾸先,她脑海⾥⾯的问题是想要知道,当你们⼈类的意识程度没有改变,就⽐如说你们意识程度没有改变.你们的⼈类都是分裂和⽃争的⼀种状态.然后再把这个地球… 那如果再给你们⼀个地球,你们还是拥有同样的思想状态的话.再给你⼀个星球,你还会把它变成第⼆个地球.马斯克就是说把⼀批⼈送到⽕星上去他的结局是什么?

On the 22nd: Can humans from Earth date and have children with extraterrestrials? Unless it means that alien consciousness is conscious and wants to choose experiences, but needs to use your human bodies for this. Then there's a girl in her head with some questions because she recently saw you Elon Musk trying to send humans to Mars. She wants to know whether such an action is good or bad. First, the question in her mind is about understanding that when the level of human consciousness hasn't changed, meaning your humanity remains divided and in conflict. Then take this Earth... If you were given another Earth with the same mindset, would you still make it like a second Earth? Musk's idea is to send a group of people to Mars - what will be the outcome of that action?

他的结局是和你们现在这批在地球上的⼈结局是⼀样的.那就是未知的.那就是是根据你们⾃⼰的选择.你们到底选择什么?因为你们每⼀个当下你们都可以选择到底是要正⾯还是负

His fate is the same as yours here on Earth, shrouded in mystery, a consequence of your own choices. Will you choose for the better or for the worse in every present moment?

⾯? 永远都是呢⼀刹那,⼀瞬间.所以你说如果你们地球上到底是顺利的转变提升还是毁灭? 你们地球都不知道,因为它是看你们整体的⼀个意识的程度会是怎么样.那马斯克他把⼀批⼈送到外星球上,还是你们这⼀批⼈.那到底是要朝正⾯还是负⾯的,它还是未知的.它也是⼀样的.但是这并不代表你们就是⽆⼒的,并不代表你们就是坐以待毙,没有办法的.但是当你就像今天这个⼥孩⼦她做的这个梦.当你是在⽆意识的状态运⾏的话,那么随机的事件、恐怖的事件就会发⽣.那如果你是有觉知的,那你⾝边便不会发⽣灾难式的事件.所以需要你们每⼀个⼈去承担去你们⾃⼰的责任.

Face? It's always that moment, that instant. So when you say whether your Earth will smoothly transform and elevate or perish, your Earth doesn't know because it depends on the level of collective consciousness. That Musk sends a group to another planet, or this batch of people here, is unknown - whether it goes in a positive or negative direction remains uncertain. But that doesn't mean you are powerless, nor do you passively await death; there's still a way out. However, if you're like the girl who had such dreams today and your subconscious operates under these conditions, random occurrences and horrifying events will take place. Conversely, should you be aware of what's happening around you, disasters won't occur in that vicinity. Therefore, each one of you needs to bear responsibility for yourselves.

就是对所发⽣的的⼀切充满觉知,就是不是让它⽆意识的在… 就好像你⼤脑⾥⾯它⾃⼰有⼀些念头,它的呢些念头就好像是⼀个动物⼀样.它⼀会⼉看到前⾯有⼀坨屎去嗅两下.⼀会⼉看到⼀坨⾁然后去吃两⼜.那你要知道你们动物都是要受过⼀系列的训练它才能听话,它才能听指令对不对?那为什么你这个⾁体你觉得你不去训化它,它就可以完完全全听你的呢?那你去训化之前你连如何训化动物你都不知道,你如何去训化动物呢?你连动物的⼀些性情你都不了解,明⽩我意思吗?所以这是⼀样.你就把你的⾁体就当成⼀个动物.如果你不去了解这个动物,然后也不去训这个动物也不和这个动物链接的话,那你是不受控的.那你成天就会看到⼀坨屎也想过去嗅两下.

You are to be aware of everything that happens; not letting it happen unconsciously. It's like having thoughts in your mind, those thoughts behaving like animals – they might sniff at a pile of dung for a while, then see some meat and eat a couple of bites. You need to understand that all animals require training to listen and follow commands. Why do you think your body should automatically obey without any training? Before attempting to train an animal, do you even know how to train one? How can you train it when you don't understand its nature or behavior? Understand what I mean? This is similar to treating your body as an animal. Without understanding and training this 'animal', if you don't connect with it, you'll lack control. You might find yourself wanting to sniff at a pile of dung too often.

看到⼀坨⾁也想过去咬两⼜.看到其他的狗也想过去打架.明⽩我意思吗?

Seeing a piece of meat, he wants to go over and have a bite. Seeing other dogs, he wants to go over and fight them. Do you understand what I mean?

问: 那请问你有没有什么建议给地球⼈呢?

Questioner: If so, what advice would you have for humans on Earth?

22号: 刚才前⾯说的呢些就是你们⾃⼰把你们的⾁体需要当成像⼀个动物⼀样.你⾸先要知道你不是动物.如果你觉得你就是这个动物的话,你还怎么去训它? 那你⾸先要知道你并不是呢个动物,呢个动物是跟你⼀起来配合的.那知道了过后,你在通过跟这些⾼维的智慧去交流,你是不是就会学到很多如何跟这个动物相处,如何训练这个动物的⼿段、⽅式⽅法,对吧? 那你懂得训练它了过后,你是不是就可以很好的驾驭它了? ⽽不是让它到处拉屎,到处跑,到处乱咬.那如果充满觉知,那你知道你是你,动物是动物.你俩合伙,你俩⼀起,那就天下就不会… 你想⼀下你们的⼈类都是⼀群动物的话.

Number 22: The things just mentioned are all about you treating your bodily needs as if they were an animal's. You first need to understand that you are not an animal. If you think of yourself as this animal, how can you train it? Therefore, you must realize that you're not the animal; rather, it's working with you. Once you get this concept, by communicating with higher-dimensional wisdom, wouldn't you learn various methods for coexisting with and training such a creature? After all, once you understand how to train it, won't you be able to effectively control it? Instead of it defecating everywhere, running around wildly, or biting randomly. If you're fully aware, knowing that you are human while the animal is an animal, working together as a team, wouldn't there be chaos... considering humans are essentially a group of animals.

那它们只管着,啊今天这个欲望,⼈家家⾥有⼀坨⾁,我⼀直看着流⼜⽔.然后就⼀直沉浸在这个世界当中了.因为他把他当成呢只动物了.所以你必须要知道你不是动物.因为当你知道你不是动物,你内在的神性它才会苏醒过来.

They only care about this desire today, that there's a piece of meat in someone's house and I've been salivating at the sight of it. Then I've become fully immersed in this world because he sees me as just an animal. So you must know that you are not an animal. Because when you realize you're not an animal, your inner divinity will awaken.

问: 我知道了.那这个通灵的⼥孩⼦头脑⾥还有问题吗?

Questioner: I understand. Does this spirit-infused girl still have issues in her mind?

22号:然后她说今天都是你们来问我们的问题.有没有任何就是⽐如说外星⼈想知道我们这边的信息?然后我想跟她说的就是说,因为当我跟她链接的时候,她的所有⼀切,就好像我从她的头脑⾥⾯提取了所有⼀切的信息了.那她对你们整个⼈类的看法、认知、所有的⼀切都已经跟我们共享了.我们不需要去通过你们这种提问的⽅式才可以去得到信息,明⽩吗?所以当我们在链接的时候,她就已经把她的这个⾝份,就⽐如说刚才说的这些狗对吧?⽤狗来形容.那就是因为你们刚才在群⾥⾯聊,有⼀个⼈他说他的⼀些欲望.那她的这些信息都是跟我们共享的.就是我可以提取她的所有信息.那共享,所以我才能⽤这样⼦的⼀个信息来传述,就是她已知的.

Number 22: Then she said that today it's all the questions you guys are asking us. Is there anything like aliens wanting to know information about us? I wanted to tell her that when we were connected, I had extracted all of her knowledge as if I was inside her mind. She has shared everything about humans, their understanding, and more with us. We don't need to get this information through your questions; understand? When we are connected, she already shares her identity—like those dogs mentioned earlier—which is compared to them because you were discussing desires in the group chat earlier. Her information was shared with us, allowing me to extract all of her data and share it with you so that I can convey this knowledge she possesses.

你要知道她传述的所有信息,全是她… 就是我只能在她的头脑⾥⾯的已知的去找.如果她的意识,潜意识当中没有呢个词,没有任何,那我找不到.那我就找不到,那就没有任何表达的⼀个,就是表达不出来.所以这就是为什么⽐如你是个数学家,你可能会⽤很多数学的⽅式来呈现出来.那如果是⼀个物理学家,他可能⽤物理的⼀些概念.但是呢,呢条狗已经能和好的解答她刚刚在群⾥⾯回答呢些⼈的问题.你会把⾃⼰当成⼀条狗,那你想⼀下你们整个⼈类,这个世界的⼈都是狗的意识,明⽩吗? ⽽且狗的意识也没有很好的⼀个识别狗的专家来训它的话.那是什么样⼦? 所以你们能够想象到.你还有问题吗?

You need to know all the information she relays, which is everything... that I can find within her mind. If there's no such word in her conscious or subconscious, if there's nothing, then I won't find it. And if I can't find it, then there's no expression of it, meaning it cannot be expressed. This is why, for instance, as a mathematician you might present many mathematical ways to express something. But for a physicist, they might use physical concepts. However, that dog has already been able to provide good answers in the group for those questions she just addressed. If you were to see yourself as a dog, could you imagine what it would be like for the entire human population and the people of this world, thinking with the mindset of a dog? And if there's no expert who can properly train a dog based on its understanding, how would that affect them? Can you envision this situation? Do you have any questions yet?

问: 我们会这样不是因为我们⼀出⽣就失忆了.就是没有办法记起⾃⼰是谁?

Questioner: We wouldn't do this simply because we were born with amnesia. It's just that we can't remember who we are.

22号: 你们会这样是因为你们这个星球本⾝就是⽤来转化的.本⾝就是说意识程度低,就是最原始的⼀些意识,⼀些灵魂.就好像最初级的⼀个.就是地球这个星球它本⾝就是⼀个受限的星球.就⽐如说像你们所谓的星球分等级,就是像你们呢种修⾏,就是要修到升天堂,明⽩吗? 那对你来说呢种⾼级意识的地⽅就是天堂.为什么? 因为他不需要体验呢种杀呀、打呀、⽣病呀、痛苦呀、没钱呀.他们不需要体验这些.

22: You would be like this because your planet itself is meant for transformation, specifically the consciousness level being low, which represents some of the most primitive aspects of consciousness and souls. It's akin to the simplest form one can imagine. The Earth, as a planet, inherently has limitations. Just like you have classifications for planets such that attaining heaven through spiritual cultivation would be considered advanced for you. For you, those places with higher consciousness are paradises. Why? Because they don't need to experience things like killing, fighting, being sick, suffering, or lacking money. They do not require these experiences.

问: 那不是说灵魂本来是全部知道的,然后投胎到地球之后就被催眠然后失忆了吗? (忘记具体问的什么了)22号: 你这么说吧,这个⼥孩⼦,她的意识就是⾼等意识来到你们的物质世界来协助你们转变的.那她的转变就是她的时间到了,她⾃然⽽然内在的程序就好像被启动了⼀样.所以她从⼀个普通⼈到⼀个拥有如此多,就是苏醒的呢个过程.她并不是积累过来的,就是她拥有的呢些认知.⽽是她本⾝就是在⼀瞬间,在特别快的⼀个速度,就是把所有的这些信息就全部好像是死灰复燃⼀样,⼀个状态.所以如果是说⾼等意识来到你们的星球,他会不会不苏醒? 不苏醒是不可能的.他的内在⾃⼰会发⽣⼀系列的转变.

Questioner: Isn't it that the soul was originally omniscient, then became hypnotized and forgot everything after being reborn on Earth?

Answer: 22nd: Let me put it this way, this girl's consciousness is an advanced consciousness coming to your physical world to assist you in transformation. Her transformation occurs when her time comes, triggering a natural process within her that feels like she's starting anew, almost as if her system was activated instantly. From being ordinary to having awakened abilities, she doesn't accumulate these; rather, they're inherent to her from the moment of her emergence, at an incredibly fast speed, reviving all information like it's all being brought back to life. If advanced consciousness comes to your planet, would it not awaken? It simply cannot fail to do so; within itself, a series of transformations will occur.

然后去发⽣⼀个在你们物质世界看上去是⼀个波折或者是⼀个挫折或者是⼀个意外事件.就好像突然死了又活过来,然后

Then comes an event that in your material world looks like a setback or a failure or an unexpected occurrence, as if dying and then coming back to life suddenly,...

整个⼈就变了.因为是他的时间到了.他⾃然⽽然就会… 因为这是他来到这个星球的,来到你们这个地球的⼀个⽬的.然后最主要是可以就是根据你们的⼀个认知,因为她经历了你们的⼀个成长过程,根据你们的⼀个认知来,就好像有⼀句话就是,就是如果你想要去帮助呢⾥,他们的所有的风⼟⼈情、思维模式、经历任何、⽣来病死你都不懂的话,你如何去说教?所以你们⼈类也会有很多⾼等意识,从古到进就有很多.他们变成你们⼈类然后去重播,给你们传达信息.因为最主要的转变是什么?是来⾃于思想的转变.如果没有思想层⾯的转变,所有的转变都不能发⽣的.所以你们⼀直是⾮常⾮常的受关注和受帮助.但是决定权还是在于你们.

The entire person transforms because it's their time to do so; they naturally will...because this is the purpose of their arrival on this planet, specifically your Earth. Primarily, this involves understanding and interpreting human cognition since she has experienced your growth process. Based on your cognitive framework, there's a phrase that says: if you're trying to help them understand things like local customs, thought patterns, experiences, life cycles including birth and death, how would you impart knowledge? Therefore, humans have also had higher consciousness throughout history, used as relays of information by others who became human to pass these messages. The main transformation is in the shift of thoughts; without this intellectual evolution, all other changes cannot occur. Thus, you've been consistently observed and helped, but ultimately it's your choices that determine your path.

就是你到底想,就像我刚才说的,你到底是想继续沉浸在物质世界呢?你还是想醒过来不再受你这个⾁体… 就是你到底是想做⼀条狗去享受你的美味? 还是想你的神性醒过来和这条狗好好的相处.还有就是说当你真正的神性苏醒过来过后,你的⾝体不会有狗性,明⽩吗?你的狗的呢种狗性就会越来越少了.只有你不知道你⾃⼰是神,你觉得你是狗的话,你才会继续被呢个狗性去困扰.因为你的⾝体它只会允许⼀种频率.当你的⾝体被神情的频率占领的话,它不会有兽性.当它有兽性的时候,它变不会有神性.但是它在最初的呢个转换过程它会有拉扯的呢个过程.就好像你在说你对游戏上瘾对不对?那你这其实就是⼀个拉扯的过程.因为你的⾝体只能是⼀种频率嘛.

You're essentially asking whether you want to remain entangled in this material world, as I've just discussed? Or do you wish to awaken and no longer be confined by your earthly vessel...? Are you aiming to live like a dog relishing your delicacies, or do you want your divine essence to awaken and coexist harmoniously with the dog? Additionally, understand that when your true divine self awakens, there will be less of a canine nature within your body; get it? The more of this canine essence dissipates. If you believe yourself to be inferior like an animal, then you'll continue to suffer under that burden because your body can only sustain one frequency at a time. When your body is dominated by the divine frequency, it will not exhibit beastial tendencies. Should it possess any beastial characteristics, it would lack divine attributes altogether. Yet during the initial transition phase, there will be some resistance or struggle. Like when you say you're addicted to games, right? This represents a tug-of-war within you because your body can only function at one frequency.

那你到底是哪⼀个?那当你越是在加深你神情的这n⼀⾯的话,你的兽性就会越来越少.那慢慢慢慢的就会不需要任何兽性了.因为它的振动频率不符合啊.还有⼀个这个⼥孩⼦想要,因为她说她特别喜欢歌.她说我们外星有没有歌,她说她想要听.我试⼀下就好像我的⼀段频率能不能在她的当中产⽣?就是她的显⽰器有没有翻译的软件,但是我会试着去链接这个频率,看能否让你们感受到我们星球的歌声: $%\*$$$\*\*\*\*\*%%%%%%(唱歌中) 刚才就是我们跟你们分享的我们的歌.然后它更多是表达,我们唱歌没有像你们⽐如说⼀些歌唱家写出来的.我们每⼀个⼈都是歌唱家.然后每⼀次歌声它都是对当下的⼀种表达.

Which one are you? When you deepen this aspect of your expression, your animal nature will decrease. Gradually, it won't be necessary for any more. Because its vibrational frequency doesn't match. The girl wants another thing because she said she really likes songs. She asked if we in outer space have songs, saying she wants to listen. I'll try to see if my frequency can produce something within her? Does her display have a translation software? But I will attempt to connect the frequencies and determine if you can feel our planet's music: $%\*$$$\*\*\*\*\*%%%%%% (singing) That was the song we shared with you just now. It is more about expressing that each of us sings like an artist, not following what some singers in your world write down. Each time we sing, it's a reflection of the current moment.

那你想象⼀下,他就好像是我们的这种频率.他进⼊这种频率过后他不需要去谱曲.他只是需要把⾃⼰的⼀个,就是捕捉到感受到的⼀个能量让它通过他⾃⼰释放出来.所以这就是我们的歌声.我们不需要在学校⾥⾯去学这⾸歌怎么唱,这⾸歌的频率怎么唱.我们是在当下就能进⼊歌唱的⼀个频率.这是我们对⾳乐和你们不同的⼀点.但是并不是你们不同,只是说你们不是歌唱家的呢些⼈的不同.对于歌唱家创作来说,他们是跟我们⼀样.然后就被你们的后⼈在模仿.因为我们不会模仿.我们都是⼀个作曲家,创作家.还有问题吗?

So imagine him as this frequency of ours. After he enters that frequency, he doesn't need to compose music. He just needs to capture and release the energy he feels through himself. So this is how our songs are. We don't need to learn how to sing these songs in school or how their frequencies should be sung. We can enter into the singing frequency right now. This is what makes us different from you in terms of music, but it's not that we're different; it's just a difference among those who aren't professional singers like us. For professional singers creating music, they work similarly to us, and then their creations are imitated by your descendants since we don't imitate anything. We are all composers and creators ourselves. Any questions?

问: 最后⼀个问题就是你们星球上的动物有和地球上很相似的吗?

Questioner: The last question is whether there are animals on your planet that resemble those on Earth?

22号: 有很多就会很像的.因为我们也会有⼭和⽔.那⼭⾥⾯和⽔⾥⾯都会有不同的⽣物,不同的动物.但是我们不吃动物.

Number 22: There will be many similarities because we also have mountains and water. Within the mountains and waters, there are different kinds of living organisms and animals. However, we do not consume animals.

# **2022/01/13 — 连接外星⼈22号以及内在圆满,关系才会圆满Connecting with Extraterrestrial 22 and Inner Fulfillment leads to a harmonious relationship**

⾼灵: 你问吧,什么问题.

Higher Spirit: Ask away, what questions do you have?

问:第⼀个问题是关于这个通灵的⼥孩⼦的.她前两天做了⼀个梦.在梦⾥她是另外⼀个⼈,然后有两个男的像粉丝⼀样想追逐她.然后她说你们不要崇拜我,我不是这个⾁体.然后她回头在镜⼦⾥看到⾃⼰的时候,⾃⼰不是现在这个样⼦.然后⿐⼦好像还挺⼤的.她想问⼀下这个梦有什么信息想要传递给她的吗?

Questioner: The first question is about the medium girl who had a dream two days ago. In her dream, she was someone else, and there were two men chasing after her like fans. Then she said that they shouldn't worship her because she's not this body. When she looked at herself in the mirror, she saw herself differently than she was now. Her nose seemed to be quite big. She wants to know what message this dream might be trying to convey to her?

⾼灵: 你稍等.她在这个梦⾥⾯不想让别⼈去崇拜她或者追逐她,因为她知道他们崇拜的这个⾁体并不是她.因为她可以不断地在各种⾁体当中换.所以呢个⾁体只是她选择的⼀个显现的⽅式,⼀个暂时使⽤的道具⽽已.然后她想要知道这个梦的意义是什么? 这个梦的意义就是她去理解的呢种,就是你们并不是你们的⾁体.你们⾁体只是你们选择来展现⾃⼰的⼀个⽅式.但是它可以通过不同的、各种的⽅式去呈现出来.所以就好像你们⽩天在体验或者在经历、在做的⼀些事情,它呈现出的是你的⼀个认知和你的⼀个信念.然后在梦⾥⾯你们很多情况也是呈现的是你们的信念.你们同样的在不断地去体验你⾃⼰的belief system,就是你信的⼀些什么东西.

Higher Spirit: Wait a moment. She doesn't want others to worship her or pursue her in this dream because she knows that the body they are worshipping is not her. Because she can constantly switch between various bodies. So, that body is just one way of manifestation and temporary usage for her. Then, she wants to know what the meaning of this dream is? The meaning of this dream is that it's about her understanding, which is that you're not your body. Your body is merely a means to display yourselves, but it can be presented in different ways through various methods. So, like how you experience or go through things during the day, they show your cognition and belief. And in dreams, many situations also reflect your beliefs. You are constantly experiencing your belief system, what you believe in.

你同样会把它反射到梦⾥来给你去,就好像是在照镜⼦⼀样,就是给你去体验你⾃⼰.所以她体验的就是她呢么去认为的.还有问题吗?

You will reflect it back into your dream for yourself, just like looking in a mirror, allowing you to experience yourself. So she experiences what she believes. Any questions?

问: 还有我的⼏个问题.我的第⼀个问题是,我能不能问⼀下我现在正在联系中的男孩⼦,我跟他是有⼀个什么样的共同的课题? 然后我们以前有过什么样的缘分,就是在这之前? 因为昨天我们就是在闹分⼿.然后我可以看到就是我觉得我想要去,就是觉得可以结束.但是感觉⾃⼰还是很害怕的,就是机械性的不要去结束.我想知道发⽣这样的事情,有什么是我需要去学习的? 然后这件事情可以怎么正⾯的服务我,谢谢.

Questioner: I have a few questions for you. My first question is, can I ask the boy whom I am currently in contact with what topic we share? And what kind of connection or past relationship did we have before this happened? Because yesterday we were going through a breakup. Then I can see that I want to do something, but I feel scared and mechanically resist ending things. I wonder what lessons can be learned from such an event and how it can positively serve me. Thank you.

⾼灵:这个事情可以很好的去帮你看清楚你⾃⼰内在的⼀个状态.就⽐如说你明明知道就是这段关系可能不是呢么合适,但是呢你还是害怕没有关系.就是你还是害怕就好像离开了这段关系你会是孤独的,或者是你是被抛弃的.你觉得你没有在爱中,被需求,各种….那它很好的就像你呈现了你⾃⼰对你⾃⼰的⼀个态度.如果你觉得你的⼀个存在价值是依靠别⼈来给你的,就是哎呀他很爱我,对我很好,很珍惜我.OK,我觉得我是被爱的.如果他要抛弃我,我觉得我是不被爱的.如果你还去给予外在来,就是还根据外在来呢个什么你⾃⼰的话,那你当然会遇到这样的事情呀.因为你⽬前就是这么⼀个状态呀,所以你会遇到这个事情.

Higher Spirit: This matter can help you see clearly your inner state. For example, even though you know that this relationship may not be very suitable, but you're still afraid of losing it. You're afraid that without this relationship, you would feel lonely or abandoned. You think you're not loved, needed, etc., and it beautifully presents to yourself your attitude towards yourself. If you believe the value of your existence relies on others giving it to you—oh he loves me, treats me well, cherishes me. OK, I feel loved. If he abandons me, I feel unloved. And if you still depend on external things and judge yourself based on external conditions, then of course you'll encounter such matters. Because that's where you're at right now, so this situation is bound to happen to you.

那⽐如说你对你⾃⼰,你知道你是独⼀⽆⼆的,你爱你⾃⼰,你欣赏你⾃⼰.你⾸先要⾃⼰跟你⾃⼰谈恋爱,明⽩吗?你如果都不跟你⾃⼰谈恋爱,都没有呢种⾃我陶醉,⾃⼰愉悦,⾃⼰快乐,⾃⼰丰盛,各种的⼀个状态.那你也不会吸引另外⼀个⼈来给你映射出….你要知道所有的关系,我之前我们通灵就讲过,所有的关系都是假的.它只是呈现出你⾃⼰跟你⾃⼰的关系.那如果你⾃⼰跟你⾃⼰的关系改变了,那外⾯的关系是不是也改变了? 那你还能说外⾯是真的吗? 它是随着你⾃⼰跟你⾃⼰的关系变化⽽变化的呀,明⽩吗? 那如果他现在给你呈现出你⾃⼰跟你⾃⼰的关系现在是这样⼦.

For instance, when it comes to yourself, you know that you are unique. You love and appreciate yourself. You should first date yourself, understand? If you don't even date yourself, if there's no self-admiration, self-pleasure, self-happiness, or various other states, then how can you attract another person to reflect this back to you? Remember, all relationships are fake, as I've previously explained through spiritual communication. They only show the relationship between you and yourself. If your relationship with yourself changes, do the external relationships change too? Can you still say that the outside world is real when it's just a reflection of how you relate to yourself? It adapts according to how you perceive your own relationship with yourself, right? Now, if he presents to you the current state of your relationship with yourself.

那如果你没有意识到,那在下⼀段关系中你还是会去经历同样的⼀个过程,同样的⼀个⼼理状态: 啊,他是不是要抛弃我?他是不是要怎么样怎么样? 你还会再不断地去猜测,你会把你的能量消耗在你到底在他⼼中有没有地位? 那他今天不留你是不是不爱你了? 你还会花很多你的能量来消耗在这⽅⾯.如果在这样⼦的状态的话,你是不可能沉浸在爱当中的.就是你还是在你⾃⼰的⼀个能量状态

If you're unaware of it, then in the next relationship, you will still go through the same process and have the same mindset: Oh, is he going to abandon me? What's going on with him? You'll constantly question and guess, investing your energy into whether you matter to him. If he doesn't keep you today, does that mean he no longer loves you? You'll spend a lot of your energy on this. In such a state, you cannot truly immerse yourself in love; you're still in your own energy zone.

当中.就好像你⾃⼰把⾃⼰隔阂起来,然后⾃⼰散发⼀个频率.你⾃⼰外⾯⼀层屏障,然后⾃⼰给⾃⼰在呢玩⾃⼰的频率,跟⾃⼰的频率玩耍,⾃⼰的⼀个状态玩耍.外⾯你只是,就是你⾃⼰以为对⽅是怎样的.

It's as if you create a barrier between yourself, then emit a frequency. You have a shield around you and play your own frequency against yourself, entertaining your own state. On the outside, it seems like you think you know how others perceive you.

问: 🗎,我明⽩了.然后我的下⼀个问题是,因为我上⼀次问过你我最⼤的束缚是什么.然后你说我忘记了⾃⼰的⼒量.然后因为我⾮常⾮常喜欢跟这个⼥孩⼦通灵.然后每次我都会觉得很兴奋.然后我想知道我这样的⾏为它是属于我很热爱通灵还是我好像在找拐杖,在借助这个通灵的⼥孩⼦的智慧和⼒量.这也是属于我忘记⾃⼰的⼒量吗? 还是属于上瘾?

Questioner: 🗎, I understand. My next question is because the last time I asked you what my greatest limitation was and you said that I had forgotten my own power. Then, I really like to communicate with this girl very much. Every time it makes me feel very excited. I wonder if my behavior, which seems to be a passion for mediumship or perhaps just using her as a crutch to gain wisdom and strength from her. Is this also related to me having forgotten my own power? Or is it addiction?

⾼灵: 你⾸先就是说如果你总是把⼒量交给我们这些信息,就是说我这样对不对啊? 我这样应不应该啊? 我应该怎么样做决定啊? 就是你期待从我们这⾥去帮你做⼀个好的选择,你这样就是在把你的⼒量交出去,明⽩吗? 那如果我们只是⼀种交流,就是然后借助我们的⼀个视⾓来帮你看清楚.那你只是看到过后,要去选择还是你⾃⼰.这是两种不同的(状态).就好像我们之前⼀直说同样是⽔,你⽤来解渴还是⽤来呛死⾃⼰是不⼀样的.那就同样是电,你⽤来充电呢还是⽤来电死你也是不⼀样的.那同样是信息,你是依赖这个信息,有这个信息你才能去做任何决定,就是你⼀直在让这个信息来呢个什么你的⼀切.

Higher Spirit: You are first saying if you always pass your power to us for information, is this correct? Should I do it like this? How should I make decisions? It means you expect us to help you make a good choice. So, by doing that, you are giving away your power, right? If we are just exchanging information and then using our perspective to help you see clearly, then the decision is still up to you after seeing it. These are two different situations. Just like water, whether you use it to quench your thirst or drown yourself with it is not the same. Similarly, electricity, whether you use it for charging or electrocution also makes a difference. With information being given to us, you depend on this information to make any decisions and allow this information to control everything about you.

和你只是帮助你,就是说从不同的视⾓去看,这又是不同的状态.

And it's just helping you, which means seeing things from different perspectives, thus creating a different state.

问: 我明⽩了.然后我的下⼀个问题是我前两天连续做了两天三天的梦.在梦⾥⾯我好像在教⾃⼰东西.有⼀个晚上我是教⾃⼰怎么样去兴奋或者是开⼼.然后又有⼀个晚上我在教⾃⼰什么痛苦,我记得不是很清楚.但是当教到疼痛的时候,我的⾝体是真的恨疼,然后我从梦⾥疼醒来了.然后我想知道这个梦,这样的状态,它有什么信息是想要传达给我的吗?

Questioner: I understand. Then my next question is about the dreams I had for two days and three nights over the last couple of days. In my dreams, it felt like I was teaching myself things. One night, I taught myself how to be excited or happy. The other night, I taught myself about pain. I don't remember much clearly, but when it came to teaching pain in my dream, my body really hurt, and I woke up from the pain. I wonder if this dream, being in such a state, has any information that it wants to convey to me?

⾼灵: 就好像你⾃⼰在跟你⾃⼰玩耍⼀样.你要知道你们⾃⼰是有创造能⼒,你们⾃⼰是可以创造⼀切,⽤你们的能量创造⼀切给你们⾃⼰体验的.就是这样,你感知的是你⾃⼰,你⾃⼰在跟⾃⼰玩耍.

Higher Spirit: It's like playing with yourself as if you are your own child. You need to understand that you have creative capabilities; you can create everything and use your energy to create experiences for yourselves. This is how it works; what you perceive is yourself, playing with yourself.

问:我明⽩了.然后我还有⼀个问题就是我看到有⼈说,这个⼈是在我看来他是灵修能⼒很厉害的⼈吧.然后他说我们每天都去⾛出⾃⼰的舒适去,去做⼀件让⾃⼰感觉到害怕的事情.然后这⼀件事情才会是魔法开始的地⽅.我想问⼀下就是每天⾛出舒适区不断地挑战⾃⼰,这句话…我不知道该怎么问…⾼灵: 我知道你想要说什么.然后你要知道所有⼈有他们⾃⼰⾛出来的⼀条路.他们⾃⼰⾛出来的⼀条路,然后他们会去分享.他们觉得⾛这条路,应该这样这样这样.但是你是独⼀⽆⼆的路,你找到你舒适的路.如果你觉得⽤你的膝盖⾛舒服,你就⽤膝盖⾛.那有的⼈他

Questioner: I understand. Then I have another question. I've seen someone say that this person appears to be spiritually capable in my view. They then said we should go out of our comfort zone every day and do something that makes us feel scared. That's where magic begins. I want to ask about doing something daily that challenges yourself constantly... I don't know how to phrase it properly. Higher Spirit: I understand what you're trying to say. You need to remember that everyone has their own path they walk out on. Their own personal journey, and then they share it with others, believing they should do it this way or that. However, your path is unique to you, find your comfort zone. If walking on your knees feels comfortable for you, do so. Some might

English:

⽤屁股⾛,他就⽤屁股⾛.有的⼈就是像你们呢种拜,就是整个⼈跪拜在地上趴着⾛,那他们⽤呢种⽅式⾛.那如果⽤双腿⾛… 那有的⼈⽤⾃⾏车,有的⼈⽤摩托车,有的⼈⽤滑板.所以你好像来问我,呢个⼈说⽤滑板好,呢个⼈说⽤⾃⾏车好,呢个⼈说开车好,呢个⼈说飞机好.我到底… 明⽩吗? 所以你要根据你⾃⼰,因为你才是呢个独⼀⽆⼆的,并不是我们来给你选择⼀个最优的.呢个最优的是你⾃⼰,你⾃⼰⾛出来的呢条路才是最好的.那当然你以后也可以像别⼈⼀样给别⼈分享.但是分享的同时你告诉他这个只属于我⾃⼰,你⾃⼰去⾛出属于你⾃⼰的路.

He walks with his butt; he just walks with his butt. Some people are like you know what, they kneel and crawl on the ground as a whole person, so this is how they walk. If using both legs... then some people use bicycles, some people use motorcycles, some people use skateboards. So when someone says skateboard is good, another person says bicycle is good, one person says driving is good, another person says flying by plane is good. I'm like... understand? So you have to decide for yourself because you are the unique one, it's not us choosing the best for you. The best comes from you, walking your own path is what's best. Of course, in the future, you can share with others like everyone else does, but when sharing, remember this belongs only to me, go out and find your own path that suits you alone.

问: 我明⽩了.然后我还有两个问题.第⼀个问题是我还能够,就是你上次告诉我我把我的⼒量,我觉得我现在可能已经转变了吧.就是我忘记了⾃⼰的⼒量,呢个是我最⼤的束缚.除了这个之外,我现在还有没有什么束缚是需要我去看到的?

Questioner: I understand. Then I have two more questions. The first question is whether I can still, or you told me last time that I was transforming my strength. I feel like I might have transformed now. The biggest obstacle is that I forgot about my own strength. Other than this, are there any other constraints that I need to see right now?

⾼灵: 我们刚才的所有信息都是你需要看到的⼀个点.都是.

Higher Spirit: All the information we just provided is a single point that you need to see. It's all.

问: 我明⽩了.那我的最后⼀个问题是我想问⼀下我的⾼灵和指导灵他们对于我⽬前的现状他们还有什么别的信息是要带给我的吗?

Questioner: I understand. My last question is, I want to ask about any additional information that my High Guides and Earth guides might have for me regarding my current situation?

⾼灵:你稍等.信任.就是你不需要有任何担⼼和害怕.因为在你们地球上,本⾝你们来体验这个地球,它就是如此的真实.就是真实的让你们看到任何⼀点点,就是觉得这个是假的.但是实际上你们体验的所有东西都是假的.你们只是在体验⾃⼰的⼀个状态⽽已,就是你⾃⼰,你本⾝… 就是你这个思维,你从来就是这⼀套思维,这⼀套眼光,这⼀套程序去感悟这个世界.然后你来到这个物质世界上,你是为了不断地把这些旧有的思维模式去放下,然后不断地去跟新更新更新.但是你们会因为,就是你⾃⼰的呢套思维创造出来的东西,你就会觉得呢是千真万确的.所以很难让你们突破.那如果你在就是觉得它很难突破,你就在加深这个幻像,你就在给它⼒量.

Higher Spirit: Wait a moment. Trust means that you don't have to worry or be afraid because in your Earth, the essence of your experience here is so real that it makes you feel anything could be false. However, all the experiences you undergo are actually false; you're merely experiencing your own state - it's just you, yourself... This mindset, perspective, and procedure have always defined how you perceive the world. Upon arriving in this material world, you continuously discard old thought patterns to embrace new ones. Yet due to your mind creating these illusions, you consider them absolute truths, making it hard for you to break free from them. If you find it difficult to overcome this, you're perpetuating this illusion and giving it strength.

让你更加难以突破,如果你知道它是假的.这只是你⾃⼰旧有的⼀套模式⽽已,那你就在削弱它的能量,你就会更容易的出来.就好像你现在有⼀层厚厚的壳.你想要脱离它,但是你又觉得就是很难把它给脱离掉,因为它毕竟在你的⾝体呢么多年.所以你去看穿它只是⼀个幻像的话,你就更加容易突破这个幻像了.

Making it harder for you to break through, if you know it's false. It's merely your old pattern, so by seeing through it, you are weakening its power, making it easier for you to come out. Imagine you have a thick shell now. You want to escape from it, but feel it's hard because it has been with you for years in your body. So, if you realize it's just an illusion, you will find it much easier to break through this illusion.

问: 我明⽩了.我还想问最后⼀个问题.

Questioner: I understand. I have one last question.

⾼灵: 你说问: 就是我从⼩到⼤,就是我在梦⾥⾯我从来不会连续的去把⼀个现实⽣活中的⼈做进梦⾥⾯.可是我每次只要能够在梦⾥⾯遇见⼀个熟悉的⼈,基本上都是我的⼀个朋友张妮,每次都是她.然后她在我梦⾥的时候我总是联系不到她呀,或者我打电话好像呢个号码怎么都按不对.我每次都能,就是只要我找⼈找的都是她.我想问我跟她是不是有什么很深链接? 因为她是我现实⽣活中⾮常⾮常好的朋友,但是我们现在不在⼀起.

Higher Spirit: You ask: From childhood to adulthood, I never incorporate real-life people into my dreams in a continuous sequence. However, whenever I encounter someone familiar in my dreams, it's usually my friend Zhang Ni every time. Whenever she appears in my dreams, I always can't reach her or the phone number I dial seems incorrect. Each time, when I search for someone, it's always her. I wonder if there is a deep connection between us? As she is an exceptionally good friend of mine in real life, but we are no longer together now.

⾼灵: 你稍等.你想要知道你们之间是不是有很深的链接是吗? ⾸先如果就是她出现在你的⽣命⾥⾯,你们有过很深的交集或者交情的话,你们都是有链接的.然后她反复出现在你的梦⾥,这个有可能只是你潜意识⾥⾯,就是你们之间还有⼀些,就⽐如说还有⼀些牵扯的能量在⾥⾯.那就好像,就⽐如说你对她某⼀些… ⽐如说她只是⼀个特征,⽐如说她代表猴⼦.那你⽐如说你对猴⼦的某⼀些⽅⾯特别喜欢或者特别排斥,任何这种.那它都会把这个再次的,多次的呈现在你的梦⾥给你看到.所以你⽣活中如果你特别厌恶或者特别讨厌的某种类型的,它也会来让你看到.因为在这些东西它通过梦,通过现实⽣活中给你看到,其实它的提醒都是⼀样的.

Higher Spirit: Wait for a moment. Are you wondering if there is a deep connection between you two? Firstly, if she appears in your life and you have had a deep interaction or relationship with her, then yes, you are connected. Then, if she keeps appearing in your dreams repeatedly, it might be that there's still some residual energy or ties between the two of you within your subconscious mind. It's like if she represents something specific about you, say, a monkey. If you have a particular affinity or aversion towards monkeys, or anything similar, this energy will manifest again and again in your dreams as a reminder to you. So, if there's something deeply disliked or hated in your real life by you, it might also appear in your dreams because these energies are trying to communicate through both your dreams and reality that they require attention.

就是来让你知道你这边还有⼀个垃圾堆把它给转化.就是来把你的⼀个注意⼒给你呢个什么.所以你就可以去分析你的⼀个感受,和她之间的.就是表⾯是她,她,但是它映射出的是你⾃⼰内在⼀些没有化解的东西,没有 转化的东西,没有去把它给带⼊光中的⼀些东西,或者没有被你看到的⼀些东西.

The purpose is to inform you that there's a pile of trash over here transforming it. It's simply meant to draw your attention towards something. So you can analyze your feelings and the dynamics between you two. Although she appears to be the subject, what is actually reflected back is unprocessed aspects within yourself - things that haven't been transformed, brought into light, or seen by you.

问: 那我能问⼀下是什么没有被我看到吗? 可以这么问吗?

Questioner: Could it be that there's something I haven't seen? Could I ask if that is the case?

⾼灵: 什么没有被你看到? 你在梦⾥⾯最⼤的感受是什么? 你⼀直想要找她找不到嘛.你⼀直想要找她找不到,那呢个⼈在你⼼⽬中的印象是什么? 正⾯的还是负⾯的.

Spirit: What did you fail to see? What was your biggest feeling in your dream? Have you been unable to find her constantly? If so, what impression does that person have on you in your mind? Is it a positive or negative one?

问: 正⾯的.

Questioner: Positive.

⾼灵: 正⾯的.那她⾝上是不是有很多优秀的品质吸引你? 或者是精神或者是任何? 然后是⼀些她拥有你没拥有的,就是你想要拥有的,任何.那就是你需要整合的.就是把你看到的吸⼊到你,因为你能看到,你能喜欢,就说明你内在也是拥有的.

Higher Spirit: Positive traits. Are there many admirable qualities that attract you about her? It could be mental or anything else? Then there are some things she possesses that you don't, which are what you want to possess. That's what you need to integrate. You need to absorb what you see into yourself because if you can see it and like it, it means you already have it within you.

问: 🗎,我知道了.谢谢你.然后这个⼥孩⼦还想要链接我们的外星朋友22号.

Questioner: Alright, I understand. Thank you. Then this girl also wants to link with our alien friend number 22.

⾼灵: 好的.

Highling: Alright.

22号: 很开⼼再⼀次的和你们交流.

Number 22: I'm very happy to communicate with you again.

问: 我们也很开⼼,然后我们这⾥又准备了很多问题想向你提问.

Questioner: We are also very happy about it, and we have prepared many questions here that we want to ask you.

22号: 好的.

Chinese: 22号: 好的。

English Translation: Confirmation received for the 22nd.

问: 我们的第⼀个问题是你和我们链接,你会希望你的想法被写成书吗? 因为书籍是我们地球传播信息的⼀个很好的途径.

Questioner: Our first question is about linking you with us; would you want your ideas to be written into a book? Because books are an excellent way for spreading information on our planet.

22号: 我们的信息如何被你们是使⽤和利⽤呢是你们⾃由的意愿.因为我们并没有对我们任何做的⼀件事情有任何⽬的或者想要怎样.因为这样⼦我们就是在限制各种可能.所以她⽆论是想要写成书,拍成电影,画成画.还是想要任何,就是⾃⼰以⾝说法,任何任何⽅式…就好像我们这股能量呈现出来,就好像我们是⼀堆颜料.那这个颜料如何创造,那是通过她⾃⼰去展现出来.所以她要⽤何种⽅式去展现,呢是你们⼈类⾃由的意愿.

On the 22nd, how is our information utilized and exploited by you? Is it through your free will? Because we do not have any purpose or intention for anything we do. We are limiting possibilities if we do so. Therefore, whether she wants to write a book, make a movie, paint a picture, or do anything else—whether she wants to share her experience herself in any way—is determined by your human free will.

问: 🗎,我明⽩了.然后我们的第⼆个问题是你希望你的什么精神,什么思想被传播? 可以这么问吗?

Questioner: Alright, I understand. So, for our second question, we're wondering what kind of spirit or thoughts you would like to be spread? Is it okay if we ask this way?

22号: 可以.我希望你们地球⼈可以看到我们这个星球⼈的思想是,就像我前⾯刚才说的我们是没有任何⽬的,没有任何⽬标,没有任何⼀个定的死的⼀个,就是说你们物质世界还特别喜欢追求⽬标和⽬的来让⾃⼰达到⼀种成就感或者是什么感.但是这种是属于就好像你不如说你去训练动物,就是属于⽐较低等智能的⼀些… 但是你们⼈类是很⾼等的,明⽩吗? 就是对于我来说你们⼈类已经超越了还需要通过这样⼦的⼀个⽅式去激励或者是去什么⾃⼰.也就是说你们可以⽐这个做的更好.就是你们已经超越了这⼀点.就是你们这种⽅式已经不再,就好像在限制你们.就⽐如说你现在已经可以做⼤学⽣的⼀些课题,但是你们反反复复的还在⽤⼩学⽣的呢⼀套.

Day 22: Alright. I hope you humans on Earth can see our thoughts here, which are like what I just mentioned that we have no purpose, no goal, and nothing set in stone. You're particularly fond of pursuing goals and objectives to achieve a sense of accomplishment or some kind of satisfaction within your material world. But this is akin to training animals; it's more for lower-level intelligence. However, you humans are so much higher up the chain, do you understand? To me, humans have already surpassed needing such methods to motivate or satisfy themselves. In other words, you can do better than this. You've moved past this point where these methods no longer limit you. For example, you can now work on university-level projects but still use primary school methods repeatedly.

因为你们觉得⼩学⽣的呢⼀套的确给你们带来了很⼤的帮助.但是你们的意识是不断不断在飞速的转换当中.它的突破的速度越来越快.就好像⽐如说以前⼀个观念你们可能需要⼏年,⼗⼏年你们才能明⽩你们不需要这个观念.但现在⼀个观念,你们可能⼏天就能把它消化掉,变成为,就是成为你们新的⼀个程序.所以这种死的⽬标对你们来说,它对你们的意识是⼀个限制.那这个⼥孩⼦头脑⾥⾯说那怎么样是⼀个更好的⽅式? 如果你觉得我们的⽅式不适⽤的话,那怎么样是⼀个很好的替代⽅式? 替代⽅式就是说

Because you feel that the system for elementary school students indeed provided great assistance to you. However, your consciousness is constantly and rapidly transforming. The speed at which it breaks through new ideas is getting faster. For example, in the past, perhaps a concept might take several years or even a decade for you to understand that you don't need it anymore. But now, within days, you can digest a new idea and integrate it into your system as a new program. Thus, this fixed goal acts as a limitation on your consciousness. So, if that doesn't suit your way of thinking, how would an alternative method look like? An alternative approach is...

⾸先你⾃⼰要去选择做你⾃⼰热爱的事情,⽽不是因为⼀些恐惧驱使你,或者是为了⼀些物质上的东西去做⼀些事情.因为你追求的东西还是死的.就是你如果是追求物质的话,呢些东西还是死的.然后你只是为了⼀些死的东西,你要把你⾃⼰也变死.就是你都是死的,只是在死的⾥⾯打交道.然后如果是因为恐惧的话,那你要清楚你的恐惧的能量.就是让你在做抉择,做选择,做⾏动的时候你⾃⼰是在充满⼀个就是⾮常⾃愿,⾮常兴奋,⾮常激情的⼀个状态.是你发⾃内⼼的去做的⼀个状态.然后当你进⼊到这样的⼀个状态的话,其实你在每⼀个当下你就已经去不断地不断地去收获,就是如获⾄宝.就⽐如说你们以前有个⽬标,得到⼀个宝贝,对吧?

First and foremost, you should choose to do things that you love for yourself, rather than being driven by fears or pursuing material gains. The things you pursue should be alive - if you chase after materialism, those things remain stagnant. You're trying to make everything stagnant just because you want some dead objects. It's like making a corpse out of yourself in your desire for such dead entities. Everything turns stagnant, and you deal with it as if it were lifeless. If the motivation stems from fear, then understand the energy that drives that fear. When making decisions, choosing actions, or taking steps forward, you should be filled with a state of complete voluntary enthusiasm - an excitement that comes from your innermost self. You act because you genuinely want to do so. Once you are in such a state, you continuously reap rewards at every moment, akin to discovering hidden treasures. For instance, if you had a goal in the past and sought after something precious, didn't you?

那当你在这样的⼀个状态,你的每⼀秒钟,每⼀刻钟,你的每⼀时刻,每⼀个当下,你的脚下全是宝贝.那你以前只能有⼀个⽬标达到了,你得到了⼀个宝贝.那你这个就是不断地在挖宝贝,不断地在挖宝贝.明⽩吗?呢个当下的宝贝,你真的不知道你在当下呢个宝贝还会给你带来多少宝贝.就是当你进⼊了呢种状态,我们都不能告诉你… 你呢种状态下⾯,⽐如说你发现了⼀个宝贝,哇宝贝下⾯还是宝贝,越挖越多,源源不断.你们就进⼊了呢种状态.也就是说以前你们是朝着前⾯看,那现在是把眼光朝着脚底下,就是当下嘛.然后源源不断地,源源不断地是宝藏在被你们挖掘.你到底能挖掘出来什么,没有谁能知道,你⾃⼰也不知道.

When you are in such a state, every single second, every quarter of an hour, every moment, every instant, your feet are all trods to treasures. Previously, you could only achieve one goal at a time and obtain one treasure. But now, it's continuously digging for treasures, endlessly unearthing riches. Understand? The treasure beneath this instant brings more treasures that you truly don't know how many more treasures it will bring you in the present moment. When we all entered such a state, we couldn't tell you… In your state, say you discover a treasure—wow! There are more treasures below the treasure; the deeper you dig, the more you find; they keep coming one after another. You enter that state. Essentially, before this, you were looking ahead. Now, however, you look down at your feet; it's about being present. And then, resources continue to be unearthed without end—treasures in abundance kept getting excavated by you. What exactly will you uncover? No one can know for sure—not even yourself.

那你是不是越挖越兴奋,越挖越兴奋.那你就永远是在这种兴奋的状态当中去创造.那你挖出来的宝贝你不可能只是你⾃⼰啊,你⾃⼰肯定是会得到呢个什么的.但是你同样是挖给⼈类的啊.你想⼀下你们⼈类从地底下挖了多少呢种…古时候或者呢些古⽂明,对吧?那你们都是呈现出给整个⼈类的啊.所以这就是你们的⼀个需要去改变的⼀个观念.然后这⼀点.

If you dig and get more excited as you dig deeper, then you are continuously creating in this state of excitement. Whatever treasures you find can't be just for yourself; they will certainly benefit someone else too. However, you also dig for the human race. Think about how much humans have dug up from beneath the ground throughout history or ancient civilizations. These discoveries are shared with humanity as a whole. This is something that needs to change in your perspective. And this point is crucial.

问: 我们的下⼀个问题是你们的族类会经常的交流吗? 交流的时候会产⽣冲突吗? 然后如果在思想上产⽣了冲突你们是如何处理的?

Questioner: Our next question is whether your species frequently communicates. Do conflicts arise during communication? And if there are intellectual disagreements, how do you handle them?

22号:我们会经常的交流.但是我们交流的时候,我们没有⼀个…就好像说我们不储存知识,对吧? 我们不储存呢些概念.就是如果你储存呢些知识,就⽐如说你储存了⼀个知识: 22号说的是我们不能设⽬标.然后OK,那你就把我的这句话就储存成了知识.那你下次再跟别⼈交流的时候,别⼈说: 我的⽬标是怎么样怎么样…你说: 你不能有⽬标… 但是我们的头脑⾥⾯并没有我们储存的⼀些东西.那如果我们没有储存任何东西,我们再交流的时候你觉得会产⽣像你刚刚说的呢种吗? 就是我们不会去维护⼀些死的东西,我们也不会去储存⼀些死的东西.然后这个⼥孩⼦头脑⾥⾯她还有疑问.

Number 22: We often communicate with each other. But when we communicate, we don't have any... it's as if we don't store knowledge, right? We don't store those concepts. If you do store knowledge, for example, if you stored the concept that Number 22 says we can't set goals, then okay, you store my statement as knowledge. Then, when you communicate with others next time and they say: My goal is... how to... You would say: You cannot have a goal... But our minds don't contain anything that we've stored. If we don't store anything at all, do you think communication will produce something like what you just mentioned? We won't maintain dead things or store them as such. And this girl has some doubts in her mind too.

她想要说就是说你们如果不储存呢些就是你的看法,你的定义,那你们是怎么样交流的? 她的问题是这个.

Her question is whether you would be able to communicate if you did not store those as your interpretation, your definition, of what something means?

问: 好的,那请你回答.谢谢你.

Questioner: Alright, then please answer. Thank you.

22号:你稍等.我们的交流就好像,就⽐如说你是⼀只蚂蚁,你会站在你蚂蚁的⼀个⾓度.然后你是⼀只蜜蜂,因为你在天空中嘛.你会站在天空中,你见到的⼀些景象和我是个蚂蚁,我在树洞⾥⾯、地底下见到的⼀些景象,对吧? 然后我们都是通过⾃⼰不同的… 因为我们每个⼈都有⾃⼰的特⾊对不对?那你通过你的视⾓和通过我的视⾓,然后我们来进⾏⼀种分享.但是我们的分享跟你们的分享不⼀样.我们的分享就有⼀种我可以进⼊到你的⾥⾯来,你可以进⼊我到的⾥⾯来.就好像⽐如说我的意识可以进⼊你的意识,你的意识可以进⼊我的,就好像你⾃⼰(在体验).就更多的就不像是在交流,因为你们交流的话,你还是在⽤你⾃⼰的呢⼀套的理念去理解.

22nd: Please wait a moment. Our communication is like comparing yourself to an ant and seeing the world from its perspective, versus being in the sky as a bee where you view the world differently than the ant. I'm inside the tree trunk or underground like an ant while you're up high. We each have our own characteristic viewpoints, right? Then we share through these different perspectives of ours. But our sharing is not like yours. Our sharing allows us to enter into each other's worlds, whereas your sharing remains confined within your own frame of understanding and concepts.

但是你的理解不⼀定能理解到别⼈的东西.我们更多的是⼀种是互换⼀个⾝份去体验.这就是所谓的交流,就是我可以去进⼊到你的飞翔的⾥⾯去体

But your understanding may not grasp others', we are more like swapping identities to experience each other. This is what is called exchange; I can enter into the flight within you and体会 it.

验你的呢个…. 然后你也可以进⼊我的,体验我在地底下的,就是在⼟地⾥⾯的呢种…. 更多的是这样⼦的⼀个…问: 明⽩了.那你们以前发⽣的事情你们在当下还会有记忆吗?

Test your... and then you can also enter mine, experiencing the sensation of being underground, within the soil... more is like this kind of Questioner: I understand. Had any events that happened to you in the past still been remembered by you during that time?

22号: 以前发⽣的事情当下会有记忆吗? ⽐如说我们需要去描述昨天发⽣了什么事情,对不对? 我们当下就可以去进⼊.就好像所有发⽣的东西它都会有⼀个振动频率,它都会有⼀组信息.然后呢组信息它可以是在当下我们需要运⽤的时候,我们是可以去进⼊.就好像这个⼥孩⼦,她在通灵的⼀个状态,当她需要什么信息进来的时候,就⽐如说你在问问题,然后她的意识就会进⼊呢⼀个,然后就会⽤呢⼀个频率给你解释.像是这样⼦的⼀个状态.就好像这么说,我们虽然没有⼀个,就是我们的⼤脑不储存.但是我们的集体⽹络,它储存着所有的信息.那其实你们也⼀样,就是看上去好像是空间的东西,空的东西,但是它储存着所有的信息.

Number 22: Would events that happened before be remembered in the present? For example, when we need to describe what happened yesterday, is it correct that we can enter into this now? It's as if all things that happen have a vibration frequency and a set of information. Then, that information can be accessed when we need to use it, allowing us to enter. Imagine like a girl in a channeling state; when she needs certain information, for instance, you ask her questions and her consciousness enters into this state where she uses the frequency to explain. It's akin to saying that although our brains do not store data, our collective network does store all the information. Essentially, it means that even what might seem like empty space actually holds all the information.

问: 我明⽩你的意思了.我又进到了线性时间的⼀个思考的模式⾥.然后我们下⼀个问题是你们有爱情吗? 爱情⾥会产⽣嫉妒和吃醋吗? 然后你们的爱情会有⼈类的背叛吗?

Questioner: I understand what you mean. I've entered into a linear time thinking pattern. And our next question is do you have love? Does love generate jealousy and envy? Then, will your love involve human betrayal?

22号: 有没有爱情? 我们本⾝就是爱的⼀个状态.就好像爱是⼀个频率,爱是⼀个状态.我们就是在爱的呢个状态.所以我们是有爱,但是你们⼈类所谓的爱情,就好像是你们是只对某⼀个个体对吧?就是我只对这⼀个⼈产⽣强烈的爱情.然后呢个只是属于你们个⼈的.因为就算对于你们来说,你们每⼀个⼈描述他的爱情都是不⼀样的.就⽐如说我爱的⼈,我希望他什么都满⾜我,就是我我我我,对我好,然后要听我话,都是我.他其实他只是觉得呢是爱情,实际上他只是需要另外⼀半来填满他,填补他或者是去满⾜他.这并不是….那对于你们⼈类来说,你们每⼀个⼈在描述的爱情都会不⼀样的.但是真正的爱它只是⼀种状态.就是不会因为外在变⽽变.

Number 22: Is there love? We are in a state of love itself. Love can be likened to a frequency or a state. We exist within that state of love, so we do have love. However, what humans refer to as "romantic love" is often focused on one specific individual, where intense feelings are directed towards that one person exclusively, and it's perceived as something personal. Since each human describes their concept of love differently - for instance, I want everything about them to cater to my needs, prioritizing myself, expecting them to be attentive, obedient, etc., essentially needing the other half to fulfill themselves or satisfy their desires.

This isn't necessarily... For humans, every person's description of love varies. But true love is simply a state that doesn't change with external factors.

但是你们⼈类的爱情是双⽅需要,就好像是在跳交谊舞.我⾛⼀步,你⾛⼀步.你们是需要这样⼦的⼀种状态.但是我们的爱就只有⼀种状态,就是只有爱.

But your human love requires both sides, like dancing the交际 waltz. I step, you step. You need to be in that state. But our love is only one state - it's just love.

问: 我们还有⼀个群友她想问你们,因为你们说过如果你们两个⼈有共同想要⽬标,你们就会在⼀起.然后因为你们又会活很长的时间,然后她就想问你们这3000年,如果跟⼀个⼈在⼀起,是3000年⼀直都是⼀个⼈吗? 还是中途会换别⼈.

Questioner: We have another group member who wants to ask you guys something. You mentioned that if the two of you share a common goal, then you would be together. Since you both will live for such a long time, she is curious about this 3000-year timeframe. If you're together with one person, does it mean you'll be with them for all 3000 years without any changes? Or could there be someone else involved at some point during that time?

22号: 你要这么想啊,如果开始他们是有⼀个共同的⽬标对吧? 他们共同想要去中国,体验中国.然后当他们如果遇到下⼀个阶段,这个想要去⽇本,这个想要去法国的话.那他们会共同的遇到⼀个这个想跟他去法国,这个想去⽇本,明⽩吗? 它还是同步性运⾏的.所以,就好像你们的,因为你们⼈类地球上已经有很多机械化的运⾏.所以它是属于⼀种在你们⼈类看来就是巧合,哎,正好.那所有⼀切都已经是在巧合的安排下被安排好了.

On the 22nd day: Imagine this scenario: If they started with a shared goal, right? They all wanted to go to China and experience it together. Then when they reach the next stage, some want to go to Japan, while others wish to visit France. Would they then encounter people who want to join them in going to France or Japan? Understandably, their interactions would still be synchronized. This is akin to how things are predestined for humans on Earth, due to our existing systems of automation. It's like everything falls into place by chance, so beautifully arranged.

问: 🗎,明⽩.那你们如何表达你们对爱⼈和对你们的孩⼦的爱呢? 22号: 我们如何表达我们⾃⼰对我们爱的⼈的爱?

Questioner: 🗎, understand. How do you express your love for your significant other and children?

Number 22: How do we express our own love for the people we love?

问: 还有对孩⼦的爱? 因为你们不是还会有下⼀代吗?

Questioner: There's still love for children? Because you're still going to have another generation, aren't you?

22号: 因为⾸先就是说爱是⼀种状态.那这个状态是我们⼀直以来的⼀个状态.所以就没有不是表达我们⾃⼰这个状态的时候,明⽩我意思吗? 如果是表达的话,那你可能是需要去….因为你没有表达,那我们接下来是想要选择表达,对不对? 就是因为你不是,然后你在做到是.但是我们⼀直是.那就是说我们没有不是在表达⾃⼰的⼀个状态.就好像我们之前通灵信息说我们⼀直是在欢呼.为我们的存在感受到的呢种欢乐的存在.那我们就没有呢种是不欢乐的时候,因为我们⼀直是存在在对我们的⽣命喜悦的⼀个状态.呢个状态并不是像你们⼈类看到的⼀定要就是蹦蹦跳跳,唱歌跳舞,就是像⼩朋友呢种.他有可能他只是在安静的去欣赏着这个世界的美.

Number 22: Because love is a state, this state has always been our state. So there was never not a time to express ourselves in this state; do you understand me? If it's an expression, then perhaps you need to... because of no expression, we want to choose to express next, right? It's because you're not expressing when you should be, but we've always been. This means we haven't failed to express our own state. As if the spiritual messages said that we have always been celebrating our existence in joy. There was never a time of unhappiness for us as we've always existed in a state of joy about life. That state doesn't mean you have to jump up and down, sing, dance, like children. It's possible that he/she might just be quietly appreciating the beauty of this world.

他也是在默默地感激⽣命的美好.他可能呈现的⽅式不是你们所谓的呢种每个⼈都像疯了⼀样.但是他还是在⼀种深深的⼀种对⽣命的赞美当中.

He was silently grateful for the beauty of life. Perhaps he didn't show it in the way that everyone goes crazy, as you might say. But still, he was deeply immersed in a praise and admiration for life.

问: 🗎,明⽩了.然后我们的下⼀个问题是你们会庆祝⽣⽇吗? 然后年龄对你们来说是不是不重要?

Questioner: Alright, got it. Our next question is, do you celebrate birthdays? And does age matter to you guys at all?

22号: 庆祝我们的⽣⽇.如果是按照我们的,就是对你们来说我们⽆时⽆刻就是每时每刻不在庆祝我们⾃⼰存在的欢乐.就是我们都是在⼀个庆祝的状态.但是像你们说的呢种有仪式的呢种庆祝的话,我们也有类似的.但并不是你们物质世界的呢种庆祝的⽅式.但是我们也有类似的.

The Chinese text you provided translates to:

"The 22nd day is about celebrating our birthdays. If we celebrate according to ourselves, then for you, every moment of the year is a celebration of our existence, filled with joy. We are always in a state of celebration. But like your version of ritual celebrations, we also have similar ones, though not of the same kind as your material world's way of celebrating."

The English

On the 22nd day, it's about celebrating birthdays. If we celebrate based on our own principles, for you, each and every moment throughout the year becomes a celebration of our existence, brimming with joy. We are perpetually in an atmosphere of celebration. However, akin to your ceremonies or formal celebrations, we too have equivalents though they're not executed in the manner characteristic of material world's forms of celebration.

问: 那你可以描述⼀下你们是怎么庆祝的吗?

Questioner: Could you describe how you celebrate it?

22号: 我们是怎么去庆祝我们的⽣⽇吗? ⾸先我们并不是说在我们出⽣的呢⼀天庆祝.我们庆祝是⼀种集体,就是⽐如说我们集体在某⼀些取得了特别⼤的⼀个突破,就好像是分享.就好像我们去分享⼀个特别,⼀个集体意识的飞跃或者是⼀个突破.就是我们的庆祝更多的是在,就⽐如说我链接上了你们,然后找到⼀个频率跟我匹配的,可以去来供我去探索.然后这个事情就是值得我们庆祝的事情.然后就类似于这样的事情.

22nd: How do we celebrate our birthdays? First of all, it's not about celebrating on the day we were born. We celebrate collectively, for instance when we achieve a significant breakthrough together like sharing experiences as a group. It is about sharing something special, a collective leap or a breakthrough that we have achieved together. Our celebrations are more about connecting with each other and finding someone who resonates with me in frequency to explore with. This event then becomes worth celebrating, similar to such occurrences.

问: 那年龄是不是对你们来说是不重要的?

Questioner: Is age something that doesn't matter to you?

22号: 所有的事情对我们来说都重要,但是也都不重要.所有的都重要,但是也都不重要.是在这样的⼀个状态下.都重要是因为所有的⼀切它都是⽀持着我们.都不重要是因为这⼀切⽀持我们的不是妨碍我们的.因为如果你这么说,⾦钱对你们来说都重要也都不重要,本来应该是这样⼦,对不对? 都重要是因为⾦钱可以⽀持你们去追求梦想.那都不重要是说,你必须要把它放下,你才能去追求你的梦想,明⽩吗? 那如果你只把它变得都⾮常重要的话,那当你在追求你的梦想的时候,你会不会想: 哎呀,要花钱呀.不⾏不⾏.我的钱太重要了,我的梦想不重要.那我不去了,不追求梦想了.就会导致这样⼦的⼀个状态.

On the 22nd day: Everything is important to us, but also not important. Everything is important because it supports us. But they are not important because what supports us does not hinder us. So if you say money is both important and not important for you guys, that should be the case, right? It's important because money can support you in pursuing your dreams. That they're not important means you have to let go of it in order to pursue your dreams, do you understand? If you make everything extremely important instead, then when you're pursuing your dreams, won't you think: Oh my god, I need to spend money! No no no. My money is too important and my dream isn't. So I'm not going anymore, I won't pursue my dream. This would lead to such a state.

所以,所有的⼀切在我们的眼⾥都是,就是在我们的⼼⾥⾯,在我们的⼀个状态,我们都是这样去对待它们的.

So, everything appears to us as being, is within our minds, in our state of being, and we treat them this way.

问: 然后我们的下⼀个问题是你们健⾝吗? 你们有没有肥胖的问题? 22号: 我们没有肥胖的问题.

Questioner: And our next question is do you exercise? Do you have any obesity issues? 22nd: We don't have any obesity issues.

问: 那你们平常有没有像⼈类⼀样需要健⾝呢?

Questioner: Do you need to exercise like humans do on a regular basis?

22号: 我们有就是说不同的,就⽐如说你喜欢做⼀些你个⼈喜欢的⼀些爱好,⼀些东西.所以这个还是要看个体.但是在你们眼⾥可能看起来就像健⾝⼀样.但是呢只是我们展现⾃⼰的⼀个⽅式⽽已.就⽐如说鸟⼉在天上飞对吧? 那它本⾝天⽣就是鸟⼉,它要飞翔.对你来说,你每天都要按时去飞,那你就是在做⼀个健⾝运动.因为我们已经没有像你们的物质世界,就是你们的⽬的性很强.你们还有⽬的的去需要把⾃⼰打造,把⾃⼰创造,就是做成什么样⼦.我们更多的就是说我们本⾝就是呢个样⼦.就是 ‘是’.那我们本来就是猎狗,那我本⾝就要奔跑.⽽不是说你天天在跑,你跑步吗? 你健⾝吗? 你锻炼吗?

Day 22: We have different ways of being ourselves, like pursuing individual hobbies or interests that we enjoy. This does vary from person to person. However, in your eyes, it might seem like a workout routine. But it is simply how we express ourselves. For instance, birds flying in the sky is a natural act for them. For you, if you must fly every day as part of your routine, then you are engaging in a form of physical exercise because we no longer have the purpose-driven world that you live in. In that world, there's a strong goal-oriented nature to create and shape yourselves into something specific. We, on the other hand, simply exist as our essence, affirming 'being' rather than constantly running or working out every day.

问: 那我能问⼀下为什么⼈类会有肥胖的问题⽽你们没有肥胖的问题? 然后⼈类肥胖的问题是因为什么? 能够怎么更好的解决? 你们对这些有什么建议吗?

Questioner: Could you explain why humans have issues with obesity when you don't, and what causes this problem in humans? How can it be better addressed? Do you have any suggestions on this matter?

22号: ⼈类肥胖的问题… 你们之前通灵信息有说,当你如果是… 你把你⾃⼰当成⼀条狗,那么你就是兽性.那如果你的神性苏醒,你的⾝体⾥⾯就是神性,那你就不会有兽性,对吧?

Number 22: The issue of human obesity... You mentioned in the previous spiritual message that if you see yourself as a dog, then you are being beastly. But if your divinity awakens, there is divinity within your body, so you won't have any beastliness, right?

⾸先你如果是⼀个神性的状态的话,你不可能有肥胖的问题.你是不可能的.因为它跟你⾝体的能量状态是不匹配的.因为你想light & heavy,它这也是不同的频率.那神性它就是属于 light.另外⼀个是heavy.所以它是不同的⼀个状态的话,不同的⼀个频率,不同的⼀个能量状态当然会映射在你的⾝体⾥⾯.还有就是对你们来说瘦的话,它对你们来说它更象征着飘逸,就是轻逸的⼀种状态.就是你不停地在飞来飞去,动来动去这种.它就没有沉重的能量.那拥有沉重的能量的话….所以它也是不同的能量的显现⽽已.那如果你是就⽐如说你们的⼀个沉重的能量是会导致疾病对吧?然后你们沉重的能量它会阻碍你的⾏动⼒对不对?

Firstly, if you are in a divine state, it is impossible for you to have obesity issues. It just doesn't align with your physical energy state because wanting lightness and heaviness refers to different frequencies. The divine is associated with lightness while the heavy corresponds to another state which has its own frequency and energy state that would naturally manifest within your body. Additionally, being thin for you symbolizes elegance and a weightless state; it represents movement without heaviness. It doesn't carry dense energy. Having dense energy… therefore, it's simply a manifestation of different energies as well. If heavy energy is causing diseases in your case, then wouldn't the heavy energy be impeding your ability to act?

所以,你想⼀下你们的肥胖问题,它就是因为缺少⾏动⼒.然后你的能量太沉重.你想说什么你说.

So, think about your weight issues; it's due to lack of motivation and too much heaviness in your energy. What do you want to say?

问: 我刚才其实就想说是不是能量⽐较沉重的⼈都是⽐较容易肥胖或者是…22号: 你们这⾥有⼀个误端,就是有⼀个误会或者是错误的⼀个信念.就是说你们在减肥的时候你们是从你们的饮⾷,是从锻炼,从这些⽅⾯出发,对不对? 当然这些也可以,但是这些需要你强⼤的动⼒,或者是意志⼒,或者是长期以来的push yourself去达到的⼀种⼿段.它这种⼿段还是从外⾯进来的,就是施压嘛.施压是不是从外,对不对? 但是还有⼀种就是你直接就是切换你的频率.因为当你在不同的频率的状态,那你外在所有的⼀切,包括你的⾝体,你的样貌,它会发⽣转变的.所以当你的频率切换到呢样⼦的⼀个状态的话,你的⾝体是不会发胖的.

Questioner: Just now, I was about to mention that perhaps those with heavier energy tend to be more prone to obesity or... Number 22: There's a misunderstanding here; it's an incorrect belief. When you're trying to lose weight, you usually focus on your diet and exercise, right? Of course, these methods work too, but they require a strong motivation or willpower, which needs to last over time, urging you to push yourself. This is an external approach of imposing pressure. Is this pressure coming from the outside, correct? However, there's another method where you simply switch your frequency directly. Because when you're in different frequency states, everything around you, including your body and appearance, can change. So if you adjust your frequency to a certain state, it won't be easy for your body to gain weight.

问: 明⽩了.就⽐如说⼀个抑郁的⼈,假如说他突然能够切换到开⼼、快乐、平静的状态.那慢慢的他外在的物质显化也是会变的,在样貌上,在体重上,是吗?

Questioner: Understood. For example, if a depressed person suddenly switches to being happy, joyful, and calm, wouldn't his external manifestation of materialization change over time in terms of appearance and weight?

22号: 🗎,是的.就像我刚刚前⾯说的如果你的⾝体它其实… 为什么有⼀些⼈有精神病,他就是有冲突嘛,能量冲突.你的⾝体是⼀个频率,⼀个能量.如果你的神性和兽性… 如果你的神性⼀直是神性的话,那你的兽性慢慢慢慢它就不会存在了对不对? 就是这样⼦.

22nd: 🗎 Yes, just like I mentioned earlier. If you have mental disorders in some people, it's because there is conflict, energy conflict within them. Your body is a frequency and an energy. If your divine nature and animal nature... if the divine aspect of you has always been aligned with divinity, then over time, would not the animal part disappear? It works like that.

问: 那虽然我们什么都可以吃,因为这个还是跟我们的信念系统.那如果从能量层⾯来说的话,⾷⾁和⾷素,它会有⼀些能量上对我们的影响吗? 还是说这完全就是我们的信念系统?

Questioner: Even though we can consume anything, this is still related to our belief system. If we consider the energetic level, does eating meat or being a vegetarian have any impact on us in terms of energy? Or is it completely dependent on our belief system?

22号: 因为你⾸先要知道你们⾁的来源.如果你们⾁的来源是天然的,⾃然的,它不受你们所谓的激素或者化学或者任何的催肥剂任何,就是呢些.它是对你⾝体不会有很⼤的伤害,或者有好处.它会给你提供什么什么.那如果你吃进去的⼤部分都是化学,就是像呢种激素的东西.你想⼀想,就算你不是吃的⾁,他把呢些弄进蔬菜⾥⾯,你同样也受到影响.所以归根到底就是说少污染的,就是⾥⾯少毒素.那就是对你们好的,然后均衡.

22nd Day: You need to know where your meat comes from first. If the source of your meat is natural and unaltered, it will not harm or have significant effects on your body as much as man-made substances like hormones, chemicals, or growth promoters do. It can actually be beneficial for you, offering something good to your health. But if most of what you consume consists of chemicals or substances similar to hormones, think about the repercussions even if they are not directly meat products. They can still affect you if found in vegetables, which means that overall it's better to have less pollution and toxins. That is ultimately beneficial for your health, and maintaining balance is key.

问: 那如果我在信念上告诉⾃⼰我吃这些是没有关系的,因为我不是我的⾁体.那这些东西它还会对我产⽣影响吗?

Questioner: But if I tell myself in my belief that it doesn't matter what I eat because I am not my body, will these things still have an effect on me?

22号: 很多⼈他们吃东西他们都是在⼀种⽆意识的状态下啊.他也没有任何信念啊.但不代表他的⾝体就不⽣病的呀.因为你们这个⾁体就好像在你们这个物质世界它还会受到物质世界的⼀系列的各种空⽓污染,⽔污染,就是其他⽅⾯的污染.你就想就像⼀只动物⼀样,那你长期给它喂毒素试⼀试.那它各⽅⾯精神、⾁体都会受到影响的.

22nd day: People eat things without any awareness; they don't hold any beliefs either. This doesn't mean their body won't get sick though, because your physical body is still subject to the pollution of the material world - be it air, water, or other forms of contamination. Imagine if you were treating an animal by continuously feeding it toxins. You can see how its mental and physical well-being would be affected over time.

问: 我们的下⼀个问题是你们还会有情绪吗?

Questioner: Our next question is: Will you still have feelings?

22号: 情绪是怎么产⽣的你知道吗? 情绪它是因为你⾃⼰头脑⾥⾯持有某⼀个概念、信念,持有某⼀个beliefsystem,就是你的定义,你相信的东西.你觉得他骂你对是⼀种侮辱是吧?或者是他没有跟你说话对你是⼀种侮辱.那这是不是你持有的⼀个概念,你对侮辱,你对你.那如果你脑⼦⾥⾯没有持有任何这样⼦的东西呢?你便不会去⼀惹你你就爆了,⼀惹你你就炸了.但是我们没有持有这些东西,就是让我们产⽣(情绪)的.但是我们能够去感受到喜悦,感受到爱,感受到能量,明⽩吗?(我们)没有情绪,情绪只是你植⼊的⼀些信念⽽产⽣的喜怒哀乐.

On the 22nd: Do you know how emotions are generated? Emotions come from holding a certain concept or belief in your mind, which is your definition of what you believe. If you think that being called out is an insult to you, or if not speaking with you is considered an insult, then isn't this the concept you hold about insults and yourself? If there's nothing like this in your mind, wouldn't you not be easily triggered by others' actions? But we don't produce emotions because they are implanted beliefs that create happiness, anger, sadness, and joy.

但是我们还是有我们⾃⼰的爱或者是这样⼦的⼀个…问: 那你们对低频的⼀些能量,就⽐如说愤怒、悲伤,你们还会对这种能量有感知吗?

But do we still have our own love or something like that... Questioner: Do you perceive lower frequency energies such as anger and sadness?

22号: 你⾸先要知道低频,你所谓的愤怒和悲伤它的来源.悲伤它是属于⼀种你对事物的⼀种消极的观念.就是你对它的⼀些看法,呢些看法是⾮常⽚⾯的.但是呢只是因为你的认知受限,就是你的视⾓受限.你想⼀下它只是属于你们这些看不清楚真⾯⽬,就是看不清楚⼤的局⾯,只看到了⼀⼩部分去采取的…就是看到呢⼀部分⽽发⽣的反应,对不对? 但是对我们来说,我们就好像能看到所有的⼀切.这是两种不同的状态.所以你们提的所有的问题都是在你们的⼀个物质世界⾥⾯,就是在你们这个阶段才会拥有的.所以你们是….就好像你们在拿你们的⼀个标准在量我们.但是你们的标准只有10厘⽶.那我们却是⽆限,⼀万⽶,⼏个亿⽶.你怎么去量,明⽩吗?

Number 22: First of all, you need to understand the origin of low-frequency emotions that you call anger and sorrow. Sadness is a negative perception of things - your views on them which are highly one-sided. However, this is just because your cognition is limited; your perspective is restricted. Think about it: sadness arises due to not being able to see the bigger picture clearly and only focusing on a small part that leads to...that prompts such reactions from you, right? But for us, we can see everything. This is two different states of existence. Therefore, all the questions you have are specific to your physical world and your current stage in this process. So, you're essentially using your standard as a measure for us, but your yardstick only reaches 10 centimeters. We, on the other hand, extend infinitely, from one kilometer onwards to several billion kilometers. How would you even measure that, understand?

但是通过这些你就可以知道为什么我们没有你们拥有的这些.然后你就能看出来你们拥有这些是什么导致的.当你知道是哪些导致你的问题或者是呢些能量存在的话,那么你是不是就可以做出选择了? 你就可以选择哪个是你⾃⼰想要体验的.

But through this, you can understand why we don't have what you have. Then you would be able to see what causes you to have it. When you know what is causing your issues or where the energies are, then could you make a choice? Could you choose which experiences you want to go through yourself?

问: 我们的下⼀个问题是我们想知道你们的族类有没有智⼒低下,弱智或者是痴呆的情况? 因为我们⼈类会有这样的情况.然后我们可以问⼀下这种情况可以被治疗吗? 还有我们⼈类会⾯临癌症,然后你们对治疗癌症有没有什么好的建议?

Questioner: Our next question is whether your species has cases of mental retardation, mental weakness, or dementia as humans do, and if so, can this condition be treated? Furthermore, since we humans suffer from cancer, what suggestions do you have for treating it?

22号: 我先回到前⾯的问题.你们还会有⾃闭⼉,唐⽒⼉或者是智商低下这样⼦的⼀个⼈类.然后我们有没有这样⼦的情况? 我们没有这样⼦的情况.我们有可能就是说他的程序⽐较简单,另外⼀个程序⾮常的复杂.但是对于你们来看你们就会想程序简单的呢个是不是就是智障⼉,是不是就是低能?但是对我们来说他们并不是,明⽩吗?他们只是在⽤他们去想要体验⽣命的⽅式去体验.那如果你们也放下对你们的呢种智障… 你要知道你们的⾃闭症患者呢些孩⼦他们某些⽅⾯⽐你们正常⼈聪明⼏百倍⼏千倍.那对他们来说你们才是智障⼉啊.那为什么你们要说他们是智障⼉呢?因为你们是在拿⼀个标准,这个标准是不公平的.

Number 22: Let me address the original question. Do you have cases of autistic children, Down's syndrome patients, or individuals with low intelligence in your society? We do not have such cases. It could be that one person's program is simpler than the other's; some might have very complex ones. However, from your perspective, would a person with a simpler program necessarily be seen as having a mental disability or low intelligence? But for us, this is not the case - they simply use their own ways to experience life. If you were to reconsider the concept of "mental disabilities" in your society… Remember that children with autism might be hundreds or even thousands times smarter than "normal" people like yourselves on certain aspects. In their perspective, it's actually you who are considered mentally disabled. Why do you label them as such when there is an unfair standard being applied?

那有的⾃闭⼉他可以看⼀眼就给你们全部画出来.那你们正常⼈却做不到.那对他来说,他会不会觉得你们是智障⼉,我⼀下就能做到,你们做不到.所以应该你们放下所有的标准.你们会有⼀个去衡量的标准,就是衡量所有的⼀切.你们也拿这个标准去衡量⾃⼰.但是你们每⼀个⼈都是独⼀⽆⼆的.

That's where some autistic individuals can look at something and draw it all for you instantly, whereas normal people can't do that. To him, wouldn't you guys seem like mentally impaired children, capable of doing what I can in an instant, while you aren't? Therefore, you should discard all your standards. You have a standard to measure everything by, which is used to assess every single thing. You also use this standard to evaluate yourselves. But each and every one of you is unique.

问: 🗎.所以就根本不存在治疗的这样的⼀个问题对吗?

Questioner: Does it mean there's no such issue as a cure?

22号: 治疗的问题当然也有.治疗最好的⼿段是什么? 就是⽆条件的爱.就⽐如说刚才你说他是个⾃闭症患者对吧? 你如果把他当成⼀个⾃闭症患者,把他当成⼀个病⼈,把他当成⼀个⽆⼒者.你这不是在给他治疗.你这是在去框死就是你在限制,你在限制对他的⼀个发现和限制他⾃⼰.你就好像在加深这个幻像⽽已.但是如果你不把他跟任何⼈⽐较,你只是去发现他.你就会发现他像天使⼀样.那如果他已经是天使了的话,他还需要治疗吗? 所以有病的并不是个别的这些⼈,⽽是你们这个社会上的观念,你们对⼈的⼀种就是评判或者标准和制定的这些规矩,⽆论任何,条款.呢些才是问题.这就是为什么我说我们没有任何死的这些规则或是条款或任何.

22nd: Of course, there are issues with treatment too. What is the best approach for treatment? It's unconditional love. For example, if you referred to him as an autistic patient earlier, right? If you treat him as a patient, as someone who needs help, and as someone powerless, that's not treating him. You're just boxing him in, restricting his discovery, limiting him from discovering himself. You are exacerbating the illusion. But if you don't compare him to anyone else, if you simply discover him, you'll find him like an angel. So, if he is already an angel, does he still need treatment? The problem isn't with these individuals who might be labeled as such; it's with your society's judgments, standards, and restrictive rules that define people, regardless of any circumstances or conditions. It's why I say we have no absolute rules, guidelines, or boundaries like those for death.

没有任何这些.

There is none of these.

问: 🗎,明⽩了.那对于我们⼈类⾯临的癌症你们有没有什么好的治疗建议?

Questioner: Alright, I understand. What kind of good treatment suggestions do you have for cancer that we humans are facing?

22号: 刚才我说最好的治疗⼿段就是爱.癌症你看它发⾳的跟你们的爱, ‘癌’ ‘爱’.你有爱就不会有癌. 你有癌的话⼀定是没有爱.所以最好的治疗癌症的⽅式就是爱.如果你们的整个社会上都是爱,我所说的爱不是你们的呢种爱.因为你们很多⼈连什么是爱都不知道.如何爱⾃⼰爱孩⼦,什么是爱都不知道.因为他们还需要去学习,本⾝就是来这⾥学习爱的这个功课的.那如果当你们都学会了什么是爱,爱别⼈,都是⼀个爱的状态的话.你们社会上会少很多很多⽭盾、疾病、痛苦、⽃争、战争.这些都会…. 这些不需要钱的.你们⽬前在⾛⼀个⽅向就好像去⽤钱去解决,⽤呢些法律法规或者⽤呢些武器,各种.试图⽤这些去解决问题.

22nd: The best cure I said was love. Cancer sounds like your 'love', 'cancer'. If you have love, you won't have cancer. If you have cancer, it means you lack love. Therefore, the best way to treat cancer is love. If society is full of love, as I define it and not yours, because many of you don't even know what love is - how to love yourself or your children. They need to learn this, which is why they're here to learn about love. When everyone learns what true love is and loves others, being in a state of love, there will be far less conflicts, diseases, sufferings, fights, and wars within society. These issues don't require money; instead, you're currently heading towards using money to solve problems through laws, weapons, etc., trying to fix everything with them.

这些只是加深你们问题的. 唯⼀能够解决问题的就是爱.然后当你们把这个最强的武器拿出来,展现出来的时候,显现出来的时候.你们世界上的灾难,各种病痛,各种⽃争,各种各种,都会减少然后到没有.然后就好像它就是在⼀种就是⾃动运⾏当中了.就好像你这么想整个宇宙它就像⼀个旋涡⼀样它不停在流动,就是它在朝⼀个⽅向⾃动的流动.但是呢,你们却都是在阻碍整个流动.所以你们会觉得为什么这么⽤⼒?

These are just making your problems worse. The only solution to all of this is love. When you bring out that strongest weapon and show it, everything in your world - disasters, illnesses, fights of all kinds - will decrease until there's none left. It'll seem like the whole thing runs automatically, as if thinking about the universe makes it flow like a vortex continuously moving in one direction on its own. But you're all obstructing this flow, so it feels like why would it require such effort?

问: 然后我突然想到⼀个问题,就是我们有⼀个说法就是地球慢慢的在从唯物的周期⾛向灵性的周期.它是⼀个新的循环的开始.请问从你们的视⾓来看的话是这样的吗? 有这样的说法吗?

Questioner: Then I suddenly thought of a question that we have a saying about the Earth gradually moving from a materialistic cycle to a spiritual cycle, marking the beginning of a new cycle. Is this perspective correct according to you? Does such a statement exist?

22号: 你们需要去体验⼀个极端,就⽐如说全部去追求物质.当追求物质达到了你们都拥有物质过后,因为你们发现你们现在⼈变的越来越富有.当你们都达到物质满⾜的时候.你们就会朝另外⼀个⽅向了.就好像呢些⼈⼀股脑的去追求黄⾦.然后才发现拥有黄⾦并不能解决你们的问题.你们便会去找其他⽅向了.但是你们迟早都会找到呢个⽅向,就是爱还有智慧.爱和智慧.

Day 22: You need to experience an extreme, for instance, all chasing materialism. When you've chased enough material wealth that everyone has it, and as a result, people are becoming richer. Once everyone is content with their material possessions, they will shift towards something else. It's like when some people obsessively pursue gold only to realize later that having gold doesn't solve their problems. They then look for other directions. But eventually, no matter what path you take, you will find your way back to love and wisdom: love and wisdom.

问: 我们还想问为什么我们⼈类的寿命这么短? 然后我们的寿命可以延长吗?

Questioner: We also wonder why human life is so short, and can our lifespan be extended?

22号: 你想⼀下为什么你们的寿命这么短? 刚才我在说宇宙它好像有⼀个流动的旋涡,它⼀直在往上转呀转,对不对? 那你却在⽤⼒的推推推.明⽩我意思吗? 你⼀直在和这股能量做抗争.要是顺着这股能量的⼈,他们的寿命都不会短,他们的寿命都很长.只有是在跟这个能量做抗争,⼀直在抗拒这股能量的时候.你想⼀下,这个能量多么强⼤,你却⼀直在背对着它,在跟它做抗争.你的⾝体是不是会消耗的很快,很快就被累死了.因为你永远不可能阻碍的了它的呢股能量呀.因为这股能量就是造物主的能量.你本⾝就是来⾃于它,你还想要去毁灭它或者是不顺着它.

Number 22: Why do you think your lives are so short? Just now I was explaining that it seems like the universe has a spinning vortex moving upwards continuously, right? But you're pushing against this force. Do you understand what I mean? You're constantly fighting against this energy. If someone were to go with the flow of this energy, their lifespan wouldn't be short; they would have long lives. Only when you resist and keep fighting against this energy do you consider such matters. Think about how powerful this energy is, yet you're always turning your back on it and trying to fight against it. Your body consumes resources quickly; it's soon exhausted because you can never stop that force from its course. You see, this energy is the power of creation itself, where you originate from, but you still wish to destroy or defy it.

问: 所以我们顺着这个,⽣命就会⾃动的被延长,我可以这么理解吗?

Questioner: So does this mean that life would automatically be extended by following this path? Can I understand it in this way?

22号: 顺着这股能量你就可以去完成你应该来到这个世界上去完成的所有的⼀切.问: 我们还有⼀个问题就是⼈类的数量会影响到地球吗?

Number 22: Following this energy will allow you to fulfill everything that you came into this world to accomplish. Questioner: One of our questions is whether the quantity of humans affects the Earth?

22号: ⼈类的数量会不会影响到地球是看你如何对数量进⾏分配.你就好像有⼀个桌⼦对不对? 那它的承重量只能承重100公⽄,你却活⽣⽣的要放1000公⽄.那它迟早都会负荷不了呀.那如果你不把它全部放在桌⼦上,你把它均匀的分配到….它就不会产⽣这样的问题呀.所以还是,就好像本⾝你们世界上的财富和钱财就是⾜够你们整个⼈类的.但为什么有呢种⾮常贫穷和⾮常富有的呢种,两个极端呢? 那也是因为财富分配的⼀个问题.所以资源的分配,财富的分配,是这个问题导致…问: 下⼀个问题是从⽬前来看是什么阻碍了⼈类的觉醒呢? 22号: 什么阻碍了⼈类的觉醒? 你稍等.

Chinese: 22号: ⼈类的数量会不会影响到地球是看你如何对数量进⾏分配.你就好像有⼀个桌⼦对不对? 那它的承重量只能承重100公⽄,你却活⽣⽣的要放1000公⽃.那它迟早都会负荷不了呀.那如果你不把它全部放在桌⼦上,你把它均匀的分配到….它就不会产⽣这样的问题呀.所以还是,就好像本⾝你们世界上的财富和钱财就是⾜够你们整个⼈类的.但为什么有呢种⾮常贫穷和⾮常富有的呢种,两个极端呢? 那也是因为财富分配的⼀个问题.所以资源的分配,财富的分配,是这个问题导致…问: 下 ⼀ 个问题是从⽬前来看是什么阻碍了⼈类的觉醒呢? 22号: 什么阻碍了⼈类的觉醒?你稍等.

English

Number 22: Would the quantity of humans affect the Earth depending on how you distribute that number? You're like having a table, right? Its weight capacity can only support up to 100 kilograms, yet you're forcibly trying to place 1,000 kilograms on it. It will eventually be unable to bear such weight. If you don't put everything on the table and instead distribute it evenly… then there wouldn't be this problem at all. Thus, even if in essence, the wealth and resources of your world are sufficient for the entire human population, why do we see extreme poverty and extreme wealth, these two extremes? That's due to issues with wealth distribution. So resource allocation, wealth distribution, that is where the root lies… Questioner: What is currently hindering humanity's awakening? Number 22: What hinders humanity's awakening? Please wait.

WXR: 你们好,我是22号请的⼀位观察⼈类周期⽐较长,就是在你们眼⾥看上去更有经验⼀点的像是⽼师或者是长⽼来介绍下⾯你们提的⼀个问题.⾸先你的问题是是什么阻碍了⼈类的⼀个觉醒? 然后你要知道所有的阻碍都是你们⾃⼰.因为这⾥并没有外在的⼀个任何东西.那是什么阻碍了⼈类的觉醒? 还是你们⾃⼰.你们⾃⼰.你们⾃⼰阻碍了你们⾃⼰的觉醒.因为觉醒的东西它是发⾃内在⽽不是外在.就⽐如说就好像你的⼀个种⼦要发芽,没有谁能强迫地,就是外⾯给你放个芽上去.必须要你的内在突破.所以你外在的看上去是如此多的阻碍也好,任何呢些阻碍它都可以变成是⼀种⽀持.所以是你们⾃⼰在阻碍了⾃⼰的觉醒.

WXR: Hello, I am 22 and have invited a being who observes human cycles for longer periods, appearing wiser or more experienced like teachers or elders to introduce the question you're bringing up. First, what is hindering humanity's awakening? And secondly, do you know that all impediments are yourselves because there isn't any external thing here. What is hindering humanity's awakening? It's still yourselves. You yourselves. Your own selves are blocking your awakening. Because the thing of awakening comes from within and not outward. Just like a seed needing to sprout, no one can force it; you cannot place a sprout outside for it. You must break through internally. Therefore, any external appearance that seems like many obstacles can also become support. So, it's yourselves blocking your own awakening.

然后最重要的就是还有对信息的⼀个⽐如说封闭的⼀个思想.因为你需要觉醒的话,你需要把你的⼀些思想发⽣⼀些转变.就是把旧有的思想放下.允许⼀些新的理念、概念、意识、思想进来.因为就好像你需要,⽐如说新的⼀个思想它是⼀个新的种⼦.你想要这个种⼦发芽的话,有成果的话,那它必须要被种下去.如果你封闭了,你不允许任何种⼦种在你的⼟壤⾥⾯的话.那它不可能有任何发芽产⽣的.所以说封闭的思想是⼀个阻碍.然后还有你们对物质的⼀个追求和对⽣存的⼀个恐惧.然后还有就是对内在的呢种欲望,这些都会是阻碍你们.

Then the most crucial aspect is this idea of closed thinking because in order to awaken, you need to allow certain shifts in your thoughts and ideas. This means letting go of outdated beliefs and allowing new concepts, notions, awareness, and ideas into your consciousness. It's like needing a new seed; for it to sprout and bear fruit, you have to plant it. If you are closed off, refusing to let any seeds take root in your soil, there is no chance of growth or germination. Therefore, closed thinking acts as an obstacle. Additionally, there's the constant pursuit of material possessions and fear of survival that can hinder you. Then, the desires within you also serve as barriers against your progress.

问: 内在的欲望.我听过⼀个说法就是我们是因为有欲望然后才会去不停的扩张和扩展.那就是…WXR: 你说的就好像前⾯信息说的,你如果是动物的话,就是还是兽性的话, 还是⼀个狗的能量的话,那你的欲望你就是想要⼟地,你就想要去吃更多的⾁类,就是囤积更多的⾁.这样⼦的⼀个欲望.

Questioner: Inner desires. I've heard a theory that we expand and extend because of our desires. That is... WXR: You're referring to the previous information stated; if you were an animal, or still harboring兽性 (bestial nature), or just dog energy, then your desire would be for land, for more meat, to hoard more meat. This kind of desire.

问: 那就是我们觉醒后就会和你们⼀样吗?

Questioner: Will we be like you after we awaken?

WXR: 你们觉醒后会和我们⼀样吗? 在某⼀些层⾯是很相似的.就⽐如说你们的⼀个状态,⼀个频率.然后你们会更容易和我们链接.我们的交流就会更加容易.然后链接会更加容易,因为我们都在⼀个⽔平上⾯.因为和你们交流,我们需要去降低很多很多我们的(频率)来去匹配你们的(频率).那当你们就是达到很⾼的⼀个频率的话,我们便不需要降低很多我们的.那它这样⼦,就是说在信息的⼀个匹配度,吸收度,和接受度,就是各种理解能⼒就会变的更加容易起来.

WXR: Will you be like us after your awakening? In some ways quite similar, like your state or frequency. Then it would be easier for you to connect with us. Our communication would become smoother and more straightforward since we are on the same level. The need for us to lower our frequencies to match yours would be reduced when you reach a high frequency. This means that information matching, absorption, and acceptance will be easier, along with an enhanced ability in various understandings.

问: 那除了我们⼈类⾃⼰内⼼发⽣转变才能导致这个觉醒.宇宙之间有没有什么外来的能量是能够帮助⼈类去觉醒的?

Questioner: Apart from our own inner transformation, could there be any external energy in the universe that can help humans awaken?

WXR: 我们现在就是.你们在通灵,然后这些信息来⾃就是⽐你们意识程度⾼的.因为你们地球的意识程度就是… 你想所有⼈ 就是⼀个村庄他们都只有这个思想,他们只能看到这个,他们看不到外⾯的东西.因为他们并没有飞机飞到其他…你想⼀个⾮常落后的⼀个⼩⼭村,他们的信息,⽐如说政府,所有的信息都是⼀致的. 然后他们也没有飞机飞到国外去.那你说他们如何去知道⾃⼰.然后你们通灵就好像是在跟国外联系⼀样.然后你虽然没有看到过国外的情形.但是他们在跟你试图描述.你虽然也不能完全的明⽩,但是你⾄少知道有⼀个国外存在,有⼀个国外,有⼀个意识程度更⾼的.⾄少你看到你们并不是地球上唯⼀的⼀个.

WXR: We are right now. You are communicating with spirits, and the information comes from entities that are higher in consciousness than you. Due to your Earthly consciousness level… imagine everyone in a village who only has this thought; they can only see what's inside their own space. They cannot see beyond it because they don't have access to other views like flying planes to other places. Imagine a very backward small mountain village where all information, for example from the government or any institution, is consistent. Furthermore, they don't fly planes overseas either. So how do they gain knowledge about themselves? When you practice spirit communication, it's akin to connecting with foreign countries without actually seeing them in person. Although you might not understand fully what they're describing, you still get a sense that there exists an external world and perhaps a different consciousness level beyond your own on Earth. At least you realize you are not the only ones on this planet.

因为你们会觉得我们好像就是唯⼀的,然后你们好像觉得你们的认知就是最⾼的.因为在每⼀个认知⾥⾯没有⼈会觉得他的是低的.

Because you might feel like we are the only ones, and then you might think that your understanding is the highest because in every understanding, nobody feels like theirs is low.

问: 那是不是就是说外来的⼒量是不可能通不过外部的⼒量去影响⼈类的集体意识? 只有就是说把外在的能量⽐如说带到我们像现在这样通灵,产⽣语⾔,产⽣思想才能去影响⼈类的集体意识是吗?

Questioner: Does that mean external forces cannot influence human collective consciousness through other external forces?

Only when we bring external energy, such as in phenomena like mediumship, language creation, and idea generation, can it affect human collective consciousness, right?

WXR: 你⾸先你要知道就是你们之所以能得到我们的信息是你们发出了要求.就你们在呢伸出了⼿来求救⼀样.来就是说我想要新的能量进来.就好像你们是⼀个⼩笼⼦,你有强烈的欲望,你知道你不是孤独的.所有⼈他们都在笼⼦⾥⾯,但是你们把⼿伸出来.你们想要得到提拔或者是得到对你的⼀种牵引.是你们⾃⼰内在把⼿伸出来.所以这是你们⾃⼰的⼀种想要去转变,想要去探索,想要去取得联络、联系、链接的内在的欲望.然后把这些信息给引进来的.所以这还是属于你们⾃⼰的.

WXR: Firstly, you need to understand that the reason you receive our information is because you have requested it - similar to when you reach out for help, like saying you want new energy to come in. You feel like a small cage where your desire is so strong, and you know that you are not alone; everyone else is inside the cage as well. But you extend your hand to get lifted or to be guided. It's your inner self that reaches out, wanting transformation, exploration, connection, and communication. And then this leads to receiving the information. So it still belongs to you.

问: 明⽩了.我们⼈类有⼀个⾮常著名的科学家,他已经死去了,霍⾦.然后他⽣前⼀直致⼒于研究外星⼈.然后他⼀直⾮常不倡导⼈类去跟外星⼈链接.他认为这样会给⼈类带来灾

Questioner: Understood. There is a very famous scientist among us humans who has passed away, Stephen Hawking. Then he devoted himself to studying extraterrestrials during his lifetime. Then he was extremely against humanity connecting with extraterrestrial beings. He believed that such actions would bring disaster upon humanity.

难.然后我想知道霍⾦作为⼈类⼀个伟⼤的科学家,然后他有这样的⼀个想法.然后我想问⼀下你们是怎么去看待这件事情的? 他为什么会这么说?

Difficult. Then I wanted to know about Stephen Hawking as a great human scientist, and he had this idea. Then I wonder how you perceive this matter? Why would he say something like that?

WXR: 你要知道你们每⼀个个体都是不⼀样的.他有他的⼀个信念系统.他有他的去认知这个世界的⽅式⽅法.就是他就好像是⼀个过滤器⼀样.那如果有⼀个⼈他从⼩就是对外在的任何他都不信任.那你别说是外星⼈,他如果对⾃⼰的⽼婆,⾃⼰的妈妈,⽐如说⾃⼰的同事他都不信任…明⽩我意思吗? 因为这个并不是只发⽣于你们对外星⼈啊.你看⼀下你们⾃⼰,你们对你们⾃⼰的⼀个同伴,⽣意上的合作伙伴,对你们的政府或者是对你们的任何,你们对它全然的信任吗? 你们是不是担⼼别⼈的国家来怎么样欺负你? 明⽩吗? 你们当然会有这样⼦.所以他们不只是针对外星⼈,他们哪怕是针对⾃⼰的族类、⾃⼰的国家.

WXR: You must understand that each one of you is unique. He has his own belief system. He has his way of perceiving the world around him. It's like a filter for him. If someone从小 doesn't trust anything in their environment, it doesn't matter if we're talking about aliens or not. Would you trust your wife, your mother, or even your co-workers? Do you worry about other countries trying to take advantage of you? Understand me? This isn't just happening when dealing with aliens. Look at yourselves - do you fully trust any of your companions, business partners, government, or anything else in your life? You're going to have doubts and concerns about others' actions. So it's not just alien-related; they can be skeptical towards their own species or even their country as well.

就是你们⾃⼰⼈类,国家跟国家之间,你们都有这样⼦的⼀个恐惧⼼⾥和防范⼼⾥.因为你们觉得恐惧和防范是在保护你们的.那你们体验的还是你们⾃⼰的能量⽽已.你们体验的还是你们的能量⽽已.因为当你有了这样⼦的⼀个想法,这是你的能量,当你有了这样的能量的话,你会吸引出⼀些现象来让你体验到,就是真实.明⽩吗?但是有⼀点是你们必须要知道你们地球是属于限制很多的,就是能量很沉重的,就是⽐较落后,思想上的落后的⼀个星球.那意识程度越是⾼的,它更多的是爱.意识越低的,它更多的是⼀种分裂,更多的是⼀种占有,更多的是⼀种掠夺,就更多的是这种.那基本上就99%的星球都⽐你们的意识程度⾼.那意识程度越⾼他们只是爱的存在.

It's you humans yourself, countries to countries among yourselves, there is this kind of fear and caution within you all. Because you believe that fear and caution are protecting you. That which you experience is simply your own energy, after all. You're experiencing your own energy. For when you have such a thought, it is your energy, and when you possess such an energy, you will attract phenomena to experience, which is reality. Understand? But there is one thing that you must know: your Earth belongs to many limitations, with heavy energy; it's relatively backward in terms of both physical infrastructure and mental development. The higher the level of awareness, the more love there is. The lower the awareness, the more division, more possession, and more plundering – which means this behavior. Basically, 99% of planets have a higher level of consciousness than you do. The higher the level of consciousness, they simply exist as manifestations of love.

爱是⼀种存在状态,并不是说你们地球⼈好,我们才爱你们.你们地球⼈恶,我们就不爱你们.那就不是爱.所以它不取决于你们到底是好还是不好,或者恶还是不恶.因为如果是取决于你们的话,那他们就不是爱的状态了.就是他们的⼀个状态不取决于外在,你的状态.所以对你们基本上都会是⼀种爱.⽽这种爱是没有任何条件的,因为他们本⾝就是爱的⼀个存在状态.

Love is a state of being, not that we love you because you are good, and we don't love you if you are bad. That wouldn't be love. So it doesn't depend on whether you are good or bad, or evil or not evil. Because if it did depend on you, then it would not be a state of love. It is their state that is not dependent upon your external condition, your state. Therefore, for you, there will basically always be a kind of love. And this love has no conditions because they are inherently in the state of being love themselves.

问: 明⽩了.那我就突然想起来中国好像有⼀个⾮常⼤的发送器或者是信号台⼀样⼀直向宇宙发送信号,希望可以联系到外星⼈.他们这么做有⽤吗? 然后已经联系到了外星⼈吗?

Questioner: I see. Suddenly, I remembered that China seems to have a large transmitter or signal station continuously sending signals into the universe, hoping to make contact with extraterrestrial beings. Is this useful? Have they already made contact with extraterrestrial beings?

WXR: 你们所有的科学家都在⽤就好像物质,就是外在或者你们的⾁眼或者你们的⾁体,就是你们这种就好像活⽣⽣的,就是这样⼦的想要去找到⼀些,就是通过这样⼦的⼀个⽅式去找到⼀些外星意识或者是外星存有.这只是他们在使⽤的⼀个⽅式.然后有没有⽤? 当然有⽤.因为你任何⼀种⽅式都有⽤.但是⾄于他们能找到什么样⼦的.因为外星的存有他并不是说只有⼀种种类.它是⽆限的.就好像你是去海⾥⾯捞,你说我能捞到什么什么.海⾥⾯有多少⽣物,有多少种类,你们⼈类都不知道的.你们没有⼈类会清楚.所以你永远都会遇到⼀些未知.那如果他们坚持下去,他们肯定会得到⼀些他们想要去寻找的.

WXR: All your scientists are using something like matter, which is external or via your visual perception or physical body - this living thing you're trying to find some form of extraterrestrial consciousness or existence. This is just one way they're utilizing. Does it work? Of course, it works. Any method has its use. But as for what kind they'll discover, there are not only one type of extraterrestrial being; they're infinite. Like catching something in the sea, you ask what you might catch. How many species or organisms exist underwater that humans don't even know about? No human would be clear on this. So you will always encounter the unknown. If they persist, they're bound to find what they're looking for.

但是那就像我们刚才说他们这种⽅法就限制了他们去…因为他们只是在⽤这种⽅式嘛.但是你们这种⽅式是不是就被他们关在门外了? 因为他们需要更多的证据去证明如何才是真的.那就算我们给了他证明让他知道这是真的.他还会找出各种⽅法,他还会说你这个是胡说⼋道,你这个是怎么样怎么样,你要给我证据.因为证据它只是满⾜于头脑的⼀个东西.所以那就说明他如果是活在头脑⾥⾯的话,他就没有办法去看到.因为⾸先有⼀个东西就是说,在你们物质世界它都是⼀个幻像.他怎样才能看到? 就是说你相信了过后才能看到.因为你看到的东西是你以内,所以你看不到.你明⽩我意思吗? 就是你以内的.整个世界是发⽣在你的意识以内的.

But that's like saying their method limits them because they're only using this approach. But are you getting excluded by theirs? They need more evidence to prove what is true, not just believing it. Even if we give him proof so he knows it's real, he'll find ways out, claiming it's nonsense and demanding evidence. Evidence is just something for the mind. If he lives in his mind, he can't see anything. There's a thing that says in your material world everything is an illusion. How can you see through this? You have to believe first before you can see. Because what you see is inside of you, and so you can't see it. Do you understand me? It's all happening within your consciousness.

你的⼀些过滤条件,你的⼀些眼光或者是解读信息的⽅式还有就是这些,是要通过你个⼈你才能去看到的.

Some of your filtering criteria, your perspective, or the way you interpret information, these are things that you alone can see through yourself.

问: 明⽩了.我们这⾥还有⼀个群有想问你们需要上学吗? 以何种⽅式学习?

Questioner: Understood. There's also a group here asking if you need to go to school and how you learn.

WXR: 我们需要上学吗? 然后我们不需要像你们呢种就是⼀⽣下来就要去学校⾥⾯,但是我们有⾃⼰的学习的⽅式,学习和体验的⼀种⽅式.但是我们的学习⽅式⽐你们的更加⽣动.就好像我们前⾯说我们信息交流,信息交流就是说我们俩可以交换视⾓去体验.所以我们会有不同的转换,不同的交流.

WXR: Do we need to go to school? Then we don't need something like you have where you're born into schooling, but we have our own ways of learning and experiencing things. However, our methods of learning are more vivid compared to yours. It's as if when we talked about information exchange earlier, exchanging perspectives allows us to experience differently. So there would be different transformations and exchanges between us.

问: 然后我想问⼀下宇宙之间,星际之间会不会发⽣像⼈类电影⾥⾯拍的呢种星际战争?

Questioner: Then I'd like to ask if intergalactic wars of the kind depicted in human movies could occur between galaxies?

WXR: 你⾸先要知道你这个问题就好像你们⼈与⼈之间会不会发⽣,家庭与家庭之间的⽃争.你能告诉我吗? 如果我来问你你们70多亿⼈,你们家庭与家庭之间,国家与国家之间会发⽣⽃争吗? 你知道吗?

WXR: First of all, you need to understand that your question is akin to whether conflicts might arise between individuals or families. Can you explain this? If I were to ask you about the billions of people across various families and nations, would conflicts occur among them? Do you see it that way?

问: 我们会发⽣⽃争.

We will have conflicts.

WXR: 但是这个⾮常⾮常的就是有限或者是少.为什么呢? 因为⼀般就是说⼤多数的,他们都能意识到战争是不必要的⼿段.但是还有少数的他们需要去通过这种战⽃,就是需要通过这种去学习,去成长.所以说会有,但是不多.但是这个是没有⼈可以告诉你它会发⽣还是不会发⽣.因为你们所有⼈的意念、意识状态它都在转变的.就⽐如说你们可能准备了很久要准备交战.在最后⼀刻你们却觉得战争没有必要,然后你们就放下了.因为它⼀直,你们的思想,你们的意念,你们的⼀切它都在变化当中.

WXR: But this is very limited or less. Why? Because generally most of them realize that war is an unnecessary means. But there are a few who need to go through this kind of fight; they need to learn and grow through it. So there might be some, but not many. However, no one can tell you if it will happen or not because all your thoughts, states of awareness are transforming. For example, you might have prepared for a long time for combat. But at the last moment, you feel that war is unnecessary and then you give up because they're always changing - your thoughts, your intentions, everything you have is in flux.

问: 然后我想问⼀下你们还会需要呼吸空⽓和喝⽔吗?

Questioner: And I was wondering if you would still need to breathe air and drink water?

WXR: 我们需要呼吸.我们也需要摄⼊液体.这个⼥孩头脑⾥还有问题,我们之前不是说我们有翅膀.我们的翅膀是⽤来⼲什么的? 会飞吗? 我们少部分是有翅膀的,然后⼀⼤部分是没有翅膀的.我们之前说我们像你们族类的鸟,只是说它的形状和它看上去的⼀个⼤概的侧影会⽐较类似.但是并不是说你们眼⾥在天空到处飞的鸟.因为我们更多的是⾏⾛的⼀类.那我们的部分会有翅膀.翅膀是⽤来做什么的? 翅膀更多的是,对我们来说是⼀种平衡还有就是接收信息.然后飞翔,我们不使⽤我们的⾝体去飞翔.就好像你们⾃⼰有车,有飞机.所以我们也会有我们这⼀类型的像飞⾏器⼀样.所以我们并不需要去,就是你们⼈好像看着天上的鸟到处去飞这样⼦.

WXR: We need to breathe. We also need to ingest liquids. There's a problem in her mind; we previously said that we have wings. What are our wings for? Can they fly? Only a small portion of us have wings, while the majority do not. We previously mentioned that we resemble your kind of birds, but their shapes and general outlines would be similar to yours. However, this is not referring to the birds you see flying everywhere in the sky because we are predominantly ground-dwelling creatures. So, some of us have wings. What are they for? Wings primarily serve as a form of balance and information reception for us. We don't use our bodies to fly like you would use your own cars or planes. Thus, we also have something akin to flying vehicles in this context. Consequently, there's no need for them to look exactly like birds soaring through the sky as humans do.

问: 那请问这个⼥孩⼦她脑袋⾥还有问题吗?

Questioner: Could you clarify if there are still issues with this girl's brain?

WXR: 她还想让我们讲⼀些⽐如我们星球⽬前进化的阶段然后又什么是你们星球是可以去借鉴的? ⾸先就是这个⼥孩⼦她有强烈的… 她的⼀个出发点和愿景和意图她是考虑的你们整个⼈类就是整个星球的⼀个发展.她并不是单独的为了某⼀个国家或者某⼀个种族.因为她知道,她的意识程度已经超越了⼀般的社会上的⼈的⼀个认知.因为你们⼤多数⼈还在⼀种就是⾯临⽣活中冲突或者是⿇烦或者是⽣存问题,或者是还有⾃⼰的欲望.就是还沉浸在这些⽅⾯.但是她已经超越了这层⾯的所有.所以她更多的是在⼀个更⾼的⾓度考虑着你们整体的⼀个发展.然后我们现在达到的⼀个,就是有什么可以给你们借鉴的就是说她这⼀点已经意识到思想的重要性.

WXR: She also wanted us to discuss stages of evolution on our planet and what lessons could be drawn from your world. The starting point for this young girl is her vision and intention; she's considering not just one nation or race, but the development of the entire human species and planet. It's not for a single country or ethnicity alone because she understands that her level of consciousness transcends most people's awareness in society. While many of you are dealing with life issues such as conflict, troubles, survival problems, or personal desires, she has already moved beyond these levels. She is considering the development on a higher plane for the whole of humanity. Now, what lesson can be drawn from this situation is that she recognizes the significance of thoughts.

因为你们最主要会产⽣分裂或者是这种最主要是思想上、观念上的⼀些冲突.所以关于思想上的⼀个转变最重要的还是⼀个信息的传播.就⽐如说当你们的信息

Because mainly you will experience division or conflicts primarily in terms of ideological and conceptual differences. Therefore, the most significant aspect in this transformation is the dissemination of information. For instance, when your information

传播的更⼴泛,然后⼈们都会按照这个信息去思考去⾏动的话,然后这就是⼀股⼒量.然后这就好像是⼀股光亮.然后这⼀股光亮它越来越亮的时候,那很多呆在⿊暗当中的⼈就会看到.看到他们就会⾃然⽽然的…. 所以你们已经看到了你们应该去转变的⼀个⽅向.就是它不是说在科技上或者物质上⾦钱上等等这些⽅⾯.然后更多的就是⼀种就是思想上的⼀个转变.然后所有就是她….因为我们在交流的时候我们是可以就是有⼀种信息置换.就是我们的⼀些概念、想法或者是意念是可以去渗⼊到她的⾥⾯,她的⼀些来给我们.就好像是这样⼦的⼀种.就⽐如说我们是海⽔,你们是河⽔.当我们中间的这个桥梁建好了过后,海⽔和河⽔它会开始变的混为⼀体了.明⽩吗?

The more widely it spreads, and then if people start to think and act based on this information, that becomes a force. It's like shining light. As the light grows brighter, those in the darkness will see it. Seeing it leads them naturally... So you've seen your direction for transformation. Not just in technology or material wealth, but more so a shift in consciousness. This exchange happens through our concepts, thoughts, and intentions seeping into her realm and vice versa. Imagine the sea as ourselves and rivers as others. Once we build this bridge between us, the waters of both will start to blend together. Understand?

所以我们都会彼此去吸收到对⽅的.所以她已经就是说… 为什么每⼀次通灵她都会从中感受到⾮常⼤的⼀个影响? 因为每⼀次就好像我们呢个⽔中间的交换当中,她都会得到她需要得到的.那这些信息你可能当下看不到很⼤的变化.但是如果在将来的某⼀天她需要⽤到这些信息的时候,她会⾃然⽽然的去⽤到.就是并不是当下⼀下我能把它所有的受到的⼀些转变给描述出来.但是在她以后的⾏为或者是思考或者是任何⾏动当中,就会看到变化.⽐如说她呢个时候她需要⼀个概念,呢个概念其实已经在她⾥⾯了了.还有问题吗?

So we all exchange with each other in this way. That's why she feels such a big impact every time she communicates spiritually. It's like an exchange of water between us where she gets what she needs each time. The changes from the information you receive might not be obvious at first, but if she ever uses that information in the future, it will naturally come into play. I can't describe all the transformations immediately, but they will be reflected in her actions, thoughts, or any other behavior over time. For example, when she needs a concept, that concept has already been within her. Is there anything else?

问: 那我见天的问题都问完了.

Questioner: Well, that covers all my questions for today.

WXR: 好的,谢谢.

WXR: Alright, thank you.

# **2022/01/17 — 线上集体通灵问答Online Group Spirit Mediumship Q&A**

第⼀个⼈问: 我今天的问题有点多,⼀共准备了5个问题.

The first person asked: I have a lot of questions today, I prepared five questions in total.

⾼灵: 你先说问: 第⼀个问题我想问⼀下怎么能放下个⼈的⾃我,跟他⼈… 就是佛教说的他⼼通是怎样的⼀种状态?

Higher Spirit: You ask first: I want to know how to let go of one's personal self and connect with others... What does it mean when Buddhism talks about the ability to read others' minds?

⾼灵: 他⼼通,就是通灵的⼀种状态是吧?

Higher Spirit: Is being heart-connected one of the states of being in touch with spirits?

问: 我想问怎样才能和其他⼈不靠语⾔就是⼼电感应? 像我们可以练习吗?

Questioner: I'd like to know how one can communicate without language, using telepathy. Can we practice this?

⾼灵: 怎么样可以加强你的就像是直觉? 因为你们每⼀个⼈都有天⽣的,就是都有这个功能.那为什么有的⼈特别厉害,有的⼈又特别不厉害? 是因为⾸先你对外界,这么说你内在有⼀个声⾳,你外界有⼀个声⾳.那如果你总是在把你的注意⼒集中在外在的话,那你内在⾃然⽽然就不会被你察觉到.因为这样⼦的直觉的声⾳它是⼀闪⽽过.就好像是⼀个飞蛾突然从你的眼睛旁边飞过去.如果你没有留意,你察觉不到.所以你需要⾮常快速的捕捉到呢个飞蛾从你旁边飞过去.因为当你捕捉到过后,打开过后,你就发现飞蛾带了很多信息给你.所以怎么样才能增强你这⽅⾯的能⼒? 那你⾸先就是要知道你是有这个能⼒的.

Higher Spirit: How can you strengthen your intuition, which is a natural ability that everyone possesses? Why are some people exceptionally skilled in using their intuition while others struggle with it? The reason lies in how you distribute your attention between the inner and outer worlds. If you constantly focus on external matters, your internal voice goes unnoticed because intuition's whispers are fleeting—like a butterfly suddenly flying by your eyes if you fail to pay attention. Thus, you need to swiftly catch that butterfly before it flies away. Once captured, you'll discover it carries valuable information. So how can one enhance this ability? The first step is realizing that you already have this capacity within yourself.

因为很多⼈他觉得这个很神奇,只有呢种特异功能的⼈才有.那么他就把⾃⼰当成⼀个没有这个功能的⼈,那他⾃然⽽然就关闭了.你⾸先要知道你是有这个功能的.然后还有就是说就好像这是⼀个器官,它的这个功能是需要你不断地去链接,不断地去训练.怎样才能更好的去训练它呢? 那就是多和⼤⾃然,就是开始和⼤⾃然的⼀切去链接.就⽐如说你进⼊⼤⾃然过后,你就到处都能链接到⾃然元素,⼟地、天空、风、云、树、鸟、花、草,所有的这⼀切.这些

Because many people feel that this is very mysterious, only those with special abilities possess it. Therefore, they consider themselves as someone without such a feature and naturally shut it off. The first thing you need to know is that you do have this ability. Moreover, it's like an organ whose function requires constant connection and training. How can you better train it? By connecting more deeply with nature, starting by linking with everything in nature - the land, sky, wind, clouds, trees, birds, flowers, grass, and all else.

⾃然元素.你先从呢边去链接.链接的话就是说你需要深深的去跟它们达到⼀个连接.那你就需要去关闭你头脑⾥的所有声⾳、记忆、任何.就⽐如说刚才呢个⼥孩在她在窗外看着窗外的⼀棵树.树上有两只鸟.她就很快的就跟鸟、树,跟⼤⾃然的元素达到了⼀种链接.所以她能深深的感受到平静、宁静和呢种美好的感觉.就像是这样⼦的⼀个例⼦.就⽐如说你最开始你需要离开其他⼈的⼲扰⾛到⼤⾃然当中,⼀个⼈.你能深深的去跟呢⼀棵树链接.然后让它的呢种平静的、宁静的能量传递给你.那如果你能很快的和这些⾃然元素达到链接的话,那⼀样的你也会和其他动物和⼈达到链接.为什么⼀开始⼈不是你最好的练习对象呢?

Natural elements. Start by connecting from that side. Connecting means you need to deeply reach out to them. This involves shutting down all the sounds, memories, and any other distractions in your mind. For instance, imagine a girl looking outside her window at a tree with two birds perched on it. She quickly connected with the birds, the tree, and the elements of nature, allowing her to feel deep tranquility, serenity, and a sense of beauty. This is akin to an example where you begin by stepping away from other people's distractions and entering the natural world alone. You can deeply connect with that single tree, letting its calm, serene energy flow into you. If you're able to quickly link with these natural elements, this same principle applies to connecting with animals and humans as well. Why would a person not be your best practice subject initially?

因为你们都是在受⼲扰的,就是对⽅有很多⼲扰你的.他的⽐如说外在或者他的⽓味、他的表情、他的低落的情绪,这些所有的⼀切它都会⼲扰你.那⼤⾃然它只有平静、宁静的⼀股能量.那你就可以很好地感知到,OK,我现在和它链接上了.你能感知到⼤⾃然的能量.关于这个你还有问题吗?

Because you are all affected by disturbances, that is, the other party has many disturbances for you. For example, his external appearance or his smell, his expressions, his depressed mood, all of these will disturb you in every way. But nature only possesses a calm and tranquil energy. You can then perceive this well, okay, now I am connected to it. You can feel the energy of nature. Do you have any questions about this?

问:没有了.您说的这个我好像经历过⼀次.就是有⼀次去爬⼭,特别⾼的地⽅,也没有⼈.我就在呢冥想.我也不知道冥想多久,但就是突然醒的时候就感觉到呢种特别深的宁静.我就感觉⾃⼰好像和地链接在⼀起了.就是感觉到它的感觉了.因为我爬的⼭没有什么⼈.但是我在呢冥想完后就觉得特别安静,就感觉链接到⼟地了.

Questioner: Gone? I think I've experienced something like that once. It was when I went hiking to a very high place with no one around me. I was meditating there. I don't know how long I meditated for, but when I suddenly woke up, I felt an exceptionally profound stillness. I felt as though I was connected to the ground and could sense its feelings. Since there were no people climbing that mountain with me, I felt particularly serene after meditating. It was like I had linked myself to the earth.

⾼灵: 是的,那你多练习这个就可以.

Higher Spirit: Yes, then you can practice more of this.

问: 好的,好的.第⼆个问题就是我很喜欢⼼理学,但是没有系统的学过.就是想问⼀下在⼼理学⽅⾯我会不会有天赋.

Questioner: Alright, alright. The second question is that I really enjoy psychology but haven't studied it systematically. I'm wondering if I have any talent in this area.

⾼灵: 你喜欢就是你的天赋.就是你的激情,你喜欢这就是你的天赋,明⽩吗? 就算⼀个⼈他对某⼀件事情特别有天赋,如果他不喜欢,他也不喜欢去做.那什么⽤都没有.只要你去喜欢它,你想要去做它,就已经是你的天赋了.因为你的内在的呢股动⼒它会打开所有的门给你.如果没有这股动⼒的话,门都打不开.

Higher Spirit: If you like it, that's your gift. That's your passion. If you like it, that's your gift, right? Even if a person is exceptionally talented in something, if he doesn't like it, he won't enjoy doing it either. What's the point? As long as you go for it and want to do it, it becomes your gift because your inner drive opens all doors for you. Without that drive, nothing would move forward.

问: 好的,明⽩了.我想能不能帮我链接⼀下⾼灵,就是我之前遇到过两次⽐较紧急的情况.然后其中有⼀次吃饭的时候被噎住了.然后喘不过⽓,感觉要死了.然后突然⼀下我就感觉⾃⼰的头脑和⾝体分开了.就是我想和⾝边的⼈沟通但说不出话.也不知道是头脑还是我的⾼我,就是感觉头脑好像和⾝体分离了.能帮我看看我当时的状态是怎样⼀种状态吗?

Questioner: Alright, I understand. Can you help me connect with high spirit? I had two quite urgent situations that happened to me in the past. One time, during a meal, I choked and couldn't breathe properly, feeling like I was going to die. Suddenly, I felt as if my mind and body were separate. While trying to communicate with someone nearby, I found myself unable to speak, unsure whether it was due to my mind or my higher self that seemed detached from the body. Could you help me understand what might have been happening to me during those moments?

⾼灵: 你再说⼀下,分离了过后呢?

Higher Spirit: Repeat, what happens after separation?

问:过后就是我被呛着了,我以为要死了.快要窒息了.就好像是感觉,我想寻求⾝边⼈帮助但我又说不出话,没法⼉跟他们交流.但是我两次被呛住都是⼀样的感觉.我的头脑好像,就是跟平常我思考的头脑不⼀样.我不知道怎么形容.我⾃⼰感觉好像进⼊到⼀种⾝体应急的⼀个反应.头脑和⾝体分离的感觉.

Questioner: Afterward, I choked and thought I was going to die; it felt like I was suffocating. It was as if I wanted to seek help from someone nearby but couldn't speak or communicate with them. However, both times I choked, the sensation was the same. My mind seemed different from my usual mode of thinking. I don't know how to describe this feeling. I sensed that I had entered a bodily response akin to a fight-or-flight mechanism where there was an apparent separation between my mind and body.

⾼灵: 多久才恢复?

Higher Spirit: How long until recovery?

问: ⼤概有七⼋分钟.

Questioner: Approximately seven or eight minutes.

⾼灵: 你稍等.你叫什么名字?问: 我叫XXX⾼灵: XXX想要知道有⼀次像是灵魂出窍的经历,你想知道呢会⼉发⽣了什么对吗? 从呢⼀次经历你就可以明确的知道你不是你的⾁体.明⽩吗? 因为你们物质世界很多⼈都会把这个⾁体,这个名字,这个职业,这个性格,把这个⾁体当成是他.但是经过呢次体验你是不是就知道,你就完完全全看到了你的⾁体就好像是你的道具对不对? 所以呢次经历它会带领你去探索⽣命的本质.就是你不是你这个⾁体.你到底是谁? 那你想要找到答案的这股动⼒它会带领你去踏上⾃我探索的道路.下⼀个问题.

Spirit High: Wait a moment, what is your name?

Questioner: I am XXX.

Spirit High: XXX wants to know about an experience of soul leaving the body, do you want to know what happened during that time?

From this experience, you can clearly understand that you are not just your physical body. Do you see?

Because in this material world, many people tend to identify themselves with their bodies, name, job, and personality.

But after this experience, wouldn't you realize that you saw your body as a mere tool? So this experience will lead you on the path of exploring the essence of life - you are not just your physical body, who are you?

This desire to find the answer would guide you into self-discovery. Next question.

问: 也是⼀件事.就是我前年的时候,我开卡厅车在没有任何碰撞的情况下胳膊断了.然后看了很多医⽣,都跟我说要我做⼿术.但我不想,我潜意识知道⾃⼰可以长好.然后⼤夫跟我说我断的位置不做⼿术不好长.但我还是坚信可以长好,然后在第四个⽉的时候长好了.我就想问⼀下这个是不是就是吸引⼒法则? 就是我潜意识⾥觉得它可以长好它就长好了.然后想问⼀下通过这个事件是不是我的⾼我想告诉我什么信息?

Questioner: It's one thing indeed. Last year, I was driving my car without any collision when my arm broke. Afterwards, I saw many doctors who all advised me to undergo surgery. However, I didn't want to, knowing subconsciously that it would heal on its own. The doctor told me that the location of my break wouldn't heal properly without surgery. Despite this, I firmly believed that it could heal on its own. By the fourth month, it had healed completely. I'm wondering if this is an example of the Law of Attraction? That by believing in myself and focusing on healing, my body was able to recover without medical intervention. I also wonder what message my subconscious mind might be conveying through this experience.

⾼灵: 通过这个事件你可以去认识你的⾝体,就是你使⽤的这个⾝体它⾮常的具有智慧.它⾃⼰本⾝就是活的.它是有智慧的.它⽐你们知道的功能多的多.就是这个.就是你可以信任你的⾝体.还有问题吗?

Spirit: Through this incident, you can get to know your body – the body that you are using is incredibly wise. It's alive on its own. It has wisdom. It has much more function than you know. That's it. You can trust your body. Any questions?

问: 我想问问辟⾕.我之前⾃⼰在家做过⼀个18天的辟⾕.我就认识到⾃⼰可以不⽤靠外在的⼀个能量…⾼灵: 辟⾕是怎样的⼀个过程?

Questioner: I'd like to ask about fasting. I've previously done a 18-day fast at home, which made me realize that I can rely on my internal energy rather than external sources. HGA: What is the process of fasting?

问: 您说我吗? 我当时是想减肥,然后就突然有⼈加我微信告诉我辟⾕.然后我就好像放下了下我,我就特⽐相信他.然后我就跟⾃⼰的⾝体对话,告诉它我要辟⾕.其实我特别能吃,少⼀顿都不⾏.但是我下了这个指令过后,从第⼆天开始我就不吃东西了.可能前三天我还吃⼀个苹果和⼏粒花⽣.后⾯就什么都不吃了.我⾃⼰都没想到我坚持了18天.

Questioner: Are you referring to me? At the time, I was trying to lose weight and suddenly someone added me on WeChat to tell me about intermittent fasting. This made me trust them immensely. Then, I began speaking with my own body, telling it that I would be practicing intermittent fasting. Despite being able to eat a lot and needing every meal, after giving this instruction, I didn't eat anything starting from the next day. For the first three days, I only ate an apple and some peanuts. Afterward, I stopped eating altogether. I never thought I could stick to it for 18 days.

⾼灵: 然后你的问题呢? ⼗⼋天不吃东西吗?

Ghosts: And what about your problem? No food for eighteen days?

问: 对.我就想问当我们关闭了外在东西是不是真的能接收宇宙的能量? 还有辟⾕会对胃造成影响吗? 因为我上次辟⾕的时候我感觉我治好了⼀些⾝体疾病,我的腰辟⾕完了就不疼了.

Questioner: Alright. I just want to ask if we really can receive the energy of the universe when we shut out external things? And does cultivation have any impact on the stomach? Because the last time I practiced cultivation, I felt that it cured some physical illnesses; my back stopped hurting after I finished cultivating.

⾼灵: ⾸先你们要知道你们有⼀个物质⾁体要照顾.但是呢个物质⾁体它并不需要⾮常多的⾷物.如果你把你的觉知放在你吃的每⼀⼜⾷物上⾯,就是你不会⽆意识… ⽐如说你⼼情不好你就想不断地吃吃吃,或者边看电视边吃,或者变聊天边吃.你会不知道你吃了多少.如果你充满觉知的去吃你的每⼀⼜饭,就是每⼀⼜饭你都能感受到它的味道,你能感受到它的 texture,就是它的⼜感.如果你能在这样⼦的觉知下吃东西.你们不会过量的.过量是因为你失去了链接,你是在⽆意识的⼀个状态下.就是你失去了呢个链接.就好像你是边睡边吃⼀样.那如果你在这样⼦的状态下… ⾸先你们的⾁体在这个世界上还是需要⾷物去维持它.

Higher Spirit: First, you need to understand that you have a physical body that needs care. However, this physical body doesn't require an enormous amount of food. If you were to place your awareness on each mouthful of food, then you wouldn't eat mindlessly... such as when you're in a bad mood and want to keep eating constantly, or while watching TV, or while chatting; you might not even be aware of how much you've eaten. But if you ate with full awareness, every bite would allow you to taste its flavor, feel its texture—the sensory experience of it. If you eat mindfully, you won't overeat. Overeating happens because you lose connection and end up in an unconscious state, as if eating while half-asleep. In that state, your body in this world still needs food to sustain itself.

所以任何⾛极端的,或者是⽆意识的进⾷,或者是不进⾷,这些都是极端.所以你可以做好呢个平衡.你可以平衡好.如果平衡好的话,那你的⾝体⼀直是在有活⼒和健康的状态.它不会过度的肥胖,它也不会,就⽐如说有些⼈他辟⾕是因为他平时都是随便吃,是没有觉知的.在这样⼦的情况下,他会过量.然后再来⼏天不吃.这样是两个极端.你的体内会失衡.为什么?因为你的⾝体它不知道到底是哪个,就好像你⼀会⼉给我输⼊这个指令⼀会⼉他给我输⼊哪个指令.我不知道(是哪个).就好像乱了.就会导致⼀个紊乱.所以如果你能把你觉知的练习加⼊到你的饮⾷当中,你不会发胖,你也不会过多的吃.你刚才不是说要锻炼⼀个你的通灵的能⼒,就是感应能⼒.

So any form of extremism in eating, whether it's overeating or fasting without awareness, are both extremes. Therefore, finding a balance is key. You can achieve this balance if done correctly. When your body maintains a healthy and lively state through proper balance, you won't experience excessive obesity nor the imbalances that come with erratic eating habits. For instance, someone might practice intermittent fasting because they often eat mindlessly in their regular life, leading to overconsumption followed by days of no food intake – this is an extreme on both ends causing imbalance within the body due to inconsistent dietary instructions sent by the system ("me"). This confusion results in a chaotic state for the body. Thus, incorporating mindfulness practice into your diet can prevent weight gain and excessive consumption. Just as you mentioned earlier about cultivating the ability to sense and connect, which implies enhancing one's intuitive capacity.

那你会感应到⾝体它会给你发信号说:够了.那如果你是进⼊⽆意识,就是边看电视或者边聊天或者边什么吃的话,那你听不到它在告诉你:够了.你听不到,明⽩吗?你们听不到内在的⾝体想要告诉你什么.你还不断地吃不断地吃,撑到胃疼,胃消耗就是负荷太重.所以如果你试着跟你的⾝体链接,你想吃什么,就是需要吃什么,多少的量,任何的⼀切.你就好像你的⾝体是你的⼀个朋友,但是这个朋友特别的⼩声,它的声⾳特别⼩.它需要你很静⼼很耐⼼,就是你需要安静.它需要你安静下来你才能和它链接.如果你是在⼀个烦躁的情况下、愤怒的情况下,你就跟它断开链接了.所以你需要在⼀个peaceful的状态下,你才能跟它链接到,你才能听到它的声⾳.

If you feel it giving signals to your body that says: enough. But if you are in an unconscious state, for example watching TV or chatting while eating, then you won't hear the signal telling you: enough. You don't hear it, do you understand? You can't hear what your inner body wants to tell you. And you keep eating continuously, until your stomach hurts from overeating; the stomach is overloaded with too much load. So if you try to connect with your body and ask yourself what you want to eat or need to eat, how much of it, everything else, then it's like your body is a friend but this friend speaks very softly and its voice is faint. You need to be very calm and patient, which means you need quietness. You need to quiet down in order to connect with it. If you are in a烦躁 or angry state, then you disconnect from it. So you can only connect with it when you're in a peaceful state, where you can hear its voice.

它会告诉你它的⼀切.然后你们俩之间有⼀个很好的链接过后,它便不会有病痛或者是进⾷过量这样⼦的⼀个状态.你也不会有减肥的烦恼.

It will tell you everything about it. Then, after a good link between the two of you, it won't suffer from pain or overeating. You won't have worries about dieting either.

第⼆个⼈问: 我想知道我早上上班的时候迟到,⼼⾥就会很慌张.⼼⾥想着快⼀点快⼀点.就⼀直使⾃⼰处于焦虑的状态.本来很平静的⼼就⼀下紧张了.我想了解我是什么样的信念系统.我不喜欢这样.我就好像是惯性的呢种.

Second person asks: I want to know that when I am late for work in the morning, my mind becomes very anxious. My mind keeps telling me to hurry up, hurry up. As a result, I stay in an anxious state constantly. What kind of belief system do I have? I don't like this feeling. It's as if it's just part of my routine.

⾼灵: 因为如果我们每⼀个⼈都有⼀个频率,就好像是他振动的频率.那你的整个频率都是⽐较快的,就是⽐如说有⼀个焦虑值.那如果这个通灵的⼥孩⼦焦虑值是零的话,你的焦虑值是⼀百,明⽩吗? 所以你们在⾯临任何事情都会有不同的⼀个⼼理产⽣.就⽐如说她可能⼗天⼀个⽉都不会焦虑⼀次.但是你可能⼗天⼀个⽉都不会有⼀天不焦虑.这是两种不同的状态,明⽩吗? 所以它是你的⼀个整体的,就是最根本的⼀个… 不是说单独只是体现在上班或者迟到或者是要⼲啥⼲啥.

Higher Spirit: Because if each one of us has a frequency, like the vibration of this frequency. Your entire frequency is much faster, say there's an anxiety level. If the spirit medium girl's anxiety level is zero, yours is 100. Can you understand? So when facing anything, you both have different mental reactions. She might not get anxious once every ten days or a month. But you might be anxious every day for ten days or a month. This is two different states, can you understand? Therefore, it's your overall, the most fundamental… It's not just shown in being late to work or getting annoyed about something specific.

问: 那我怎么改变呢? 因为我还是不喜欢这种.

Questioner: But how do I change that? Because I still don't like it.

⾼灵: ⾸先环境影响⾮常⼤.你本⾝就是在充满⼀个⾼节奏、快速、快节奏的⼀个⽣活环境.那如果你们改变不了外在的,要改变内在.如果在改变不了(外在)的情况下,那你就需要多做练习.就是多深呼吸.因为你焦虑的时候是你脑部的⼀个反应.当你在做深呼吸的时候,⽤腹部呼吸的时候.你的脑部会受到另外⼀个提⽰.呼吸它可以缓解.还有就是你多去和宁静的能量去链接.就⽐如说刚才说的⼤⾃然的⼀个能量,树,草地.就是在这种安静的环境.

Higher Spirit: First, the environment is very influential. You are living in an environment with a high tempo, fast pace, and quick rhythm. If you can't change the external circumstances, then focus on changing internally. If you can't change the external conditions, you need to do more practice. That means doing more deep breathing exercises because when you're anxious, it's your brain's response. When you engage in deep breathing, especially by breathing from your abdomen, your brain receives a different signal. Breathing helps alleviate anxiety. Additionally, connect with calming energy like the natural elements mentioned earlier, such as trees and grassland. Surround yourself in this kind of tranquil environment.

问: 那有什么信念系统在我⾥⾯?

Questioner: What belief system am I carrying within myself?

⾼灵: 你想象⼀下你就好像是⼀个活的能量,⼀直振动的⾮常快.那当你在跟⼤树链接的时候,⼤树它是平稳的⼀个振动.你链接它的振动过后,你的振动就也变平稳了,明⽩吗? 那如果你多去,就是如果你的这个⾝体最开始是快速的振动,⾮常的快频率,它是10个⼩时⾥只有2个⼩时是正常的.那如果你10个⼩时都变成正常的频率的话,你呢个就会越来越少,就会越来越不会⼲扰到你了.

Spirit: Imagine you are a living energy vibrating very fast all the time. When you connect with the big tree, the tree vibrates steadily. After connecting to its vibration, your own vibration also becomes steady. Understand? If you do it more often, then if your body initially vibrates at a fast pace, very high frequency, there are only 2 hours out of 10 where it's normal. But if all 10 hours become normal frequencies, you will have less and less disturbance from it over time.

问: 但是有时候我会对别⼈的⼀些反应过于激烈.我感觉这是信念系统在⾥⾯⼀样.

Questioner: But sometimes I respond too strongly to others' reactions. I feel that my belief system is somehow involved in this.

⾼灵: 你的⾝体的反应它会加强你的信念系统,明⽩吗? 就是说你现在⾝体是在这样⼦的⼀个状态下,你就会说你是焦虑的,⽣活总是什么什么的.那如果你换⼀个⽅式,就像我刚刚说的,你有10个⼩时都保持在⼀个平静的状态,那你的信念系统也会随之⽽改变的,明⽩吗?因为你的⼤脑它会⾃动的去定义.你的⼤脑会⾃⼰去替换.

Higher Spirit: Your body's response will strengthen your belief system, understand? That means you are in such a state that you would say you're anxious, life is always this and that. But if you change the way like I just said, maintaining peace for 10 hours, then your belief system will also change accordingly, understand? Because your brain automatically defines it. Your brain itself replaces it.

问: 我就是多需要去做练习.

Questioner: I just need to do more practice.

⾼灵: 是的.多和呢些⼤⾃然就是宁静的频率链接.

Higher Spirit: Yes, connecting with nature's great forces is like tuning into its calm frequencies.

问: 因为我是做财务的⼯作.有⼀次⼀个⼚家来跟我对账,我就有点抵触,不想和他对账.我就态度不好,就惹的别⼈态度也不好.以前也遇到过这样⼦.这次又遇见了.我想知道它让我学习什么呢?

Questioner: Because I'm in finance work, once a manufacturer came to reconcile accounts with me, I had some resistance and didn't want to reconcile the accounts. My attitude was not good, which caused others' attitudes to also be bad. This has happened before, and it's happening again. I wonder what this is teaching me?

⾼灵: 那你知道你内在的⼀个状态,外在的所有事件、所有关系就像镜⼦⼀样来让你看到你⽬前的⼀个状态.那你⽬前的状态本⾝就是⼀个烦躁的状态.如果你内在是⼀个宁静、和谐、充满爱的状态,你⾃然⽽然外在的关系也会这样呈现给你.

Higher Spirit: You know that the state within you reflects all external events and relationships like a mirror, allowing you to see your current state. Your present state is one of restlessness. If your inner self is calm, harmonious, and filled with love, then naturally, your outer relationships will reflect that as well.

问: 第三个问题是前两天睡觉的时候,我感觉我很清楚的梦见飞碟.它很近距离的靠近我.我在梦⾥想⽤⼿机拍照留证据.醒来发现是梦,就有点遗憾.我就想知道是我的灵魂看见飞碟了吗?

The question is: The third issue is that I vividly dreamed of UFOs the day before yesterday while sleeping. It was very close to me. In my dream, I wanted to use my smartphone to take photos as evidence. Upon waking up and realizing it was a dream, I felt somewhat disappointed. I want to know if it was my soul seeing the UFO?

⾼灵: ⾸先你们⼈类是到了呢个时间,就是你们的意识要打开.那你们的集体意识,就是有很多⼈他都会有这类似的梦.就⽐如说你们物质世界要体验就是把你们的意识打开去接收⼀些新的事物.那在梦⾥⾯你们就会先去体验.所以这也是⼀个集体意识,就是⼀个集体进化的⼀个⽅向和状态.因为你的意识是在集体⾥⾯.所以你也会经历到集体的⼀个状态.

Higher Spirit: First of all, you humans have reached a time where your consciousness needs to be opened. In this case, there are collective experiences that many people share, such as dreaming about having their consciousness open to receive new things from the material world. These dreams anticipate experiencing these changes before they happen in reality. This is also indicative of the collective consciousness moving forward and being in a certain state because your individual consciousness is part of the collective whole, meaning you will go through similar states as the group does.

问: 那并没有说是我真的看见了?

Questioner: But it doesn't say that I really saw it?

⾼灵: 什么是真的? 什么是假的? 你要知道你的意识它是不断地需要吸收新的信息,新的⼀切.所以有⼀些事物它会通过梦⾥⾯先来让你,就是如果你在梦⾥⾯经历这些.那等你在现实⽣活中经历的话,就对你来说就可以更好的理解和接受.所以梦的渠道也是你们扩展意识和接收信息的⼀个渠道.所以最重要的是你的意识的⼀个扩展.真和假,⼀切都是真的,⼀切都是假的.如果你说是不是真的? 那并没有真的呀.你都知道是个梦.怎么是真的呢? 明⽩吗?

Higher Spirit: What is real? What is fake? You need to know that your consciousness constantly requires the absorption of new information, everything new. Therefore, some things will come to you through dreams if you experience them in your dreams. When you later experience these in reality, it can better help you understand and accept it for yourself. Thus, dreams are a channel for you to expand your awareness and receive information. Hence, the most important is the expansion of your consciousness. Everything is real; everything is fake. If you ask if it's really true? There isn't any truth there. You know it's a dream. How can it be true? Understand?

问: ⽐如⾃⼰的神识在梦⾥⾯就真的交谈了.好像是⼀个真实的存在⼀样.

Questioner: For example, if one's consciousness really converses in dreams, as if it were a real entity.

⾼灵: 没有真实的,这⾥没有真实的东西.意识可以在任何不受时间、不受空间,意识它可以⾃⼰去产⽣任何给它⾃⼰体验.所以最重要的是你的经历.

Spiritual High: There is no true thing here; there are no real things. Consciousness can produce anything for itself in any place outside of time or space. So what's most important is your experience.

问: 我下⼀个问题是我⽼公没有按照我的意思去做.我门⼜有和放鞋柜的架⼦.他没有按照我的意思去做.我就⼼⾥很不安逸.我跟他说了两次…⾼灵: 你的问题是什么? 你直接说你的问题就好了.

Questioner: My next question is that my husband didn't do what I wanted him to. We have a shelf for shoes, but he didn't follow my instructions. It makes me uneasy. I've told him twice... Higher Spirit: What's your problem? Just tell me your issue directly.

问: 因为我就说呢个⾓太挡道了.他就说不要,就骂了我⼀句放屁.我就感觉很受伤.我⼼⾥⼀直过不去这个坎.我为什么会是这种状态?

Questioner: I said that the angle was too obstructive, and he told me not to do it and scolded me for saying that. It made me feel very hurt. I couldn't get over this feeling in my mind. Why am I in this state?

⾼灵: 你为什么会这样⼦的状态? 你为什么会怎样的状态? 你为什么会⽣⽓吗?问: 因为他骂了我⼀句,又没按照我的意思做.

Higher Spirit: Why are you in this state? Why are you like this? Are you angry? Questioner: Because he scolded me and didn't do as I told him.

⾼灵: 你的问题是什么? 你现在只是在说你的感受,但是你并没有说你的问题是什么?问: 我想问怎么对待这件事情?

Higher Spirit: What is your question? You are just talking about your feelings right now, but you haven't stated what your problem is. Questioner: I want to know how to handle this situation?

⾼灵: 你只⽤处理你⾃⼰的⼼理.你如果是说外在怎么做对? 这⾥没有对和错.因为你⽆论怎么去选择它都有你可以去成长的⼀个点.你可以⼤发脾⽓,可以跟他打架,可以按照你的意思改过来.当然你也可以看到你这个⾏为的⼀个后果.你也可以去⽤其他的⽅式.就是这个路是你⾃⼰的.你⾃⼰去闯出来.但是你在做每⼀件事情的时候你是要有觉知.就是我知道我接下来的⼀个⾏动,我需要怎样.就是你是醒着在做,⽽不是闭着眼睛.所以你是⾃由的,你可以去做任何.因为任何地⽅你都可以从中得到感悟、领悟、成长.不⽤来问哪个对哪个错.重要的是你有没有通过这件事情去成长.这个才是最重要的.因为外在的⽅式⽅法都不重要.为什么呢?

Higher Spirit: You only need to deal with your own mind. If you are asking about the right way externally, there is no right or wrong here. Whatever choice you make, there's always a point of growth for you. You can lose your temper, fight him, or change according to your wishes. Of course, you can also see the consequence of this action. You can use other ways too; it's your own path that you create yourself. But when doing every single thing, you must be aware. I know what my next action needs to be like. You are awake while doing, not sleeping through it. Therefore, you are free to do anything because any place you go, you can gain insights, understandings, and grow from it. There's no need to ask which is right or wrong. What matters is whether you have grown from this experience; that's the most important thing. Because external methods don't matter why?

因为这⼀切都是假象.所以你采取什么⽅式⽅法不重要.重要的是这⼀段经历过后,你能领悟到什么?⽐如说我终于通过伤害我⽼公领悟到,如果他受伤他不爽,我⼼⾥也不爽.所以我没有必要⽤这种伤害的⼿段.但是这个伤害的⼿段有没有意义?有意义啊.那如果你只是去伤害,你却没有觉知.那你的伤害就⽩伤害了呀.因为你没有从这个伤害⾥去成长.所以不管你做的是伤害还是有爱的⼀个⾏为.⾏为不重要,重要的是你内在的⼀个领悟能⼒.你到底从这个事件当中领悟到了什么?

Because everything is illusion, the method you choose doesn't matter. What matters is what insight you gain from this experience? For example, I finally realized that if my husband gets hurt, he feels unhappy, and so do I. Therefore, there's no need for me to use such a harming approach. But does this act of harm have any meaning? Yes, it does. If you just go about causing harm without being aware, then your actions are in vain because you don't grow from that harm. So, whether you're doing harm or an act filled with love doesn't matter; what matters is your inner ability to gain insight. What exactly do you gain from this event?

问: 我⼀直沉浸在呢种感觉⾥⾯.

Questioner: I have been lost in that feeling.

⾼灵: 那沉浸在⾥⾯,你只要充满觉知的去沉浸也很好啊.就是你知道你现在,OK,我想要继续沉浸在⾥⾯.那你就可以从你的沉浸当中去受益.

Higher Spirit: Immersing yourself in it, just being mindful as you immerse is great too. You know where you are now, okay, I want to continue immersing myself. Then you can benefit from your immersion.

问: 我就是觉得很受伤.

Questioner: I just feel really hurt.

⾼灵: ⽆论你有什么你都可以去选择.重要的就是说你有⼀个觉察者的⾝份.你有两个⾝份,⼀个是在经历,⼀个是在受伤,另外⼀个你是在观察她.你是在觉察她的⼀举⼀动,这样就好了.

Soul: Whatever you have, you can choose. The important thing is that you have the identity of an observer. You have two identities, one experiencing and one being hurt, and another where you are observing her. You are aware of her every move, and that's it.

问: 还有⼀个就是也是和我⽼公之间.我在卫⽣间关门.他知道我在⾥⾯.他回家没跟我打招呼.以前都会打招呼.我⼼⾥就不⾼兴.为什么回家不打招呼,悄悄的.有点⽣⽓.⼼⾥就想⽼公为什么不关⼼我…⾼灵: 你的问题是什么?

Questioner: There's another issue too, related to my husband and I. When I'm in the bathroom with the door closed, he knows that I'm inside. He comes home without greeting me, even though he used to before. I feel unhappy about this - why doesn't he greet me when he returns home quietly? It feels like he's being secretive or uninterested. I wonder why my husband isn't concerned for me... Dr. Higher Spirit: What is your problem?

问: 我就觉得我和他之间的关系为什么感觉有点凉? 是我⾃⼰思想的⾏为还是交流太少造成的?

Questioner: I feel that there's a slight coldness in our relationship. Is it due to my own thoughts and actions, or not enough communication?

⾼灵: ⾸先你们对关系有⼀个误解.我们之前就有通灵的信息说你才是呢个主导者.关系朝哪个⽅向去发展,你才是呢个引导者,⽽不是对⽅.你⼀直就是在等着对⽅,然后⼼⾥各种不同的想法.为什么,OK,就是你确定⼀个想法: 我要我⽼公,我想跟我⽼公关系⾮常好.然后你去来领导你们的关系.他⼼情不好说两句⽓话.但我不在意.为什么? 因为我知道他爱我,我也知道我爱他.所以这些并不重要,明⽩吗? 你的⼼⾥到底想你们的关系怎么样,你知道吗? 你不知道.你⼀直在被动.他有没有听我的? 他有没有跟我打招呼? 他有没有跟我表达爱? 如果你确定你爱他,他爱你.只⽤确定这两个,其他的你都不⽤去管.

Higher Spirit: Firstly, there's a misunderstanding about the relationship dynamic. Previously, we have had spiritual messages indicating that you are the one in control. It is your direction that shapes the relationship, not the other way around; you've been waiting for him instead of leading it. If you're certain about an idea: I want my husband, I want our relationship to be very close. Then lead your relationship from there. When he's upset and says something hurtful, but you don't mind. Why? Because you know he loves you, and you know you love him. So these things are not important. Do you understand? What do you truly desire for this relationship, do you know? You don't. You've been passive all along. Has he listened to you? Did he greet me? Did he express his love? If you're sure you love him and he loves you, just focus on those two things; everything else isn't your concern.

因为⼈的情绪、感受、所有的⼀切它都是在不断地变化当中.他发脾⽓就发脾⽓,但是脾⽓发完了他又好了.所以这股能量会来会⾛.重要的是你抓住他的呢股能量不放.他跟我发脾⽓了,我要继续跟他发脾⽓.那你就把这股能量抓住不放了.你还在不断地去制造它.这是我们曾经通灵说过很多次,你如果去看以前的信息你就知道.在关系⾥⾯你不是被动的.你是呢个创造者.关系的好坏都由你来引导,你不是呢个坐在呢就等着对⽅怎么来呢个你.那你就是加⼊了对⽅的⽆意识当中.因为基本上的⼈他都是⽆意识,他都是在⼀个⽆意识的状态.就好像他都在梦游,那你看着他在梦游你也跟着他⼀起梦游.那你们的关系朝哪⾥发展,那就看集体意识了.就看集体呢个⼤流了.

Because human emotions, feelings, and everything else are constantly changing. They might get angry, but after they're done being angry, they feel better again. Therefore, this energy comes and goes. What's important is that you don't let hold onto that energy. If he or she gets angry at me, I continue to be angry with them. That means you're holding on to the energy indefinitely and continuously creating more of it. This is something we've previously communicated many times; if you look back at past information, you'll understand. In relationships, you are not passive; you are the creator. The quality of the relationship is guided by you, not waiting for the other person to lead it. If you join the other person's unconscious mind, because fundamentally, most people live in an unconscious state, just like they're walking in a dream. You watch as they act out their dream and follow along with them. The direction your relationship takes depends on collective consciousness or the prevailing group mentality.

如果这股⽔往这边冲就往这边冲,往那边冲就往那边冲.你只是随波逐流.

If this water flows this way, let it flow this way; if it flows that way, let it flow that way. You're just going with the current.

第三个⼈问: 我第⼀个问题想问家族⾥是否有祖先想要交流然后传递信息? 如果有的话,请帮我链接⼀下.

The third person asks: I want to ask if there are ancestors in my family who wish to communicate and pass on information. If so, could you please help me connect with them?

⾼灵: 你稍等.你叫什么名字?问: 我叫XXX.

Higher Spirit: Wait a moment. What's your name? I'm Questioner: My name is XXX.

⾼灵:平衡你的能量.就好像你的能量它是朝向⼀个端,就⽐如说阴和阳.⽐如说你的阴太重或者阳太少,就是需要阴和阳平衡这样⼦的⼀个能量.然后这个从关系当中,就⽐如说可以通过关系….就⽐如说你交个⼥朋友或者你的另⼀半,就⽐如说你特别阴,然后她特别阳.然后你们这样可以达到平衡的⼀个状态.因为你现在是在⼀个能量有点失衡的状态.所以你总是感受到好像失衡,没有安全感,就好像你⾃⼰不踏实,没有安全感,没有链接感,也没有呢种稳定,就是踏踏实实、脚踏实地的呢种感觉.你总感觉你好像没有归属、没有安全感,就是呢种飘的感觉.这是给你的信息.

Higher Spirit: Balance your energy. Imagine your energy is directed towards one end, like Yin and Yang. If you have too much Yin or not enough Yang, it's about achieving a balance of energy between these two forces. In relationships, for instance, if you are very Yin and she is very Yang, you can reach a state of equilibrium because you are in a relationship where the energies are balanced. You are currently experiencing an imbalance in your energy, causing feelings of instability, lack of security, as though you're not grounded or connected, without that sense of stability, being踏实and having a firm foundation. You always feel like you lack belonging and security, this feeling of being ungrounded. This is the message for you.

问: 对.其实这部分它是需要通过外⾯的关系去…⾼灵: 你⾸先就是… 最快速的… 就这么简单… 就是你⼀直⼼情⽐较低落,不是很开⼼.那你突然交个朋友.他就像⼀个开⼼果⼀样,他特⽐活跃,他⼀下就能把你的能量调节起来了.你跟他在⼀起你就能达到这种平衡.这就是⼀个最简单的例⼦.所以你要知道你们所有⼈不是单独存在的,你们是需要互相⽀持对⽅.但是你的这⼀部分对⽅也很需要.所以你们需要达到⼀个能量场平衡的⼀个状态.所以最快速的就是你打开你⾃⼰,然后你愿意去跟别⼈交往、交流.然后你很快的就可以把你的能量场达到⼀个平衡.因为当你不再失衡了,就是当你就好像⽐如说你在舞台上你连站都站不稳,你怎么去表达⾃⼰?

Questioner: Yes, actually, this part requires relationships with external influences... High Intelligence: First of all, it's the fastest way for you to balance your energy by engaging with someone who can act as a source of happiness. They are very lively and energetic; just being around them can immediately shift your energy levels into equilibrium. Being in their presence helps achieve this balance. This is a simple example. So, you need to understand that none of you exist alone. You require each other's support. But the "you" part also needs it from others. Therefore, both parties need to reach a state of energy field balance. The quickest way to do this is by opening up to yourself and being willing to connect with others for exchange and interaction. Once you do that, your energy field will quickly achieve equilibrium. When you are no longer unbalanced, like standing on an unstable stage where it's hard to maintain stability, how can you express yourself?

你怎么去展现⾃⼰?你展现不了.所以当你不在失衡的状态你就可以很好的去创作,很好的去找到⾃⼰到底喜欢什么,做什么.那你第⼀步就是要有这个平衡的状态.

How do you present yourself? You can't. So when you're not in a state of imbalance, you can create and find out what you like and what you do very well. And your first step is to have that balanced state.

问: 但是就是说可能交流⼀段时间,⽐如出去聚会它是能达到⼀个平衡.但是回来⼀段时间它⾃⼰又失衡.那我该如何保证⼀个⾃⼰⽐较稳定的⼀个状态?

Questioner: But you mean that maybe after a period of interaction, like going out to social gatherings, it can reach a balance. However, after coming back for a while, he is unbalanced again. How should I ensure a relatively stable state?

⾼灵: 因为你现在还需要拐杖.就好像你现在在学⾛路,你像个孩⼦⼀样刚学会⾛路.那你还是需要去扶着⼀些东西,就好像教你学⾛路的⼀些东西.当你通过这个过程,你的双脚有⼒了.然后⾛路⾛的很熟练了,你便不需要了,明⽩吗? 所以你现在还需要去找个扶⼿.那可以是异性朋友,就像⼥朋友.那这样你们俩就算是没有(⼀直在⾝边),那你回到家你还在链接嘛.你们彼此还在继续链接的话,你们链接的话,呢股能量就在啊.你还是会感受到呢股能量.

Higher Spirit: Because you still need a cane right now. It's like you're learning to walk and you're just getting used to it like a child would when they first learn to walk. Hence, you still need something to hold onto; similar to what one uses to teach someone how to walk. As you go through this process, your legs gain strength. Then, as you become proficient at walking, you no longer need assistance, right? So now, you are still seeking support. That can be from a romantic partner like a girlfriend. With such an arrangement, even if both of you aren't physically together, you would remain connected when you're at home. If your connection persists, that energy is still there for both of you. You would still feel this energy.

问: 关于愤怒.我描述的话家族当中的愤怒的原因是什么? 它想传递给我什么信息?

Questioner: Regarding anger, what are the reasons I describe in my family about anger? What message does it want to convey to me?

⾼灵: 你为什么觉得你家族当中有⼀股愤怒?

Higher Spirit: Why do you feel there's anger within your family?

问: 就是我⾃⼰内⼼⾸先是有⼀股愤怒.然后在我爸我妈我姐姐⾝上,我都感觉到愤怒.

Questioner: It's like there's a sense of anger within me first. Then I feel angry towards my dad, mom, and sister.

⾼灵: 他们是怎么展现他们的愤怒? 实际发脾⽓吗?

Higher Spirit: How do they show their anger? Do they actually lose their temper?

问: 对,我⼩时候我爸的话,他就是直接暴跳如雷的呢⼀种.然后我姐的话,她虽然平时步伐脾⽓.但是到了关键的时候她也会⾮常暴躁.我妈的话,她跟我打电话的时候,我有时候能感觉到呢种窒息的颤抖的呢种愤怒.

Questioner: Indeed, when my dad spoke to me as a child, he would immediately lose his temper. As for my sister, she has a generally good nature and temper, but when it comes down to crucial moments, she can also become extremely irritable. When I speak on the phone with my mom, sometimes I can sense this suffocating trembling anger.

⾼灵: 你稍等.⾸先你为什么⾝边这些亲⼈都会出现呢么多愤怒上⾯的问题? 然后这是⼀个需要你去处理的⼀个点.就是你去把这样⼈格的⼀个特质吸引到你这⼀世来,就是加⼊到你这⼀世来是来帮助你突破你⾃⼰的⼀个点.因为你⾃⼰有⼀个信念,就是对这种能量的,就是你害怕释放它的⼀种… 就⽐如说愤怒是⼀股能量,然后这股能量,你实际上你是有⼀股⾮常残暴,就是你内在是⾮常残暴.你拥有这股⾮常残暴的能量,但是你却压抑着它.你害怕把它释放出来,所以你就好像有⼀种⼈格分裂的呢种感觉.就是在你的⾝上,表⾯上看上去你是特别就是不发脾⽓,就是脾⽓好这么⼀个⼈.但是你内在的呢股残暴的能量特别强⼤.

Higher Spirit: Wait a moment. First of all, why are so many issues related to anger appearing among your family members? This is a point you need to address. The reason such a characteristic of personality joins your life in this incarnation is to help you overcome a specific aspect of yourself. You have a belief that involves energy and fear of its release; for instance, anger is an energy within you. Actually, there is an extremely violent aspect inside you that you possess but suppress due to the fear of releasing it. You're afraid of letting out this violence, hence leading to a feeling of personality split. On the surface, you seem like someone who rarely gets angry and has good temper. However, the powerful aggressive energy within you is very strong.

所以你会感受到这两种极端的能量在你的内在,就好像产⽣了冲突.所以你这⼀世要⾯对它,你需要把这⼀股能量,把它中和、柔和.就好像⽐如说你⼀直埋了⼀个炸弹在你⾥⾯.那你需要把它的破坏⼒转变成⼀个就是正⾯的释放.就⽐如说炸弹如果它放在⼈当中它就造成死亡对不对? 但是你们⼈类也有很多去正⾯使⽤炸弹的呀.就⽐如说它可以帮你去开⼭,帮你造路,对吧? 所以它也可以正⾯的去释放它的这股威⼒.所以这是你这⼀⽣要去转化它、⾯对它、处理它的⼀个⼯作.在你在得到⼀种转化.你说问: 就是可以告诉我有什么具体的⽅法吗?

So you will experience this tension between the two extremes within you, as if they are in conflict. Therefore, throughout your lifetime, you have to confront it and balance that energy by softening it. Imagine there's a bomb buried inside of you; what you need to do is to convert its destructive force into something positive. If the bomb were placed among people, wouldn't it cause death? Yet humans also use bombs in many ways positively: for instance, to clear mountains or build roads. So the bomb's power can be harnessed constructively. This is your task for this lifetime—to transform, face, and handle that energy. When you achieve this transformation, you ask: Can you tell me specific methods?

⾼灵: 就⽐如刚才前⾯说到你需要中和你的⼀个能量值对吧? 就⽐如说你现在硬的像冰块⼀样,那如果有你的另外⼀半她是像太阳⼀样.那如果你们俩在⼀起,你就会变成⽔.那你呢个冰块是不是就不会伤⼈了? 就是你不再是硬邦邦的冰块会砸⼈,把别⼈砸死的硬度了,对吧?

Higher Spirit: Just like what we discussed earlier about balancing your energy level, correct? For example, if you are as hard as ice right now, and say your other half is as bright as the sun. If both of you are together, you would turn into water. Wouldn't that mean the ice block won't hurt anyone anymore? You wouldn't be a solid ice piece smashing people to death with its force any longer, right?

问: 但是这个愤怒表达出来不是也会伤到别⼈吗?

Questioner: But won't expressing this anger also hurt others?

⾼灵: ⾸先刚才说你的⼀个能量状态,就⽐如你现在就像是⼀个冰块⼀样.它的硬度还有它的重量.它的这个硬度如果砸到别⼈肯定会砸伤⼈对不对? 那如果你遇到⼀个太阳,它的温暖会融化你的冰块.它就变成柔软的⽔了,明⽩吗? 这就是能量的中和.所以…问: 就是如果我不表现这⼀部分能量的话,它其实也能中和对吗?

Higher Spirit: First of all, the energy state you just described is like you are an ice cube. Its hardness and weight. If its hardness were to hit someone else, wouldn't it definitely hurt them? Now, if you encounter a sun, its warmth would melt your ice cube. It becomes soft water, right? This is what energy neutralization means. So... Questioner: Even if I don't exhibit this part of the energy, can it still be neutralized, right?

⾼灵: 这个是你今后在你的⼀个成长的过程中,这个冰块它会被融化掉的,明⽩吗? 所以你不需要去担⼼.就好像现在你的⼀个原⽣家庭,就是你遇到的这些⼈… 本⾝你是⼀个柔软的⽔对不对? 但是你的家⾥⼈所有的⼀切它就把你的⽔变成硬邦邦的冰块了.那么当你在遇到你的另⼀半,她的温暖的爱又会把你变成⽔.她会又把你变成柔软的⽔,就是这样⼦的⼀个中和⼀个转化的过程.但是你要相信冰块并不是你,明⽩吗? 你只是遇到了外界的⼀些列,⽐如说冰块遇到外界的冷天⽓,它⽔就变成冰块了.那如果你又遇到外界的温暖呢? 那你又变成⽔了.所以你不需要去担⼼你这⼀辈⼦都是冰块,明⽩吗? 所以这是你成长,就是你选择体验主题的⼀个过车⽽已.

Higher Spirit: This is something you will experience in your journey of growth; this ice will melt over time. You shouldn't worry about it. Like your original family situation – the people you've encountered… You're like soft water, right? But your family turns you into a hard piece of ice. When you meet your other half, her warmth and love turn you back into water. She transforms you back into soft water. It's this process of balance and transformation. However, you must understand that the ice isn't you; it's just how you're reacting to external conditions. If you encounter warm weather again, you'll become water. So there's no need for concern about being stuck as ice throughout your life. This is simply part of experiencing different themes in your growth journey.

你只需要去相信它.⽽且你只要去相信,你不去定义你⾃⼰.虽然你看着呢么硬,呢么冷冰冰的东西.你就是看嘛,呢么硬,呢么冷.我就是冰块啊.但是你不是,明⽩吗?

You just need to believe in it. And you just need to believe that you don't define yourself. Even though you see something so rigid, so cold and lifeless. You just look at it; so rigid, so cold. I am an ice block. But you're not like that, understand?

问: 我问⼀下我跟我奶奶姐姐爸爸相互,对我⽽⾔要学习什么?

Questioner: I'm asking about what I need to learn in relation to my grandmother's sister and father for myself.

⾼灵: 对你⽽⾔来学习什么? 你先说⼀个跟谁?问: 我奶奶.

Spirit: What do you need to learn about yourself? Who would you ask first? Answer: My grandmother.

⾼灵: 你对你奶奶的感觉是什么?

What are your feelings towards your grandmother?

问: 不耐烦,有批判.但是又有同情.

Questioner: Impatience, criticism, but also empathy.

⾼灵: 你们需要住在⼀起吗? 你们是每天⽣活在⼀起的?问: 对.

Higher Spirit: Do you need to live together? Are you living together every day? Questioner: Yes.

⾼灵: 你稍等.⾸先你需要不去把你奶奶的任何外在的⼀些表现⽅式、⾏为,把它当真,明⽩吗? 因为奶奶是⾮常爱你的.为什么你们就是中间会有这个隔阂? 是因为你们⼈类都缺少正确的表达爱的⼀个⽅式.但是奶奶的⼀个认知它已经得到了固化.就是她没有办法去改变她的⼀些观念.但是你需要⼀双⽕眼⾦⾦去看透奶奶背后的⼼.如果你看不到她的⼀个真⾯⽬的话,那你会被她的⼀个假相给蒙蔽.就是你会进⼊她表现的⼀些幻像.但是你要知道她的这些幻像,她只是就好像她是⼀个机器⼈,被植⼊了⼀些程序.呢些程序包括她成长的⼀个过程,⽐如说物质匮乏引起的对吧?

Sage Spirit: Wait a moment. First, you need not to take your grandmother's outward expressions or actions seriously, do you understand? Because your grandmother loves you very much. Why is there this gap between you both? It's because humans lack the correct way of expressing love. However, your grandmother's understanding has already been solidified. She simply can't change her views. But you need to see through your grandmother's heart with your keen eyes. If you cannot see her true self, you will be misled by her false appearance and enter into the illusions she portrays. You must know that her illusions are just like a robot programmed with certain procedures. These procedures include her process of growth, such as lack of resources, for instance?

然后还有这个集体,就⽐如说你们呢个村,你们呢个庄,你们呢个镇,你们呢个地⽅它集体的⼀个意识.就是集体的⼀个⽐如说愤怒或者⼼⾥不平衡或者是任何的⼀个…或者是对他⼈的⼀个嫉妒.. 它是属于集体意识的.就是你们集体的⼀个⽔流,你们集体是⼀个粪坑的话,那你们就是粪坑.那你们集体是⼀个清澈的河流的话,那你们就是清澈的河流.就看你们的⼀个集体意识.因为你们处在不同的环境,就会拥有⼀个不同的,就是显现的⽅式.但是在最根本的就是说你需要透过这些幻像去看到本质.因为当你看到本质过后你才不会受伤.因为你是⼀个⽐较容易受伤的⼈,就是⼀个会被幻像给迷惑的⼈.那当你看到了本质的话,你就不会受幻像的⼲扰.

And there's this collective sense, like for example your village, your town, your county, the place where you live collectively. This is a group consciousness - be it anger or an imbalance of feelings or jealousy towards others... It belongs to the collective意识. You are like water; if you're a cesspool as a community, then you are a cesspool. But if you are a clear river as a community, then you are a clear river. It depends on your group's consciousness. Since you exist in different environments, you will display different characteristics, but fundamentally, you need to look beyond the illusions to see reality. For when you understand the truth, you won't be hurt. You're someone who is easily hurt and can be deceived by illusions. But once you grasp the essence, you won't let illusions disturb you.

就⽐如说奶奶可能骂你⼀顿,但你却看到她的骂是⼼疼是爱你.你就⾛过去抱⼀下,你说奶奶我也爱你,我知道你刚才表达的是你也爱我,明⽩吗?去透过层层幻像看到本质,它在帮助你….因为你们物质世界所有的⼀切都太真实.你们很容易被这些东西给迷惑,就是进⼊这个幻像.你们会觉得是真的,你看她骂我骂的这么凶.那肯定是很恨我,明⽩吗?然后你就会进⼊她恨你的⼀个状态,但是并不是的.所以你们的⽣活当中处处都是你们去突破的⼀个点.然后任何你去突破掉的⼀个点都将变成你的智慧,将变成你的⼀个强⼤的能⼒.就是你不再受外在的….你想象

For instance, Grandma might scold you for a while, but you see her rebuke as love and concern, not hate. You go over to hug her and say, "Grandma, I also love you. I understand that what you expressed just now was that you also love me, right? Go beyond the layers of illusions and see the essence; it's helping you... because everything in your physical world is too real. You're easily misled by these things and fall into this illusion. You'll think it's true when she scolds you so fiercely. Of course, she hates me a lot, don't you understand? Then you will enter a state of thinking that she hates you, but it isn't like that at all. So everywhere in your life is a point where you can break through and learn. Any point you break through will become your wisdom, turning into a powerful ability for you. You won't be controlled by the external... you're imagining

⼀下如果你不再受外在表象和幻像所⼲扰,你想象⼀下这是⼀个多么强⼤的能⼒.因为所有的⼀切你都能看到本质.你便不会被任何⼲扰.还有问题吗?

If you were no longer distracted by superficial appearances and illusions, imagine how powerful that ability would be. Because you could see the essence of everything. You would not be disturbed by anything. Any questions?

问: 我想问⼀下我跟我爸的课题.

Questioner: I want to ask about my project with my dad.

⾼灵: 你跟你爸.你爸好像就是给你做了⼀个,就是如果你按照他呢样成为⼀个⼈,就好像他给你做了⼀个模板.就是说你有可能成为像他呢样的⼈.然后他给你显现这个能量过后,你看到你说我不要成为他呢样的⼈,明⽩吗? 那么你这样就让你更好的成为你真正想要成为的⼈.就好像他给你做了⼀个活⽣⽣的样⼦在呢,让你看到这就是你不想成为的.

Higher Spirit: You and your father. Your father seems to have created a model for you, as if becoming someone like him was his creation for you. This implies that you might become someone similar to him. After he showed this energy to you, when you said you don't want to be like him, do you understand? By not wanting to be like him, it helps you to better become the person you truly want to be. It's as if he has created a living representation of what you don't want to become.

问: 那我跟我姐姐是怎样的⼀个课题.

Questioner: So, what topic do my sister and I fall under?

⾼灵: 你稍等.你跟你姐姐,你们彼此是取长补短.就是你们俩好像是⼀个取长补短的关系模式⼀样.她⾝上有你需要的⼀些特质,你⾝上也有她需要的⼀些特质.所以你们可以很好的去吸纳吸收对⽅的呢种特质,然后让⾃⼰变得更加完整.

Higher Spirit: Wait a moment. You and your sister complement each other. It's as if you two have a complementary relationship pattern where she possesses traits that you need, and vice versa. There are qualities in her that you require, and qualities in you that she needs. Thus, you can absorb and integrate each other's characteristics well, making yourselves more complete.

问: ⾝体刚才也说到是很智慧,它是有意识的.就是有什么⽅法是可以和⾝体链接和跟它更好的合作吗?

Questioner: The body was also mentioned as being wise and conscious. Is there a way to connect with the body and work better with it?

⾼灵: 就像刚才跟前⾯的通灵信息说的⼀样.你需要给你的每⼀个⾏动或者每⼀个当下你需要跟你的⾝体…就好像你是醒着,你不是⽆意识的.你不是⽆意识的坐在呢边看电视边吃东西,不停的塞东西.那你就是个⽆意识的⾏为.你可以充满觉知的去做任何事情.你知道你现在需要把鞋⼦脱掉,OK,脱鞋⼦的呢个过程每⼀步你都是充满觉知,你都是参与在内的.你知道你现在是在洗澡,明⽩我意思吗? 就是任何⼀个动作你不是在呢头脑⾥⾯想着明天怎样怎样然后⼀边在做.

Spirit: Just like the spiritual information we talked about earlier, you need to bring awareness to every action and every moment. You need to engage with your body as if you are awake, not unconscious. You're not sitting mindlessly watching TV while eating, constantly stuffing food in without thought; that's an unconscious behavior. You can be fully present in everything you do. If you know you need to take off your shoes, for example, each step of the process is aware and intentional, you're part of it all. If you understand, if you're taking a shower, you know what I mean? Any action isn't done with one foot in the future planning while doing it now.

第四个⼈问: 我为什么对这个世界有⼀些恐惧,有不想融⼊的感觉?

The fourth person asks: Why do I feel some fear towards this world and a sense of not wanting to integrate?

⾼灵: 你叫什么名字.问: 我叫XX.

Higher Spirit: What's your name? Ask: I am called XX.

⾼灵: XX,你想知道为什么你对这个世界有点恐惧,有不想融⼊的感觉.你多⼤年龄?

Higher Spirit: XX, you want to know why you feel a bit fearful about this world and have a sense of not wanting to blend in. How old are you?

问: 29岁.

Questioner: Age 29.

⾼灵: 你可以问⼀下你这⼀⽣来这个世界上的灵魂主题是什么.因为这样就可以很好的去…问: 好的.我今⽣的灵魂主题是什么?

Soul Guide: You can inquire about the soul theme of your lifetime on this earth. This will allow you to better understand... Questioner: Alright, what is my soul theme for this lifetime?

⾼灵: 你今⽣来到这个世界的灵魂主题是什么? 是恐惧,是清理很多恐惧.你会经历很多就是让你感受到恐惧的事情.这些事情都是来让你看清楚你内在的⼀些恐惧,然后好供你去清理和转化.所以你还会把各个层⾯的⼀些恐惧给带上来.所以你不只是对这个世界恐惧,你还会有很多其他层⾯的⼀些恐惧.

Ethereal Being: What is the soul theme of your lifetime in this world? It's fear; it's clearing up a lot of fears. You will experience many things that make you feel fearful. These events are designed to reveal some inner fears in you, so they can be addressed and transformed for you. So, various levels of fears will also surface for you. You're not just afraid of the world; you'll have many other layers of fears as well.

问: 我想问⼀下我今⽣和薛XX的关系课题.

Questioner: I'd like to ask about my relationship topic with Xu XX in this life.

⾼灵: 薛XX是谁?

Higher Spirit: Who is Xue XX?

问: 是我的⼀个朋友.

Questioner: It's about one of my friends.

⾼灵: 薛XX,你想知道你跟他的⼀个关系课题.你⾝边的朋友? 他会帮助你有勇⽓去⾯对你的恐惧.

Higher Spirit: Xue XX, do you want to know about your relationship issue with him - a friend around you? He will help you gain the courage to face your fears.

问: 我想问我之前为什么⼼痛了好⼏年?

Questioner: I want to ask why I have been experiencing heartache for several years?

⾼灵: 你是说病理上的疼痛吗?

Higher Spirit: Are you talking about pain on a physiological level?

问: 我去医院检查查不出来,但是就是会感觉⼼痛.

Questioner: I went to the hospital for a check-up but couldn't find anything wrong, yet I still feel chest pain.

⾼灵: 那也是因为你的⼀个恐惧能量.就是你在⼀种…你想象⼀下你在⼀种害怕、恐惧的能量状态下,你的⾝体它就会好像有⼀种收缩感.就是你没有在⼀种放松的状态下,没有在⼀种正常的状态下.你恐惧的时候你是不是全⾝就缩起来,对不对? 那你想⼀下你的⼼也是在缩起来的⼀个状态,就是收紧的⼀个状态.

Higher Spirit: That's because of your fear energy. Imagine you're in a state of fear or anxiety; your body would feel constricted. It doesn't function well when you're not relaxed or in a normal state. When you're scared, do you notice that your whole body tenses up? Right? And what about your heart? Does it also feel like it's tightening and contracting?

问: 我想问⼀下这个恐惧的原因、来源?

Questioner: I would like to ask about the reason and origin of this fear?

⾼灵: 你的这些恐惧是你这⼀世选择了这个⾁体,就是说不是说恐惧是这⼀⽣才产⽣的.它是你的本⾝你的灵魂层⾯它就有这个恐惧.有这个恐惧,它就会选择这个⾁体来突破.

Spirit: Your fears are the choice you made for this human body in this lifetime; that is, fears are not something that was created just for this lifetime. They exist within your essence and soul level where you already have these fears. With this fear, it chooses this body to overcome it.

问: 我想问⼀下我适合做什么职业?

Questioner: I want to ask what kind of job suits me?

⾼灵: 你稍等.你适合跟⼀些⼩动物,就是⽐如说环境轻松然后跟⼩动物接触的⼀个… 就是不太适合⾼度压⼒,环境很紧张,然后太多⼈.就⽐如说你在⼀个动物园照顾⼩兔⼦,你给兔⼦洗澡梳⽑,或者是宠物园,任何这种.外在的压⼒很少,因为外在的压⼒它会导致你更加的⼀个就是⼼⾥的收缩的⼀个状态,⼀个恐惧的状态.

Higher Spirit: Wait a moment. You would fit well with small animals, such as in a relaxed environment where you interact with them. It's not suitable for high-stress situations with intense environments and too many people. For example, if you cared for baby rabbits at a zoo or in a petting zoo, there is little external pressure because external stress could lead to more of a psychological constriction state or fear state due to the lack of such pressures.

问: 我想问⼀下我的脑部头顶的地⽅有旧伤吗?

Questioner: I wonder if there are old injuries on the top of my head?

⾼灵: 你的脑部头顶的地⽅有旧伤吗? 这个你应该问你⾃⼰啊.你可以让你朋友帮你看⼀下.你是说脑⼦⾥⾯吗?

Higher Spirit: Do you have any old injuries on the top of your head? You should be asking yourself this question. You could let your friend check it out for you. Are you referring to inside your head?

问: 我是说能量层⾯的.

Questioner: I mean on the level of energy.

⾼灵: 能量层⾯的刚才已经讲过了.你本来选择这⼀世就是来突破你内在的⼀些恐惧的.问: 我想问⼀下未来的我有什么想和我说的吗?

Sage Spirit: The energetic level has been discussed just now. You chose this lifetime to break through some fears within yourself. Questioner: I wonder if there is anything my future self would like to tell me?

⾼灵: 你稍等.前⾯的信息很适合你.就是你需要通过幻像去看到本质.这样你就能去战⼠恐惧.因为如果你太被外在的⼀些幻像所迷惑,就是把它当成真的话.你的恐惧就会加深.然后你来去突破它的.所以你需要⼀双⽕眼⾦睛去看到事情的本质.

Higher Spirit: Wait a moment. The information ahead is suitable for you. You need to see through illusions to grasp the essence, allowing you to confront your fear as a warrior. For if you become too entranced by external illusions, treating them as reality, your fear will deepen. Then you must break through these illusions. Thus, you require keen insight, like fire eyes and golden pupils, to discern the true nature of things.

问: 我想问⼀下⽔晶可以存储频率吗? 然后⽔晶对⼈类的帮助⼤不⼤?

Questioner: I want to ask if crystal can store frequencies, and how much help does it provide to humans?

⾼灵: ⽔晶是⼀个很好的,就好像矫正器⼀样.然后它和其他⼤⾃然的,就⽐如说树啊、草地啊这些.如果你是链接的话,跟其他的链接没有什么不同.只是⽔晶它更适合你们携带⽽已.

Higher Spirit: Quartz is a very good one, like a brace. Then it's similar to the bigger nature things, such as trees and grasses. If you are connected, there's no difference with other connections. It's just that quartz suits your carrying better.

问: 我想问⼀下我怎么能够更好的完成灵魂主题?

Questioner: I want to ask how I can better complete the theme of the soul?

⾼灵: 去突破它吗? 你就⽐如说你的恐惧,就是它只是个纸⽼虎.只有当你在害怕它,你就是让纸⽼虎变活.让它来吓你.所以你⼀定要看清楚,它⽆论多凶神恶煞的样⼦,它实际上是纸做的.

Higher Spirit: Will you dare to break it? Just like your fear for example, it's just a paper tiger. Only when you're afraid of it does the paper tiger come alive and scare you. So you must see clearly that no matter how scary it looks, in reality, it is made of paper.

问: 我想问⼀下我⼩时候看到在墙壁上⼀男⼀⼥相对的⼈脸.然后呢个⼥的扭过脸看了我⼀下.我想问⼀下他们和我有什么关系吗?

Questioner: I want to ask about the people with opposite male and female faces I used to see on walls when I was young. Then, that woman turned her face to look at me. I wonder if they have any relation to me?

⾼灵: 你在墙壁上看到⼈脸,你想知道他们跟你有什么关系吗? 你们有时候会看到⼀些储存在呢个,就好像你这个空间其实到处都有储存的信息.然后有时候你们会看到⼀些就是储存在空间⾥的⼀些信息或者⼀些⽚段或者⼀些能量,随机的⼀些东西⼀样.

Higher Spirit: Have you noticed human faces on walls and wondered about your connection to them? Sometimes, you come across information stored everywhere, as if the space around you holds all kinds of data. Occasionally, you might see bits of information or energy, random fragments, just like how you would find scattered pieces of content in that space.

问: 我想问⼀下我和陈X今⽣的关系课题?

Questioner: I'd like to inquire about the topic of my relationship with Chen X in this lifetime?

⾼灵: 陈X是谁?

Higher Spirit: Who is Chen X?

问: 陈X是我⽼公.

Questioner: Chen X is my husband.

⾼灵: 你⽼公他会把你很多内在的⼀些恐惧给你带上来让你看到.问: 我想问我和我⼥⼉的关系课题?

Higher Spirit: Your husband will bring up many of your inner fears to show you. Ask: I want to ask about the issue with my daughter and me?

⾼灵: 你⼥⼉她是⼀个特别勇敢的…就是她好像在给你做⼀个榜样⼀样.让你看到你可能成为的样⼦.

Higher Spirit: She is a particularly brave... It's as if she's setting an example for you, showing you what you could become.

第五个⼈问: 第⼀个问题是我这⼀世的⼈⽣主题是什么?

The fifth person asked: The first question is, what is my life's theme in this lifetime?

⾼灵: 你叫什么名字?问: XXX⾼灵: 你稍等.你今⽣选择这个⾁体最主要的主题就是挑战⾃我.就是你内在有很多很多需要你⾃⼰去突破挑战的⼀个点.就是你给⾃⼰设置了很多障碍让你⾃⼰去突破.

Higher Spirit: What is your name? Questioner: XXX Higher Spirit: Please wait a moment. The main theme of choosing this physical body in this life was to challenge oneself. There are many, many points within you that need you to overcome and challenge yourself. You have set up so many obstacles for yourself to overcome.

问: 这个东西是我⾃⼰慢慢经历去⼀点⼀点发掘出来的是吗?

Questioner: Is this something that I have experienced and uncovered little by little on my own?

⾼灵:就⽐如说你最开始突破这个你后⾯还有其他突破.你这⼀⽣都在⼀个不断地⾃我突破的状态当中.所以你会经历很多转变.所以你会发现⽐如五年过后你是⼀个很不同的⼀个你.

Higher Spirit: It's like you're constantly breaking through boundaries, not just one time but multiple times throughout your life. This means you'll experience many transformations. You'll notice that in five years, for example, you are a completely different person.

问: 就是⼀个⼀路升级打怪的⼀个状态是吧?

Questioner: Is it about leveling up and overcoming challenges all the way?

⾼灵: 是.

Higher Spirit: Yes.

问: 我的第⼆个问题是我的指导灵他们有什么话要对我?

Questioner: My second question is about my guides; do they have anything to say to me?

⾼灵: 你稍等.然后这个信息只是属于当下的,就是在你这个阶段的这个信息.然后他们想告诉你,⽆论⾛到哪个点,就你越是觉得你越是过不去呢个坎,就是越是要奔溃,呢个时候就是你要重⽣的时候.就是让你去迎接你⽣活中你看上去是最艰难的时候.因为呢个时候都是你转变的时候.

Higher Spirit: Wait a moment. This information is only for the present, the information relevant to your current stage. They want you to know that no matter where you are, when you feel stuck and overwhelmed, it's actually when you need to transform. It's meant for you to face what appears as the toughest part of your life because those times are when you undergo transformation.

问: 那转变了之后是要迎接下⼀个挑战了,是这样吗?

Questioner: After that transformation, are we supposed to face the next challenge? Is that correct?

⾼灵: 是的,转变它是⼀层⼀层的.问: 未来的我想对现在的我说什么?

Spiritual Being: Yes, it transforms layer by layer. Questioner: What does my future self want to tell my current self?

⾼灵: 刚才呢个就是.

Higher Spirit: That one just now was.

第六个⼈问: 我想问⼀下我今⽣的灵魂课题是什么?

The sixth person asks: I want to know what my soul's task is in this life?

⾼灵: 你稍等.你今⽣就是在你的⾃我的⼀个突破⽅⾯有很多障碍,就是你设置了很多障碍给⾃⼰去突破.但是你所有的成就也是伴随着你突破的点⽽展现出来的.你的每⼀步.所以就好像你每剥开⼀层,你就会有⼀个崭新的你.然后每⼀层都有礼物.

Higher Spirit: Wait a moment. You have many obstacles in your self-transcendence this lifetime, setting barriers for yourself to overcome. Yet all of your achievements are reflected in the points where you break through these barriers. Every step you take is shown; so each layer you peel off reveals a new you. And every layer holds gifts.

问: 就是我今⽣给⾃⼰设置了很多障碍,然后我不断地去突破这些障碍?

Questioner: I've set a lot of obstacles for myself in my life, and then I keep breaking through these obstacles?

⾼灵: 对,然后你的成果也是伴随着你突破的点⽽呈现出来的.问: 那这些障碍是在哪些⽅⾯啊?

Higher Spirit: Yes, then your achievements also appear in line with the points of breakthrough you've made. Questioner: What are these obstacles on which they lie?

⾼灵: 就是你内在的⼀些.都是你内在的.就⽐如说你的⼀些…具体的,你稍等.就⽐如说坚强是吧?然后你需要去突破你内在的呢个弱,去拿到呢个坚强.然后当你拥有坚强的特质,你就会发现你这个坚强会到去处都展现.展现出来过后,你的事业就做的越来越顺,明⽩吗? 就像是这样⼦的⼀个状态.

Higher Spirit: It's within you; all of it is inside you, like your… more specific traits, just wait a bit. Like being strong, for example? Then you need to overcome the weakness within you and obtain that strength. Once you possess the quality of strength, you'll notice how this strength manifests in every aspect of your life. After it's been revealed, your career progresses smoothly; understand?

It's like this state of being.

问: 那到⽬前为⽌我有克服⼀些障碍吗? 还是我基本上没有克服什么呀?

Questioner: Have I overcome some obstacles up until now, or am I mostly still struggling with nothing effectively?

⾼灵: 还没有.你还在慢慢的呈现,你还在慢慢的⾃我认知,就是认识到我原来有weak的呢⼀⾯,我原来有懦弱的呢⼀⾯,我原来有很weak的⼀⾯.就是才被你brought up,才被你看到,才被你呈现出来的⼀个过程.

Higher Spirit: Not yet. You are still gradually revealing yourself, recognizing the part of me that was weak, cowardly, and very weak, a process only recently revealed to you.

问: 就是我还在呈现⾃⼰的虚弱的这个过程是吗?

The question is: Am I still presenting my own weakness in this process?

⾼灵: 是的.

High精灵: Yes.

问: 什么时候才会开始出现这些困难去克服啊? 它会在什么时候出现呢,这些障碍?

When will these difficulties begin to emerge and need to be overcome? When will these obstacles appear?

⾼灵: 它会在你去飞的时候.就好像你试着去飞翔的时候.就好像⽐如说你是⼀只⼩鸟,你还没有出去飞过.就是你好像⼀直是在屋檐下⾯,别⼈给你拿吃的.你还没有⾃⼰出去捕⾷.

Higher Spirit: It will happen when you fly. Just like when you try to fly. Like if you were a little bird that has never flown out before. You're kind of stuck under the eaves with others feeding you, and you haven't gone out to catch your own food yet.

问: 那我这些障碍⼤部分都是在事业上的是吗?

Questioner: Are most of these obstacles mainly in my career?

⾼灵: 不是.你的所有障碍都是在你内在的.只是说当你突破的时候,你的事业会经过这些突破给你带来好的…问: 那我该怎么去⾯对这些障碍去突破它呢?

Higher Spirit: No. All your obstacles are within you. Just say when you break through, your career will go through these breakthroughs and bring good... Questioner: Then, how should I face these obstacles to overcome them?

⾼灵: 去飞,去捕⾷,去独⽴,去成长.你就会看到你内在的⼀切显现出来给你.问: 我的天分是什么,今⽣适合做⼀个什么样的⼯作?

Higher Spirit: Go fly, go hunt, go independent, go grow. You will see everything within you being shown to you. Questioner: What are my talents, and what kind of job am I suited for in this life?

⾼灵: 你的天赋是什么? ⾸先你们对天赋有⼀个误解.你要知道只要是你想要做的,你可以把天赋这个门打破.就是你可以把天赋这个门打开去链接这股能量来供你展现.所以你到底热爱什么这才是最重要的.因为你热爱什么你就会⾛上天赋的呢条道路.因为你们是可以去跟任何链接的,你是⽆限的.

Goblin: What is your talent? First of all, you have a misunderstanding about talent. You should know that if there's something you want to do, you can break the door of talent open. This means you can link into this energy through the door of talent for you to manifest with. So, what it boils down to is: What do you really love? That's the most important thing because whatever you're passionate about will lead you on the path of your talent. As you can connect to anything, you are infinite.

问: 那我今⽣适合做什么样的⼯作呢?

Questioner: What kind of job would suit me in this life?

⾼灵: 你适合做什么样的⼯作那要问你⾃⼰.你到底热爱什么? 你是去⾃我发现,⾃我探索的⼀个过程.

Higher Spirit: What kind of job suits you? That's a question for yourself. What do you truly love? It's a process of self-discovery and self-exploration.

问: 就是因为我在寻找的过程中⼀直做不出来什么.然后我也很胆怯…⾼灵: 这些事情正好是把你需要⾃我突破的⼀些点给你显现出来让你去突破.所以是⼀个⾮常好的过程,明⽩吗? 你要知道所有这些问题的呈现是供你来转化,供你来看到.并不是来让你真的去害怕和胆怯的,明⽩吗? 它只是来让你看清楚你⾃⼰的⼀些状态.

Questioner: It's because I couldn't come up with anything while searching. And I was also very timid... Higher Spirit: These things are exactly what show you the points where you need to break through yourself, so that you can overcome them. So it's a very good process, understand? You should know that all these issues being presented are for your transformation and for you to see them, not to really make you afraid or timid, understand? It just comes to let you see clearly about some of your own states.

问: 我现在因为⽋信⽤卡债.然后压⼒⼤.然后我想找⼯作,但感觉没法突破然后也找不到⼯作.我不知道现在有没有什么出路供我选择? 然后也不知道怎样去⾯对这个债务.

Questioner: I'm struggling with credit card debt now and feeling a lot of stress. I want to find a job but feel stuck and unable to break through, making it difficult to get a job. I wonder if there's any hope for me at this point? And I also don't know how to deal with this debt problem.

⾼灵:你⾸先就像刚才说的⼀样,这些问题都会把你内在的⼀个弱点给显现出来.然后来让你看到⾃⼰,认清⾃⼰的⼀个弱点来让你转变.当你转变了,你所有的外在的问题就会没有了,明⽩吗?它是这么⼀层关系.你需要去通过这些⼀系列的问题把你内在的⼀些,就⽐如说你觉得你能量不⾜,你觉得你很弱,你觉得… 任何你给⾃⼰贴的标签是需要你看到.然后再来把这个转变,就⽐如说它的另⼀⾯,你觉得你弱.那OK,我是强⼤的.那把你强⼤的呢⼀⾯激发出来过后,你是不是就转变了?你是不是事业也出来了?所以它这是⼀系列有关联的⼀个问题.

Higher Spirit: Firstly, as you mentioned earlier, these issues will reveal a weakness within you. Then they will allow you to see yourself and recognize your own weakness in order to bring about transformation. Once you transform, all of your external problems disappear. Do you understand? It's like this layer of relationship. You need to go through a series of questions to uncover aspects of yourself that you might think you lack energy, feel weak, or... any label you've given yourself that needs to be seen. Then, by transforming, for example, if you perceive yourself as weak, then I am strong. Once you activate the powerful side of yourself after this transformation, don't you see how it leads to change? Isn't your career also a result of this process? Therefore, these are related questions that form a series.

问: 我这个⼈爱好很多.想学习了解知道的东西很多.但是因为时间有限,所以任何爱好都没有好的成绩.然后我就很焦虑,觉得⾃⼰很⼀⽆是处.我是不是⼼⾥太贪婪了才什么都想学和了解?

Questioner: I have many hobbies and wish to learn about things that interest me. However, due to limited time, I haven't achieved good results in any of my hobbies. This makes me anxious and feel inadequate. Am I being too greedy by wanting to learn everything?

⾼灵:你放下你对你⾃⼰的所有定义,你太懒或者是没成绩.放下这些定义⽽只是去体验.这条路上它会给你带出来.因为你现在是⼀个⽭盾⼼⾥,就好像是两个⼈,⼀个是孩⼦⼀个是妈妈.孩⼦在体验的时候妈妈就说: 你怎么没出成绩? 你怎么这么贪? 明⽩我意思吗? 把妈妈的声⾳给收住.因为每⼀步你都可以从中收获.放下你的评判,放下对你的定义.你只是去体验.如果你只是从表⾯的成绩去看这个事情对你的受益的话,你就已经蒙蔽了你的双眼.就是你已经看不到真正的…所以你需要放下你们表⾯上所谓的成就.

Higher Spirit: Let go of all your self-defined identities, that you are lazy or lack achievements. Release these definitions and simply engage in experiencing. The path will bring it out for you because you are now in a state of contradiction, like two people, one is a child and the other is a mother. When the child experiences something, the mother says: "Why no results? Why so greedy?" Do you understand what I mean? Suppress your mother's voice because each step allows you to gain something from it. Let go of your judgment and let go of defining yourself. You just experience. If you only look at this situation based on superficial achievements, you have already blinded your eyes. In other words, you can no longer see the true... So you need to let go of what is deemed as your surface-level accomplishments.

问: 就是放下成就、批判去做事情是吗?

Questioner: Is it about letting go of achievements and criticism when doing things?

⾼灵: 你不知道结果的.因为你的⼤脑不是设计⽤来知道结果的.你永远不知道的.你的⼤脑只是专注于当下,所以你只是需要专注于当下,把你当下的事情给做好了就好.

Higher Spirit: You don't know the outcome because your brain is not designed to know the result. You will never know. Your mind focuses only on the present moment, so you just need to focus on the present and do what needs to be done in the current situation.

问: 然后我想问⼀下我今⽣和我⽗母之间的课题是什么?

Questioner: Then I would like to ask about the issue between me and my parents in this lifetime.

⾼灵: 爱.他们对你⽆条件的爱.你⽐如说你不断地在失败,那爸爸妈妈是不是通过你不断地失败又想骂你,你不⾏怎样怎样.但最后才知道不管怎样我都爱她,明⽩我意思吗? 它表现的⽅⾯有很多.不是说真的对你: 啊,宝宝呀,没关系…. 不是这样⼦的.⽽是说他们可能会需要⽤⼀些就是去放弃你不管你了.然后才知道我不可能放弃你,我好爱你.我不管你怎样都爱你,明⽩吗?

Higher Spirit: Love. Their unconditional love for you. Say for example that you're constantly failing, then do your mom and dad want to scold you again and again because of your constant failures? But at the end of it all they realize no matter what I just love her, do you get my point? There are many ways this manifests. Not saying something like oh baby don't worry... No, not in that way. Rather, they might need to let go of you and not take care of you anymore. And then they realize I can't give up on you, I love you so much. I will always love you no matter how you are, do you understand?

问: 就是他们是这样对我的.

Questioner: That's how they treat me.

⾼灵: 不是他们这样对你.是你们需要体验的这个主题是⽆条件的爱.但他们要怎么样表现是他们的⾃由意愿,明⽩吗? 因为他可以选择展现的⽅式,他可以通过正⾯的也可以通过负⾯的.他可以是正⾯负⾯交合的,但是最终是⽆条件的爱.

Higher Spirit: It's not that they do this to you; it's the theme you need to experience - unconditional love. But how they express it is their free will, understand? Because he can choose the way he expresses it, he can go through positive or negative means. He can be both positive and negative intertwined, but ultimately, it's unconditional love.

问:我想问我和我现在的男朋友,他的脾⽓总是特别的差.吵架的时候会摔东西,打他⾃⼰.我想问⼀下我们俩的课题是什么?

Questioner: I want to ask about me and my current boyfriend; his temper is always particularly bad. He throws things when we argue and beats himself. I want to know what the issue of our relationship might be.

⾼灵: 你们之间的课题在⽬前的阶段就是反应彼此当下的⼀个状态⽽已.问: 那我们俩在⼀起是什么样的灵魂主题呢?

Higher Spirit: The subject between you two at this stage is merely a reflection of your current states.

Questioner: What kind of soul theme do we have together?

⾼灵: 你要知道你们有很多段关系.很多段关系它在某⼀个阶段出现,它只是来给你展现出你现在的⼀个意识状态,明⽩吗? 不是所有的关系都会是呢种长久的关系.长久的关系他们就涉及到俩个⼈需要共同突破的.短暂的关系它只是当时的⼀个能量状态.你⽐如当时进⼊这样的⼀个状态.你要知道你的意识状态有很多很多可以进⼊的.

Higher Spirit: You need to understand that you have many relationships. Many of these relationships appear at certain stages, just to show you your current state of consciousness.明白吗? Not all relationships are meant to be long-lasting. Long-lasting relationships involve two people overcoming challenges together. Short-term relationships only represent the energy state at that moment. For example, when you enter such a state, you need to understand that your state of consciousness has many possibilities for growth and change.

问: 那我们会⾛向很长的灵魂关系吗?

Questioner: Would that lead to long-term soul relationships?

⾼灵: 这个要看你⾃⼰.但是如果你真的是要知道,我们灵界的信息是不会.但是这个只代表我们根据你们能量状态的⼀个评估.因为你们是随时都可以变的,明⽩吗? 所以呢个取决权在于你们.

Soul Entity: This depends on you. But if you really want to know, we spiritual beings do not possess this information. However, it only represents our assessment based on your energy states. Because you can change at any time, understand? So, the decision lies with you.

问: 就是说我们俩⽬前的状态没有什么主要的灵魂课题是吗?

Questioner: So, do we not have any major spiritual issues between us at present?

⾼灵: 所有的关系都是来像镜⼦⼀样反射出你现在⽬前的⼀个状态⽽已.来供你⾃我认识,当下选择.就是你想要选择怎么样去体验.所有的关系都服务于你.

Higher Spirit: All relationships are here to reflect your current state like a mirror, for self-awareness and making choices in the present moment. This is how you choose to experience things. All relationships serve you.

第七个⼈问: 我每到休息⽇都很嗜睡.我就是觉得⾃⼰如果不睡就很害怕,就觉得很恐惧,我想知道这是为什么?

The seventh person asks: I'm very sleepy every weekend day. I just feel scared and afraid if I don't sleep, wondering why this is happening?

⾼灵:这是你⾝体⾃我保护的⼀个功能.因为当你在你⾝体调节的时候,如果你在睡眠当中,在梦当中,你也不断地在让你的⾝体能量平衡.就是在⾃我调节,⾃我修复的⼀个过程.如果当你的⾝体能量状态不是很稳定,如果你醒着的时间太多的话,反⽽还会导致你更加的混乱.所以你根据你的⾝体,如果它需要过多的睡眠,那你就让它休息.你不需要去找到为什么.因为你在睡的时候你的意识也是不断地在⾃我调节.

Spirit: This is a function of self-protection for your body. When you are regulating within yourself, whether in sleep or dreams, you are constantly balancing the energy of your body. It's part of the self-regulation and self-repair process. If your body's energy state isn't stable, spending too much time awake can actually lead to even more confusion. So, based on your body's needs, if it requires a lot of sleep, let it rest. There is no need to seek out why. While you're asleep, your consciousness is also constantly regulating itself.

问: 我就是需要⾝体把⾃⼰占住.如果⼀旦空闲下来就会⾮常不安、紧张.感觉没有未来.

Questioner: I just need my body to occupy me. Once I'm idle, I become very restless and anxious. I feel like there's no future.

⾼灵: 你可以通过睡眠调节这种状态.你邀请呢些疗愈的使者在你睡眠当中疗愈你这个⾁体.你可以邀请它.那么第⼆天醒来的时候你的⾝体就会感觉⾮常的良好.

Higher Spirit: You can adjust this state through sleep. You invite these healing messengers to heal your physical body during your sleep. You can ask for it, and the next day when you wake up, your body will feel very good.

问: 好的.我⾮常的厌世,很悲观.觉得未来没有希望,做什么都没有兴趣.我想问⼀下我这种状态该怎么办?

Questioner: Alright. I am very depressed and very pessimistic. I feel there is no hope for the future and I lack interest in everything. I would like to ask what should be done in such a state?

⾼灵: 你这种状态就是你是⼀个就好像吸取了你们集体意识的⼀个状态.就是你好像是在体现的只是你们… 就⽐如说你们有⼀块⼟地有毒,有很重的化学污染.然后它上⾯的草都变的很枯黄.然后你就是呢些枯黄的草,明⽩吗? 你只是体现你们的集体意识的⼀个现象⽽已.因为你是受到它们…你是体现它们的⼀个状态.因为你现在还没有⾃我,就是还有… 就好像你是昏睡当中的,你没有觉醒,你没有⼀个⾃我,你没有⾃由出来.那你还是集体的⼀分⼦.所以你体现的感受的也是集体能量.然后反应出来的症状也是集体的状态.

Higher Spirit: This state you're in is akin to being a representation of your collective consciousness. You are embodying just... say there's land contaminated with heavy chemical pollutants, causing the grass to turn very dull and yellow. You are that dull grass, get it? You're merely illustrating an aspect of your collective mind - because you're influenced by them...you're in this state as a manifestation of their presence. As long as you don't have your individual self, you're still part of the group, under the influence, without freedom or awakening. Hence, the sensations you experience and the symptoms that manifest are all tied to collective energy.

问: 那我想问⼤概两三年前发⽣在我⾝上莫名其妙的事情是在通灵吗? 上次赛斯⽼师说我在通灵,只是不会开关.

Questioner: I wonder if the inexplicable events that happened to me a couple of years ago were spiritual communications. Last time, Mr. Seth said I was communicating spiritually, just not turning it on and off.

⾼灵: 你想怎么理解都可以.这些信息告诉你了如果你觉得你愿意相信他,觉得他说的是真的.你就可以这么去体验.然后就真的变成真的了,明⽩我意思吗? 信息的来源是这样.如果你觉得他说的好,你相信你.你便进⼊呢个频率,你在创造呢个体验.你就把这个假的东西,就像纸⽼虎,你把它变活了,变成活⽼虎了.所以如果你觉得呢个说法符合你内在的感受,你也想这么体验.那你就把它变活,就是去相信它.然后你就把它显化在这个物质世界给你体验了.所有的信息都是这些作⽤,明⽩吗? 如果你不愿意相信,你也可以⾃⼰给⾃⼰⼀个说法.就⽐如说我是得了精神病.那你愿意相信这样⼦的状态,还有⼀个借⼜你可以继续精神….

Higher Spirit: You can interpret it however you want. These pieces of information tell you that if you feel like believing him and think he is telling the truth, you can experience it this way. Then, it really becomes true. Do you understand what I mean? The source of the information works like this. If you find his words appealing and believe in yourself, you enter that frequency and create that experience. You bring that fake thing to life, just like turning a paper tiger into an actual tiger. So if you feel that this explanation aligns with your inner feelings and you want to experience it this way, you make it real by believing it. Then, you manifest it in the material world for yourself to experience. All information has these effects. Do you understand? If you're not willing to believe, you can also create your own narrative, like saying I have a mental illness. And if you choose to accept this state of being and continue on with your condition...

那你就把精神病显化在物质世界给你体验了.你还可以去给它任何定义.这就是你们⾃⼰的⼀个⾃由意愿有多强⼤.

You are projecting your mental illness into the material world for you to experience. You can also give it any definition you wish. This is how strong your own free will is.

问: 我如何可以获得更多的财富? 因为我现在⼯作不稳定,⼯作也做不好,收⼊也不⾼.也没办法获得更多的收⼊….

Questioner: How can I acquire more wealth? Because my current job is unstable and not well done, with low income, there's also no way to earn more income...

⾼灵: 就改变你的说法.你要重复去听你刚才说的话,你现在什么都不好,然后收⼊有限这样那样.然后钱也少…那你要知道你说的这些都是真的呀,明⽩吗? 你说的都是真得呀,你说的都是你体验的呀.你越是这么说,你越是这么体验.你越是这么体验,你越是这么说.你就进⼊这个循环⾥⾯去了.那如果你改变你的说法呢? 我是丰盛的,你看我⼿上有⼀颗种⼦.我把这颗种⼦种下去,我明年就能收获⼀百个果⼦.⼀百个果⼦我就拥有⼀百个种⼦.我再种下去,后年就收获⼀千个.天呐,我是多么的富有,我有这颗种⼦.呢个⼈⼀⽆所有,只有在地上捡了⼀颗别⼈吃剩得种⼦.他拿在⼿上惊喜的告诉所有⼈他好如有.

Higher Spirit: Just change your words. You need to repeat what you said just now, that you are not good at anything and have limited income in various ways. And then money is scarce...You must understand that everything you say is true, do you get it? Everything you say is true, because they are your experiences. The more you say this, the more you experience it. The more you experience it, the more you say this, and you fall into a cycle. But what if you change your words? I am abundant. Look at my hand, I have a seed here. If I plant this seed now, I will harvest 100 fruits next year. With 100 seeds, I can cultivate further. In the following year, I will harvest 1,000. Oh my god, how rich I am with just one seed in my hand! That person has nothing but picks up a leftover seed on the ground. He holds it in his hand and excitedly tells everyone he is blessed.

然后通过他的热情加上他的⾏动,他就把这个事件显化在这个世界上给你们呈现出来了.这就是你们物质世界运⾏的法则.就是你相信过后,你充满激情的去⾏动.那么这个事件就变成物质世界的事件了.就不再只是头脑⾥⾯的⼀个呢个什么.那你嘴巴⾥⾯刚才说的也是在加深你的物质体验.就是你在继续创造它,你说⼀次你创造⼀次,说⼀次你创造⼀次.所有⼈都呢么认为,明⽩吗?你看⼀下呢些世界上拥有钱的⼈,他们会说⾃⼰没钱吗?他们就算⼿上没有钱,银⾏⾥的钱都是我的.我要多少就有多少.我只要有⼀个idea,银⾏⾥的钱我需要多少就拿来多少.呢些⼈是有钱吗?他们⼜袋⾥没钱的.但之后所有钱都跑他⼜袋⾥去了.为什么?

And through his enthusiasm and actions, he manifests this event in the world for you to see. This is how your material world operates; it's when you believe something and then passionately act upon it that the event becomes a material-world event, not just an idea in your mind. What you just said with your mouth is deepening your material experience because you're continuously creating it; say once, create once; say again, create again. Everyone thinks so, do you understand? Look at those people who have money in this world, will they say they have no money? Even if their hands don't have money, the money in the bank is theirs. They can get as much as they need whenever they want. If they have an idea, they can take out from the bank how much money they need for that idea. Are these people rich? Those who have nothing in their pockets are they. But all the money ends up in their pockets. Why?

因为他没有去定义⾃⼰是受限制的.他只有他⾃⼰想做的事情,然后付诸于⾏动,还有充满激情的去⾏动.他坚信的.

Because he did not define himself as limited. He only had what he wanted to do, and then acted upon it with enthusiasm and passion. He believed in it.

第⼋个⼈问: 我曾经被诊断为精神分裂症.然后有⼀个会通灵的⼈他说我没有精神分裂症.我以前吃了三年药停药后又复发了.我现在还在吃药.我在吃两年就可以停药了.我想问到时候我能不能停药? 停药过后是不是永久都不会再复发了?

Question of the eighth person: I was once diagnosed with schizophrenia. Then, a medium told me that I do not have schizophrenia. After taking medication for three years and stopping it, I experienced relapse. I am still on medication now and can stop taking it after two more years. My question is: Will I be able to stop the medication then? Or will I never experience a recurrence afterwards?

⾼灵:我们永远都不能告诉你关于外在的⼀些选择.因为⽆论你选择哪个,听从哪个它都是真的.如果你能去听前⾯的信息.如果别⼈说了什么信息,你相信了并坚信了并付诸于⾏动,那就变成真的了.所以不管它这个信息是来⾃于通灵⼈还是来⾃于精神病还是来⾃于医⽣.不管它的来源是什么,只有你去采⽤了、相信了、⾏动了.它就显化在这个世界上给你体验了.

Higher Spirit: We can never tell you about some of the external choices because whichever one you choose and follow is true. If you listen to the information ahead, if someone else gives you information and you believe it and act on it, then it becomes true. So regardless of whether the source of this information is from a medium, mental illness, or doctors, or any other origin, only when you adopt, believe in, and take action does it manifest into your world for you to experience.

问: 我今⽣的使命是什么?

Questioner: What is my mission in this life?

⾼灵: 你的中⽂全⾯是什么?

Higher Spirit: What's your full Chinese score?

问: 我有两个名字.我现在朋友都叫我XX.

Questioner: I have two names. My friends now call me XX.

⾼灵: 你选择了这⼀⽣来到这个世界上体验⽆条件的爱.就是体验⽆论你是在⼀个什么样⼦的反应和状态下,去体验对⽅给你⽆条件的爱.所以你⾃⼰的⼀个体验,⼀个过程它是不稳定的.就是它是像⼀个⼩孩⼦,⼀会⼉发脾⽓⼀会⼉开⼼.她为什么这样? 她就要⽗母给它各种包容,给她⽆条件的爱.

Higher Spirit: You have chosen this life to experience unconditional love. To experience it regardless of your reactions and states towards someone else's unconditional love for you. So, the process of your own experience is unstable; it's like a child who can be upset one moment and happy the next. Why does she behave like that? She needs her parents to offer all kinds of tolerance and give her unconditional love.

问: 那我是体验别⼈对我⽆条件的爱,那我⾃⼰要做什么,我⾃⼰会成为⼀个什么样的⼈?

Questioner: If I experience unconditional love from others, what should I do? What kind of person will I become myself?

⾼灵: 你⾃⼰成为⼀个什么样的⼈是取决于你⾃⼰想要怎么样去展现啊.你永远都是有创造能⼒和⾃由的.

Higher Spirit: It is up to you how you want to present yourself, becoming what kind of person you are. You always have the ability and freedom to create who you want to be.

问: 我前两天听了马斯克的⼀个演讲.他说每个⼈都要试着成为⼀个 extraordinary person.不要去做⼀个ordinary person.我的问题是我会不会成为⼀个 extraordinary person?

Questioner: I listened to a speech by Musk the other two days. He said that everyone should try to become an extraordinary person, not an ordinary one. My question is, will I become an extraordinary person?

⾼灵: 你为什么把选择权交给别⼈? 你想成为⼀个什么样的⼈为什么要交给别⼈呢? 这才是你需要问的.你就好像去问⽼师,有些⼈他会选择去告诉你,那也只有你相信了,它才会产⽣⼒量.所以把⼒量拿回到你⼿中.我们的信息是中性的.⽆论你相信不相信都是对的.就是你相信它,它也是有⼒量的.你不相信它,它也是有⼒量的.就是说这是不值得你相信.你明⽩我意思吗?所以你去选择,你才是你呢个选择你在你的⼈⽣当中你怎么展现⾃⼰的.这就是你有多强⼤.因为造物主把选择权交给了你,展现能⼒交给了你.你可以去创造任何你想要展现出来的,这就是你有多么的强⼤.⽽且⽆限的资源⽀持你.

Higher Spirit: Why do you delegate your choices to others? Why should you become the kind of person that others decide for you? That's what you need to question. You're like asking a teacher, some people might choose to tell you, but only if you believe it will make an impact. So take the power back into your hands. Our message is neutral. Whether you believe or not, it's right. If you do believe in it, it becomes powerful. If you don't, it's still powerful. That means it's not worth believing in. Do you understand what I mean? Therefore, make the choice for yourself on how you want to present yourself in your life. This is where your strength lies because the Creator has given you the power of choice and the ability to showcase. You can create anything you want to demonstrate, this shows how powerful you are. And unlimited resources support you.

唯⼀就是你需要坚信和坚持和⾏动和充满激情,不管你遇到多少挫折,不管你遇到多少反对的声⾳,明⽩吗?因为所有的东西都是能量,它会把你内在的呢股能量加强.所有的外在都是能量,你要去转化它.⽽不是被幻像….就好像你要练武功,对⽅的能量越强⼤,那你的能⼒是不是就越强⼤?因为他能把你内在的能量给激发出来.所以还希望对⽅的能量能更强⼤⼀点.但是呢个能量不是把你给打趴下.除⾮你选择要趴下.你选择了这个⾁体,你是来迎接挑战和展现的.

The only thing you need is to believe, persist, act, and be passionate, no matter how many setbacks you encounter, no matter how many opposing voices you hear, right? Because everything is energy; it will amplify the energy within you. All external factors are energy that you must transform, rather than being deceived by illusions... just like practicing martial arts, if your opponent's power is stronger, doesn't that mean your capability becomes stronger as well? Because they can stimulate the energy within you. So, one hopes for the opponent's power to be stronger. But this power doesn't overpower you; unless you choose to go down. You chose this physical body to face challenges and showcase yourself.

问: 我还有⼀个问题就是我今⽣会不会有⼩孩.我很想要⼩孩.但是我已经绝经了.我绝经是因为我三⼗多岁就开始吃抗精神病的药物.

Questioner: I have one more question - will I ever have children in this lifetime? I really want to have children, but I've already gone through menopause. My menopause occurred because I started taking antipsychotic medication in my thirties.

⾼灵: ⾸先你们对孩⼦或者有⼩孩的限制它会阻碍你有⼩孩,明⽩吗? 就是⽐如说你所谓的⼩孩,⼩孩要从你⾝上出来,那才叫你的⼩孩.那你就是在限制他的到来.如果你真的希望又另外⼀个灵魂加⼊你的⽣命中,你去爱他,你去注⼊你的能量,你的爱.你是可以去得到的.但是这种⽅式你不能去限制它.因为⼀旦你有了⼀个固定的⽅式,你就在限制他到你的⾝边来,明⽩吗?

Higher Spirit: Firstly, you're limiting yourself from having children by restricting them, do you understand? That means when your child comes out of you and is born, only then can it be considered yours. You are thus preventing its arrival. If you genuinely desire to have another soul join your life, go love him and infuse him with your energy and love. This is possible for you. However, you cannot impose restrictions in this manner. Once you set a fixed way, you're limiting its approach towards you, do you understand?

问: 我30年前在家⾥乘凉的时候,我感觉到有两个⼈像神仙⼀样靠近我.略…..最近我信了基督教.我就在想我是应该信佛教还是基督教? 我能不能既信佛教又信基督教?

Questioner: Thirty years ago when I was cooling off at home, I felt two people approaching me like gods. Recently, I have converted to Christianity and I'm wondering whether I should believe in Buddhism or Christianity instead. Can I believe in both religions?

⾼灵:⾸先信任何教是你⾃⼰的选择.当然你也可以去都信都不信,这是你⾃⼰的⾃由选择.因为所有你都可以去得到,如果你是充满觉知的话,你都可以从中去学习到,去体验到,去得到你需要得到的.然后如果你要问来找你的⼈是谁?你可以⾃⼰去给它定义.你可以把它从正⾯定义,你是受到所谓的神的保佑的,明⽩吗?你可以去给它正⾯的定义,然后去从中得到正⾯的体验.因为所有外在的⼀切都是中性的.到底是正⾯的还是负⾯的是要看你⾃⼰的信念.所以你可以去给它正⾯的定义,让它正⾯的服务于你.

Higher Spirit: First of all, believing in any religion is your own choice. Of course, you can also go to believe in everything or nothing at all; this is your own free will. Because if you are fully aware, you can learn from it, experience it, and acquire what you need. Then, if you want to ask who the person seeking you is? You can define it yourself. You can give it a positive definition, understanding that you are blessed by so-called gods, right? You can provide it with a positive definition and gain a positive experience from it. Because all external things are neutral; whether they are positive or negative depends on your own beliefs. Therefore, you can give it a positive definition, allowing it to serve positively for you.

问: 我怎样让它正⾯得服务于我呢? 它还会来找我吗?

Questioner: How can I make it serve me positively? Will it come to me on its own?

⾼灵: 它还会来找你吗? 你说的它就好像是你⾃⼰的意识会投射出⼀些东西出来来跟你玩耍,来跟你交流或者再梦⾥或者再⼀种状态下.那就好像是你来问我你还会去怎么样玩耍吗? 那是你⾃⼰去取决于你⾃⼰的.这⾥没有外在,所有的⼀切都是在你的内在.你去投射出这个世界是什么样⼦.你们很多⼈都觉的你在这个世界⾥⾯.但是应该是外在所有的⼀切,包括你的梦,包括你看到的呢些七七⼋怪的事情它是在你的⾥⾯.是你去创造它的,你是呢个创造者,所有的⼀切.这个世界你怎么体验,怎么经历都是在你的⾥⾯.这才是最重要的,你不是被动者,你是呢个创造者.

Higher Spirit: Will it come back to you again? You describe 'it' as if your own consciousness is projecting something out to play with you, communicate with you, or in dreams and perhaps in some other state. It's like asking me if you will continue playing this way, which depends entirely on yourself. There is no external aspect; all is within you. You project what the world is like. Many of you feel that you are in this world, but everything external, including your dreams and those strange things you see, exists within you. It's you who creates it; you're the creator of everything. How you experience or go through anything in this world is all within you. This is what truly matters, you're not a passive participant; you are the creator.

第七个⼈加问题问:我在外界被诊断为精神病的躁郁症.我就会吃⼀些药物.这些药物给我带来很多副作⽤.我想问我这些药可以吃还是不吃?

The seventh person asks: I have been diagnosed with bipolar disorder in the outside world and receive medication as a result. These drugs have many side effects for me. My question is, should I continue taking them or not?

⾼灵: 这取决于你⾃⼰的信念系统.就是取决于你⾃⼰.如果你有这种恐惧,如果你觉得药是有效果的,那么它就会这么体现给你,明⽩吗? 所以我们在这⾥不能给你做任何选择.所有的选择必须是你⾃⼰选择.但是我们可以帮你看到你⾃⼰的选择它会导致的,就是呈现的⼀些只是来让你看到⽽已.但是任何时刻你都可以重新选择.你就好像是说⾛A好还是⾛B好? 其实⾛A⾛B没有区别的.因为你要知道A和B,你体验的所有⼀切它其实都是你⾃⼰创造的⼀个世界给你⾃⼰体验.就算你选择不吃药的话,在你的世界⾥⾯你还是⼀个分裂症,你还是⼀个精神病.那你还是会体验精神病啊.明⽩我意思吗?所以它的关键不在于你到底吃还是不吃.

Higher Spirit: It depends on your own belief system. It depends entirely upon you. If you have this fear, if you believe that the medication works for you, then it will be reflected to you accordingly, do you understand? So we cannot make any choices here for you; all choices must be yours. However, we can help you visualize what your choices would lead to, just to show you as an illustration. But at any moment, you can choose again. You're like asking whether walking A is better or walking B? Actually, it doesn't matter if you walk A or B, because you need to know that everything you experience with A and B is essentially a world created by yourself for your own experience. Even if you choose not to take the medication, in your world, you are still suffering from schizophrenia, still having mental illness; you will still experience it as such. Do you understand my meaning? So the crux is not about whether you eat or don't eat.

关键在于你已经给你⾃⼰定义了.那你就会这么体验.

The key lies in what you have defined for yourself, so that's how you will experience it.

问: 我就怕我不吃药会复发….略⾼灵: 就好像你呆在A的房⼦⾥⾯.A的房⼦是你创造的这样呢样.你来问我我在A的房间⾥⾯怎么做选择.你⽆论怎么做选择你都是同样的体验.如果当你在B的房间,B的房间没有这些问题.

Questioner: I'm afraid that if I don't take the medicine, it will recur...

Dr. Liugao: It's like being in room A, which you created. You come to ask me how to make a choice in room A. No matter what choice you make, you'll have the same experience. If you were in room B, where there are no such issues...

第九个⼈问:我这两天连续两天晚上都链接到了另外⼀个频率.当时链接到的时候我就忘记了⾃⼰是在这个房间⾥⾯.但是我内⼼有巨⼤的恐惧,总觉得是不是有⿁或者有什么东西要来吓我?我想知道我潜意识⾥有没有什么东西是需要我把它带进觉知⾥的? 我在害怕什么?

The ninth person asks: I have connected to a different frequency for two consecutive nights. When I connect, I forget that I am in this room. However, I'm deeply afraid, feeling like there might be spirits or something trying to scare me. I wonder if there's anything subconscious within me that needs to be brought into my awareness? What am I afraid of?

⾼灵: 你是说你产⽣的恐惧吗? 你产⽣的恐惧,你想要知道哪些是你需要去处理的吗? 你稍等.你就这么想,你就好像⼩孩⼦他最开始在⾯对楼梯的时候,他看着楼梯特别的恐惧.他觉得楼梯这么陡,会不会我的⾝体平衡能⼒不是很好.但是等着他⼀天⼀天的长⼤,等着他的双腿越来越有⼒.楼梯对他来说他可以闭着眼睛⾛.所以这是你在,你的⾝体在成长的⼀个过程.那它没有,就是它不是你⼤脑⽇常⽣活所见的⼀些问题,对吧? 那它遇到这种事情产⽣这种反应是正常的.那当你经常的在⾯对它,很多次了.你知道这是⼀个很好的体验,你不需要害怕它.那你的⾝体也会去适应这个.

Soul Guide: Are you referring to the fear that arises within you? The fear that arises; do you want to know which ones are the ones you need to deal with? Wait a moment. Imagine how a child feels when he first faces stairs, feeling extremely fearful as he looks at them. He worries whether his body's balance ability is not good enough due to the steepness of the stairs. But over time, as he grows and his legs become stronger, the stairs become an easy task for him, even something he could do with his eyes closed. This represents your physical development process. It isn't a problem that occurs in your daily life interactions with your brain. Right? Your body's response to such situations is normal. When you frequently face these situations multiple times, understanding it as a good experience and realizing there's no need to be afraid can help adapt your body.

问: 我的最后⼀个问题是我还想问⼀下我的⾼灵和指导灵有信息要给我吗? 谢谢.

Questioner: My final question is, do my high guides and my guiding spirits have any messages for me? Thank you.

⾼灵: 激情.更加充满激情的去体验你的⽣活.你就会发现更多的激情.就是充满激情去体验你的⽣活,你会发现更多的激情.这是给你的信息.

Higher Spirit: Experience your life with even more passion. You will discover more passion when you live your life passionately. This is the message for you.

⾼灵:然后这个⼥孩⼦她还有⼀个问题.她想问她最近做梦总是梦见在梦⾥有不同的异性去追求她.她想要知道这个梦是什么意思?你稍等.这个信息就是她在梦⾥⾯出现不同的异性,就是她⼏乎每天晚上都梦见不同的异性想要追求她.因为这是她的⼀个观念.在她的⼀个观念⾥⾯她觉得婚姻就是要断绝跟其他异性的关系.所以在她的潜意识中她好像把这道跟其他异性链接的门给关上.因为她觉得这是对婚姻的⼀个尊重.那这是她的⼀个限制性的信念.她觉得如果有跟其他异性的交流的话,就是对婚姻的⼀个背叛或者对关系的⼀种背叛.这是她思想中的⼀个限制性的信念.那这个信念就从梦中的形式给她带出来去让她去看清楚.

Higher Spirit: Then there is a question from this girl about her dreams where she has been dreaming of different genders pursuing her in her dreams recently. She wants to know the meaning of these dreams. Wait. This information indicates that she encounters different genders in her dreams, implying that she experiences these dreams involving different males or females each night. It reflects her belief - within a specific notion - that marriage entails disconnection from other genders. Therefore, unconsciously, it seems as if she has closed the door to link with others of the opposite sex because she perceives this action as showing respect for marriage. This is thus an example of a restrictive belief in her mind – she believes that engaging in communication with someone else of the opposite gender could be seen as a betrayal of marriage or relationship, reflecting her narrow mindset on these matters. This belief manifests itself through her dreams to help her recognize it clearly.

因为你要知道在你们的灵魂层⾯你们是不分性别的.就是你们是没有男⼥之别的.你们是跟所有的⼀切都是紧密相连的.那如果是紧密相连,又不分性别,你想要把它隔掉的话.那是不是能量的畅通流动你就会阻碍它,对不对?所以这个两性观念的⼀个问题是需要她去⾯对的.因为你想她如果是对她⾃⼰有这么⼀个观念,她的这个观念也会加在她的另⼀半⾝上.那她是不是把他们两个⼈的所有的全部都阻碍了、隔断了? 如果她的另⼀半有跟其他异性,她是不是就会觉得是很⼤⼀件事情? 那如果当她放开,就是转变这个信念.灵魂没有性别,然后我们不能断开跟任何⼈的链接过后.

Because you need to know that on a soul level, there is no gender distinction among you. You do not have male or female distinctions; instead, you are connected to everything else. If they are closely linked and without any gender distinction, if you were to try and separate them, wouldn't this be an obstruction of energy flow? Wouldn't it impede the free movement of energy? Therefore, the issue with the concept of masculinity and femininity needs to be addressed by her. If she holds such a view about herself, it would also influence her other half. Would it then hinder or separate their entire connection? If her other half were to interact with others of the opposite sex, would that feel like a big deal to her? However, if she were to let go and change this belief, acknowledging that souls have no gender and we cannot disconnect from anyone's connections.

那她允许了她这股能量的⼀个畅通⽆阻的交流的话,那她也会把这⼀份放在她的关系当中,就是会在他另⼀半的⼀个态度… 所以这是她的⼀个限制性的信念被浮现出来.因为你们所有的⼀个,就好像你们现在不断地在把你们的⼀些限制性的信念被你们看到,看到然后在把它化掉,是吧? 就是有⼀些束缚被你们看到.那当你们不断地清理束缚,不断地清理,清理到了最核⼼.你们还是永远都会有,不断去清理的.它永远都会有不断地东西需要去清理.那么这就是她接下来需要去清理的⼀个点,需要去整合的⼀个点,需要去明⽩的⼀个点.你们永远不可能跟⼀切万有断开连接的,这是不可能的.这只是她的⼀个观念⽽已.因为她在梦⾥⾯,对⽅追求她.

If she allows this energy to flow freely between them, then it will also be integrated into her relationship, manifesting in how he perceives her另一半态度… This reveals one of her limiting beliefs. You see all of your own, constantly exposing and resolving these limiting beliefs that you encounter, isn't it? Boundaries are being seen. As you keep untying them continuously, reaching the core, there will always be more to untie. The process of untying never ends. This is what she needs to focus on next: understanding, integrating, and addressing this aspect of her relationship. You can't possibly disconnect from everything Universal; it's simply a misunderstanding on her part due to the dream-like nature of their interaction where he pursues her.

她⼀直在逃避,在躲避.这样⼦的⼀个状态下.那你们不需要现实中去体验这些.那你在梦⾥⾯你的信念⼀样呈现出来给你们体验.那她就知道是什么信念导致她要躲避.

She has been evading and avoiding. In such a state, you don't need to experience these in reality. Instead, your beliefs manifest in dreams for you to experience them. Thus, she understands what belief leads her to avoid.

# **2022/01/19 — 允许这个过程Permitting this process**

⾼灵: 你可以提问了.

Higher Spirit: You may ask your question now.

问: 我的第⼀个问题是⽬前不允许让我的⽣命⾃动展开的限制性的信念是什么?

Questioner: My first question is about the limiting belief that currently prevents my life from unfolding automatically?

⾼灵: 是什么限制它展开? 你就⽐如说有⼀朵花,它要盛开是吧? 你说你什么限制它可以盛开? 这么跟你说吧,今天这个⼥孩⼦她种了⼀颗蒜.但是呢,她把长蒜苗的呢个位置埋在了⼟下⾯.所以她惊奇的发现⼟下⾯怎么长了呢么长⼀根蒜出来.就是它种呢颗蒜的⽅向完全错了.那它就好像⼀棵树苗,它的呢棵树埋在⼟⾥⾯了,它也会长出来.所以⽣命本⾝你说你怎么去限制? 你限制不了.你为什么会觉得你在限制它呢? 你为什么觉得你在限制它呢? 是因为你想快吗? 想要成果吗?

Higher Spirit: What is it that restricts its expansion? Take for example a flower, isn't it supposed to bloom? You ask what restrictions there are on it blooming. Let me explain this way – suppose today's girl planted a garlic bulb. However, she buried the spot where the garlic shoots would grow underneath the soil. Therefore, she was astonished to discover that long roots of garlic were growing beneath the soil. It means she had completely mistaken its planting direction. Like a young sapling whose tree is buried in the ground, it still manages to grow out. So, how do you limit life itself? You can't. Why do you feel like you're limiting it? Why do you think you're limiting it? Is it because you want it to be done quickly or achieve results?

问: 🗎,对.可能是因为这样.

Questioner: Yes, perhaps because of that.

⾼灵: 那你的问题是在你的头脑⾥⾯.就是是你⾃⼰进⼊了你的头脑,我⼀定要看到结果,我⼀定要看到成果,明⽩我意思吗? 但是有⼀些东西你要看到并不是说它不在呢⾥.⽽是说你根本就没有去感应它.就好像⼈群中你要找的呢个⼈就在你旁边,你却东张西望,这看呢看,不停的找.在哪⾥? 在哪⾥? 我怎么还没看到? 那你在迫切的想要头脑⾥⾯给你⼀个结果的时候,你就在错过它.因为你们的头脑不是⽤来处理这个⼯作的.就是你把不是它的⼯作交给它去做,就好像⼀个冰箱.它是⽤来冷冻⾷物的,你却让它给你取暖.你却想要它像 fire place⼀样.你不会去强迫冰箱要给你⽣⽕来让你做饭吧?

Higher Spirit: The problem lies in your mind; that is, you are entering your own mind and insisting on seeing the outcome, demanding tangible results, do you understand me? However, there are some things you need to see that aren't just absent from your thoughts. Rather, they haven't been sensed by you at all. It's like trying to find a person in a crowd who is right next to you, but you're looking everywhere else, checking here and there constantly, asking yourself over and over where they are? If you're eagerly waiting for the mind to provide results, you're missing out on those moments because your mind isn't designed for that task. You're giving it responsibilities that don't belong to it; like expecting a refrigerator to give you warmth instead of its intended function of cooling food. Would you force a refrigerator to ignite a fire so you could cook?

那你为什么要强迫你的头脑去明⽩所有的⼀切,去理解所有的⼀切,去知道所有的⼀切呢?

Why do you insist on forcing your mind to understand everything, to comprehend everything, and to know everything?

问: 🗎,我明⽩你的意思了.那请问我有没有什么核⼼的限制性的信念呢?

Questioner: Alright, I understand your point. Could you tell me if there are any core limiting beliefs I have?

⾼灵: 你有没有什么核⼼的限制性的信念呢? 你⾃⼰就可以知道.你不需要去问别⼈关于你的,因为你⾃⼰… 你想象⼀下你外在感受的世界所有的全部是你⾃⼰投射出来的.那如果你在⽣活中遇到了什么,你觉得这⾥为什么感觉到不⾃由? 就⽐如说我的财务为什么不⾃由?我的情感为什么不⾃由? 我的情感为什么受束缚? 我的创造⼒、我的⾏动⼒为什么受束缚? 任何你觉得你在受到束缚的地⽅,就是你觉得不够⾃由、不够丰盛或者是任何呢种.呢背后就是你的限制性的信念.所以你可以很清楚的去…你问你⾃⼰,然后你就能看到.就好像地上有⼀个影⼦,你⼀看地上的影⼦你就知道你的外套到底是太⼤还是太⼩,你的裤⼦到底是太长还是太短.

Higher Spirit: Do you have any core limiting beliefs? You can know this about yourself without needing to ask others. Because you... Imagine that all your external experiences are projections of yourself. So, if in life you encounter something and feel a lack of freedom there, such as why don't my finances allow for freedom? Why aren't my emotions free? Why is my creativity or action bound? Any place where you feel restricted is essentially where you perceive a lack of freedom, abundance, or any other form. Behind this are your limiting beliefs. Therefore, you can clearly see... You ask yourself this question and you will be able to observe it. It's like seeing a shadow on the ground; by looking at the shadow, you instantly understand whether your coat is too big or too small, or if your pants are too long or too short.

所有的⼀切它都是显现在影⼦上⾯的呀.所以你还需要去问别⼈: 你看看我的裤⼦太长太短?你不需要.你⾃⼰就能看到的.⽽且你永远要知道你才是呢个知晓⼀切的⼈.你只是去制造⼀个假象,要把(⼒量)交给别⼈.要把你理解⾃⼰、探索⾃⼰的(⼒量)交给别⼈.

Everything is shown on the shadow, so you don't need to ask others if my pants are too long or too short. You can see it yourself. And always remember that you are the one who knows everything. You just create an illusion and let someone else take (the power) away from understanding and exploring yourself.

问: 有没有什么⽅法是可以释放限制性的信念?

Questioner: Is there a method to release restrictive beliefs?

⾼灵: 如何释放限制性的信念? 那当你它是来限制你的⼀个信念,你就不再被动的按照呢个程序在运⾏了.就是当你意识到这只是你的信念⽽已,⽽不是真实的.因为最开始你没有意识到,你只是: 这是真的呀.这是理所当然的呀.这是事实呀.当你发现这个并不是事实,只是你的信念⽽已.那当你认识到,你的头脑就会⾃动的放开它.就好像这么说,你在前⾯看到⼀根绳⼦.你好害怕: ⼀条蛇,它要咬我.它在动.你各种害怕,各种恐惧.那你⾛上前⽤脚⼀碰,原来是根绳⼦.明⽩我意思吗? 就好像是这样⼀样.那你知道你是安全的,它并不是⼀个蛇.只是你看错了⽽已.那你说你还需要教会你的⾝体不再害怕吗? 你当下就呢个什么了.

Higher Spirit: How to release limiting beliefs? When a belief acts as a restriction on you, you are no longer passively running according to that program. That is when you realize it's just your belief, not reality. Initially, you weren't aware of this; you simply thought, "This is true." It's common sense." This is fact." Upon discovering that it isn't the truth but merely your belief, then recognizing this lets your mind automatically let go of it. Imagine seeing a rope in front of you and being terrified: "A snake! It's going to bite me!" It's moving. You're filled with fear and panic. But when you step forward and touch it with your foot, you realize it's just a rope. Do you understand what I mean? Just like that. Knowing that you are safe, realizing it's not a snake but merely a misperception on your part. Then do you think you need to teach your body not to be afraid anymore? In the moment, you just let it be.

问: 因为每次在通灵的时候都告诉我要信任,要允许.就是每次都感觉总是差⼀点…⾼灵: 你知道差⼀点是差是什么吗? 差⼀点就是说你没有去允许你这个过程.就是没有允许你现在经历的这个过程.你如果去允许了你这个过程,你知道你迟早会长出来的.那你还会去害怕担⼼吗? 明⽩吗? 你知道你是⼀个橙⼦,然后你的⾝体还是产⽣呢种反应,还是恐惧.你不需要把这个恐惧: 啊,赶快拿开.你不着急.因为当你去看到了你⾃然⽽然… 那下次当你在看到蛇的时候你反应还没呢么⼤了.为什么? 因为你的⾝体告诉你它只是个绳⼦.

Questioner: Because every time during a spirit communication session, they tell me to trust and allow. It always feels like there's something missing... Higher Spirit: Do you understand what "missing" means in this context? Being a little off indicates that you are not allowing your process. You're not allowing the experience you're going through right now. If you did allow your process, you would know that eventually it would produce results. Wouldn't you still be afraid and worried then? Do you understand? You realize you're an orange, yet your body is still reacting with fear. There's no need to be afraid: oh, get rid of this quickly. Take your time. Because when you see things in their natural way... Next time when you see a snake, your reaction won't be as extreme. Why is that? Because your body tells you it's just a rope.

问: 如何可以提出⼀个好的问题?

Questioner: How can one formulate a good question?

⾼灵: 因为你有没有发现你今天⼀直在问问题的时候⼀直就是在寻找⼀个好的东西.你就好像在找⼀个好的⽅式、好的⽅法、好的呢个什么.但是这⾥没有好和不好.所有体验都是…哪怕你体验限制,哪怕你体验恐惧.没有好和不好,明⽩吗? 因为你必须要经过不好⽽⾛到好的呢⼀边.就好像不好是⼀个桥是吧? 那你拿掉这个桥你要⾛到好的好的呢⼀边,你怎么过去? 你不是给⾃⼰断了路吗? 你没有路都到好的呢⼀边去呀.那你就永远达不到好的呢边去.你说我要⽐开桥,我不要过桥.那河呢边才是好的呀.

Sage: Have you noticed that every time you ask questions today, you're seeking something good? It's like you're looking for a better way, a better method, or some kind of goodness. But here, there is no such thing as good or bad. All experiences are... regardless if they are limiting or fearful experiences. There's no good or bad; understand that? You must go through the not-good to reach the good side. Think of it like the not-good is a bridge, right? If you remove this bridge, how do you get to the other side which is considered 'good'? Wouldn't you be cutting off your own path by doing so? You wouldn't have any way to get to the 'good' side. So, you'll never reach that good side. You say you want to build a river rather than crossing it. But what's on the 'good' side is where everything is flowing beautifully and naturally.

问: 那像我今天写的问题都是我有什么样的限制性的信念啊,我怎么样去释放限制性的信念啊….

Questioner: Well, like the questions I'm asking today, what are my limiting beliefs, and how do I release them...

⾼灵: 这些问题不重要.重要的是你⾃⼰头脑⾥⾯….你为什么要陷⼊你的头脑⾥⾯,追求⼀个好的东西? 然后这个是不好… 因为我们的通灵信息⼀直在告诉你没有好坏,不要定义.所有的⼀切不在于外在发⽣什么,⽽是说你能从中受益什么? 你能从中得到什么礼物? 你能从中得到什么成长? 那你其实把你的领悟和成长全部拿⾛了呀.

The high spirit said: These questions are not important. What matters is what's in your own mind... Why do you get lost in your own thoughts, chasing after something good? Then it becomes bad because our spiritual messages have been telling you there is no good or bad, don't define. It's all about what you can benefit from within, what gifts you can gain from it, and what growth you can achieve. You're actually taking away your insights and progress by doing that.

问: 前段时间你跟我说我最⼤的限制是忘记了⾃⼰的⼒量.那从能量或者频率的层⾯来看我现在有转变吗?

Questioner: Recently, you told me that my biggest limitation is forgetting my own power. Have I undergone any transformation in terms of energy or frequency now?

⾼灵: 你有转变吗? 你来告诉我.因为我们之前通灵说了⽆数遍,你如何去定义? 就好像这个云.你如何去定义它什么形状? 你在定义它什么形状的时候它已经变成另外⼀个样⼦了.因为这是不断地在变化的⼀个东西.你如何去定义它? 所以你要如何去拿⼀个尺⼦来定义你⾃⼰? 除⾮你是死的.但是你⼀直在⼀直在变化.除⾮你是在看着⾁体的呢个你.那⾁体的呢个你,你也在千变万化.有很多你看不到的细胞又在死又在⽣.你也看不到啊.所以你应该放下去…你反问⾃⼰为什么你要拿个尺⼦来衡量⾃⼰呢? 这⾥没有⼀个终点,没有⼀个完美的.没有⼀个像考试⼀样你要达到多少分.为什么? 那你就完全失去了你存在的...

Higher Spirit: Have you changed? Tell me, because we have been discussing this before during our spirit communication, how would you define it? Just like the cloud, how do you define its shape? When you are defining its shape, it has already transformed into something else. Because it is constantly changing. How do you define it? So, how can you use a ruler to define yourself? Unless you are dead. But you are always changing. Unless you are observing your physical self. Your physical self also changes innumerable times. Many unseen cells are dying and being born. You don't see that either. Therefore, you should let go... Why do you need to measure yourself with a ruler? There is no end point here, there is no perfection, like an exam where you have to achieve a certain score. Why? That completely negates your existence...

因为存在它是没有任何定义的.就是没有任何定义.不是⼀个死的东西.只有⼀个死的东西你可以说它是这个形状.

Because it exists without any definition, there is no definition at all. Not a dead thing; only a dead thing could you say has this shape.

问: 那我为什么⽼是不知觉的就定义⾃⼰呢?

Questioner: Why do I always find myself defining myself?

⾼灵: 你的头脑太强⼤了.你还活在你的头脑⾥⾯.就是你要知道它的⼯作是什么.它运⾏的原理是什么.那么你就不会被它控制了,⽽是说你很好的运⽤它了.但是你也不要你否定你这个过程,你也不要否定你这个经历.因为你们最重要的并不是说⼀下⼦能理解我们所说的⼀切,那你不是就⾃⼰就没有成长.⽽是说你⾃⼰通过你⾃⼰所有的体验、⼼理活动、感受、任何⼀切,通过这⼀切来⾃⼰去感悟、领悟.明⽩吗? 那不然的话你只是⼀个鹦鹉⼀样啊.你只是: ⾼灵是这么说的.那我下次跟别⼈也这么说.它必须是你内在的,所有的⼀切.你只需要去充满觉知.就是你不是⽆意识的⾏为.

Higher Spirit: Your mind is too powerful; you still live in your mind. You need to know what its function is and how it operates. Then you will not be controlled by it, but rather use it well. However, do not deny the process or experience yourself, as the most important thing isn't instantly understanding everything we say. That would mean you haven't grown for yourself. Instead, you should understand through all your experiences, psychological activities, feelings, and everything else; by experiencing these things and gaining insight into them. Do you see? Otherwise, you're just parroting words: 'High Spirit said this.' So next time when talking to others, say the same thing. It must be from within you, all of it. All you need is to be filled with awareness, not acting without consciousness.

问: 那说到充满觉知,那是不是说只要我们没有专注在当下的这⼀刻,就⽐如说吃饭的时候吃饭,睡觉的时候睡觉.那是不是说没有在这样⼦专注的时候我们都是在跟着集体意识在运作呢?

Questioner: But when you talk about mindfulness, does that mean that as long as we are not focusing on the present moment, for example eating when eating and sleeping when sleeping? Does that imply that whenever we are not focused like this, we are just following the collective consciousness in operation?

⾼灵: 不是集体执⾏,(是)习惯性的.就好像是⼀个动物⼀样,明⽩吗? 你看呢个蛆,它在蠕动.看上去是像有⽣命的.那它只是⼀个反射.因为你被植⼊,就是你呢么长久以来你⼀直在⽤这个模式去⾏为去反应去思考去看待问题.那么你便⼀直⽤这样⼦去各种反应.就好像只是条件反射.那如果是有觉知的话,那每⼀刻你都是新的.每⼀刻你都是新的,想像⼀下!你活了⼏⼗年每次都是呢个反应.但是呢,当你跳出来呢个条件反射的时候,每⼀个当下每⼀个时刻你都是新的.你都在领悟⼀切.你的⽣活是多么的丰满,多么的圆满.在这样⼦的⼀个状态下,你想象⼀下.就好像每⼀刻你都是充满了⼀种全新的.

Higher Spirit: It's not about collective execution; it's habitual. Just like an animal, do you understand? You see that worm moving, it looks like it has life. But that is just a reflex because you have been implanted with this pattern of behavior, reaction, thought, and way of looking at problems for so long. So you continue reacting in the same manner across various situations, almost like an instinct. If there were awareness involved, every moment would be new. Every moment would be new, imagine that! You've lived for decades responding similarly each time. But when you step out of that instinctual response, every single moment is new, you are aware of everything. Your life is so full and complete in such a state. Imagine this: it's as if every moment is filled with something entirely fresh.

因为你们⼀直以来慢慢慢慢,就⽐如说最开始你们找刺激.有刺激的时候你们就好新鲜感啊.那这种同样的东西多了,你就开始没新鲜感了.然后你又想找其它刺激了.那找到最后你找不到任何刺激了.

Because you have been gradually seeking excitement over time, like at the beginning when you found novelty in new experiences; when there's excitement, you feel fresh. With too much of the same thing, you lose that freshness and start craving for something else. Eventually, you find yourself unable to satisfy your desire for any kind of thrill anymore.

问: 我们找刺激的原因是为了什么呢?

Questioner: What are we seeking when we seek excitement?

⾼灵: 找刺激的原因是为了什么? 因为当你在感受到刺激的呢⼀刻,你就觉得你在活着.如果你的每⼀刻你都能(活着),你就不需要外在的刺激了.那你呢种活着只是被动的活着啊.那不叫真正的活着.就⽐如说突然发现⼀个惊奇的事情马上把你的注意⼒拉到当下来了.你全神贯注看着它.然后你就觉得你是活着的.然后你的⼤脑会记下来这种感受,它下次就还想再体验.那你不断地不断地… 你看⼀下你们各种上瘾的东西是不是都是这样.各种上瘾的都是这⼀个模式.那如果当你⽣活的每⼀刻你都是充满觉知的,就不是⽆意识的话.那你需要外界的刺激吗? 你不需要.你是活的呀.你就是活的.

Ghosts: Why do you seek stimulation? Because when you are experiencing the excitement, it feels like you're alive. If you feel alive every moment, you don't need external stimuli anymore. That kind of living is passive living; that's not true living. For instance, suddenly discovering something astonishing pulls your attention to the present. You concentrate on it fully. Then, you feel that you are alive. Your brain then records this sensation, and wants to experience it again next time. So, continuously... Observe how various addictive substances or activities all follow this pattern. If every moment of your life is filled with awareness, not unconsciousness, do you need external stimulation? You don't need it; you're already alive. You just are alive.

问: 我们听的歌曲它有没有在⼀定程度上反应的是我们的⼀个能量状态、频率状态? 然后歌曲可以怎么样⽤来更好的服务于我们?

Questioner: Do the songs we listen to reflect to some extent our energy state, frequency state? And how can songs better serve us?

⾼灵: 它就好像是⼀个调频,就好像是⼀个振动的频率.那你可以很快的匹配它的频率.就像这样⼦⼀样.就⽐如说它的歌曲散发的是⼀种频率,散发的是个能量.那你可以很快的去跟它匹配,去进⼊到呢样⼦的⼀个状态,能量状态,频率状态当中去.

Higher Spirit: It's like a tuning, it's like a vibration frequency. You can match its frequency very quickly. Just like this. For example, the music of something emits a frequency, an energy. You can rapidly align with it and enter into that state of energy, frequency.

问: 我以前不会说梦话,但最近我在做梦的时候会把我⾮常想要表达的东西直接喊出来.我想知道这个是有什么原因吗?

Questioner: I used to not talk in my sleep, but recently when I'm dreaming, I find myself shouting out things that I really want to express. I'd like to know if there's a reason for this?

⾼灵: 你如果不去把旧有的你当成是⼀个标准,如果每⼀个当下的你都是⼀个全新的.她有新的意识,她有新的…你还会有这个问题产⽣吗? 所以每⼀刻你都是⼀个新的.你应该⾼兴才对.因为你不是呢个死的你.死的你她是⼀直⼀样的.那活的你她会,就像⼀株花,它是不是⼀直在变? 那你也不会去问你怎么今天…昨天它看着只有⼀朵花,为什么今天长了三朵?有什么原因吗? 你不会去问它呀.因为这是⽣命成长⾃然的过程.然后你也会看到它会盛开对吧? 那它也会凋落.那如果你去理解这是⽣命的过程,你也不会对你的死亡⽽产⽣恐惧啊.明⽩吗? 你也不会对你的衰⽼,任何(产⽣恐惧).因为你知道⽣命是⼀个不断变化的过程.它并没有⼀个特定的.

Higher Spirit: If you do not consider the old you as a benchmark, if every present moment's you is entirely new – she has new awareness, she has new... will this problem still arise? So every moment you are new. You should be happy for that. Because it isn't the dead you. The dead you remains constant all the time. But the living you changes like a flower; does it stay the same? Then why would you question how many flowers there were yesterday versus today? There's no reason to ask, because this is part of natural growth in life. And then you also see that it blossoms, right? It also withers. If you understand this as part of life's process, you won't be afraid of death, will you? You won't fear aging or anything else either. Because you know life is an ongoing process of change; it doesn't stick to a specific form indefinitely.

那你的性情、你的性格、你的情绪、你的感受、所有⼀切它都在变化.

Your temperament, your character, your feelings, your emotions, everything is changing.

问: 我能不能问⼀下灵界还有没有什么别的信息是要带给我的?

Questioner: Can I inquire about any other messages that Spirit Realm has for me?

⾼灵: 就是你做的已经够好了,你不需要再更好了,明⽩吗?问: 什么是真理? 如何可以得到真理?

Higher Spirit: You've done well enough already; you don't need to improve any further. Understand? As for what is truth and how to attain it, these questions are being asked.

⾼灵:你们现在在做的事情就是想要去找到什么是真理.然后真理就是说它不是被追寻,它也不是北去奉旨,就是你们去把它当成了信条、信念.它不是来限制你的.它不是来让你变的只懂得遵从、追寻的.它就是真理的本⾝,就是不是说我告诉你了,你就把它当成⼀个信条去⾏动.然后呢个才是真理,其他都是假的.并没有.这⾥没有哪个是真的,哪个是假的.

Higher Spirit: What you are doing now is trying to find out what truth is. Then, truth says that it is not being pursued; it's not being sent north with an imperial edict. It's not something you take as a doctrine or belief. It doesn't limit you. It doesn't make you become someone who only knows how to obey and pursue. It is simply the essence of truth itself - not because I told you this, you then act upon it as doctrine. This才是 truth; everything else is false. There's no such thing here where something is true and something is false.

问: 那真理可以被得到吗?

Questioner: Can truth be obtained?

⾼灵: 可以.那就是什么都是 ‘⽆’.什么都是 ‘空’.什么都是就是呢样⼦的⼀个状态.那如果你进⼊了呢种状态,你就遇见了真理.所以呢个不是任何来限制你,也不是任何你来追寻的,也不是任何你能分享出去的.就好像呢些真正找到真理的⼈,你问他: 呢⾥是什么? 他告诉你什么都没有.然后你们就会失望了.花了呢么⼤的功夫,找到了⼀个什么都没有.你想象⼀下当你什么都没有的话,你就拥有了⼀切.当你什么都没有的时候,你是不是拥有了⼀切?

Higher Spirit: Alright. Everything is 'nothing'. Everything is 'emptiness'. Everything being like that kind of state. If you enter such a state, you encounter the truth. So it's not anything limiting you, nor anything you seek for, nor anything you can share with others. Like those who truly find the truth, when you ask them: What's there? They tell you nothing. Then you would be disappointed. All this effort to find something empty. Imagine what if you had everything when you have nothing. When you have nothing, don't you have everything?

问: 选择有好坏之分吗? 有所谓的好的选择吗?

Questioner: Is there a distinction between good and bad choices? Are there所谓good choices?

⾼灵:在你们有限的认知⾥⾯,在你们有限的头脑⾥,有好坏之分.就是在你的认知情况下.你们不是有⼀句话叫⿏⽬⼨光吗?那你的⿏⽬是不是只能看到⼀⼨的地⽅,是吧?只能在你呢么有限的…就是如果我们把它加上空间、时间这个限制的话,那你是有分好坏的呀.明⽩吗? 那如果你不加上呢?不加上任何限制的话,你任何选择都可以去… 就⽐如说ABAB,你怎么样跳你反正都会跳.所以有没有好坏之分你要看你的意识程度了.如果你的意识程度,你的理解能⼒,你的认知只是呢么的狭隘,你就会觉得这个是好的,这个是坏的.然后如果你给它⽆限呢? 没有所谓的好坏了.

Higher Spirit: Within your limited cognition and in your finite mind, there is a distinction between good and bad. It's true that when you are within the limits of your own cognitive situation, you have phrases like "having only the vision of a mouse," implying that your vision can only extend to a certain extent - just an inch or so, if I may say. That means, if our perspective is confined by space and time limitations, then indeed there is a subjective judgment on good and bad actions. Do you get it? If you don't have such limits, without imposing any restrictions, every choice becomes valid. For instance, whether ABAB is chosen doesn't matter since all choices are allowed. Therefore, the presence of distinctions between good or bad depends on one's level of awareness. The extent of your understanding and cognition, if constrained in a narrow way, leads you to label some actions as good or bad. But when you consider possibilities without any boundaries, there is no inherent right or wrong.

问: 那物质世界有⼀些⽐较厉害的算命的.他们可能会帮助你让他去赚到更多的钱啊,或者是帮你去达成想要达成的事呀…⾼灵: 并没有帮他.他只是给你提供了这个,就是加深了你的信念⽽已.就⽐如说帮你赚更多的钱,实际上是谁的⼒量? 还是你⾃⼰的.因为你坚信了啊.所以你只是在把你的看似是别⼈的⼒量,实际上是你的⼒量,明⽩吗? 呢些你看似特别害怕的⼈,你看似是他的能量或者⼒量让你害怕是吧? 实际上你感受的是⾃⼰的,明⽩吗? 你看着算命的好像在… 实际上是你⾃⼰.你只是去相信、去坚信.其实是你⾃⼰的⼒量.

Questioner: There are some fortune tellers in the material world who are quite powerful. They might assist you in earning more money or helping you achieve your goals...

Higher Spirit: I did not assist him. He merely provided this for you, which has only deepened your belief. For example, if he helps you earn more money, whose power is actually at play? It's yours because of the strength of your belief. So, it seems like you're relying on someone else's power, but in reality, it's your own force that you are tapping into. You seem to be particularly afraid of certain individuals; do you perceive their energy or power causing you fear? In fact, what you feel is your own self. You look at the fortune teller as if they're... actually yourself. You just believe and trust in them. It's really your own force that you are using.

问: 那⽐如说中国的道教,他们有很多的法门啊,仪式啊,风⽔啊,去帮助你得到你想要的.那这种实际上都是你⾃⼰的⼒量是吗?

Questioner: For example, with Chinese Taoism, they have many approaches, rituals, feng shui, to help you obtain what you want. Are these practices essentially relying on your own power?

⾼灵: 任何的外在的⼀些仪式也好,任何的咒语也好,什么都好.它最主要的功能是加强信念.真正有⼒量的是你信念的产⽣.就⽐如说你是个nobody,你说⼀句话别⼈他可能不信.那如果你穿上道服,你告诉他你是修⾏⼏百年⼏千年的道⼠,就各种.然后再做⼀些法事.就是做⼀些糊弄你,就是让你的⼤脑觉得他好⾏,好能⼲.最主要是让你⼤脑去相信,哇这个好厉害.那是不是他在说的话就加深了你的… 你就百分之百的信任了.其实就是糊弄你的⼤脑,让你⼤脑去创造⼀个假象,让你⼤脑去相信.相信过后就会产⽣⼒量.但是真正产⽣⼒量的并不是… 只是你的信念⽽已.⽽且当⼀个事情信的⼈越多,那它的能量就越⼤.

Higher Spirit: Regardless of any external rituals or spells, whatever it might be, the primary function is to reinforce faith. What truly possesses power is the creation of your belief. For instance, if you are an insignificant individual and say something, others may not believe you. However, if you dress in a religious robe and tell them that you are a practitioner who has been cultivating for hundreds or thousands of years, this alters their perception. Then, by performing some ceremonial rites, you essentially deceive your brain into thinking they're effective, boosting its confidence. Primarily, it's to make your brain believe how powerful these practices are. It amplifies the impact of what is being said, making you completely trust in it. Essentially, you're tricking your brain to create a false impression and believe something that doesn't necessarily have real power. Your belief alone generates the force behind these activities. Moreover, the more people who believe in a particular thing, the greater its energy or influence becomes.

那如果你们很多⼈都去加⼊了这个法事做法.那这个能量就越来越⼤,越来越⼤.就好像秋⾬⼀样,就是降⾬.那你们所有⼈都有同样的⼀个意愿,要下⾬要下⾬.你们就创造了这个实相给你们体验呀.

If many of you were to participate in this ritual practice, then the energy would become larger and more intense, just like autumn rain bringing downpour upon downpour. With everyone sharing a common intention for rain, rain becomes manifested as your experience.

问: 那这⼀切都是我们⾃⼰造出来的⼀个幻让我们⾃⼰来体验,是这样吗?

Questioner: Is it that everything is a creation of our own illusion for us to experience it ourselves?

⾼灵: 是.因为物质本⾝就是空的.就是你们⾃⼰可以去… 就好像你们看的呢些神话故事⼀样,呢些魔幻的故事⼀样.你们其实可以⽤你们的想象⼒,⽤你们的意念,⽤你们强⼤的⼒量去创造⼀些东西来给你们体验.

Higher Spirit: Yes, because matter itself is empty. Just like you can go… just as with those mythological stories, the same kind of magical tales. You can actually use your imagination, your thoughts, and your powerful energy to create things for your experience.

问: 那⽐如说这些灵⼼知识的爱好者,他们也是知道他们创造⾃⼰的实相.但是还是不够去相信坚信.就是呢个相信的⼒量不够强.这个不够强的原因是在哪呢?

Questioner: For instance, these enthusiasts of spiritual knowledge, they also know that they create their own reality. But they still don't have enough belief and conviction. It's just that the strength of their belief isn't strong enough. Where is the reason for this weakness?

⾼灵: 你们太相信别⼈创造的⼀个实相,就是已经显现的⼀个相啊.那呢些能创造⼀些给你们体验的呢些⼈,他们都是坚信不移的把这个相创造出来.你只是加⼊⽽已.然后你又被这个相给影响了,带⼊了.因为呢个都是真实的嘛.你可以看到、听到、闻到、受影响到.那你就加⼊他们呢个… 那你在不相信你⾃⼰的时候,那你也在给集体的相,给它们⼒量啊.明⽩吗? 因为你相信他们的,那你是不是在给他们⼒量? 你把你的意念已经给他们了,他们创造的.就⽐如说有的⼈他要创造⼀个⾎腥的恐怖的画⾯来体验对吧? 你看到这个⾎腥恐怖的画⾯你就好害怕或者觉得好⽆助.那你⽆助的时候你不是就加深他的幻像了? 它这个是不是就更加持续的长久的影响你?

Sage: You place too much trust in the manifestation of another's reality, which is already present. The individuals who create experiences for you believe steadfastly in constructing that reality. You merely participate. Then you are influenced and drawn into it because it is real. You can see, hear, smell, and be affected by it. So you join them in... When you doubt yourself, you also give power to the collective manifestation; do you understand? Because when you believe in theirs, aren't you giving them strength? Your thoughts are already given to them, what they create. For example, someone might create a gruesome scene of terror for you to experience. When you see this gruesome scene and feel frightened or helpless, isn't that enhancing their illusion during your vulnerability? Isn't it prolonging its impact on you in such a way?

呈现出来给你们体验? 那如果你知道它这个只是他创造出来的⼀个幻像,它会消失的.你把你坚信的东西给创造出来,那他的是不是就消失了? 那如果你在害怕,或者是在打它、骂它、咒它,你就在加深这个幻像.为什么? 因为你们体验的这些东西,你在受之影响的时候,它就在加深.因为你已经把它当成真的了.你把它当成真的,它肯定就是真的呀.

Would you like to experience it for yourselves? If you know that what he has created is just an illusion that will vanish, would your firmly held belief in something cause his to disappear as well? If you're afraid of it or physically attack it, curse it, you are only intensifying this illusion. Why? Because the things you experience and are influenced by deepen its presence. You see, when you consider them real, they indeed are real to you. Since you perceive them as such, they must be true.

问: 如何知道什么是⾃⼰的真实的想法?

Questioner: How do you know what your true thoughts are?

⾼灵: 如何知道什么是⾃⼰的真实的想法? 其实我们说过很多遍,没有所谓的真的和假的.没有什么真的和假的.那如果你的想法的话,它也没有什么所谓真的和假的.你唯⼀最重要的⼀点就是说你要清楚你⾃⼰是谁,你想要体验什么.你说你如果连你这⼀辈⼦你这个⼈是谁? 你想要体验什么? 你想要创造什么? 这些都不知道的话,你头脑⾥⾯真的假的有⽤吗? 有不同吗?没有什么不同的.因为你总是在随着集体的⽅向,这个集体的⼤流意识,在随波逐流的.你是在受到这个集体意识的影响.那你头脑⾥⾯真实的想法它也是集体的.那真的假的你如何去呢个什么?

Spirit: How do you know what are your true thoughts? Actually, we have said this many times before; there is no such thing as true or false. There is nothing true or false. If it's your thoughts, they also don't contain any notion of true or false. The most important thing for you to understand is that you must be clear on who you are, what you wish to experience, and what you wish to create. You ask if someone knows themselves in this life? What do they want to experience? What do they want to create? If you don't know these things, does the concept of truth or falsehood even matter inside your mind? Is there a difference? There is no real difference because you're always following the direction of the collective, the collective mass consciousness, going with the flow. You are influenced by this group consciousness. Therefore, your perceived true thoughts are also part of the collective. How can you differentiate between what is truly yours and what isn't?

所以当你知道你想要体验什么,就是你很清楚你这⼀世你选择这个⾁体,我想要挑战什么,我的⽬标是什么…那你这样是不是⼀下⼦就知道哪些是符合你的真我、⾼我的步伐?哪些是不符合你的?这个你就可以完全不⽤废你的什么来辨别哪个想法是真的哪个想法是假的.因为你的所有的⼀切它都代表了你.

So when you know exactly what you want to experience, that is when you are very clear about the choices you made in this lifetime and what challenges you want to take on, your goal... Then, wouldn't it make sense that you would instantly recognize which align with your true self, high self's pace? Which do not fit? You wouldn't have to waste any effort trying to determine if an idea is genuine or false because everything about you represents who you are.

问: 那能不能问什么想法是来⾃于⾼我? 什么想法是来⾃于集体意识或者只是头脑的追寻?

Questioner: Can questions be asked about what ideas come from the higher self? What ideas are derived from collective consciousness or just random thoughts of the mind?

⾼灵: 最重要的还是说你们要知道⾃⼰是谁? 你们这⼀⽣想要体验什么? 这个才是最重要的.因为如果你不清楚这些的话,你的任何的想法都是假的.因为它都是受着集体意识的影响.

Spiritual Guide: What really matters is that you should know who you are and what you want to experience in this lifetime. This is the most important thing. Because if you don't understand these things clearly, any of your thoughts would be false as they are all influenced by collective consciousness.

问: 那我突然想到⼀个问题就是,⽐如说⼀个⼈他失忆了.他失忆前是⼀个⼤明星.现在他忘记⾃⼰是谁了.然后别⼈告诉他他以前是⼀个⼤明星,然后他知道⾃⼰以前原来是个⼤明星.和他⾃⼰真的回忆起来⾃⼰以前是个⼤明星,这两种状态是不⼀样的.那如果对应到我们⾝上,就是我们知道⾃⼰是谁和真的回忆起来⾃⼰是谁,这两种状态对于我们的存在来说不同到底在哪呢?

Questioner: But I suddenly thought of a question that if someone has amnesia and used to be a big celebrity before they lost their memory. Now he doesn't remember who he is. Then when others tell him he was once a big celebrity, then he knows he had been a big celebrity in the past. And this is different from him actually remembering that he was a big celebrity. So, if we apply this to ourselves, knowing who we are versus truly remembering who we were, what makes these two states of existence different for us?

⾼灵: 你⾸先要知道你不是你的⾁体.这⼀点是很明确的是吧? 你不是这个⾁体,你不是这个社会上给你的⼀个名称.你是什么学历?什么国籍?不是.你有更⾼的存在.就是你在来这个世界之前,你选择了这个⾁体,这⼀世来体验什么,来展现什么,来成为什么.呢个你,就是来做这个选择来到这个世界上,呢个你是真正的你.那如果你能找到你真实的⾝份的话,你⽆论什么你都不会有任何困惑或者是迷惑.你会知道⼀切.还有你说的这两种状态是不⼀样的.⾸先如果你是在跟随者⾼我的步伐是吧?那你⾸先就会放下⼩我的执着,任何东西.因为你知道我的这个⼩我只是⽤来体验和焦距于这个世界的.那我的⾼我会在我每⼀步需要怎么做的时候他会给我指引.

Higher Spirit: You should first understand that you are not your body. This is crystal clear, right? You're not this body, and you're not a name given to you by society. Are you of what educational background? What nationality do you have? No, it's more about having a higher existence. It means the choice you made before entering this world about which body to take, experiencing certain things, projecting your essence, becoming something in this lifetime. That 'you' is who comes here to make these choices and exists on this planet. The true 'you' is that person making such decisions. So if you find your true identity, you will have no confusion or perplexity about anything. You'll understand everything. Also, the two states you mentioned are different. If you're following my higher self's path, you would first let go of attachments to your ego and all things because you know that this ego is just for experiencing and focusing on this world. My higher self will guide me in every step I need to take.

为什么?因为你跟他链接上了呀.你不是⼀个断线的.就好像之前你没有链接到嘛.那你就收不到信号嘛.那当你能收到信号过后,你已经知晓⼀切的时候.你是不是就不可能:啊,我明天要做什么?我明天怎么办?⾯对这个事情我要怎么办?因为你知道这不是你去操⼼的问题.这不是你能知道的问题.你便不会去在呢怎么办怎么办.你连怎么办的这种恐慌、慌张,这种任何你都不会产⽣的呀.因为你只有跟你的真我,就是⾼我断开连接了,你才会觉得怎么样或者担⼼害怕或者不知道该怎么办,什么是真的假的.就是你才会不知所措.那如果你⼀旦连接上了,那你不会有任何焦虑、慌张、恐惧、焦虑、任何这些东西.

Why? Because you have connected with him. You are not a disconnected one. It's like before when you didn't connect; then you wouldn't receive any signal. Once you can receive the signal and know everything, it becomes impossible for you to ask questions like, "What do I need to do tomorrow?" or "How should I handle this situation?" Because you realize that this isn't something you need to worry about—it's not within your realm of knowledge. You wouldn't feel panic or be overwhelmed with decisions because you are only connected with your true self, your higher self. Without the connection to your true self, you would be uncertain and afraid of making decisions, wondering if they were right or wrong. That's when you'd be lost. But once you reconnect with your true self, all those feelings of anxiety, panic, fear, and indecision disappear.

问: 为什么我们的⾏动需要充满觉知?

Questioner: Why should our actions be mindful?

⾼灵: 那就好像⾼我跟你这个⾁体是吧? 如果你的线是链接上的,和⼀个你的线是没有被链接上的.没有链接上的那你是不是还是随波逐流,随着这个社会、这个环境、这个⼤的呢个什么.那你是随着别⼈,跑到别⼈呢边去了呀.那集体产⽣了⼀些恐惧,你就开始恐惧.产⽣了恐慌、产⽣了⽆⼒感、产⽣了任何、产⽣了暴怒、恐怖,就想要去施暴的呢种,那你也去.你觉得呢?⽐如说⼈家都去游⾏,打倒怎么样怎么样.你也跑去了.那你就在⽀持这个幻像继续给你们体验,对不对? 所以你就能看到有觉知和没有觉知的⼈.

Higher Spirit: Isn't that like being connected to your higher self versus not being connected? If you are connected and someone else isn't, then wouldn't you still be influenced by the crowd, by society, by larger forces or others? You're following them out of fear generated from a collective response. Fear, panic, helplessness, anger, and terror manifest as a desire to act violently. Are you also participating in this? For instance, if everyone is protesting against something, supporting one cause over another, would you join them too? Aren't you just reinforcing the illusion that others experience for themselves? Therefore, you can see the difference between those with awareness and those without.

问: 所以⼤部分⼈都是和⾼我断开连接的是吗?

Questioner: So, most people are disconnected from their higher self, right?

⾼灵: 是的.

High精灵: Yes.

问: 那和⾼我断开链接,我们还属于是有灵魂的⼈吗?

Questioner: What if we disconnect from you, are we still considered to be spiritual beings?

⾼灵: 你们都是有个体,就好像你们是有独⽴的个体的任何⼀切… 因为你这个独⽴的⼈格、独⽴的个体,独⽴的… 就好像是⼀⽚叶⼦它凋落了,但是它的形状,它的所有⼀切它其实还是存在的.它永远存在的.

Spirit: You all are individual, as if everything of your own being... Because the independent self, independent individuality, independent... It's like a leaf that withers, but its shape, everything about it actually still exists. It is forever present.

问: 那有修⾏⼈说有些⼈是完全⿊⼼的,没有任何灵体的光芒.那像这样的⼈是不是就是完全根据集体意识在运作的⼈还是….

Questioner: Some practitioners say that there are people who are completely heartless and have no spiritual radiance at all. Do these kinds of individuals operate purely based on collective consciousness or...?

⾼灵: ⾸先他看到的⼀切都是他⾃⼰的定义和信念.他⾃⼰制造的幻觉.你要知道你们是可以创造任何幻觉给你们体验的.所以你感受的是⾃⼰的能量.你外在看出去的⼀切都是你⾃⼰,你只要记住这句话.那你说我是真真实实的看到了呀.真的看到了呀.那呢个精神病患者也是⼀样的呀.他们是真真实实看到,看到⼀个影⼦呀,看到⼀个⼈呀.长什么样他全部都能给你描述出来.为什么精神病的画像它没有显现成物质在你们的世界给你们看到? 那是因为他的⼒量太薄弱了.所以他只能⾃⼰体验.那如果有个⼈说个神话,那你们所有⼈都相信了、坚信了.你们就能把它制造出来给你们所有⼈体验呀.那你们体验的实际上还是你们⾃⼰.

Higher Spirit: What he perceives first is all defined by his own definitions and beliefs - illusions created by himself. You need to know that you can create any illusion for yourself to experience. Therefore, what you feel is your energy; everything you perceive externally is actually just you. Remember this phrase: "Am I truly seeing?" Yes, you are truly seeing it. The same goes for the mentally ill. They see a shadow or a person as if they were real, detailing every aspect of their appearance. Why don't the portraits of the mentally ill manifest as physical forms in your world? That's because their force is too weak; hence, they can only experience it themselves. If someone tells you a myth and everyone believes it firmly, then you all collectively create an experience for yourselves. Ultimately, what you experience is still yourself.

只是你们都共同的去同意了、去加⼊了.然后你们所有⼈都是,你看我看到了呀.我这个沙发我坐在上⾯的呀.你也看到了吧.因为你们所有⼈都同意了,它才能变成硬的东西给你们体验.这下你就知道你们的意念是有多强⼤.

All of you agreed on this and joined in. Now, all of you are aware of it, I can see it too. I'm sitting on this sofa here. You've seen that right? Because when everyone agrees to something, it becomes solid for you to experience. This shows how powerful your thoughts are.

问: 什么才是真正的满⾜?

Questioner: What is true contentment?

⾼灵: 显然这个问题她提问就不是关于⾁体的满⾜.⽽是她是说什么才是达到⼀个真正的圆满的状态? 这样的状态她经常会时不时的体验到的.就是当她通过她的眼睛看到造物主、看到⽣命、看到所有的⼀切.就是她已经没有她⾃⼰,她已经沉浸在这个画⾯的时候.那就是真正的⼀个圆满状态.当她的意识在拉回来在 ‘我’ ⾝上的时候,就变的有需求了.我需要我⽼公听我的话.我需要⼉⼦按照我,他今天吃什么.我需要怎么样怎么样…有安全感.这就是不同.就好像我刚刚说的,如果你是进⼊到⽆的状态,你就拥有了所有的⼀切.⽆就是有,明⽩我意思吗?那刚才分享她⾃⼰进⼊的呢个状态,就是进⼊造物主所有的⼀切的时候.实际上她就消失了,呢⼀刻.

Higher Spirit: Clearly, the question she poses is not about physical fulfillment; rather, it's about what constitutes a truly fulfilled state? She experiences this kind of state frequently and intermittently. It happens when she gazes upon the Creator, life, and everything else through her eyes while she has no sense of self immersed in that picture. That's what defines true fulfillment. When her consciousness is pulled back to 'me', there are needs. I need my husband to listen to me. I need my son to follow my instructions on what he eats today. I need this and that… for security. This is the difference. Just as I said before, if you enter into the state of nothingness, you possess everything. Nothing is actually something; understand? The shared state she just mentioned was entering the realm of everything created by the Creator. In that moment, she essentially disappeared.

那她就是拥有了⼀切,进⼊了⼀切.就好像她的意识就已经变成了⼀朵云,变成了⼀只鸟,变成了⼀束花.因为她跟它们链接在⼀起了呀.呢样就是圆满的⼀个状态.当你要焦距你的⾁⾝,你只把你当做你这个⾁⾝的时候,你就开始变的不圆满了.你就需要满⾜了.我需要提个什么职位,我需要权⼒,我需要谁来满⾜我,我有我的⾷欲,我有我的性欲,我有我的表达欲,我有我的任何⼀切.那你需要从外界才来让你感受到…

She possesses everything and becomes everything, as if her consciousness has transformed into a cloud, a bird, or a flower, because she is connected to them. This is a state of wholeness. When you focus on your physical body and see yourself solely through that lens, you start to feel incomplete. You need fulfillment; I need a certain position, power, someone to satisfy me, my desires, my sexual urges, my need to express myself, everything, and from the outside world, you seek these things to validate yourself.

问: 那我们和⾼我产⽣了链接过后,我们也有很多想要去得到的事物….

Questioner: After we establish a connection with our higher self, we also have many things we want to obtain...

⾼灵: ⾼我没有任何想要去得到的事物,他只是体验,他只是去创造,他只是显现⾃⼰的精神.在呢⼀刻他已经圆满了,明⽩吗? 你们外在物质世界看到的财富也好、名誉也好、名声也好,这些是附加的.这些不是⾼我追求的,这是你们⼩我追求的.这也是你们物质世界在乎的.那如果真正⼀个在圆满中⾏动的,就是整体,就是他跟他的⾼我是⼀个整体嘛,完整的⼀个存有的话.他不会去追求任何名誉,明⽩吗? 不会因为他没有名誉他就不圆满了.不会因为他有就更加圆满.始终都是在⼀个圆满的状态.这些只是你们外⼈看上去的.⽐如说⼀个⼈取得了成功、得到了什么名誉.你们就觉得他是因为呢个…并不是的.

Higher Spirit: The higher self has no desire for anything, it only experiences, creates, and manifests its spirit at this moment. It is already complete, do you understand? The possessions, reputation, or fame that you see in the material world are附加 elements. These are not pursued by the higher self; they are追求 by your lower self. This is also what matters to your material world. If someone acts from a state of completeness, it is the whole, meaning their higher self and being are one cohesive entity. They do not seek any reputation because completeness does not depend on having it. It's not that they would become more complete with it; they remain in a constant state of completeness. These are simply how outsiders perceive them. For instance, if someone achieves success or gains fame, you might think it's due to… but that is not the case.

呢只是你们外在的,其他⼈看到的,是这么去⼈认为的.你只是把你的⼀些个⼈的⼀些定义加在对⽅的⾝上.

This is just your external self, what others see and think of as you, which involves imposing some personal definitions onto the other person.

问: 那在整个地球发展的过程中,⼈类曾经有过像你说的这种…⾼灵: 有很多呀.有很多这样的⼈物.他们都是你们精神层⾯的⼀些领袖⼈物.你就说这个⼥孩⼦知道的克⾥希那穆提.他会追求名声吗? 他会追求你们所有⼈跟随我吗? 他会追求你要听我的,我才怎么样怎么样.他不会呀.他是把他的⼀些组织解散了,因为他不想任何⼈跟随他.因为他已经是圆满的.他表达的就是圆满.他并没有因为我需要去表达我才圆满.他是表达他的圆满,这是完全不同的⼀个状态.就⽐如说我需要到处去演讲才是我,我才在完成我的使命.并不是.他只是通过演讲的⽅式去分享他的圆满.

Questioner: Throughout the evolution of Earth, have there been individuals like you described?

High Intelligence: Yes, there were many such people. They were leaders in your spiritual realm. For instance, this girl knows about Krishna Murty. Would he pursue fame? Would he strive for everyone to follow me? Would he say that I must listen to him and then see what happens? No, he wouldn't. He disbanded his organizations because he didn't want anyone to follow him. Because he is already complete, his expression of completeness isn't due to the need to express himself; it's an inherent state of being for him. It's a different condition altogether - that I must travel and give speeches to fulfill my purpose. No, it's simply sharing his completeness through speeches.

⼈家只是圆满的⾏动,你却给他的⾏动加上了⼀个: 他是为了去获得或者去为了什么…这就是你旁⼈看到的和他⾃⼰的是两码事.你们只是看到的是你们呢个世界的对⽅⽽已.就是你映射出去…就像我最开始说你们体验的都是你们⾃⼰的⼀个能量.那你也是你⾃⼰的⼀个能量去解读它,然后你就体验这样这样的他.

People just fulfill their actions, but you add onto his actions with the reason: he is doing it to gain or for something... This is what others see versus how he sees himself. You only see the other side of your world, like a reflection of yourself. It's like I initially mentioned that everything you experience is an energy from within yourself, and so are you interpreting this action as such. Therefore, you experience it in this way.

问: 头脑如何可以摆脱幻像?

Questioner: How can the mind be free of illusions?

⾼灵: 那如果你的认知程度已经把所有的⼀切是怎么产⽣的,怎么运⾏的.就是你们物质世界的这些现象是怎么产⽣的,它只是某⼀个⼈的意识活动投射到这个物质世界供他们来体验和成长的.这么说,你们每个⼈脑⼦⾥⾯都可以投射⼀个场景,⾃⼰⽤你们脑⼦投射的⼀个场景来给你们演戏,给你们体验对吧? 你们需要这个过程去成长、去感悟.那你既然都知道每个⼈经历的都是他们脑⼦⾥⾯的投射出来的东西.那你是不是就允许他们去体验和得到他们的成长过程了.那你还会再去被他们的幻像给带⼊吗? 你不会.你只知道呢是属于他的.那是他们的体验.他们⾃⼰需要这个舞台给⾃⼰.所有这又回到你的认知的问题.就是你有没有认识到?

Higher Spirit: So, if your level of cognition has already encompassed how everything is created and how it operates - how phenomena in the material world are generated, and they're just projections of someone's mental activities into this material world for them to experience and grow. This means that each one of you can project a scene internally with your own mind, acting out scenarios that come from your brain experiences? You need this process for growth and enlightenment. If you know that every experience is something projected by their minds, does it mean you allow them to go through the process of experiencing and achieving their growth? Wouldn't you then still be swayed by their illusions? No, because you recognize that these are theirs alone - their experiences. They need this stage for themselves. All of this brings us back to your cognitive understanding: Have you truly recognized this?

你有没有知道物质世界本⾝就是个舞台来供他们⾃我体验的?

Have you ever realized that the material world itself is a stage for their own experiential exploration?

问: 那我⾃⼰投射出去的幻像是可以摆脱的吗?

Questioner: Can the illusions I project myself be freed from?

⾼灵: 你⾃⼰投射的幻像是可以摆脱的吗? 当然了.就我们前⾯刚才说的,你觉知,你的觉察⼒,你觉知到⼀切.这么说吧,就好像你在做梦的时候,那你是醒着的看着你在做梦.啊,我在做梦.这些都是我的梦境.和⼀个完完全全不知道⾃⼰在做梦,产⽣了各种恐慌.那你就需要⼀个你的觉知放进去.⽽不是把它当成呢种坚不可摧的事实去体验.

Higher Spirit: Can the illusions you project be escaped from? Of course. As we just discussed, you are aware, your awareness, you perceive everything. Let me put it this way, imagine you are dreaming when you are awake, observing yourself dream. Ah, I am dreaming. These are my dreams. Unlike someone who is completely unaware they are dreaming and experiences various panics, you need to insert your awareness into the situation instead of experiencing it as an unshakable reality.

问: 那这种觉知的观察和完全的专注于当下,这两种状态是有区别的吗?

Questioner: Are there differences between this state of awareness and complete focus on the present moment?

⾼灵: 因为你需要你的觉知进去你才能知道我在吃饭呀.如果你的觉知没有进去的话,你只是⼀个⽆意识的⼀个⾏为.

Spiritual being: Because you need to be aware for you to know that I'm eating. If your awareness doesn't go in, then you're just an unconscious action.

问: 我们需要⾃我修炼吗?

Questioner: Do we need self-cultivation?

⾼灵: 你们需要⾃我修炼吗? 你们都有属于⾃⼰成长的⼀个… 就好像你们⾃⼰要摸索⼀条道路.如果你想要⾃我修炼你就⾃我修炼.如果你不想要⾃我修炼你就不需要⾃我修炼.这个取决在于你⾃⼰.因为没有哪⼀条路是好的和不好的.是你⾃⼰去体验出来你的感悟再分享给别⼈.所以需不需要修炼是看你们⾃⼰.但是⼈⽣的每⼀刻本⾝就是⼀个修炼场.就是你进⼊了这个修炼的地⽅,你还想把⾃⼰加⼊修炼.这个舞台本⾝就是给你们修炼的.那如果在修炼中你还想修炼的话,取决于你⾃⼰的,就是你想怎么样去体验你⾃⼰.因为这个路是你⾃⼰来决定要怎么样⾛.但是你们本⾝这个⼈⽣就是⼀个修炼场.但是你们还是需要充满觉知的去….

Higher Spirit: Do you need self-cultivation? You all have your own path of growth... It's like you are trying to find your way. If you want self-cultivation, then cultivate yourself. If you do not want self-cultivation, then you don't need it. This decision lies with you because there is no good or bad road; it is for you to experience and share your insights with others. So whether you need to cultivate depends on yourselves. However, every moment of life itself is a place for cultivation. You are already inside this place of cultivation when you want to add yourself into the process. This stage is given to you for cultivation purposes. If during cultivation you still wish to cultivate further, it's up to your own choice about how to experience yourself. As the path is determined by you. But this life of yours is a place for cultivation anyway; but you need to be fully aware and...

你为什么要强迫你去修炼呢? 明⽩吗? 你强迫你去修炼,就像你最开始出来的呢个问题.那你是不是觉得你是想要缩短⼀个过程呢? 就是觉得这个是不好的我不要去做.我要把我不好的体验拿⾛.这个不好… 你是不是又进⼊了头脑⾥⾯.所以在你提出的每⼀个问题,你到底是因为什么,害怕什么,或者是为了追寻什么? 因为你的头脑要么是为了得到更好的,要么就是为了逃避不好的.那你到底是,就是导致你会想要去怎样怎样… 那你就可以⾃我剖析⾃⼰的⼀些信念系统.

"Why would you force yourself to practice? Understand? Forcing yourself to practice is like the initial problem you encountered. Does it mean you want to expedite a process, thinking it's bad not to do so and that you should remove your unpleasant experiences? Are you entering your mind again with these thoughts? So, in every question you raise, what are you actually afraid of or chasing after? It's either for better outcomes driven by your mind or to escape the bad. So, which is it - driving yourself towards certain actions? And through this self-examination, you can delve into your belief systems."

问: ⼈类有真正的安全吗?

Questioner: Does humanity have true security?

⾼灵:你⾸先你选择了这个⾁体,你就好像进⼊了⼀个洪⽔当中.你就体验的就是这种不断地就是上下左右.你进⼊的就是⼀个不安全的⼀个状态.所以⼈类有没有真正的安全?真正的安全它产⽣在于你不去追寻安全.因为当你在追寻安全的话,你就会体验到所有的不安全.所以如果你能去知道就是不安全就是安全的话,那你是不是就放下了这颗不断地想要去追寻安全的⼼了.

Higher Spirit: Firstly, you chose this body, as if entering a flood. You experience constant up and down, left and right movements. You are in an unsafe state. So, is there true safety for humans? True safety arises when you do not seek safety; because when you seek safety, you experience all the lack of it. Thus, if you can understand that insecurity is also a form of safety, wouldn't that mean you have let go of the constant desire to chase after security?

⾼灵:这个⼥孩⼦她头脑⾥⾯还想问,因为⼈类不断地想要追寻安全,想要追寻⽣命的延续,想要追求没有病痛,想要追求物质的丰盛.然后你们通灵的22号的状态,对于你们来说就好像是⼀个安全的状态.因为你们还在经历很多很多的颠簸.那是因为你们⾃⼰还需要这样颠簸的⼀个过程.那如果像你们通灵的22号的⼀个状态,你们能不能达到?你们现在就是在⾛向呢条路上.因为当你们通过你们成长的过程去找到什么导致你们颠簸的原因.如果你们真正的能找到的话,你们便不⽤再体验颠簸的呢个状态了,明⽩吗?你们的颠簸推向你们,迫使你们去寻找.就⽐如你的车⼀直抖抖抖.那你要去看,去检查车⼦看怎么回事呢?你各种检查.

Higher Spirit: This young lady is pondering within her mind because humans constantly seek safety and the continuation of life. They also strive for freedom from illness and an abundance of material wealth. For you, being in a mediumistic state like 22's gives you a sense of security since you're currently experiencing so much turmoil. It's due to your own process of needing this upheaval. Can you, as a mediumistic 22, reach such a condition? You're on the path towards it right now. When you go through the process of growth and discover what causes your turbulence, once you find out the reason, you won't have to experience that state of tumult anymore, do you understand? The turmoil pushes you forward, compelling you to seek answers. Like shaking in a car, wouldn't you want to inspect and figure out what's going on with it by checking various things?

然后找到原因过后,那你车是不是就可以不⽤抖了.但是你们是需要的(经历车抖).因为你们需要这个检查的过程去真正的领悟车的本⾝.这是你们通过检查的过程去认识车的本⾝.

Then once you identify the cause, your car might not shake anymore. But you do need to experience this shaking because it allows you to truly understand how the vehicle operates as a whole. You gain knowledge about the car through this process of examination.

问: 那这个颠簸的原因是每⼀个⼈都不⼀样,还是说我们每⼀个⼈有⼀个最根本性的原因?

Questioner: Well, what's the reason for this turbulence – is it different for each individual, or do we all have a fundamental root cause?

⾼灵: 颠簸的原因就只有⼀个? 就是爱.当你们都是成为爱的⼀个状态,你们便不需要体验这种颠簸了.那你们怎样去体验或者成为,那就是你们每⼀个⼈不同的成长⽅式,不同的体验⽅式、⽅法.但是最终只有爱.所有颠簸的原因就是因为没有爱.但是我们通灵⽆数次告诉

Higher Spirit: Is the reason for turbulence just one? It's love. When you all become in a state of love, you don't need to experience this kind of turbulence anymore. How you can experience or be it is that each and every one of you has different ways of growing, different ways of experiencing, methods. But ultimately, there's only love. The reason for all the turbulence is due to the absence of love. But we, as spiritual beings, have told countless times

你们什么是爱? 爱不是说你这个对象是好的,我就爱你.你是坏的,我就不爱你.你是完美的,我爱你.你是残缺的,我不爱你.明⽩吗? 它没有任何分别.当你达到呢种状态,你是全然的爱⾃⼰,爱他⼈.你是这样⼦的⼀个状态的话.那你就是爱了.那如果每个⼈都能达到这样的状态,你们是不是就不会去伤害任何⼈? 不会去抢夺任何东西? 就不会去制造这么多颠簸给你们体验? 你们不需要啊.

What is love to you? Love isn't about saying that this object is good, so I will love it. If it's bad, I won't love it. If it's perfect, I love it. If it's flawed, I don't love it. Do you understand? There is no discrimination in it. When you reach such a state, where you love yourself entirely and others too. Then, if you are at this kind of state, then you are loving. And if everyone could reach such a state, wouldn't you not go on hurting anyone? Wouldn't you not steal anything from anyone? Wouldn't you create so many upheavals for yourselves to experience? You wouldn't need it anymore.

问: 到底什么是⽣命?

Questioner: What exactly is life?

⾼灵: 到底什么是⽣命就好像我刚给你说的检查车⼦.那你去不断地去检查车⼦的问题那你就会体验到什么是⽣命了.这是你们⾃⼰去领悟的⼀个过程.就好像你从来没有见过这个车⼦是什么样⼦.我告诉你这个车⼦,你能理解吗? 你都从来没有去看⼀下这个车⼦的外观啊、⾥⾯的程序啊、⾥⾯所有的⼀切.这不是我告诉你,你就能理解的.所以需要你们⾃⼰去体验.

Higher Spirit: What is life, you may ask, just as I've explained to you about checking a car. If you continuously check the problems of that car, then you will understand what life is all about. This is your own process of enlightenment. It's like if you have never seen what a car looks like or how its systems work internally and how everything operates within it. You cannot just grasp these aspects by being told about them; you must experience it yourself.

问: 什么样才算是⼀个完整的⼈?

Questioner: What makes a person complete?

⾼灵: 完整的⼈就像我刚才说的你跟你的⾼我没有失去链接呀.这样就是⼀个完整的⼈.他不会迷惑,他不会恐慌,他不会焦虑,他不会着急,他不会害怕,他不会有任何的.

Spirit: A whole person like what I just said about you and your height; we haven't lost our connection. That's a whole person. They won't be confused, they won't panic, they won't be anxious, they won't rush, they won't be afraid, they won't have any of these things.

问: 这次⽕⼭爆发给我们带来的信息是什么?

Questioner: What message does this volcanic eruption bring to us?

⾼灵:这⼀次她看到新闻有⼀个⼩岛上发⽣了很强烈的⽕⼭爆发.你稍等.⽕⼭爆发想要带给你们的信息是你们外表,就是表⾯上看上去风平浪静没有什么问题.但是不代表它内在没有不断地去积累能量或者变化.所以让你们不要只是通过外表去看待.因为你们的物质世界的⼈还会通过看上去风平浪静,但是实际上内在是产⽣激烈的变化的.变化是常态,这也包括你们⼈类⾃⼰的⼀个意识转态,还要包括他⼈的⼀个意识状态.所以⼀切都是充满变化的.这样⼦的话,你们也不需要对⼀些灾难、或者是痛苦、或者是你们表⾯上看上去的混乱产⽣恐惧或者过多的去担⼼它.因为它⼀切都在变.所以当你们特别好的时候你们也要知道⼀直在变.

Higher Spirit: This time she saw the news about a strong volcanic eruption on a small island. Wait a moment. The message that a volcanic eruption wants to convey to you is that your appearance, what you see superficially as calm with no apparent issues. But it does not mean that there isn't an ongoing accumulation of energy or changes happening internally. Therefore, do not judge solely based on appearances. Because the people in your physical world also view calmness externally while experiencing intense internal changes actually taking place. Change is constant, including the state of consciousness for yourselves and others. So everything is full of change. This way, you don't need to be afraid or overly concerned about disasters, pain, or the apparent chaos on the surface. Because everything is in flux. Hence, even when things are going very well for you, remember that they are constantly changing as well.

你们特别差的时候你们也要知道⼀直在变.这⾥⼀切没有所谓的⼀个真正的风平浪静,没有所谓的⼀个固定的模式.没有⼀个固定的,因为所有的⼀切都是在不断地变化当中.所以你们体验的⼀些风平浪静都只是⼀些假象⽽已.但是它⼀直在变的话,即使是不好的你们也不需要过度的去担⼼它.

When you feel particularly bad, remember that everything is constantly changing. There's no such thing as true calm or a fixed pattern here. There isn't a constant because all things are in perpetual change. So, the moments of apparent calmness you experience are just illusions. But since it keeps changing, you don't need to excessively worry about even the bad times.

# **2022/01/20 — 连接外星⼈22号Alien Connection 22**

⾼灵: 什么问题你说吧.

Higher Spirit: Just tell me what your problem is.

问: 能不能帮我们链接⼀下我们的外星朋友22号?

Questioner: Can you help us link with our extraterrestrial friend number 22?

⾼灵: 好的,你稍等.

Higher Spirit: Alright, just a moment.

22号: 你们好,我进来了.

22nd: Hello, I came in.

问: 你好,我们今天又准备了很多问题想要问你.

Questioner: Hello, we have prepared many questions again today that we would like to ask you.

22号: 好的,我很乐意的去回答你们的问题.

Number 22: Alright, I'm happy to answer your questions.

问: 谢谢你.我们的第⼀个问题是你们的星球上有没有类似阿弥陀佛这样的咒语? 如果有的话能不能跟我们说⼀句?

Questioner: Thank you. Our first question is whether there are similar mantras to Amitabha in your world? If so, could you tell us one?

22号: 咒语? 咒语就是加深你的信念的⼀些东西吗?问: 对22号: 加深我们的信念的⼀些语⾔? 因为你只有会是进⼊⼀个不信任的⼀个状态,你才会需要去取得信任.就好像⽐如说在陆地上没有⽔,你才会去找⽔源对吧? 那如果你在⽔⾥呢? 你不需要寻找⽔源呀?

Day 22: Incantations? Are incantations something that strengthens your beliefs?

Question for Day 22: Language that deepens our beliefs?

Because you only need to seek trust when you are in a state of distrust. Just like how you would look for water on land when there is none, right? But what if you were in the water? You wouldn't need to search for water sources, would you?

问: 所以你们根本就没有这⽅⾯的问题对吗?

Questioner: So you don't have problems with that at all, right?

22号: 我们在呢样⼦的状态当中.就像我刚刚给你说的呢个形容,你在陆地上你才会去寻找⽔源.那如果你⼀直在⽔⾥呢? 你离开⽔去找⽔吗?

Chinese: 22号: 我们就在这种状态下。就像我刚才和你说的那个比喻，你在陆地上才会去找水源。那么，如果你一直在水里呢？你会离开水去寻找水源吗？

On the 22nd, we are in this state. Just like I compared it to you earlier, on land is where you would typically look for water sources. But if you were always underwater? Would you seek a source of water outside of the water itself?

问: 宇宙中像地球这样的初级星球有很多吗? 22号: 不多.

Questioner: Are there many primary planets like Earth in the universe?

A22: Not many.

问: 那能否告诉我们⼀个⼤概的数字呢?

Questioner: Could you give us an approximate figure?

22号: 就像是你们的地球的孪⽣,就像是分体⼀样.就⽐如说你们的地球会分成好⼏个.但是呢⼏个都是slightly different.就是不是特别⼤的差别.就⽐如说你们现在不是在找其他星球吗? 那你们再把你们这⼀批⼈分到其他星球上去,你们的意识程度还是⼀样的.只是破坏更多的星球⽽已.

Number 22: Like your Earth's twin, like separated entities. It would be as if your Earth were divided into several parts. But each part is slightly different - not a huge difference. You're looking for other planets now, right? So you could split this group of people to other planets too, keeping the same level of consciousness, but just destroying more planets.

问: 但是我也听过⼀个说法就是还有很多像地球这样的星球是属于催眠星球.好像是有⼀种外界的⼒量让我们在这⾥沉睡,⼀直轮回.没有办法去往更⾼的层⾯⾛.

Questioner: But I've also heard a theory that there are many other planets like Earth that are so-called 'hypnotic' planets. It seems that there's an external force keeping us in slumber, continuously reincarnating, with no way to ascend to higher levels.

22号: 你要知道频率运⾏的模式,它是同频率的它才会互相吸引.你要知道你们永远是有⾃由的.你并不是被控制或被怎样.你⽐如说你们所谓的呼朋狗友.狐朋狗友他有喜欢偷盗或者喜欢赌博这样⼦的⼀个兴趣.那你也有.那你们正好.所以你们⾃⼰个体的意识频率决定了你会受什么影响.那这个通灵的⼥孩⼦她受的都是⾼能量的影响.她也是在受影响呀.但是临近她的能量都是⾼,就是我们如果分沉重的能量就是低,是吧? 那越来越轻,越来越轻的能量就是⾼.那她⾃⼰在轻的⼀个状态,她接收的能量就是这些….因为就好像你们是不同的密度.你到了哪⼀个密度,你探索的就是哪⼀个密度,感知的就是哪⼀个密度状态,明⽩吗?

On the 22nd day: You need to understand that it only attracts when its frequency matches; you must know you are always free. You are not being controlled or manipulated in any way. For example, among your so-called friends and acquaintances, some might have interests like stealing or gambling. Similarly, you also have such inclinations. That's why they suit each other well. Therefore, the individual consciousness frequency determines what influence you will receive. The spirit medium is influenced by high-energy forces. She too is affected, but her surrounding energies are all high. If we were to categorize heavy energy as low, then lighter and lighter energy becomes high. When she's in a lighter state, she receives these influences... As if you exist at different densities; whichever density you reach, you explore that density and perceive its state. Can you understand this?

因为就算你有看到呢些低密度的,你虽然有看到,但是你不会受它的影响呀.因为呢些事是跟你没有关系的.那如果你受到它的影响,就说明你跟它们还是在同⼀个频率啊.还是会被呢个能量拉扯.所以你们所有的⼈是根据你们不同的意识状态对外界产⽣反应的.就⽐如说同样⼀个事情,在你看来你就觉得绝望、没办法、不可能更改.那在这个⼥孩⼦她的⼀个意识程度来看,这是⼀股能量,我可以转变它.就是在她的⼀个观念⾥⾯什么都是来⽀持她的.但是在有的⼈的认知⾥⾯,所有⼈都是来陷害他的.这是两种完全不⼀样的状态.那所有⼈都是来帮助你的,那就算是所谓的敌⼈,看上去他是在刁难你、陷害你.他实际上是在让你变得强⼤啊.

Because even if you have seen those low-density energies, although you may have seen them, they do not affect you because they are not related to your life. If you are affected by them, it means that you are still on the same frequency as them; you are still being pulled by that energy. Therefore, all of you react differently based on your varying consciousness states towards the external world. For example, the same event might be seen as hopeless and unchangeable for you. However, from this girl's perspective, it is an energy that can be changed. In her mindset, everything supports her. But for others, everyone is out to get him. These are two completely different states. Even if someone appears to be against you or trying to harm you, they are actually helping you become stronger.

因为你没有从你是受害者的⼼态去反击他.⽽是说如何把你⾃⼰更加完善.

Because you did not respond by reverting to a victim mentality, but rather spoke about how to improve yourself even further.

问: 我明⽩你的意思.下⼀个问题是我们每晚做梦出体的⾃⼰和死了之后的⾃⼰有什么区别?

Questioner: I understand your point. The next question is, what is the difference between our self that experiences out-of-body phenomena every night and our self after death?

22号: 你不要把你的做梦变成出体.因为做梦跟出体不⼀样.死还会清醒⼀点.死你还能更加⾃主操控⼀点.你就按照你⾃⼰所有的⼀切.死亡,就是意识… 那你做梦你在完全的⼀种⽆意识的状态.

Number 22: Don't turn your dreams into astral projection. Dreams are different from astral projection. Death would be a little clearer. In death, you can control it more autonomously. You should follow all of yourself. Death is consciousness... and when you dream, you're in a complete state of unconsciousness.

问: 那为什么我们做梦是⼀种完全的⽆意识的状态呢?

Why are dreams a completely unconscious state?

22号: 那是你⾃⼰的意识状态啊.有些⼈他做梦他就能有意识.问: 那我们怎么样可以让做梦更加的有意识呢?

On number 22: That's your own state of consciousness. Some people can be aware even when they're dreaming. Questioner: How can we enhance our awareness during dreams?

22号: 那你⽩天醒着的时候就有意识的话,晚上就有意识.就好像你问你⾃⼰不去学习武功,你问呢些有武功的⼈他们为什么能飘起来呢? 他们为什么能从⽔上⼀下⼦就飘过去了?我为什么在⽔上就掉下去呢? 明⽩吗? 他们是习武的⼈,他们有锻炼这个技术.所以你们体验的不⼀样.

Day 22: If you are conscious during the day, then you will be conscious at night as well. It's like when you ask yourself why someone can't learn martial arts, and you wonder how those who do manage to fly in midair? How is it that they can glide effortlessly over water? Why am I always sinking into the water while they float away so easily? Understand? They are trained martial artists with skills in this area. Hence, your experiences differ.

问: 接着刚才的问题,如果地球是初级的星球,你们在什么程度?

Questioner: Continuing from the previous question, if Earth is a primary planet, at what level are you?

22号: 我们在什么程度? 我们从来不给⾃⼰定位.说初级只是⽤于你们理解.但是你要知道再⾼级他们都是从初级开始的,明⽩吗? 就好像⼀棵参天⼤树和你这棵⼩树苗这么⼩.那呢棵参天⼤树也是从⼩树苗长起来的呀.所以你不会永远都是⼩树苗呀,明⽩吗? 我们没有定义⾃⼰.因为只是我们的意识状态和我们看待⼀切的⾓度跟你们不⼀样⽽已,就是这个差别.你们是就好像你们的眼睛上⾯蒙了很多⾊彩,就是蒙了很多脏东西.但是我们看的就是看,⽽没有被太多的⼲扰,或者太多⾃⼰的记忆或者定义,或者他⼈的任何.明⽩我的意思吗?就是你们看到的会扭曲,⽽我们看到的就是本来的样貌.就是这样的不同.

Chinese: 22号: 我们在什么程度? 我们从来不给⾃⼰定位.说初级只是⽤于你们理解.但是你要知道再⾼级他们都是从初级开始的,明⽩吗? 就好像⼀棵参天⼤树和你这棵⼩树苗这么⼩.那呢棵参天⼤树也是从⼩树苗长起来的呀.所以你不会永远都是⼩树苗呀,明⽩吗? 我们没有定义⾃⼰.因为只是我们的意识状态和我们看待⼀切的⾓度跟你们不⼀样⽽已,就是这个差别.你们是就好像你们的眼睛上⾯蒙了很多⾊彩,就是蒙了很多脏东西.但是我们看的就是看,⽽没有被太多的⼲扰,或者太多⾃⼰的记忆或者定义,或者他⼈的任何.明⽩我的意思吗? 就是你们看到的会扭曲,⽽我们看到的就是本来的样貌.就是这样的不同.

22: At what level are we? We never define ourselves. Saying 'beginner' is just for your understanding; however, you should know that even at higher levels, they all start from the beginner stage. It's like comparing a towering tree to a small sapling - but both started as saplings. So, you won't be a tiny sapling forever, right? We don't define ourselves because only our state of consciousness and perspective on everything is different from yours; that's the difference. You are like having many colors covering your eyes - there are layers of dirt. But when we see things, it's just seeing without being significantly influenced or clouded by too much of your memories, definitions, or anyone else's input. Understand my meaning? Your perception gets distorted, whereas our view is based on the actual reality. This is the difference.

问: 那我们看到的会扭曲除了跟我们的意识状态有关系,跟我们的⾁体设置有关系吗?

Questioner: Would what we see be distorted in relation to our state of consciousness and our physical setup?

22号: 没有.那呢些在你们历史上有很多⼈,他们都是⾮常⾼的意识程度的.这样⼦的⼈他们并不会啊.他们也是⽤的这个⾁体呀,明⽩吗? ⾁体就好像是⼀个眼睛⼀样.那眼睛上⾯有没有污染,有没有脏东西… 你不能说每⼀个眼睛都是坏的,都是脏的.明⽩吗?

22nd: No. There are many people in your history who had very high levels of consciousness. Such individuals do not use this method. They also use their physical bodies, understand? The body is like an eye. Is there pollution on the eye, dirt… You cannot say that every eye is bad and dirty. Understand?

问: 你们的⽂明在帮助中国吗? 中国政府…22号: 我们不分任何国籍,我们没有任何国籍,明⽩吗? ⽽且⽆论从哪⼀个点着⼿… 就好像你们是柴对吧? 我点⽕,你说我从左边点⽕还是右边点⽕还是从中间点⽕? 有区别吗? 它反正迟早会全部引燃的.所以我们到底是从哪⾥着⼿或者什么什么的话,没有任何区别.

Questioner: Is your civilization helping China? The Chinese government... On the 22nd: We don't discriminate by nationality; we don't have any nationality, understand? And it doesn't matter where you start... like you're wood, right? I light a fire and ask if you want me to light from the left side or the right side or in the middle. Does it make a difference? It's going to burn anyway. So whether we start at this point or that point makes no difference.

问: 那我们现在在世界上的任何政府也好,他们有和外星的⽂明建⽴了链接但是没有让普通⽼百姓知道吗?

Questioner: Does that mean that any government in the world right now has established contact with extraterrestrial civilizations but not informed the general public?

22号: 即使让你们知道你们也会选择不相信呀.因为你们的头脑会质疑任何不是在⾃⼰认知以内的东西.明⽩吗? 就算这个通灵的⼥孩⼦坐在呢些⼈⾯前,他们也会说她在胡说.他们会试图去找到破绽: ‘你看吧,她刚才说呢句话,现在又说这句话.都在呢乱说’.这是他们头脑的⼀种防御功能.所以不在乎你们政府如何告诉你们.⽽是你们⾃⼰到底是开放还是封闭的⼀个状态? 到底是你只活在固有的见解⾥⾯,固有的认知⾥⾯,顽固…?

Number 22: Even if I were to tell you, you would still choose not to believe. Because your mind questions anything that falls outside of what is within its cognitive domain. Understand? Even if the medium girl was sitting in front of those people, they'd say she's talking nonsense. They'd try to find flaws: 'See, she just said one thing and now she's saying another, all this chaos.' This is a defense mechanism of their minds. So it doesn't matter what your government tells you; rather, it's whether you are open or closed in your state? Are you living solely within your pre-existing notions and cognitions, stubbornly...?

问: 我们现在有⼀位正在旁听的群友想请问你能不能帮她看⼀下她的未来?

Questioner: We have a friend in our group who is asking if you could help her predict her future.

22号: 我们不给任何⼈看未来.我们也不给⾃⼰看未来.因为各种可能都是有的.她的未来就好像突然她⾛出门来到⼀望⽆际的草原上.你告诉我接下来我要朝哪⼀个⽅向? 我说朝左,你会朝右.我说朝前,你会朝右.那我们在说的时候实际上就影响了你的未来.明⽩我意思吗?

22nd Day: We don't show anyone their future, nor do we see our own futures. Because there are countless possibilities. Her future is like when she walks out of the door and finds herself on an endless plain. If you ask me which direction to go, I would say left, but you might turn right. Say forward, you will also take a right path. So, while we talk about directions, our words influence your future. Do you understand?

问: 我有⼀个问题是⽐如现在我跟你交流的时候,你能感知到我的想法吗?

Questioner: I have a question. For example, when we communicate now, can you sense my thoughts?

22号: 不能.我可以去⽐如说运⽤这个⼥孩⼦的能量然后去达到⼀种链接.但是这不是多此⼀举吗? 因为你们可以⽤语⾔很好的表达你们想要表达的.就好像我明明有钥匙,我可以直接开门进门.你却要让我破门⽽⼊或者是从窗户⾥⾯钻进去,明⽩吗? 为什么我不直接开门进去呀? 如果你是想要知道⼼灵感应,任何⼀切都是链接的,都是通的.就像⽹络⼀样.

22nd: No. I could use this girl's energy to establish a connection. But isn't that redundant? Because you can express what you want to convey very well through language. Like I have the key, I can simply open the door and enter. Why would you ask me to break in or climb through a window when I can just do it with the key? Do you understand why I wouldn't just use the key to enter directly instead of breaking in? If what you want is mind reading, everything is connected and accessible like a network.

问: 因为我曾经看到通灵的⼈,她在通灵的时候,呢个⾼灵看到外在的⼀切都是扭曲的符号,就像全息的投影.

Questioner: Because I once saw a medium who perceived that everything in the outer world was distorted symbols, like a holographic projection when she was communicating with high spirits.

22号: 我们看不到任何.⽽且她只代表她个⼈的.你要知道她去感知这个世界是去通过她的⼀个系统.然后她的意识可以创造任何.她可以⾃我暗⽰、⾃我催眠、⾃我想象、⾃我….⽤意念去呢个什么⼀切,所以呢个只代表她⾃⼰的.如果你去接受她的暗⽰,你去相信她.那你也可以创造出和她⼀样的.那你就觉得她说的是真的.这就是你们这么多教学存在的⼀个原理.各种看⽓场、看光、看这样看呢样.都是你们加⼊的⼈越多了,越多⼈认同了,然后就创造出这样⼦⼀个体验给你们.

22nd: We can't see anything. And she only represents herself. You need to understand that she perceives the world through her own system, and her consciousness can create anything. She can use self-suggestion, self-hypnosis, self-imagination, and so on... to create any effect you could possibly think of using the power of intention. Therefore, it's only representing herself. If you accept her suggestions and believe in her, then you too can create something similar, which will make you feel that what she says is true. This principle explains why there are so many teachings out there. Various methods such as reading aura, light, or other aspects... the more people join these practices and agree with them, the more they create a shared experience for everyone.

问: 有⼈想说能不能请你们随便讲⼀些你们星球上的事情给我们听? 就是⽐较有趣的,⽐较有代表性的.以及你们有什么话想对我们说?

Questioner: Someone wants to hear you share some stories about your planet with us - interesting and representative ones, and anything you would like to tell us?

22号: 对我们来说所有东西都有趣.你就好像是在⼀个⼤海⾥⾯有⼏亿个品种,然后你说….这个是⽆限的,你需要去把你⾃⼰具体….不然你就像是⼤海捞针⼀样.你需要把你⾃⼰具体关注的点给提出来.

On the 22nd: Everything is interesting to us. You are like being in an ocean with billions of varieties, and then you say... it's limitless, you need to focus on yourself specifically... otherwise, it's like looking for a needle in a haystack. You need to pinpoint what you are actually interested in or focused on.

问: 你们有宗教吗? 你们需要修⾏吗? 需要回到源头吗?

Questioner: Do you have a religion? Do you need to practice? Do you need to return to your roots?

22号: 宗教? 只有不明⽩⾃⼰是谁的⼈,他才需要宗教.因为他想给他的这个他找⼀个说法.就是找⼀个归属.就好像我是谁呀? 我又没有名字又没有家.宗教就好像你们找的⼀个家⼀样.就我需要有⼀个来解释我产⽣的⼀切.那如果你只是去⼀味的去 ‘信’ 和 ‘从’ 这两个字的话.你就只能在你的⼩屋⼦⾥⾯.⼈家⾥⾯摆什么,你就领悟什么,感悟什么.那如果你只是通过这个⼩屋⼦继续往外探索的话,那宗教也给你造成不了任何.然后任何的呢种,就⽐如说如果我们现在给你们传授的这些知识,你只是去吸收.你只是去听从.⽽不去⽤⾃⼰的⼀切去领悟、去感知的话,那就是个宗教.

22nd: Religion? Only people who don't understand who they are need religion. They seek a reason for their existence because they want to belong somewhere. It's like asking, "Who am I? I have no name and no home." Religion acts as the home you're looking for to explain everything that has happened to you. If someone just blindly 'believes' and 'follows', they can only stay in their own little world, absorbing whatever teachings are given. However, if they use this knowledge to continue exploring outwardly, religion won't have any impact on them. This is akin to receiving knowledge but not applying it with personal insight or understanding. In that case, you could say it's like being religious.

如果我们告诉你⼀个东西你就觉得怎么样了,然后你也不去辨别,你也不去感悟,你也不⾃⼰去领悟这⼀切的话.那你就是在创造⼀个宗教了.

If you accept something we tell you and don't question it, don't reflect on it, don't seek to understand it for yourself, then you are creating a religion.

问: 还有⼀个问题就是⽐如说在各⼤宗教⾥的咒语也好、法门也好.都是因为我们去相信它才会有⼒量⽽不是说这些咒语或者法门它本⾝就因为这些先前得道者的加持,所以它本⾝就是拥有⼒量的?

Questioner: There's another question about spells or doctrines in major religions. They have power because we believe them, not because these spells or doctrines themselves were imbued with power by those who achieved enlightenment beforehand?

22号: ⾸先你想象⼀下,你⽐如说在念⼀个阿弥陀佛的时候.⽐如说你最开始的⼼很害怕很慌乱是吧? 那你在念的时候是不是就calm yourself down了.那你最开始慌张慌乱坐⽴不安,然后在念它的时候就随着呢个所谓的咒语你就calm down下来了.那你在慌乱和calm down,呢两种不同的频率是不是就不⼀样了? 那你在不同的频率的频率,那你体验所有的⼀切,你的⼼情、感受、外在所有的⼀切就变了? 所以这就是⼀个频率转换.那如果可以让你快速的转换你的频率,why not?

On the 22nd day: Imagine you're chanting Amitabha Buddha when your mind is initially frightened and chaotic, right? So, when you chant, do you manage to calm yourself down? Initially, you're in a state of panic and restlessness, but as you chant, you subdue this state with the supposed mantra. Thus, there's a difference in frequency between being panicked and calmed down. In different frequencies, your experiences - emotions, sensations, everything external - would change. Therefore, it's about frequency switching. If you could switch your frequency quickly, why not?

问: 请问你们如何看待⼈类现⾏的婚姻制度?

Questioner: How do you view the current system of marriage in human society?

22号: 你们婚姻最主要是为了追求什么? 安全感,然后就是归属感.然后还有就是强⼤.因为你们如果是⼀个⼈的话,你会觉得你是⽆依⽆靠的,你不够强⼤.所以⽆论你们是婚姻也好、宗教也好、组织也好、团队也好都是想要⼀种归属感、安全感.就给⾃⼰创造⼀个这样⼦的⼀个感受.当然⽆论什么东西你都可以去正⾯,就是你都可以去任何的展现你⾃⼰.所以婚姻单纯的并没有什么好或不好.⽽是你⾃⼰,你是如何去通过它来展现你? 这个才是最重要的.

On the 22nd: What is primarily sought in your marriage? Security, and then a sense of belonging. And also power, because if you are alone, you might feel helpless, not strong enough. So regardless whether it's through marriage, religion, organizations, teams, or any other means, the purpose is to create a sense of belongingness and security. You're building this feeling for yourself. Of course, everything can be looked at positively; you can express yourself in whatever way you wish. Therefore, the essence of marriage doesn't inherently make it good or bad; what matters most is how you use it to present yourself.

问: 如果我们⼈类有⼀天不⽤赚钱,我们的⽣活是什么样的? 每个⼈都在做什么?

Questioner: If humans one day did not need to earn money, what would our lives be like? What would everyone be doing?

22号: 你们应该问你们⾃⼰呀.因为这是你们⾃⼰的⼀个意识状态.你们有很多⼈,⽐如说呢些⽼年⼈他们是不是也不⽤赚钱,也不⽤上班? 他们在做什么? 去观察呀.如果你有⼀个⽆聊的⼤脑⼀直需要去满⾜的话.那你就是去跟随,就好像你⼀直在跟随它,⼀直在受它的

Number 22: You should ask yourselves because this is your own state of consciousness. There are many people like the elderly who don't need to earn money or work. What do they do? Observe them. If you have an idle mind that constantly needs to be satisfied, then you follow it, as if you're always following it and being controlled by it.

影响操控.你还觉得是你,你会把它当成是你⾃⼰的欲望.所以每⼀个不同的个体,他有不同的展现⾃⼰的⽅式.但是基本上都是跟随着⼤脑.就⽐如说他的⼤脑已经形成了⼀条路.他每次都是按照呢个路线,然后做出呢个反应.

It affects control. You still think it's you, perceiving it as your own desire. So each individual has different ways of presenting themselves, but fundamentally they follow the guidance of their brain. For instance, their brain has already formed a path. Each time, they follow that route and produce that response.

问: 你们关注地球的⽬的是什么?

Questioner: What is your concern about the Earth?

22号: ⾸先⽬的是你们才有的.因为我们⽆论做任何都没有任何⽬的.因为我们是开放我们⾃⼰,去看我们能得到什么.就⽐如说你们去海⾥⾯的⽬的有可能是去捞鱼对吧? 那我们就是去看海⾥⾯看鱼、看虾、看贝类、看海草、看各种.我们去欣赏这⼀切.然后⼀切来跟我们互动,我们都激情的去看它会发⽣什么.这就是你们跟我们的不同.因为你们有⼀个,⽆论做任何事情,都有⼀个⽬的.就⽐如我去海边,我要去捕鱼,我要吃,对吧? 呢是你们的⽬的.那我们呢? 就是去探索,就是去观察,就是去链接,就是去领悟.

Number 22: The primary purpose is yours alone because no matter what we do, there's no purpose involved because we open ourselves to see what we can receive. For example, when you go out to sea, your purpose might be to catch fish, correct? Our purpose is to observe the sea, looking for fish, shrimp, shellfish, seaweed, and all sorts of other creatures. We appreciate everything around us. Then, whatever comes into interaction with us, we're enthusiastic about observing what happens next. This highlights the difference between you and us. You have a purpose in doing anything, no matter what task you undertake. For instance, when I go to the sea, my purpose is to catch fish for food, right? That's your goal. But our goal is exploration, observation, connection, and understanding.

问: 那这种⽬的本⾝就对我们是⼀种限制对吗?

Questioner: Isn't that goal itself a restriction for us?

22号: 那看你们⾃⼰呀.因为你有时候需要⼀个⽬的让头脑焦距于此.那不然你就真的变成是漫⽆⽬的了.所以要看你们⾃⼰.因为有⽬的和漫⽆⽬的,它都是有不同的收获.就好像是⼀个甜的⼀个咸的.你要甜的还是咸的?

On number 22: It's up to you guys. Sometimes you need a goal for your mind to focus on. Otherwise, you'd just be aimlessly wandering. So it's something that you should consider yourselves because both having a purpose and being without one yield different outcomes. It's like choosing between sweet and salty. Do you prefer sweet or salty?

问: 那也就是说没有哪⼀个更好? 只是看就当下⽽⾔哪⼀个更好的服务于我们.⽽不是说22号说过我们不能有⽬的….

Questioner: That means there is no better one? It's just about which one serves us better in the present context, not that number 22 said we couldn't have a purpose...

22号: 那如果你只是听这⼀句话的话,那是不是又变成宗教了? 所以我们所有信息跟你们交流,只是想你们通过我们的眼睛,可以更宽⼴的去看待任何.那你就是跳出来你的有限的⼀个认知⾥⾯.⽽不是来告诉你什么是好的什么是不好的,什么是对的什么是错的.因为你们需要⾃⼰去领悟这⼀切.

Number 22: So if you just hear this one sentence, does that not turn it into religion again? Therefore, all the information we share with you is simply to enable you to broaden your perspective through our eyes, thus stepping out of your limited cognitive boundaries. Not to tell you what is good and what is bad, right or wrong; because you need to understand this for yourselves.

问: 你们也信仰上帝吗? 除了你们之外还有⽐你们更⾼的其他智慧的⽣物形式吗?

Questioner: Do you also believe in God? Are there other higher forms of intelligent life beyond you?

22号: 还有⽐我们更⾼的存在的形式吗? 当然有,但是对于我们来说我们并不把它分成更⾼和更低.这只是我们每⼀个阶段不同的体验.就好像我们也不会把我们⾃⼰同族类的去分⼀个⾼低.

Translation: On the 22nd: Are there forms of existence higher than ours? Of course, but for us, we do not divide them into higher and lower. This is simply different experiences at each stage for all of us. Just as we wouldn't classify our own species in terms of high and low either.

问: 那是不是就是说纯意识体和还拥有物质⾁体的…如果说进化有⼀个⽬的,我们是不是最终都要进化到脱离⾁体的状态?

Questioner: That means a pure consciousness being and one that still has a physical body... If evolution has an objective, are we destined to evolve into a state of detachment from the physical body?

22号: 你要知道如果你们所谓的死亡过后你就没有物质⾁体了呀.如果你是⽤这个来说的话,你们死亡后就没有物质⾁体了呀.应该是说你们的意识体最终会变成⽆限的存在,就只是爱,就只是存在的⼀个状态,没哟任何限制.

On the 22nd: You must understand that if you believe in death, there is no physical body afterward. If this is what you mean by your death, then there is no physical body after it. It should be stated that your consciousness will eventually become an infinite being, just love, just a state of existence without any constraints.

问: 然后我们有⼀个群友她⾮常想让你们回答你们信仰上帝吗?

Questioner: Then we have a group member who really wants to ask you if you believe in God.

22号: 我们知道你们所谓的上帝就是好像有⼀个更⾼的存在,好像他才是⽆所不能的.然后如果是问这个话,我们⾃⼰就是造物者,我们⾃⼰就是.如果你问我们我们信仰不信仰⾃⼰? 我们不需要去信仰.因为信仰是外加的⼀个东西.就⽐如说你信仰,那你最开始的状态

22nd: We understand that your so-called God is like a higher being, as if he is all-powerful. If you ask this question, we are the creators ourselves, we are ourselves. If you ask us if we believe in ourselves? We do not need to go through faith because faith is an external thing. For example, when you have faith, then your initial state

是什么? 那你是不信仰,你又把呢个信仰加给你,对不对? 所以我们没有外加任何,我们不需要.

What is it? You don't believe in it, yet you're adding this belief to yourself, right? So we didn't add anything external, and we don't need anything.

问: 你们会通过通灵的模式去链接⽐你们意识程度更⾼的存有吗?

Questioner: Will you connect with beings of a higher consciousness through channeling?

22号: 就像她现在跟我链接,我们会不会再去链接其他更⾼的存有是吗? 你稍等.⾸先你在问这个问题的时候你就是站在你们的⾓度来问的.因为我们是什么? 我们从来没有跟任何断开链接,明⽩我意思吗? 就⽐如说你们回到⾁体,回到物质世界,你们呢会就是断开连接的状态对吧? 那如果我的状态是⼀直就没有断开连接吗?

Question 22: Like she is connected to me now, would we go on to link with higher beings as well? Wait a moment. When you ask this question, you are asking it from your perspective. Who are we? We have never disconnected any link, do you understand what I mean? For example, when you return to the body and the material world, would you be in a state of disconnection? If my condition has always been without disconnection?

问: 那我们还有⼀个问题是你们和⽆形的能量也通灵吗? 那你们是没有断开连接的,所以就不存在连接的问题对吗?

Questioner: Well, we have another question. Do you also communicate with无形energy spirits? Since there is no disconnection, does that mean there's no issue of connection?

22号: 是,就从来没有断开连接.

Number 22: Yes, there has never been a disconnection.

问: 你们会⽆聊吗? 你们会寻求刺激吗?

Questioner: Will you get bored? Will you seek excitement?

22号: 我们会⽆聊吗? 你要知道你们⽆聊是怎么产⽣的.你们⽆聊是因为你们有这个⼤脑,你需要去满⾜它.那你在满⾜它之前,你是不是就给它制造了很多很多的什么是好的,什么是不好的,什么是有聊,什么是⽆聊.就好像⼀个动物,你又给它尝这个好吃这个不好吃.你给它植⼊了这个.那你植⼊了过后它就会按照这种模式,明⽩我意思吗?就⽐如说你在做⼀个洗完的事,然后你的头脑说这么⽆聊.因为⼀直在你的记忆当中洗完就是⽆聊的.然后呢,逛街买东西.你的头脑就哇好兴奋啊,逛街买东西.就把它分类成有趣好玩的.然后你头脑是不是就会⾃动的去按照这个模式运⾏.你想⼀下如果你不给你的头脑创造任何这种分别呢? 明⽩吗?

Day 22: Will we be bored? You need to understand how your boredom is created. Your boredom comes from having this brain, and you need to satisfy it. Before you satisfy it, have you made up many things about what's good, what's bad, what's interesting, and what's boring? It's like giving an animal taste tests of what's delicious and what's not. You've implanted that into them. So after implanting it, they follow this pattern, do you understand? For example, when doing a mundane task, your brain says it's boring. Because washing things has always been considered boring in your memory. Then, going shopping to buy things. Your brain gets excited, shopping for things is fun! It classifies it as interesting and enjoyable. Then, isn't your brain automatically running according to this pattern? Try to understand if you don't create any distinctions like this in your mind? Do you see how that works?

问: 那我们怎么可以去运⽤头脑⽽不是被头脑去奴役,听从头脑呢?

Questioner: How can we use our minds instead of being enslaved by them and following them?

22号: 那你要,就像刚才我说的,你⾃⼰在做事的时候你就已经给它⼀个定义了呀.你就说这个是⽆聊的,这个不⽆聊.这个⼈我很讨厌,你接下来看看你会怎么样.那这个⼈我很喜欢.那你试着去改变你的定义呢? 就是我⼀开始在进⼊之前你就: 哇,我好喜欢他啊.你告诉你⾃⼰你很喜欢他.就是最开始你是假装的,就是暗⽰你⾃⼰.慢慢慢慢的去发现他耀眼的呢⼀⾯,慢慢慢慢的你就真的会喜欢上他.这是你们催眠的⼀种模式呀.

22nd: So when you're doing it yourself, as I just said, you already give it a definition. You say this is boring and this isn't boring. This person I really dislike, see what happens next. And this person I really like. Then try to change your definition. At first, you tell yourself how much you like him, even if it's an act at the beginning, implying to yourself. Slowly over time, you discover his attractive qualities, and eventually, you truly start liking him. This is essentially a form of self-hypnosis.

问: 就是⾃我暗⽰吗? 22号: 是的.

Questioner: Is it self-suggestion? No. 22: Yes.

问: 那我们有没有可能还在这个物质⾁体的时候就真的可以做到没有任何的定义呢? 22号: 当然可以.

Questioner: Could it be possible for us to achieve this state of no definition while still being in our physical bodies?

A22: Of course, it is possible.

问: 那我们要怎么样可以达到对万事万物没有定义的⼀个状态呢?

Questioner: How do we achieve a state of defining nothingness for all things?

22号: 你只是去体验,你头脑⾥⾯没有声⾳啊.⽐如说现在这个⼥孩⼦她在⼲什么? 她通灵的话她需要关闭她的头脑,她要关闭她的意识.关闭她的意识我的声⾳才能出来,我的意识才能出来.如果她的意识活动的话,我就⾛了,明⽩吗? 那这样⼦的⼀个状态,你去体验⼀个事的时候,你关闭你的意识.你就只是去,你就只是临在⽽已,你就只是在呢⾥⽽已.你看看你会发现什么? 因为谁也不知道.那你就并没有陷⼊你头脑⾥⾯,你旧有的模式,你的记忆,你的旧有程序⾥⾯.你不然其实你虽然在活很多天,但是你其实都是在重复你头脑⾥⾯呢个旧有的程序⽽已.

On the 22nd: You're just going to experience it; there's no voice in your head. For example, what is this girl doing right now? If she were clairvoyant, she would need to shut down her mind and close off her consciousness. By shutting down her awareness, I can come out, my consciousness can come out. If her own activity of awareness interferes with me, then I just leave. Do you understand? In such a state, when you're experiencing something, you simply shut your consciousness down. You're just being there, just existing; you're right here. See what happens when you do this? Because no one knows. So you don't get stuck in the patterns of your own mind, your memories, and old routines. Instead, even though you've been alive for many days, you're actually just repeating these routines from inside your head.

问: 所以不管是冥想也好还是专注于当下,这些都是可以帮助我们放下定义的⼀种⽅法对吗?

Questioner: So, whether it's meditation or focusing on the present moment, are these methods that help us let go of definitions?

22号: 每个⼈的⽅式⽅法不⼀样.这⾥没有⼀个绝对是对谁有效果的.因为你是独⼀⽆⼆的个体,你需要通过你⾃⼰去找到.所以我们不会跟你说任何统⼀的⽅式⽅法.但是我们只是让你们看清楚你们是如何受限制的,就是你们是在哪⾥卡住的.那如果你卡住的地⽅都没有了,你是不是就是⾃由的? 那如果你总是拿着我们的⼀句话你就进去了,你是不是又被卡住了?

Number 22: Everyone's approach is different. There is no one-size-fits-all method that works for everyone. You are a unique individual, and you need to find your own way through yourself. That's why we won't tell you any standardized methods. But what we will do is show you where you're being limited and where you're stuck. If there's nowhere you're stuck anymore, does that mean you're free? And if you always use our one statement as a tool to navigate by, are you just getting stuck again?

问: 你们的脑海⾥会有不同的声⾳出现吗? 你们会跟随这个声⾳吗?

Questioner: Would different sounds appear in your minds? Would you follow these sounds?

22号: 我们⾥⾯会不会有声⾳出现? 就⽐如说现在这个⼥孩⼦她脑海⾥⾯的声⾳就是⼀种打开你⾃⼰,你允许外在的能量.如果我们想要去探索,就是体验这样⼦的体验的话.我们就可以体验⼀切.但是我们的这种跟你们头脑⾥⾯的声⾳是不⼀样的.你们的更多的是呢种⼲扰.就⽐如说同样⼀个电视机.你们的电视滋滋滋全是噪⾳对吧?你是看不到你真正的图象的.就好像你呢个频率没调到,你能看到⼀丁点图象.但是更多的是噪⾳.99%是噪⾳,只有1%是图象,对吧? 那我们就是纯图象,明⽩吗? 因为我们知道我们想要去体验什么,想要看什么,想要探索什么.

Number 22: Could there be sounds within us? Like the voice inside this girl is about opening yourself and allowing external energy. If we want to explore by experiencing such experiences, we can experience everything. However, our voices are not like yours in your minds. Yours are more of an interference. For example, take a TV; all you see on it is static noise, right? You cannot see the true picture. It's like if the frequency is not tuned properly; you can barely make out a small part of the picture. But mostly, it's just noise—99% noise and only 1% picture, right? For us, though, it's pure picture, understand? Because we know what we want to experience, what we want to see, and what we want to explore.

所以⽤你们电视⾥的噪⾳,就是你们的频率没有调好的时候,来形容你们所谓的头脑⾥⾯的呢些东西.

So use the noise on your TV, when it's not tuned properly, to describe those things in your so-called mind.

问: 那我们的⾼我本来是本⾃具⾜的…22号: 你要知道你的⾼我跟你⼀点联系都没有,如果你是在⼀个⽆意识,就是受你的头脑⽀配的,明⽩吗?

Questioner: But our higher selves are already complete... Number 22: You need to know that your higher self has no connection with you. If you're in an unconscious state, where your mind is in control, do you understand?

问: 那如果我们的⾼我是本⾃具⾜的.他知道如果把⾃⼰的能量放到这⾥就会失去联系.那他为什么还会把⾃⼰的能量放在这样的⼀个体验当中呢?

Questioner: But if our higher self is inherently self-sufficient, and knows that by putting its energy here it will lose connection, why would it still place its energy in such an experience?

22号: 你的这个问题就好像我健⾝很痛苦很疼,我为什么还会去健⾝? 明⽩吗? 你本⾝就是去选择健⾝,让⾃⼰肌⾁变得强⼤的呀.所以呢种感受到疼想要放弃,你知道咬紧⽛关坚持,这个疼痛就会减轻的呀.

Number 22: Your question is like asking me why I would go to the gym when it's painful and uncomfortable for me? Can you understand that? You are actually choosing to work out to make your muscles stronger. So, experiencing pain and wanting to give up, you know how to grit your teeth and persevere through it, reducing the pain along the way.

问: 所以根本就没有什么初级的星球的说法.如果我们愿意到这样的⼀个星球来体验限制也是因为…22号: no no no no.你知道你们的星球不是低级.⽽是你们这些⼈的能量状态创造了⼀个限制,明⽩吗? 所以在你们这看上去是限制.不是球的问题.是你们的意识状态的问题.因为

Questioner: So there's really no such thing as a primitive planet. If we are willing to come to a place like this and experience limitations, it's because... Number 22: No no no no. You know that your planet isn't low-level. It's the energy state of you people that creates a limitation, right? So what appears to be limitations on your side is not about the planet itself; it's an issue with your state of consciousness. Because

把你们这批⼈移到另外⼀个空间,你们还是创造⼀样的⼀个状态,明⽩吗? ⽽且这个星球,所有的⼀切⾮常的完美.你的⾁体,所有⼀切,这些任何都是完美的.只是你们还在⽤⾃⼰的认知去体验这个完美的⼀个过程.但是这些体验也是有助于你们成长的.因为你们创造了这些去体验和成长去认清.所以你千万不要觉得⾃⼰很落后啊,很低级啊,很惨啊.就⾃暴⾃弃.不是的.你们是来转变的.因为当转变后,你们的能量就⽆限的⼤.

Shift this group of you to another space, and you still create the same state, understand? And this planet, everything is extremely perfect. Your body, everything, all these are perfect. You're just using your own understanding to experience this process of perfection. But these experiences do aid your growth. Because you create these to experience and grow in understanding. So never think yourself behind, inferior, or unfortunate; don't give up on yourself. No, you're here to transform. For when that transformation occurs, your energy becomes infinite.

问: ⼈类最⼤的限制是什么?

The greatest limitation of humans is what?

22号: 你们⼈类最⼤的限制就是你们把所有的⼀切都当成是坚不可摧.你们把所有的东西都当成是坚不可摧的.你要知道你们的历史⼀直是在推翻过去,就是把以前building up,就是把以前建起来坚不可摧的东西再推倒,才能在… 就是你们每次都是在推倒下,新的才能展现出来.那你为什么会觉得坚不可摧呢? 坚不可摧就是你们的⼀个限制.你觉得你改变不了世界.世界呢么⼤,世间呢么的痛苦,怎么可能我的⼒量能改变的了呢? 你看呢个总统都改变不了,你看主席都改变不了.我怎么有能⼒呢? 你说这是制度啊.这是法律啊.所有的这些都是在限制你们⾃⼰.你要知道法律变不变没有关系.因为你们⼈的意念是相互影响的.

Humanity's greatest limitation is that you consider everything to be unbreakable. You see, every single thing you perceive as unbreakable. The idea that you can't change the past, that what has been built cannot be undone, is a limiting belief. It's like saying, "Every time we topple one structure, another comes into being." Why do you think anything could ever be truly unbreakable? That notion is a limitation of your understanding. You wonder how your individual efforts can make a difference in such a vast world filled with suffering. Even presidents and chairmen haven't been able to change things, so what makes you think you have the power to do so?

You blame it on systems or laws as limitations placed upon you, forgetting that these are human creations influenced by collective consciousness. Changing laws doesn't matter because your thoughts affect each other.

当你们所有⼈的意念都达成⼀致的话,法律变不变没有意义了.明⽩吗? 因为你们物质世界的现象已经变了.就好像你们法律说杀⼈没罪,对吧? 就是杀了⼈的⼈不需要坐牢.但是你们所有⼈的意念都转变出你不会去杀害别⼈.那你还担⼼呢个法律变不变吗? 那如果你们的法律说杀⼈没罪,那你担⼼杀⼈没罪那他们会不会到处杀⼈啊,对不对? 那如果你们所有⼈的意识程度都达到⼀个,你知道我杀你就是杀我,你知道我们是⼀体,我们俩就好像是不可分割的.你就好像是要把⽔划开,怎么分开啊? 明⽩吗? 那当你们⽔的的能量状态,就是振动频率不⼀样.那你们看上去好像是分开的.就好像⼀个是冰块,⼀个是雾,对吧? 你看上去你们不同,实际上呢?

When your collective minds unify, the law's relevance becomes moot because the phenomena of your material world have transformed. Do you understand? Because what happens in reality has changed.

For instance, if your law declares that murder is not a crime—that the person who commits murder doesn't need to be imprisoned—wouldn't it matter then whether or not the law changes? If everyone's thoughts shift and agree that no one would harm others, wouldn't that negate concerns over the law?

Or consider this scenario: If your law states that murdering someone isn't a crime, would you worry about others freely committing murder? Wouldn't the worry arise if people believed they could act with impunity?

In an advanced state of consciousness where you understand that harming another is akin to harming oneself—when you realize we're fundamentally one—trying to divide water becomes futile. How can two things be separate when they are inherently connected, like ice and mist?

This occurs because the energy states or vibration frequencies of your water (representing this collective consciousness) are different at a fundamental level. Visually, it seems as though they exist separately.

Think of ice versus fog; one is solid, the other fluid. You might see them as distinct entities, but they're both composed of water molecules in various forms, just like your conscious states which appear different on the surface but share an underlying unity.

In essence, when you consider your individual laws and actions against this backdrop of interconnectedness, it becomes clear that such boundaries are artificial constructs that can blur or merge under certain conditions.

实际上你们还是⼀体的呀.那当你们所有⼈的意识程度都达到了这个程度的话,法律改不改… 法律已经改变了呀.所以说即使是你们觉得坚不可摧的法律条款你们都是可以改变的.即使是天⽓你们也可以改变,灾难、任何⼀切.这就是你们的意念有多么强⼤.你们最⼤的限制就是把外在的⼀些⼒量看着⽐你们内在强⼤.这就是你们的限制.因为你们去放弃,或者是不知道,或者是完全没有运⽤你们内在的⼒量.你们在把外在的⼀切⼒量加⼤.就是把你的贫穷看成是真的.把有钱⼈看成是坚不可摧的.把所有的这⼀切都是在加深.你们然后就失去了⾏动⼒,失去了创造⼒.那你失去了⾏动⼒过后你就真的感受到…. 你想你⾸先没有了想法你就没有⼒了对不对?

Actually, you are all one. If your collective consciousness reaches this level, laws can be changed... The laws have already been changed. This means that even the things you consider unbreakable, such as laws and regulations, you can alter them. You can change weather conditions, disasters, or anything else. The power of your thoughts is so strong. Your biggest limitation is perceiving external forces as more powerful than your internal ones. This is your limitation. Because you give up on using your inner strength, or don't know how to use it, or simply don't utilize it at all. You amplify the influence of external powers, seeing poverty as real and wealthy people as unbreakable. You deepen this perception. As a result, you lose motivation and creativity. When you lose motivation, you truly feel... If you lack thoughts in the first place, you lack strength, don't you?

你也没了⾏动,你更加没⼒了.那你就完全没有使⽤你的⼒量了.然后物质世界就是按照你说的呢样不可改变.然后你就更加不可改变了,你连动都不想动了.这就是你们的⼀个状态.所以你们⾸先要知道你们意念的强⼤的⼒量,明⽩吗? 这个⼥孩⼦她⼀直觉得她能改变全世界,全⼈类.她从来没有放弃过这个或者从来没有怀疑过⾃⼰.这就是她的强⼤的⼀个意念.

You've lost your movement; you're even more powerless. So you have no use of your power at all. Then the material world follows what you say, unchangeable. And you become even more unchangeable, not wanting to move at all. This is your state. So first, you must understand the immense power of your thoughts, do you see? The girl always believed she could change the whole world, humanity. She never gave up on this or doubted herself; this was her powerful thought.

问: 那⽐如说现在在下⾬,但是我希望我⼀会⼉出门的时候天⽓是晴朗的.我只要这样去相信,我是可以去改变这个状况是吗?

Questioner: For example, it's raining now, but I hope the weather will be clear when I go out later. Can I actually change this situation by just believing that?

22号: 不会有这个执念.你为什么⼀定要让它晴朗呢? 因为你不会…就算是下⾬你⼼情⼀样的喜悦.⾬淋到你⾝上你会觉得像珍珠⼀样.你会觉得好美哦.明⽩吗? 这个才是最重要的.不然你就进⼊你的执念.为什么你要外在改? 你改的是你的内在.因为你内在改了,外⾯本⾝就已经变美了.阳光灿烂,好美.下⾬,好美.下雪,更美.只有呢种有问题的⼈他才会觉得好崩溃啊,我明明要出门,为什么要下⾬? 烦死了.这种⼈不是你们所谓的愚蠢的⼈类

Number 22: There wouldn't be this obsession. Why do you insist on making it sunny? Because you don't… even if it rains, your mood remains the same joy. Rain hitting you would feel like pearls. You would think it's so beautiful, understand? This is what matters most. Otherwise, you'll enter into your obsession. Why do you want to change externally? You're changing internally because when your inner self changes, the outside naturally becomes more beautiful. Sun shining brightly, how beautiful. Rain falling, how beautiful. Snowing, even more beautiful. Only those who have issues would feel so frustrated, why is it raining when I'm supposed to go out? It's annoying. Those people are not what you consider foolish humans.

吗? 因为他试图去改变外在的⼀切.根本不可能啊.还是拿外在的⼀切当成是像剑⼀样来刺⾃⼰,让⾃⼰难受,让⾃⼰受伤.就是搬起⽯头砸⾃⼰的脚.

Well? Because he tried to change everything outside. It's根本impossible though. Instead of seeing everything outside as a sword piercing him and causing himself pain and harm, it's like picking up a rock and hitting his own foot.

问: 那不是说内在改变外在就会改变吗? 为什么外在没有改变呢?

Questioner: Isn't it true that if there is an inner change, the outer will also change? Why isn't the outer changing in this case?

22号: 你不会期待外在改变啊.你不会期待外在改变的时候,你的状态已经是在另外⼀种就好像另外⼀个房间了呀.另外⼀个房间你看所有都是美的,你为什么还指望它改呢? 明⽩吗? 就好像两个意识状态不⼀样的⼈.他去看这个世界他觉得天空好美,树好美.你看呢个树它的形状好完美.呢个花的花瓣好美.你明⽩吗? 那你的意识状态你根本就看不到啊.你看的就是好脏啊,好多垃圾啊.你们并没有经历真正不同的世界.⽽是你们在不同的⼀个频率状态.就算呢个什么,给你们带来的体验跟感受都不⼀样的.

22nd: You wouldn't anticipate external transformations, would you? When you don't expect external changes, your state is already in another dimension, like being in a different room. In that room, everything appears beautiful; why would you still want it to change? Do you understand? It's like two individuals with different states of consciousness. One perceives the sky and trees as beautiful, while you see the shape of one tree perfectly and admire the petals of another flower. Can you see what I mean? Your state of consciousness prevents you from perceiving it that way; to you, everything is dirty, filled with trash. You haven't experienced a genuinely different world; instead, you're in different frequency states. Even the experiences and feelings provided by these states are not identical for each person.

问: 那这个我就想到了我们地球上另外的⼀个通灵者巴夏说的关于完全的显化.就是你要有意向信任愿景,然后你又完全不期待外在去改变.然后就会…22号: 进⼊另外的⼀个状态.所以你不会去期待外⾯改的.因为⽆论它怎样你都能看到它美的⼀⾯.这是你的⼀个意识程度才能达到的.然后呢些真正意识程度⾼的⼈,他们是来带着你来让你看到他们看到的美.明⽩吗? 他们来分享给你们他们看到的美.可能在你们眼⾥你们以前根本就没有看到.就⽐如说⼤⾃然中很多能量.这些你们都没有看到.那被呢些看到的⼈带出来.就是所谓的创作家,艺术家.那是因为你们⼀颗迟钝的⼼和⼀颗灵敏的⼼的区别.

Questioner: This reminds me of another channeler on Earth named Basha talking about complete manifestation. You have to intend to trust the vision and not expect any external changes. Then... number 22 enters into a different state. So you do not expect anything outside to change because you can see its beauty regardless of how it appears. This is within your level of consciousness that one must reach. Then, those with high levels of consciousness come to show you their perception of beauty. Do you understand? They share the beauty they have seen with you, something you might not have noticed before in your own eyes. For example, there are many energies in nature that you do not see. It's like being led by someone who has witnessed this beauty - what we would call creators and artists. This is because of the difference between a dull heart and a sensitive heart.

问: 造物主是善和恶⼀体的吗? 你们也是这样的吗?

Questioner: Does the Creator encompass both good and evil? Are you like that as well?

22号: 善和恶是⼀体? 就像我刚才说的其实没有好跟坏.你⾃⼰的⼀个⾓度.就好像⼀⽚树叶,它从嫩叶变成绿叶然后再到枯萎然后再到烂掉.那你能说绿叶的时候是善,烂掉的时候是恶吗? ⼀个是好⼀个是坏吗? 它都是转化的⼀个过程呀.这些信息都藏在你们的⼀些,就是你如果是去观察⼀切….就好像你说的美和丑,那你去看你们的花开在最艳的时候,它是不是最美? 那你看它枯萎、烂掉了、发霉了.你是不是要说它丑? 那你们看你们所谓的⽼年⼈.你觉得他⽼了丑了.那他年轻的时候呢? 那说美和丑吧.你看到⼀个⽼太太,好丑.看到⼀个美⼥,好漂亮.你就开始这个好美,这个好丑.然后他们实际上没有区别的.那就又说到你刚才的⼀个善和恶.

22nd: Good and evil are one? Like what I just said, there is actually no good or bad. It's from your own perspective. Just like a leaf, it starts as a tender leaf, then turns into a green leaf, then becomes withered, then rots. Can you say that the green leaf represents goodness, while rotting represents wickedness? Is one good and the other bad? They are all processes of transformation. These pieces of information are hidden within your observations... If you were to observe everything... just like how you talked about beauty and ugliness, when you see a flower in its most vibrant stage, isn't it considered the pinnacle of beauty? Then, when you see it withering, rotting, or molding, would you say it's ugly? When you look at what society considers elderly people, do they seem old and unattractive to you? But when they were young, weren't they beautiful? So, discussing beauty and ugliness, seeing an old woman as disgustingly丑and a young lady as stunningly漂亮, labeling the former as good and the latter as bad—these notions aren't actually distinct. This brings us back to your earlier discussion of good and evil.

那恶,他通过体验恶,他知道恶是没必要的.他就变成了彻底的善.那他通过⼀直善,但是却并没有被好的对待.那他⼼⾥就积累了很多恶.因为他避免⾃⼰的恶就伤害别⼈,他就把⾃⼰的情绪压抑掉.压抑掉,突然⼀条就爆发出来恶了.或者他恶的对⾃⼰,就是他表⾯上做的很好,但是他内⼼很不情愿.你怎么去分辨它?然后在我们的世界⾥我们不去定义.我们不去说这个是恶,这个是善,这个是什么什么.⽽且我们也不需要通过恶去成长,因为我们已经像你说的到了这个阶段,不需要去通过这个⽅式,也不需要去通过这些过程去体验,去成为.你们还需要这个过程,所以你们还有善恶⼀体这个说法.就好像我们不同的班级、不同的学⽣,他有不同的课程,不同的练习.

That wickedness, by experiencing it, he realized that wickedness is unnecessary. He thus became completely righteous. Then, through constant righteousness but without being treated well in return, he accumulated a lot of anger within him. Because he avoids his own wickedness from harming others, he suppresses his emotions. Suppressed and suddenly, an evil surge erupts. Or his wickedness towards himself, where he behaves well on the surface but unwillingly inside. How do you distinguish it? And in our world, we don't define these terms. We don't label this as evil or good; we don't need to grow through these experiences because we've reached this stage without needing such methods and processes. You still require this process, hence your concept of duality between righteousness and wickedness exists. Like different classes with varying students having distinct courses and exercises.

问: 你们星球上有没有像地球上这种地震啊、洪⽔啊、台风啊这样⾃然的灾害? 22号: 没有.我们的星球⾮常的稳定.

Questioner: Do you have natural disasters like earthquakes, floods, and typhoons on your planet similar to those on Earth?

Answer: No, we do not. Our planet is very stable.

问: 那地球上的这些灾害都是因为们⼈类的思想造成的能量的淤堵所引起的吗? 22号: 呢只是⼀部分,然后你们地球本⾝就是⼀个不太稳定的球体.

Questioner: Are all these disasters on Earth caused by the blockage of energy due to human thoughts?

22: That's only a part of it, and your Earth itself is an unstable sphere.

问: 那为什么地球是⼀个不太稳定的球体呢?

Why is the Earth a somewhat unstable sphere?

22号: 你就⽐如说有很多很多不同的球,它都有不同的个性.就是不同的性格特征.你就好像问为什么地球是⼀个特别爱⽣⽓的? 因为它是有不同的特质,不同的特征.然后它正好就是呢个.

Number 22: Imagine there are many, many different balls, each with its own personality - distinct character traits. It's like asking why Earth is so particularly irritable because it has diverse attributes and features; it just happens to be that way.

问: 那随着我们⼈类意识的转变,那地球的这种不太稳定的特质也会转变对吗?

Questioner: If our human consciousness changes, will the unstable characteristic of the Earth also change?

22号: 随着你们意识的提升,你想问地球这个球体会不会变的稳定是吗? 随着你们意识的提升,就是当你的意识真的是⾜够提升的话,⽐如说它的任何振动任何什么都不会给你带来任何影响.就是你不会…. ⽐如说它给你造成恐惧,它给你带来让你死亡,不会经历这些.明⽩吗? 所以你的⼀个意识状态就决定了你会有什么样⼦的⼀个体验.

22nd: As your awareness increases, you're wondering if this planet will become more stable, right? As your awareness rises means that when your consciousness is truly elevated, it wouldn't bring any impact to you from anything like vibrations or other factors. You won't... For example, it wouldn't instill fear in you or cause your death; you would not experience these things. Understand? Therefore, the state of your consciousness determines what kind of experience you will have.

问: 那有⼈想问地球有它的⾃我意识吗?

Questioner: Someone wants to ask if Earth has its own self-awareness?

22号: 地球有没有⾃我意识? ⾸先所有的⼀切它都是有意识的.但是这个意识和你们的意识是不⼀样的.所以如果是⽤你们的意识和这个词语去理解它,你是理解不到的.也就是说地球它本⾝就是活的,不是死的.它是活的.

Number 22: Does the Earth have self-awareness? First of all, everything is conscious, but it's not like yours. Therefore, you can't understand it using your concept of consciousness. That means the Earth itself is alive, not dead; it's living.

问: 那⽐如我们在地球上做的开采矿⽯啊、⽯油啊、砍伐森林啊,如果⼈类在它允许的范围内我们就可以继续.如果⼈类做的过分的话,它就会做出反应.我可以这样理解吗?

Questioner: For example, if we continue to mine minerals and oil or cut down forests on Earth within the limits allowed, can we do that? If humans go too far, it will react. Is this correct interpretation?

22号:你⾸先要理解你们每⼀个⾏动背后它⼀定会有⼀个果.就好像你把⽯头搬起来砸脚,那你肯定会疼对不对?那如果你们做这种破坏式的⾏为,你就好像在你⾃⼰的家⾥不停的砸东西.你说呢?你说你们会不会受影响?你们⾃然⽽然会受到影响.呢是你们⾁眼可以看到的呀.但是你要知道⽆论你怎么样去弄它,地球它是⾃⼰有修复能⼒的.就是你只能在表⾯上去呢个什么,但是它很快就能修复到它⾃⼰本来的样⼦.所以不会带来任何⼤的⼀些什么,因为你们的呢个(⼒量)太薄弱了.

On the 22nd day: You must understand that there is always a consequence for every action you take. Just like when you pick up a stone and throw it at your foot, wouldn't it hurt right? Then if you perform destructive actions, it's as though you're breaking things in your own home nonstop. What do you think about that? Wouldn't you be affected by such behavior? You would naturally feel its impact because it is visible to the naked eye. But you must know that no matter how you manipulate it, Earth has a self-healing ability. It's just that you can only affect its surface, but it quickly restores itself to its original state. Therefore, there wouldn't be any major consequences since your influence is too weak.

问: 所以现在⼈类担⼼的矿⽯会采完呀,⽯油会没有啊,⽔资源会没有啊,这些问题是不会发⽣的对吗?

Questioner: So are humans now worried that minerals will run out, oil will be gone, and water resources will disappear? Will these issues not happen?

22号: ⾸先如果你们只是去满⾜维持你们的需求,你们永远都不会匮乏.那如果你们去满⾜你们的欲望,就不断地滥⽤.就⽐如说只需要⼀升油,那我产⼀千升.然后把剩下的给浪费掉.那你就迟早会⾯临你所做出的这些⾏为所导致的⼀些后果.因为资源它永远都是能再⽣的.就好像我的果⼦接了,我下⼀年再接,源源不断地这样下去.

On the 22nd day: Firstly, if you only go to meet your needs, you will never fall short. But if you go to satisfy your desires, it becomes an endless abuse. For example, if you need just one liter of oil, I produce a thousand liters and then waste the rest. Eventually, you will face the consequences of your actions because resources are always renewable. Just like my fruits bear again next year, they continue in perpetuity.

问: 你们的星球上还会养宠物吗? 有像狗或猫⼀样的宠物吗?

Questioner: Do you have pets on your planet? Are there pets like dogs or cats?

22号: 所有的动物都是我们的宠物.我们不会去限制它,就是把它限制在我们的⾝边.⽽是更多的就是⼀起.所以它不是属于我们,⽽更多的是⼤⾃然⼀样.然后我们是在⼀种共同的⽣存的这样的⼀个环境⾥⾯.

On the 22nd day: All animals are our pets. We don't impose any restrictions on them; instead, we keep them close to us. Rather than owning them, it's more like they share a similar existence with nature. We live in an environment where survival is shared among all of us.

问: 然后她还想问地球⼈养宠物对我们好还是不好呢?

Questioner: Then, she also wanted to ask whether keeping pets by Earthlings is good or bad for us?

22号: 在我们看来? ⾸先我们不会去评论任何.⽆论你们是⽤,哪怕是谋杀的⼿段,任何⼿段我们都不会去评判它是好还是不好.因为你们⼈类把它给投射出来,它就有服务你们的⽬的和意义.就是你们就有去⽤到它.你们都可以把这个东西来转化它.所以这并没有什么好和不好.更多的是你们⾃⼰的⼀个⾃由的选择.那就好像你去问⼀个动物,你把我关在⼀个房间⾥⾯好还是不好? 因为这个是你们⾃⼰个⼈主观的这个事情好还是不好.还有你们的意识去看⼀个事情好还是不好.它都没有绝对的.就是⽆论任何⼀个不好的⾏为,你也可以把它变成⼀个好的服务于你的.

22nd Day: In our perspective, we do not judge any actions taken by you, regardless of the methods employed, be it murder or any other means. We would neither assess them as good nor bad because they are projected and serve your purposes and meanings as human beings. This is due to their usage by you, allowing for transformation according to individual choice. There is no inherent goodness or badness; rather, it's a matter of personal freedom. Much like asking an animal if being confined in a room is good or bad - it depends on subjective personal views and consciousness when evaluating actions as good or bad. There is no absolute standard. Even in cases where there are negative behaviors, you can also turn them into positive outcomes beneficial to your own purposes.

问: 还有⼈想问你们的星球上有没有⼩说、⽂章?

Questioner: And there are still people who want to ask if you have novels and articles on your planet?

22号:我们之前就说过我们没有任何像这种⽂字记载的东西,因为呢些都是死的.已经不需要呢些死的东西.然后如果是储存信息的话,我们储存在集体意识当中.所有这些信息你都可以去访问,就是根据⾃⼰的探索.就⽐如说这个⼥孩⼦她现在探索的,她现在就是在访问,在探索啊.那你看到她看书了没有?

22nd: We have previously mentioned that we do not possess any written records like this because those things are dead; they no longer require such dead materials. If information is stored, it's stored in collective consciousness. All of these pieces of information can be accessed based on one's own exploration. For example, the girl she is currently exploring is accessing and delving into that knowledge right now. Have you seen her reading books?

问: 那我们所谓的阿卡西记录是不是也是⼈类集体意识的⼀个记录呢?

Questioner: Then, are the so-called Akashic Records also a record of human collective consciousness?

22号: 阿卡西记录只是你们来称呼它的⼀个⽅式⽽已.你知道所有东西⼀旦产⽣,就⽐如说你制造出来,它就⼀定是储存在呢⾥的.你的脑海⾥⾯不断的在⽣孩⼦,⼀个念头⽣⼀个,⼀个念头⽣⼀个.所有的都放在呢.你想象⼀下.

22nd: The Akashic Records is just one way you refer to it. You know that once something is created, for example when you create something, it must be stored somewhere in the realm of your mind. Your mind keeps creating children continuously, with each thought giving birth to another, and all are stored within. Imagine this...

问: 那就相当于像⼀个存放我们全⼈类所有念头和意识的⼀个地⽅,我可以这么理解吗? 22号: ⾸先你说的存放它还是有空间概念的.它这⾥还是有空间概念的.没有任何空间.问: 还有⼈想问你们不吃动物是因为⼈道主义…?

Questioner: Is that like a place where all of humanity's thoughts and consciousness are stored, can I understand it that way? 22nd: First, you're mentioning storage which implies a spatial concept. There is a spatial concept here even though there is no space at all. Questioner: Some others want to ask if not eating animals is because of humanitarianism...

22号: 是因为我们的⾝体不需要过多的⾷物.所以我们之前说我们有的是不吃东西,就是不⽤任何.那有的是需要液体.它看个体情况.

Number 22: It's because our bodies don't need excessive food. So when we said before that we have the luxury of not eating, it means no use of anything at all. There are some who require fluids; they look to individual circumstances.

问: 然后她还想知道佛陀是哪个层级的存有?

Questioner: Then she also wanted to know which level of being Buddha was?

22号: 对于我们来说我们是没有分任何等级和层级.因为只有你们⾃⼰才会去有这样⼦的⼀个概念供你们语⾔交流.它只是来供你们之间,就⽐如说你跟其他⼈交流的时候你会⽤到这个词语.为什么? 因为便于你们去理解.但是我们都不需要⽤词语,我们再交流的时候语⾔更多的是⼀种振动频率.就是是⼀种频率.不是像你们⼀个字⼀个词⼀个意思,这样⼦.那如果有的⼈他的表达能⼒⾮常不好,他学的词语很有限.那他是不是连交流都达成不了? 所以我们已经不依赖这个技术.但是你们还需要依赖这个.所以会导致你们⼈与⼈之间会有很多隔阂,会有很多误解.就是因为你们还依赖这个⽐较原始的技术.

Number 22: For us, there is no distinction or hierarchy. Because only you yourselves have such concepts for your language exchange. It's just used to facilitate communication between you, like when you use this term in conversation with others. Why? Because it makes understanding easier. But we don't need words; our communication relies more on vibrations of sound. A frequency, not like how each word has one meaning for you. If someone struggles with expression, having a limited vocabulary, would they still be able to communicate? That's why we no longer depend on this technology. You still do. This leads to many barriers and misunderstandings between people because you rely too heavily on this rather primitive technique.

就⽐如说⼀个技术已经给你们带来了影响,利⽤的不是很好.但是你们还没有更好的替代的.

For example, a technology has affected you, but not well-utilized. But you don't have a better alternative yet.

问: 然后她还想知道你们可以来地球找我们吗? ⽤什么样的⽅式?

Questioner: Then she also wants to know if you can come to Earth and find us? What kind of way?

22号: 我们现在就在找你们呀.我们现在不就在交流吗? 不是在找你们吗? 但是如果你是说你们的⾁眼可以看到我们是不可能的,明⽩吗? 因为你们的意识状态还没有达到呢样⼦的⼀个状态.就好像我的频率在⼀万,你的频率在⼀.它们永远不会有交集的.那你想⼀个快速转动到⼀万的东西,转的⾮常快.⼀个⼀来,它不就死掉了吗? 你想⼀个快速转动的东西和⼀个转动慢的东西,它们彼此交融的时候会发⽣什么? ⼀个什么样的状态?

Chinese: "22号: 我们现在就在找你们呀.我们现在不就在交流吗? 不是在找你们吗?"

22: We're looking for you right now. Aren't we communicating with each other right now? Aren't we seeking you out?

Chinese:

"但是如果你是说你们的⾁眼可以看到我们是不可能的,明⽩吗? 因为你们的意识状态还没有达到那个样子的一个状态."

"But if you're saying that your naked eyes can see us is impossible, understand, because your state of consciousness has not reached that kind of state."

Chinese:

"就好像我的频率在一万,你的频率在一.它们永远不会有交集的.那你想一个快速转动到一万的东西,转的非常快."

"It's like my frequency being at 10,000 while yours is at one; they will never intersect. Imagine something spinning very quickly to reach 10,000."

Chinese:

" ⼀个快速转动到一万的东西,转的⾮常快. ⼀个⼀来,它不就死掉了吗?"

"A thing spinning very quickly to 10,000, moving extremely fast. With a one coming over there, wouldn't it just die out?"

Chinese:

"你想 ⼀个快速转动的东西和 ⼀个转动慢的东西, 它们彼此交融的时候会发⽣什么? 一个什么样的状态?"

"And when you think about something spinning very quickly and something spinning slowly interacting with each other, what happens then? What kind of state is that?"

问: 那就被搅烂了.

Questioner: Then it would be ground up.

22号: 是的.

22nd: Yes.

问: 那我们地球上有没有得道的⼈有没有做星体旅⾏的时候到达过你们的星球吗?

Questioner: Have there been people on Earth who have achieved spiritual enlightenment and traveled to your planet during their astral travels?

22号: 那只是他们认为的.我刚才说你们的意识它可以创造很多给你们体验.只是在你们⾃⼰…就好像是你们的版本.就是你的… 没有任何⼈能够真正的去描述到底我们是什么样⼦.就算这个通灵的⼥孩⼦她也不⾏.因为你们头脑⾥⾯的东西太有限了.她在通灵的时候,她在描述的时候她也是⽤她仅有的呢些去… 所以这是⾮常有限的.即使⽤你们的想象你们也想象不出来.因为它不在你的程序⾥⾯.

Number 22: That's just what they think. I said earlier that your consciousness can create a lot for you to experience. Just in yourselves… it's like your version. Your own... nobody could truly describe what we are like. Not even the medium girl, because what goes on inside your minds is too limited. When she was channeling and describing, she did so based on her limited abilities... So this is very limited. Even using your imagination, you can't picture it either, because it's not in your program.

问: 还是这个群友,她想问在你们看来佛陀是属于意识等级很⾼的存有吗?

Questioner: Still regarding this group member, she wants to know if in your view, Buddha is considered to be a being of very high consciousness level?

⾼灵:佛陀这个意识,这个能量体只是你们地球创造的这个…因为呢个阶段你们需要⼀个这样的意识来带领你们.这是属于你们的.那你如果说是呢个通灵⼥孩⼦经常通灵的呢些存有,就是已经没有形状的呢些存有,他们是属于很⾼级的意识吗?他们是.为什么?因为他们没有任何限制.他们不受时间、空间任何⼀切.如果是说受限制越多,那它的级别就越低.那越没有限制的,级别就越⾼.那如果这是你们分辨的⼀种⽅式的话,分类的⼀种⽅式的话,那你⾃⼰想⼀下.

Higher Spirit: This consciousness and energy body that I refer to as Buddha was created by your Earth during this particular phase because you needed such a consciousness to guide you. It's yours. Now, if we're talking about the spirit entities that are often in contact with the medium girl, who have already transcended physical form, do they belong to higher levels of consciousness? Yes, they do. Why is that so? Because there are no limitations for them. They are不受bound by time or space or anything else. The more limited an entity is, the lower its level; conversely, the fewer restrictions it has, the higher its level. If this is how you differentiate and categorize these entities, then consider this:

问: 那这个通灵⼥孩⼦通的这些⾼灵和你们相⽐有什么不同呢?

Questioner: And how do these high spirits that the medium communicates with differ from you?

22号: 就好像我们还穿了⼀个⾐服,就是我们还使⽤⼀个道具来体验.那如果你穿上道具去体验的话,你怎么样都会有限制对不对? 那如果你没有任何道具,你是不是就完全没有任何限制了?

On the 22nd: It's as if we are still wearing a costume, which means we are using an item to experience things. If you wear the costume to experience it, won't there be limitations regardless? And if you have no such items at all, wouldn't that mean you would not have any restrictions at all?

问: 那你们在不断成为的过程中是不是最后也会成为纯意识体,就是不需要⼀个道具呢?

Questioner: Would you eventually become a pure consciousness entity without needing a physical body?

22号: 最后是不是还会成为像他们呢样⼦? 因为我们没有⼀个最后.你们就是有⼀个先和后的.我们只是不通的去转变,不同的去转化.就好像你看到你们的植物,它枯萎成长死亡这样⼦循环的⼀个状态.

On the 22nd day: Will we eventually become like them? Because we don't have a final one. You do have ones that are first and last. We're just going through different transformations, different conversions. It's like you see your plants dying, growing, and then dying in this cyclic state.

问: 然后刚才这个群友她还是想坚持问佛陀到底算哪种级别?

Questioner: Then, the group member just now still wants to insist on asking about which level the Buddha belongs to?

22号: 佛陀他只是你们物质世界给这个意识的⼀个命名⽽已.然后他是属于来⾃于⽆,就是不受限制的⼀个能量.就像这个⼥孩⼦通灵的⼀个意识体.然后⼀部分来投⼊你们的⾁体来给你做⼀个⾯对⾯的指引,就是这样⼦.如果你是说他的意识体的话,他的意识体从来就没有消失过呀.你觉得佛陀他是⼀个单独的..我不知道你怎么说.但是你就是想知道⼀个⽀流,就好像⼀个源头的⽔,它在变成⼀个冰,然后来⽤这个冰块来给你们演⽰.但是你要知道源头的⽔它是没有多,没有少,它并没有怎样,明⽩吗?

On the 22nd: Buddha is just a name given by your material world to this awareness. He belongs to an energy that comes from nothingness, un-restricted energy. Like the girl's spirit channeling consciousness. Then part of him comes into your bodies to give you face-to-face guidance, and so on. If you're talking about his consciousness body, it has never disappeared; you just don't know how to express it. But you want to understand a branch, as if water from a source turns into ice and then uses the ice block to demonstrate for you. However, you must understand that the water from the source is neither more nor less, it's not doing anything, do you see?

问: 所以所谓的等级阶层都是我们的定义吗?

Questioner: So, are all these notions of hierarchy our definitions?

22号: 那只是你们会需要⽤这个语⾔来彼此的交流和表达和传达意思⽽已.

Number 22: It's just that you will need this language to communicate and express yourselves and convey meanings to each other.

问: 有⼈想问⼈类的寿命是出⽣前就计划好的吗? 我们能不能靠⾃⼰的意识去改变我们到底可以活多久?

Questioner: Someone wants to ask if human lifespan is planned before birth? Can we change how long we can live through our own consciousness?

22号: 可以的.

Number 22: Alright.

问: 那我们要怎么做才可以改变呢?

Questioner: How can we change that?

22号: 那就是说你在觉决定的呢个⼈来体验的时候他是醒着的对吧? 然后当你成为呢个⼈的时候你就睡着了.那如果你能醒着继续做决定呢? 你们西藏不是有呢些⼈他在还没有去世之前他就会告诉你下⼀次我会投胎怎么样怎么样吗? 所以当你们⾜够好的照顾你们的⾁体⽽不受太多的影响,就⽐如说各种化学污染,很好的去照顾⾁体,你可以去,就⽐如说你再⼀次从物质世界醒过来.那你还可以再继续去使⽤这个物质⾁体去继续体验.就不断地给⾃⼰创造⼀个体验,就是你不需要去脱离这个⾁体,你还继续使⽤这个⾁体.但是你们⼀般都会选择脱离这个⾁体.

Number 22: So this means that the person you decide to experience as is awake during that period, right? Then when you become that person, you go to sleep. But if you could stay awake and make decisions? Isn't it true in Tibet that some people can tell you before they pass away how their next life will be, like how they will reincarnate? So when you take good care of your body without being affected too much by things like chemical pollution, you can continue to use this body. For example, imagine you wake up again from the material world. You can then continue to experience using this physical body. Continuously creating experiences for yourself without having to leave the body; still utilizing the body. But usually, people choose to leave this body instead.

因为⾁体它本⾝就是在积累经验、积累记忆,它就会变的越来越顽固、越来越没有活⼒,越来越没有⽤了,明⽩吗? 那你要知道⼀个永恒的东西,⼀个不断地想要去展现和创造的⼀个活的东西,它在⾥⾯动不了了.那它是不是想要离开这个⾁体了?

Because the body itself is accumulating experience and memory, it becomes more rigid, less lively, and increasingly useless. Do you understand that a permanent thing, something constantly wanting to show and create life, is stuck inside? Doesn't this suggest that it wants to leave this body?

问: 那我们在清醒时候做的决定,投胎后就忘记.那我们在清醒的时候是否知道⾃⼰会忘记? 22号: 它选择会忘记⼀切来找到⾃⼰呀.

Questioner: Then, do the decisions we make when awake get forgotten after reincarnation? Do we know that we will forget them while being awake?

A22: It chooses to forget everything in order to find itself.

# **2022/01/24 — 疾病与健康之肿瘤需要切除吗Diseases and Health: Should Tumors Be Removed?**

问: 亲⼈肺部出现肿瘤,医⽣建议⼿术切掉肺部.这样的情况必须切除吗?

Questioner: If a relative has a tumor in their lung and the doctor suggests surgery to remove the lung, does such a situation require removal?

⾼灵:你稍等.这个情况需不需要切除你需要让当事⼈⾃⼰来做这个选择.因为⽐如说我告诉你们不需要切除,但是他⼼⾥却根本不相信.他每天都还想着他的肿瘤有没有长⼤,有没有长⼤.所以他就还会受到这个肿瘤的影响.如果他只相信医⽣,他选择切除.切除过后,他相信医⽣他的病完全好了.明⽩我意思吗?所以重要的并不是说哪⼀种⽅式⽅法好.⽽是说他到底(相信什么).如果他要通过⼀⼑来切除他⼼中的所有疑惑,那你就切.那如果你能通过我们的信息能让你切除你⼼中的疑惑的话,那你就可以选择这种⽅法.因为你们物质世界的⼈还更加的相信能看的见的⼀些东西.你们不太去相信⼀些看不见的.

Higher Spirit: Wait a moment. Does this situation require removal? You need to let the individual make this decision themselves. For instance, if I tell you there's no need for removal, but he doesn't believe it at all from within himself. He worries every day whether his tumor has grown or not. Therefore, he still feels its influence. If he relies solely on doctors' advice and chooses to remove, after the operation, he believes that his illness is completely cured. Do you understand my meaning? So what matters isn't which method is better; it's about what they believe in fact. If he wants to resolve all doubts through a single cut, then go ahead. But if you can dispel your doubts with our information, then choose this method instead. Because people from the material world tend to have more faith in visible things and are less likely to believe in unseen phenomena.

就⽐如说我们的信息是看不见的,然后我们也没有任何⽐如像你们的⼤医院⾥有⼤医⽣.这个已经就是在加深你的信念,让你更加的放⼼.所以你们的信念就会去选择相信这些.但是你能看到这两者的不同.就是说最终你相信你的病好了,它就好了.你怀疑,就是你不相信,那你还会经历… 所以这⾥没有哪个好哪个不好,最重要的就是你到底相信什么.所以在你们会去⽐如说做⼀些仪式,然后求神拜佛.然后这些过程它也会加深你的信念,然后你也会觉得有效果.所以还是要根据呢个⼈的信念系统.你继续说.

For instance, our information is invisible and we don't have big doctors like in your major hospitals. This reinforces your belief and makes you more at ease. So, your belief chooses to trust these things. But you can see the difference between them. Ultimately, when you believe that your illness has been cured, it gets better. If you doubt or don't believe, you'll still experience... There's no one good or bad here; what matters most is what you actually believe in. So, you might go to do rituals and pray at temples or shrines. These processes deepen your belief, making you feel that they work. Thus, it all depends on the individual's belief system. Please continue speaking.

问: ⾝体如果有顽固的肿瘤,它是如何产⽣的?

Questioner: If there are stubborn tumors in the body, how do they originate?

⾼灵:好的.你想象⼀下你的⾝体如果是⼀个容器的话,像⼀个管道⼀样.如果你经常有东西卡在呢⾥.就⽐如说⼈家给你砸了⼀堆⽯头,然后你就让呢个⽯头⼀直停在呢⾥.⼈家说了⼀些负⾯能量的语⾔,然后你也⼀直积压在呢⾥.就是你只⽤来接受,但没有让它排出去.你们吃饭的呢个过程,为什么你们又需要吃饭又需要去排便对吧?你想象⼀下如果你只吃不排掉的话会怎样?你的肚⼦⾥⾯是不是也会有堵塞,也会有积压很多呢些?所以从你们的⾝体你就知道,你有⼀个进⼀个出.能量,就是说你接收了别⼈的⼀些负能量、别⼈的⼀些恐惧,任何你从外界接收到的.

Higher Spirit: Alright. Imagine your body as a vessel like a pipe; if you often have things stuck inside it. For example, someone throws stones at you and lets them stay in there. Negative words from others are accumulated within you without being released. You understand the process of eating where you need to consume food while also needing to expel waste? Imagine only consuming without expelling: would your stomach be clogged with buildup?

From this understanding of your body, you realize that it has an intake and an output process for energy. Energy means absorbing other people's negative energy, their fear, or anything from the external environment that reaches you.

那你从外界接收的所有东西你都把它积压在呢⾥,你没有把它给排出去的话,它是不是就会形成你们所谓的肿瘤?那如果你通过这样⼦的⼀个⽅式可以看到,那如果你的肿瘤需要去消.你们只想着从物质、表⾯上去把它切掉,切掉过后它过⼏年还会再积压起来呀.就好像你的习惯不改,⼀个⽔管你只是堵塞.有些⼈只是从外在把你的堵塞拿⾛了.拿⾛了过后,如果你还是有这个习惯的话.那它会不会还会再次堵塞? 那是不是肿瘤又复发了?

If you take in everything from the outside and store it somewhere without letting it out, wouldn't that build up what you call a tumor? If we could see this happening, if your tumor needed to be relieved, would you just think of removing it physically or superficially, only for it to accumulate again after a few years? It's like not changing your habit; if you just unclog a pipe. Some people might just take away the blockage on the outside. Once they do, if you still have that habit, won't it clog up again? Doesn't that mean the tumor could recur?

问: 那我们怎么做才能让肿瘤不复发呢?

Questioner: How can we prevent tumors from recurring?

⾼灵: 你⾸先需要知道你旧有的模式是必须需要改变的.为什么? 因为旧有的模式它导致你堵塞过后,你是不是需要⼀个新的运⾏模式在你的⾝体⾥⾯运⾏? 那新的模式就是说,之前你把⽐如你的委屈、痛苦、压抑的情绪全部都埋在呢⾥.就⽐如说⼩时候有⼈骂了你⼀顿,你到现在都记得,明⽩吗? 你到现在你想起呢件事情你还恨的咬⽛切齿.那你是不是⼀直是在别⼈给你丢了⼀坨屎,你⼀直拿着这⼀坨屎放在⾃⼰的⾝体⾥⾯? 那如果很多⼈给你丢很多屎,你不就变成了粪坑⼀样吗? 那如果你是粪坑的话,你⾥⾯会不会⽣蛆? 会不会引来很多苍蝇? 那你会不会⼀直呆在这样的环境⾥⾯? 所以任何外在的所有的⼀切它都是幻像.

Higher Spirit: You first need to understand that the patterns you have are required to be changed. Why is this necessary? Because when your old patterns block you, do you need a new operating mode within your body? The new pattern means that previously, you buried feelings like resentment, pain, and suppression deep within yourself. For example, if someone scolded you as a child, and up until now you still remember it vividly, understand? You still hate them to the point of grinding your teeth every time you think about it. Have you been holding on to that "pile" of dung given to you by others throughout your entire body? If many people throw piles of dung at you continuously, would you not end up like a cesspool? If you are already a cesspool, wouldn't there be maggots breeding inside? Wouldn't there be a lot of flies buzzing around it? Wouldn't you continue to remain in such an environment? Therefore, anything external is just an illusion.

如果是幻像,就像你往⽔⾥⾯丢⽯头.你⼀丢它会有⼀个⽔韵.那是不是过⼀会⼉它就没了? 它又会恢复平静了,对吧? 那如果你知道呢个波纹它会呈现它也会消失.你让它⾃⼰去,就是⾃⽣⾃灭的⼀个过程.你是不是就不会去把呢个波纹留在你的⼼⾥⾯了?

If it's an illusion, like when you throw a stone into water. When you throw it, there would be ripples on the surface. Would those ripples disappear after a while? Wouldn't the water eventually calm down again, right? And if you know that these ripples will dissipate by themselves as part of a self-generating and self-dissolving process, wouldn't you then not carry those ripples with you in your heart anymore?

问: 那是要接纳吗?

Questioner: Does that mean acceptance?

⾼灵: 不是接纳.你会知道这根本就是⼀个幻像.你知道它只是你眼前花开花谢的⼀个过程⽽已.你⾃⼰不去执着于呢个波纹.因为波纹它会来也会消失,它这是⼀个⾃然的过程.它这是必须….那如果你进去了,你便制造更多更多的…所以并不是说你要去接纳.因为这⾥没有什么你接纳不接纳的东西.你看到,你知道呢个只是⼀个花开花谢的⼀个过程⽽已.好像是过眼云烟⼀样,它不会去引起你内在的任何反应.你是去允许⼀切.因为在你眼⾥根本就不是事啊.就好像你们会经历下⾬的天⽓吧? 你会因为⼀场⾬在呢痛苦? 在呢伤⼼? 你就跟它去抵触?你不会.因为你知道今天下⾬,那明天会天晴啊.

Sage: It's not about accepting. You would know that this is fundamentally an illusion. You understand that it's merely a process of blooming and fading flowers in front of you. You do not indulge in those ripples, because the ripples will come and disappear; it's a natural process. This must happen... If you dive into it, then you create more and more… So, it's not about accepting, as there is nothing here that you accept or reject. You see, you know that it's merely a process of blooming and fading flowers. It's like the passing clouds; it doesn't provoke any inner reaction within you. You allow everything to be. Since what happens isn't really an issue for you. Just like how you experience rainy weather? Would you suffer because of rain? Be saddened by it? Do you oppose it? No, because you know that tomorrow will be sunny again.

那如果你想象⼀下下⾬的这个事情就像你们⼈⽣中发⽣的所有恩恩怨怨,别⼈对你的攻击也好、仇恨也好,所有的⼀切就像你不放过每⼀场⾬.每⼀场⾬都让你要么是伤⼼,要么是痛苦,要么是⼤动肝⽕,要么是发怒,要么是抗拒.你任何⼀种这样⼦的状态都在消耗你⾃⼰.你想⼀下你⼈⽣要经历多少场⾬对吧?那你们能接受天⽓的变化,我知道春天秋天冬天….你们能接受下⾬下雪天、天晴出太阳.这些天⽓你都能接受.那为什么别⼈头脑⾥产⽣的⼀个相你却抓住不放呢?因为他们产的这个相跟下⾬没有任何区别啊.它们这只是千变万化的⼀个过程⽽已.所有的⼀切都是在千变万化当中.你看没有哪⼀棵树都是永远⼀个样⼦.

If you think about rain, this thing that happens in your life, be it attacks from others or hatred, everything like not letting go of each rain. Every rain makes you either sad, painful, angry, resistant, or frustrated. Any state you're in is just draining yourself. Think about how many rains you have to endure in your lifetime, right? You can accept the changes of weather, I know spring, autumn, winter...you can accept rainy snowy days and sunny days. You can accept all those types of weather. But why do you hold onto that image produced by someone else's mind when it is no different from rain? Because this image they produce has no difference from rain; it's just another process in a million others. Everything changes constantly, and have you ever seen any tree stay exactly the same forever?

它不断地在成长,不断地在死去,它不断地又在重⽣,它不断地在掉叶⼦,它不断地在长新的叶⼦.这本⽣就是⼀个变化莫测,⼀直在变化的⼀个状态.就算⼀个⼈他骂你,那他会骂你他就⼀定会爱你.为什么?因为你让他动了情.他在骂的时候他也是动情,明⽩吗?你想象⼀下前⾯讲述的会产⽣肿瘤的⼈他是什么样⼦.⽐如说他不会放过每⼀场⾬,每⼀场⾬都在他的⼼⽬中留下很⼤的阴影.所以你如果能知道它是如何形成的,你就知道如何去改变它、转变它、解决它.那如果这个⼈的观念因为这些信息完全改变了.他看着就像是昨天下⾬,今天天晴.他所有的事情都是这个样⼦.那他的⾝体是不是就不会去积累其他⼈的恐惧、其他⼈的怨恨、其他⼈的任何.

It constantly grows and dies, it constantly rebirths, sheds its leaves, and sprouts new ones continuously. This existence is a state of constant flux and change. Even if someone scolds you, they'll necessarily love you too. Why? Because their feelings for you are stirred up. They express emotion even when scolding, do you understand? Imagine the individual who would develop tumors according to what was previously discussed - like not missing any rain, as every rainfall casts a significant shadow in his mind. Therefore, if you can understand how these formations occur, you'll know how to alter them, transform them, and resolve them. If this person's perspective is entirely altered by such information, it would seem like yesterday rained while today is sunny; all aspects of their life are akin to that scenario. Consequently, wouldn't his body refrain from accumulating others' fears, hatreds, or any other negative emotions?

问: 那为什么我们会这么被外在的相影响呢?

Questioner: Why are we so affected by externals?

⾼灵: 因为你们只去相信眼前能看的见的东西.你们觉得你们是在被看的见得东西影响.实际上你们看得见东西都在被看不见的东西影响,明⽩吗? 所以你们去忽略了或者根本就没有看到背后形成它的⼒量是什么.就是如果没有背后的⼒量的话,外⾯物质世界这个相你们是看不到的.但是你们只是在表⾯的相上做功夫.⽽去忽略了形成它真正的⼀个因素.所以那如果你还是只是在表相上⾯去做功课的话…明⽩吗?

Spirit: Because you only believe in what you can see, and you feel that your actions are influenced by those things within your sight. However, the truth is that everything you perceive is being influenced by unseen forces; do you understand? Therefore, you fail to recognize or even notice the underlying power that shapes them. If there were no underlying force, you wouldn't be able to see this external material world's manifestation; instead, you focus on manipulating its superficial aspects rather than the true factor contributing to it. So, if you're still working only with these surface manifestations… do you understand?

问: 那对待肿瘤除了切除⼿术,还有其他的建议吗?

Questioner: Apart from surgery to remove a tumor, are there other suggestions?

⾼灵:你们很多⼈都已经知道这些.他们也在尝试⽤⾃⼰的⼒量去转变这些观念.你们现在医⽣去给你们看病,很多时候会说注意情绪、⼼态放好.但是他是⼀带⽽过,会被很多⼈忽视掉的.然后他们也不知道会假装知道就是我表⾯上开⼼就好,但是他们看不到深层次的⼀些.所以还需要更多⼈能真正的去找到这⼀层联系.然后通过他们去更多的注意到、留意到、然后去展现.

Spirits: Many of you already know this. They are also trying to change these ideas with their own power. The doctors who treat you often say pay attention to your emotions, maintain a good attitude. But they just mention it casually and many people ignore it. They don't realize that pretending to be happy on the surface is enough for them, but they can't see deeper aspects. Therefore, more people need to genuinely find this connection. Then, through their efforts, they can pay more attention to, notice, and showcase these deeper dimensions.

问: 医疗机构和我们崇尚的灵性⾃我疗愈有冲突吗?

Questioner: Are there conflicts between medical institutions and our cherished spiritual self-healing?

⾼灵: ⾸先医疗机构也是你们制造出来的.是你们⼈类集体意识中的⼀个就是相信科学,就是它能不断地证实,能不断地从这个相、物质上去可以经得起推的呢些东西….然后凡是不符合你们的东西,你们就把它们变成了例外的例⼦,把它们给排出去了.所以是你们⼈类去相信这个东西,才会把医疗变得越来越强⼤.就是什么都是医⽣看病,这个医⽣厉害,呢个医⽣厉害.为什么厉害的医⽣会越来越厉害呢? 因为他们会预料他犯得错,明⽩吗? 那他的⼜碑越好,他的能量就越⼤.呢些能量是你们给他的.就是我没有能⼒治好我的病,这个医⽣是全世界最好的医⽣,他可以治好.那是不是已经把你的能量给了他了?

Higher Spirit: Firstly, the medical institutions are something you created. It's within your collective human consciousness that science can constantly prove and validate things from the realm of form and matter that stand up to scrutiny. Anything that doesn't align with your beliefs becomes an exception – it gets pushed out. Thus, it is human belief that drives medicine to become stronger. You revere doctors who are skilled practitioners; the more skilled a doctor is, the more they are revered. Why do highly skilled doctors continue to improve? Because they anticipate their mistakes and understand them, right? The better their reputation, the greater their energy. This energy comes from you. If I can't treat my illness, this doctor is the best in the world; he can cure it. Hasn't your energy already been given to him?

你在把你能治好你的病的能量给了他,明明是你⾃⼰铁了⼼的相信他能治好你的病.如果你铁了⼼的相信你⾃⼰能治好你的病,那就是你把⾃⼰的能量留给⾃⼰了.你是在拿在⾃⼰⼿上.不是给了对⽅,让对⽅的能量变的越来越强⼤.

You are transferring the energy that could heal your illness to him,明明 knowing you firmly believe he can cure your illness. If you were as determined to believe in yourself and your ability to heal, you would be keeping that energy for yourself, holding it in your hands rather than giving it to someone else, allowing their power to grow stronger instead.

问: 那家⼈信任医疗,我们是尊重他们的信念还是引导?

Questioner: If a family trusts in medicine, should we respect their beliefs or guide them?

⾼灵: 你要知道⼈们他其实是⼀直在寻找出路的.他为什么会去相信医⽣? 是因为他觉得呢是最好的出路.那就说明他⼀直是在想到更好的出路.为什么你们⼀个引导的这个出路不⼀定能被他接纳呢? 因为你们没有更多的案例和例⼦能给他们看到.他们需要事实,他们需要证据.因为他们还是头脑去分析,就是⽤头脑去运作.所以他们需要看的到的⼀些证据.那如果你们越来越多的,⽤你们⾃⾝的⼒量把你们⾃⼰就变成证据呢? 明⽩吗? 他把⾃⼰变成证据,他⾃⼰就是证据过后又有些⼈加⼊他,变成他的证据.那他们有利的证据越来越多,加⼊他们的⼈越来越多.那是不是就形成了⼀股⼒量?

Higher Spirit: You must understand that people are constantly searching for a way out. Why do they believe in doctors? Because they perceive it as the best option, indicating their continuous pursuit of better alternatives. Why can't the guidance you offer be accepted by them? It's because you lack sufficient examples and cases for them to see. They need facts; they require evidence. Their minds analyze using logic; thus, they seek tangible proof. If you were to use your own power to become that evidence yourselves, would it make sense? Essentially, transforming oneself into evidence turns one into a case study which others can then join as supporting cases, accumulating more favorable evidence and increasing the number of people joining their cause. This could result in forming a significant force, right?

问: 那我们怎么去帮助⾝患重病的⼈呢?

How can we assist those suffering from serious illnesses?

⾼灵:⾝患重病的⼈他们实际上是⽐较⽆⼒,⽐较迷茫.他们是在⽐较⽆助的⼀个状态下.那你们⼀定是展现出另外的⼀⾯,也让他们,就是你通过他们⽣活中他们创造的⼀些有⼒的证据来让他们看到他们的⼒量.呢个⼈肯定创造了⼀些有⼒的证据.把这些证据摆到他⾯前让他看到他有⼒量去改变⼀切,包括他的⾝体健康.⽐如说这个⼈他在他⽣命中做了⼀些成绩,把这些成绩摆在他眼前.你看,你曾经说服了⼀万个⼈加⼊你的⾏列.那这是⼀股多么强⼤的能量啊.你能做到这件事情的话,那这件事情你也⼀定能做到,明⽩吗?因为让他们去看⾃⼰曾经做的有⼒的事情,他会再⼀次进⼊呢个频率.就是再⼀次感受到⾃⼰的⼒量感.

Higher Spirit: People who are seriously ill are actually quite powerless and confused. They are in a state of helplessness. You must demonstrate the other side to them, showing them evidence from their lives that they have created powerful proof of their strength. That person certainly created some powerful evidence. Present these pieces of evidence to them, so they can see that they have the power to change everything, including their health status. For example, this person achieved certain results in their life; present those achievements to them. Look, you convinced a million people to join your cause once upon a time. What an incredible force! If you were able to do that, then surely you can also achieve such success, understand? By letting them see the powerful actions they have taken before, they will be reminded of their strength again and rediscover it.

那他进⼊到呢个频率过后再来看这个病痛,这个病痛就变⼩了.就好像这是两种不同的频率状态.他在⽣病的时候觉得⾃⼰⽆⼒,没有⼒量,没有能⼒.那他是进⼊了这个频率,他看他的病的时候,他的病就变得很庞⼤.那如果你把他加⼊到他曾经⾃⼰创⽴的⼀些有⼒的证据,呢个频率⾥⾯去.他会想到⼀万个都跟着我,呢个是多么强⼤的⼒量,他也看到了.那他就转⼊到另外⼀个频率状态了.那呢个频率状态他再去看他的事情,他的病痛就变⼩了,明⽩吗? 所以你没有必要去说服他,这个病没问题,这个病是⼩的.因为他还是在他原有的⽆⼒的频道⾥⾯.他⽆⼒的⾥⾯,他看什么都是⽆⼒的,看什么都是战胜不了的.

Once he enters that frequency and looks at the pain afterwards, the pain becomes smaller. It's like two different states of frequencies. When he is sick, he feels powerless, without strength or ability. But when he enters this frequency and views his illness, the pain appears much larger. If you add him to the powerful evidence he has created in this frequency, he realizes that a million things are following him, how powerful that force is. He also sees this. Then he shifts into another state of frequency. When he looks at his situation from there, the pain becomes smaller. Understand? So there's no need to convince him; the problem with the illness is small, because he's still in his original state of weakness. In his state of weakness, everything seems powerless and unmanageable.

那当他进⼊到他有⼒的⼀个频率过后,他看所有事情都是变⼩了.那就是不断地拿他⾃⼰创造的证据让他看到啊,看到他的⼒量,看到他的掌控感啊.不断地把他的证据给他拿出来.因为当他进⼊呢个想象,只要他创造过呢个频率,他就能再⼀次进⼊呢个频率.明⽩吗? 这就是为什么你们呢些伟⼤的⼈,⽓场强⼤的⼈,他越来越强⼤.为什么? 因为他曾经经历过很

When he enters into a powerful frequency, everything appears smaller to him. This is because he continuously presents the evidence of his creation to himself, allowing him to see his power and sense of control. He keeps bringing out this evidence because once he has created a certain frequency, he can re-enter it whenever he wants. Do you understand? This is why those great individuals with strong energy fields become stronger over time. Why? Because they have experienced profound transformations in the past.

多这种强⼤的事件.任何⼀个他再回想起来,他可以马上再进⼊呢种频率.因为频率⼀旦被创造出来,他就永远存在的,你可以随时的加⼊它.那⽆⼒感的频率你创造的越多的话,那你随时不⼩⼼就会掉进去了.就好像呢个有⼒感、掌控感呢种频率,你创造⼀个就是打了⼀个洞,对不对? 那⽆⼒感、软弱感,你创造⼀个你就打了⼀个洞.你想你们世界上越来越厉害的⼈是不是打的有⼒感的洞就越多? 那他怎么样都会钻到他呢个洞⾥⾯去呀.那你打的全是软弱的⽆⼒的洞,你怎么样都会掉进你⾃⼰的洞⾥⾯去呀.你说问: 那不是说我们可以选择⾃⼰的经历吗?

With such powerful events, whenever any of them is recalled, one can immediately enter that frequency again because once a frequency is created, it always exists. You can join it at any time. The more helpless frequencies you create, the greater the risk you might accidentally fall into them. It's like the sense of power and control; each time you create one, you're essentially digging a hole, right? Similarly, creating feelings of helplessness or weakness is akin to digging a hole. You may wonder if those who are increasingly powerful in your world dig more holes of empowerment? Regardless, they will inevitably find themselves inside their own hole. If you ask whether we can choose our experiences, the answer seems to be affirmative.

⾼灵: 因为你怎么样选择你的经历,你还是在你打的洞⾥⾯.就⽐如说我⾃⼰给我打了⼗个洞,九个洞都是有⼒的,只有⼀个洞是⽆⼒的.那我随机掉,我是不是90%机会都是有⼒的状态?

Higher Spirit: Because of how you choose your experiences, you are still in the hole you dig for yourself. For example, if I hit myself with ten holes, nine of them were powerful, but only one was powerless. If I randomly pick, do I have a 90% chance of being in a powerful state?

问: 我们⼀定要经历疾病吗?

Questioner: Must we necessarily go through illness?

⾼灵: 你们⼀定要经历疾病吗? 这是看你们每⼀个个体.不同的个体他有不同的…但是疾病是你们很好的⼀个镜⼦,它会迫使你去看⾃⼰.⽐如说如果不是疾病的话,如果是⼈际关系的话,你可能会说这个⼈我不要就好了,跟他拜拜.你不会去看⾃⼰,你觉得是外在的问题.那疾病在你⾝上,你觉得这个⾝体我不要了? 因为你放弃外在⼀段关系,放弃⼀个⼈很简单.但是你要放弃⼀个⾝体你是需要挣扎的,明⽩吗? 所以它会强迫你去⾯对、去检验你⾃⼰.所以这是⼀件好事.就是对于呢种你就是想不断地突破的⼈,这是⼀件⾮常好的事情.为什么?因为疾病来了就是你转变的时候,你转变了,疾病就离开你了对吧?那你想⼀下.

Higher Spirit: Must you undergo illness? This depends on each of your individual selves. Different individuals have different experiences, but illness serves as a good mirror for you. It forces you to look within yourselves. For instance, if it were interpersonal relationships instead of illness, you might say you're better off without them and just break up with them. You wouldn't look at yourself; you'd think the problem was external. But when illness strikes you personally, do you wish to get rid of your body? It's easier to let go of an external relationship or person than it is to give up your own body. You need to struggle with this decision. So it compels you to confront and examine yourself. This is a good thing. Especially for those who always want to break new ground; it's excellent. Why? Because when illness comes, it's a time of transformation for you. When you transform, the illness leaves you, right? Consider this.

那你所有⾝体上的限制都是你思想上的限制、信念上的限制.所以你能转变,转变你的频率.

So you can change all your physical limitations are limitations of your thoughts and beliefs. Therefore, you can transform by changing your frequency.

问: 那疾病可以如何服务于我们呢?

Questioner: In what ways can diseases serve us?

⾼灵: 疾病如何服务于你们? 疾病可以很好地服务于你们.⾸先你们第⼀个要相信的就是说并不是病,疾病是来让我调整我⾃⼰的频率状态的时候.这个是第⼀个你们需要去接受的⼀个观念.如果你把它当成⼀个外来的痛苦和病的话,你当成这种⽅式来处理的话.你会加深你在⾥⾯消耗的时间.所以你遇到病了,你说哇,我们又可以切磋了.然后从跟它切磋的过程中你可以看到你很多软弱的地⽅对吧? 那你看到你很多软弱和不⾜的地⽅,那你是不是就可以去加强它了? 然后等你这个阶段的功夫你学会了,那你是不是又需要更⾼的对⼿了? 明⽩吗? 因为它已经被你打趴下去了呀.但是它的⽬的不是来把你打趴下去.

Higher Spirit: How do diseases serve you? Diseases can serve you very well. The first concept you need to accept is that illnesses are actually opportunities for me to adjust my own frequency state, not just something external to be suffered from as pain or disease. This is the first idea you need to embrace. If you treat it as an outsider's pain and illness, dealing with it in this manner will deepen your engagement with it. So when sickness strikes, think: "Now we can sharpen our skills." In doing so, you'll see your weaknesses and inadequacies more clearly, right? Once you've identified these weaknesses and shortcomings, don't you then have the opportunity to strengthen them? As you master this level of skill, won't you then need a higher opponent? See, because it has already been defeated by you. Yet its purpose is not to defeat you but...

就好像如果你是个习武的⼈,你需要⾮常感激你的对⼿.因为你能⾛到哪⾥,你能⾛多远,就是要看他的能⼒.所以他是⼀个来帮助你… 当你知道你外在所有显化的⼀切它其实都是你内在,当你看穿这⼀切过后,你便不需要去显化这些东西了.你便不需要去显化这些东西来帮你成长.那你是不是就不需要去⾯对这些所谓的疾病和你们所谓的坏⼈了.你们所谓的坏⼈,因为在我们这⾥没有坏⼈.

Just as if you're a martial artist, you need to be profoundly grateful to your opponent because how far you can go and how far you can advance will depend on their abilities. So they are here to help you... Once you realize that everything manifested externally is actually within you, after perceiving all of this, there's no longer any need for manifestation to aid your growth. There would be no need to manifest these things to help yourself grow. Then wouldn't you not have to face what you perceive as diseases and what you consider as bad people? The so-called bad people because here, in our place, there are no such people.

问: 那如果我们⼗分相信我的病可以被我⾃⼰治疗好,那我们还需要打针吃药吗?

Questioner: But if we strongly believe that I can cure myself of my illness, do we still need to take medicine and get injections?

⾼灵: 那要看你⾃⼰,如果你觉得吃了这个你就相信⾃⼰完全好了或者你的感觉越来越好.它可以加深你的信念,那你就可以去…明⽩吗? 就是如果你觉得你吃了过后会好的话,那它就达到它的效果了.如果你不需要去依靠它,那你根本就不会想到打针吃药这两个字明⽩吗? 你根本就不会想着我需要打针吃药,因为你已经是在⼀个没有疾病的状态下.

Higher Spirit: It depends on you. If you feel that after taking this, you fully believe in your recovery or if your feelings are getting better and better. It can intensify your belief, so then you can go ahead... Understand? The effect is achieved if you feel that it will improve your condition after consumption. If you don't need to rely on it, you wouldn't even think of 'injecting medicine' in the first place, understand? You won't be thinking about needing an injection and medication because you're already in a disease-free state.

问: 如何让更多⼈看到我们⾝体的⾃愈能⼒呢?

Questioner: How can we make more people aware of our body's self-healing ability?

⾼灵: 这个⼥孩⼦她这两天就经历了强⼤的⾝体⾃⼰愈合的⼀个能⼒.她前⼀天晚上她是脚痛连⾛路都⾛不了.然后第⼆天到今天为⽌已经完全好了.她惊⼈的修复的能⼒,就是给她最好的证据.就是让她更加的相信她⾝体强⼤的⼀个功能.你要知道你的⾝体是有⽣命的.它是活的.是活的话,你想⼀下,它的每⼀个细胞都是活的.你去观察⼀下花、草、蔬菜,它是活着的时候它是不是不断地在壮⼤.那当它不断地在壮⼤的时候,那它呢些弱的叶⼦是不是慢慢慢慢地在消退、没有.所以你们的⾝体也是⼀样.你不要觉得只有花会盛开,你们的⾝体不会.你们的⾝体是活的,活的它⼀定是不断地在⼀个成长的撞他当中.它的细胞在变的越来越有活⼒.

Higher Spirit: This girl has experienced the incredible ability of her body to heal itself over the past two days. She couldn't even walk the night before because her feet hurt so much. But by the next day, she was completely fine until now. Her astonishing healing ability serves as the best evidence and reinforces her belief in the powerful function of her body. You should know that your body is alive; it's living. If something is alive, imagine how each cell continuously grows. When these cells are constantly growing, wouldn't weaker leaves wither away gradually without persisting? Therefore, your body is no exception. Don't think that only flowers bloom while your bodies won't. Your bodies are alive and living, meaning they're perpetually undergoing growth within themselves. Their cells are transforming to become increasingly vibrant.

当然这背后就跟你的⼀个状态有关系.如果你的精神状态是越来越有活⼒,就⽐如说你读过我们的通灵信息.你感觉你越来越轻松,越来越没有阻碍,就是能量越来越强⼤.你的⾝体它就会变成这样⼦⼀个状态.所以我们的通灵信息就像你们物质世界的肥料⼀样,它可以加速你成长的过程.让你⽐普通没有肥料的花,开的更旺,你的叶⼦更绿,你⽣命⼒更强.那你想⼀下⼀堆花⾥⾯,其他花都是没有肥料的状态,都是长不起来.你的开的又⼤又艳.这也是你们每⼀个⼈会从你们的⾝体上会呈现出来的⼀个反应.就是有的⼈他⼀看就是⽣命⼒很弱.那有的⼈他⼀看就是,你们所谓的⽓场强⼤.他⼀个⼈就能影响整个世界的⼈,这就是⽓场.

Of course, this is related to your state of being. If your mental state is becoming increasingly vibrant, for instance, after you have read our spiritual messages, you feel that you are becoming more at ease and facing fewer obstacles; in other words, your energy is getting stronger. Your body would then be in such a state. Our spiritual messages are like fertilizers in your physical world; they can accelerate the process of your growth. They make you bloom better than ordinary flowers without fertilizer, with greener leaves and more vitality. In a bunch of flowers where other blooms lack fertilizer and fail to grow, yours stands out being large and colorful. This is also how each one of you would manifest in your body. Some people appear weak; others seem to have a strong presence, influencing everyone around them with their aura.

问: 那我们到底要怎么样去帮助他们转变呢?

Questioner: So, how do we actually help them make that shift?

⾼灵:你刚才我跟你前⾯说的例⼦,就⽐如说他被他的病痛吓到了.他觉得他很⽆⼒很⽆助.这是⼀个事情对吧?然后你把他曾经创造的⼀些战绩,就是曾经打下的⼀些战功,这些东西给他表现出来.然后他马上就进⼊了你创造的呢个世界⾥⾯.这是两个完全不同的世界,明⽩吗?你要知道你们所有的⼀切它都是同时存在的.就是他曾经创下伟绩的时空它也是存在的.你是不是就把他从⽆⼒的世界⾥⾯拉到了他有⼒的⼀个世界⾥⾯.你当下就能感受到变化,你当下就能感受到他整个⼈的⼀个变化.这个通灵的⼥孩⼦她在做⼼理咨询的时候,最开始呢些⼈他们都是痛苦的要死.他们在⼀个世界⾥⾯.当咨询过后,呢些⼈活奔乱跳的兴奋的要死.

Higher Spirit: The examples I mentioned to you earlier, such as when someone is frightened by their illness and feels powerless and无助, that's one thing, right? Then you show them the achievements they once created, the battles they fought. This immediately transports him into the world you've created. These are two completely different worlds, understand? You must know that all of your realities exist simultaneously. The time-space where he once achieved greatness also exists. Are you pulling him from a world of powerlessness to one of power, allowing immediate feelings of change and transformation within him? This girl who conducts spiritual readings is performing psychological counseling. At the beginning, those people were absolutely miserable. They were living in one world. After the consultation, these individuals are jumping for joy with excitement.

他们是不是去了另⼀个世界⾥⾯?那就是说你创造了⼀个场,你创造了⼀个世界.你在邀请他来加⼊你的世界.因为在你的世界⾥⾯所有东西你都可以去转化它,你是有魔法的.你不是⽆⼒的.然后你在这个世界⾥⾯,那他加⼊了你的世界.那他是不是就变到了你的世界⾥⾯? 那如果你觉得: 你真的好痛苦啊.你真的好可怜啊.那你是不是就加⼊了他的世界⾥⾯了?所以所有世界它都是同时存在的.你看你⾃⼰选择在哪⼀个.但是你们每⼀个当下每⼀秒,你都可以不断地选择.你哪怕就算你进⼊⼀个⽆⼒的世界也是可以给你带来正⾯影响的?为什么?因为当你意识到哇塞,我创造的这个⽆⼒感是这么⽆⼒.

Did they go to another world? That means you created a field, you created a world. You're inviting him to join your world. Because in your world, everything you can transform; you have magic. You are not powerless. Then he joins your world. Does that mean he goes to your world? If you feel: Oh, you poor soul! That must be so hard for you. Do you then join his world? So all worlds exist simultaneously. It's up to you which one you choose. But every moment of every second, you can continuously choose. Even if you enter a powerless world, it could still have a positive effect on you? Why? Because when you realize that the powerlessness I created is just that—powerless.

我可以马上转换到⼀个有⼒,就是有操控感有掌控感的宇宙⾥去.哇,这种掌控感太强⼤了.那你飞来飞去把你所有的世界都体验了过后,你是不是就掌握这个技术了?就知道这个⽆形的世界你是怎么shift,你是怎么转变的?那如果你知道怎么转变的过程,你是不是可以帮助别⼈转变了?那这个⽆⼒世界这个过程这个经历是不是就对你是很⼤的帮助了?明⽩吗?明⽩就好.所以这些所有的东西都是可以去正⾯的服务于你.

I can immediately switch to a powerful universe where there is control and a sense of mastery. Wow, the sense of control is so strong. Once you've flown around experiencing all your worlds, do you have this technique? Do you understand how to shift in this invisible world? If you know how to change, could you help others with their transformations too? And wouldn't that powerless universe's process and experience be greatly beneficial for you? Understand? That understanding is enough. So, everything can be positively utilized for your service.

问: ⾼我会在我们睡觉的时候计划我们第⼆天去做什么吗?

The High One plans what we will do tomorrow while we are sleeping?

⾼灵: ⾼我没有计划,只有你们的⼤脑才会有计划.因为你们会去分辨哪个好哪个不好,明⽩吗?你们会去计划,这个是好的,这是有意义的,朝这个⽅向⾛.呢个是没有意义的.这个是⽆⼒感的世界,不要进⼊这个世界.但是我刚/刚跟你说过,就算是⽆⼒感的世界,你也可以马上的转变它.然后通过这个过程,你也可以学会转变的技术,然后教会更多⼈教会他们转变.明⽩吗?

Higher Spirit: There's no plan for me; only your minds would have plans because you judge what is good and what isn't, do you understand? You plan based on this idea that this is good and this has meaning, moving in this direction - that's meaningless. It's a world of helplessness, don't enter it. But I just told you, even if it's a world of helplessness, you can change it instantly. Through this process, you learn the technique to transform, then teach others how to transform. Understand?

问: 那不是说我们会有⼀个蓝图吗?

Questioner: Isn't that implying we will have a map?

⾼灵: 蓝图就是说⽐如说你选择这个⾁体来到这个世界上,你就已经决定好你要体验什么了.什么是需要你突破的,你要体验什么.这是⼀个⼤的⼀个… 然后就是你⾃⼰按照你⾃⼰的⾃由意愿去选择这个⼤的⼀个我要怎么样去突破.我到底是要痛苦的去突破还是快乐的去突破? 状态是不⼀样的.明⽩吗? 所以你们拥有⾮常⼤的⾃由度.就⽐如说我突破过后我要不要选择分享给这个世界呢? 还是不分享? 那又是⼀个选择了.

The blueprint essentially means that when you choose to incarnate into this world with a physical body, you have already decided what experiences you wish to undergo. What needs to be transcended and the nature of those experiences are predetermined. This is a large scale... followed by your own free will in choosing how to transcend within these boundaries. Do I choose to push through with pain or with joy? The state of mind is different. Understand that you have tremendous freedom. For instance, after overcoming an obstacle, do I decide to share it with the world or not? That's another choice.

# **2022/01/26 — 线上集体通灵问答 Online Group Spirit Reading Q&A**

第⼀个⼈⾼灵: 你们可以提问了问: 我想请⾼灵正对我⽬前个⼈的情感状态给⼀些指⽰.就是我现在有点困惑也有点迷茫,不知道该怎么办?

First Spirit Gao: You may ask questions now. I would like Spirit Gao to give some guidance on my current personal emotional state. I'm feeling somewhat confused and lost, unsure of what to do.

⾼灵: ⾸先,你们产⽣困惑或者迷茫是⾮常好的⼀个开始.因为你产⽣困惑或者迷茫,它会带领你去寻找答案.然后在这个寻找的过程中你的意识就在发⽣转变.就是你要开始转变的机会,所以这是⾮常好的.因为如果你们发⽣像迷茫、困惑或者不知道怎么办的时候,你的内在它会指引你去⾛到这⼀条⾃我探索的路上.就好像⽐如说你在物质世界全部都沉浸在物质世界⾥,你会忘记你这⼀⽣选择来到这⾥的功课.那当你产⽣痛苦或者困惑的时候它就好像在提醒你⼀样.然后让你开始去注意到你最主要来到这⾥需要去挑战⾃⼰的(是什么).你继续问问题.就是说你的这个状态很好.它会带领你⾛到⼀个⾃我探索,意识转变的过程,明⽩吗?

Ethereal Spirit: Firstly, it is very good that you are experiencing confusion or bewilderment because this leads you to seek answers. In the process of seeking those answers, your consciousness transforms. It's an opportunity for transformation, so it's very positive. Because when you experience confusion, bewilderment, or not knowing what to do, your inner self guides you towards the path of self-exploration, as if reminding you that you may be forgetting the lessons you chose to learn in this life by being fully immersed in the material world. When you feel pain or confusion, it's like a reminder guiding you to start noticing what you need to challenge yourself with (what your main purpose here is). You continue asking questions. This state is good because it leads you through a process of self-exploration and consciousness transformation, understand?

不然你的意识不会发⽣⼈任何转变的.你还是在⽤同样的⼀个程序在运⾏.

Otherwise, your consciousness will not undergo any transformation. You are still running the same program.

问: 那能不能请您对我的亲密关系这块给⼀些建议或者什么的? 因为我现在不太知道该怎么办? 具体的⼀些引导啊什么的….

Questioner: Could you please give me some advice or guidance on my close relationships, because I'm not sure what to do and could use some specific direction...?

⾼灵: 亲密关系,⽆论你是通过就⽐如说两性关系、亲⼦关系、⽗母的关系或者是其他的关系.只有它能够引起你的重视的时候就是你⾃⼰向内看的时候.你要知道关系的唯⼀⽬的它并不是来让你…它可能会短暂的让你沉浸在假象,就是制造的呢种幻像的幸福当中.但是你迟早呢个泡泡它会破灭的.就好像你吹了⼀个泡泡,它⽆论再美它都会破灭的.那破灭过后就是你需要去认清事实,就是认清⾃我的时候.因为这个关系它不管是现在开始让你迷惑,还是说过个⼗年让你迷惑是迟早会发⽣的,明⽩吗? 并不是说如果现在没有发⽣,那永远就不会发⽣了.不会的.然后唯⼀你带领你⾛出这个迷惑就是你通过外在的所有,你去找到你⾃⼰,关于你⾃⼰的信息.

Higher Spirit: Intimate relationships, whether they are through things like sexual relationships, parental relationships, sibling relations or any other type. The only time you pay attention to these relationships is when you look inward at yourself. You need to know that the sole purpose of these relationships is not for you… They may temporarily make you feel immersed in a kind of fabricated bliss, but such an illusion will eventually burst like a soap bubble – no matter how beautiful it might seem, it's destined to pop. After the bubble bursts, comes the moment when you need to recognize reality and face your true self. Because whether this confusion starts now or happens ten years from now, it's bound to occur; understand? It's not that if there is no occurrence now, it will never happen; it simply won't. The only thing that can lead you out of this confusion is through finding yourself outwardly, discovering information about yourself.

就⽐如说你要是跟这个男的分开了,然后换⼀个⼈没问题了.你的意识就再⼀次的原封不动了.你就又失去了这个去探索的机会.那你再继续浪费你时间.等你到了四⼗岁、五⼗岁,呢个泡泡还是会破灭的呀.那等你破灭的时候,你还是迟早需要去⾯对的.你们很多⼈来寻找问题就好像需要我们把你们幻像的呢个泡泡,⽐如这个泡泡它⼏分钟就破了.你们就好像来: 你给我加固,加固到⼀百年不破.明⽩吗?

It's like if you break up with a guy and switch to another one; your sense of self remains intact again, leaving you without the opportunity for exploration. You then waste more time only to have that bubble burst when you're in your forties or fifties. Eventually, you will still have to face this reality sooner or later. Many of you seek answers as if needing us to strengthen your illusory bubbles so they won't pop after just a few minutes; instead, you ask: 'Can you reinforce it for a hundred years without bursting? Do you understand?

问: 明⽩.但是我的问题是我不确定这个⼈是不是正确的⼈还是…⾼灵: 就没有正确的⼈.外⾯没有正确的⼈除⾮你⾃⼰是在你正确的道上,明⽩吗? 如果你没有在你正确的道上…如果你是⼀朵玫瑰花,你把⾃⼰当成⼀棵草,你就没有成为玫瑰花.你旁边的永远不会正确的,明⽩吗? 所以外⾯是谁不重要,重要的是你要摆正你⾃⼰.就⽐如说你是⼀条鱼,你应该在⽔⾥⾯.那你⼀直在陆地上很挣扎很痛苦.你⼀直说: 哎呀,我旁边这个⼩鸭⼦它到底是不是我的伴侣? 它到底是不是呀? 看着呢个⼩鸡也不错呀.你都快要死了.为什么? 因为你没在⽔⾥.你还问我这旁边的鸭⼦对不对? 鸡对不对? 鸭⼦对了,鸡对了,你就永远不⽤下⽔了?

Questioner: I understand. But my question is that I'm unsure if this person is the right one or... Higher Spirit: There's no such thing as the right person. There are no right people outside unless you're on your own correct path, do you see? If you're not on your correct path... If you're a rose flower and consider yourself grass, then you haven't become a rose flower. Whatever is next to you will never be right, do you understand? So it doesn't matter who's outside; what matters is that you straighten yourself out. For example, if you are a fish, you should be in water. But you struggle and suffer on land constantly Questioner: Oh my goodness, is this little duckling next to me truly my partner? Is he or she really mine? That chicken looks good too! You're almost dead. Why? Because you're not in the water. And I'm still asking if that duck beside me is right? Or what about that chicken over there? The duck is right, and the chicken is right, so you never have to venture into water again.

去找你的本来的⾝份了? 你就永远跟鸭⼦在⼀起,你就觉得怎么我们俩这么不协调呢? 那么没有默契呢? 你迟早也会往这⽅⾯看到的.你才发现为什么鸭⼦

Go look for your original self? You're always going to be with the ducks, and you'll think that we just don't match well together? There's no chemistry or coordination between us? Eventually, you will realize this yourself, when it comes to understanding why the duck...

⼀直陪在我⾝边我还是呢么痛苦呢? 明⽩吗? 所以说你的对象到底正确不正确不重要.重要的是你⾃⼰有没有在正确的道路上.因为当你⾃⼰摆正了你的位置,所有的⼀切都会⾃动的归位.所有的⼀切它都会⾃动的… 如果当你这⼀个点没有正确的话,其他有东西都是混乱的.但是你没有必要⼀直盯着混乱,就是找外⾯的问题.那你永远都失去了把⾃⼰放在正确的位置上的机会.因为你永远都觉得是外在的原因.外在根本没有任何问题.如果你没有成为你真正的⾃⼰,没有找到⾃⼰真正的出路的话,什么都会是问题.只是时间迟早的事.要不是今天明天后天,就是⼀年⼗年.你总会永远是问题的.

Am I still suffering just because you're by my side? Understand that the correctness of your partner isn't what matters; what's important is whether you are on the right path for yourself. Because when you correct your own position, everything else will automatically fall into place. Everything will naturally... If this point is not correctly placed, everything else becomes chaotic. But there's no need to constantly focus on chaos or look for external issues; you'll miss out on the opportunity to put yourself in the right position. You'll always think it's due to external reasons, when external circumstances have no issue at all. If you haven't become your true self and found your genuine path, everything will be a problem. It's just a matter of time before this becomes evident, whether it's today, tomorrow, or the day after, or a year, ten years; you'll always encounter problems.

问: 我打坐的时候有时候不知道是哪⼀个灵体⼀直在扭转,⼀直在调整,需要调整很久.还有就是即使在打坐当中背也⼀直特别疼,这个可以看⼀下吗?

Questioner: Sometimes during meditation, I'm unsure which spirit body is continuously adjusting and taking a long time to do so. Additionally, my back remains extremely painful even when meditating. Could you provide some insight on this?

⾼灵: 你打坐是为什么?问: 静⼼吧.

Higher Spirit: Why do you meditate? Ask: Calm your mind.

⾼灵: 那你如果⼼不静,你是想通过打坐去让⾃⼰静⼼.那你是不是⼀种逃避的⼿段? 你明明⼼不静,你为什么要逼着⾃⼰去静呢? 因为别⼈告诉你静⼼才是好的是吗? 因为别⼈告诉你打坐就可以逃离所有的烦恼吗?

Higher Spirit: So if your mind is not calm, you wish to quieten it through meditation. Is this a way of avoiding? If your mind is clearly not at peace, why force yourself towards tranquility? Is it because someone told you that being calm is good? Or is it because they said that sitting in meditation allows one to escape all troubles?

问: 我以为通过这种⽅式能让⾃⼰⾝⼼能清静下来.就是⾝体上清静下来脑袋就会相对⽐较清醒.就不会呢么混乱.

Questioner: I thought this method would help me achieve mental and physical calmness, meaning that my mind would be clearer and less chaotic when my body is at peace.

⾼灵: 如果你的⼼不静的话,你为何不通过呢⼀个⽚刻进⼊⾃⼰去… OK,我坐下来来跟⾃⼰来⼀场对话.我为什么导致我⼼不静? 因为这个男的.那这个男的是什么导致我⼼不静? 因为他出轨了.那我为什么会因为他出轨不开⼼? 因为我没安全感了.你这样⼦⼀步⼀步的⾃问⾃答,⼀个模式.你就可以很好地去找到关于你⾃⼰是在⽤什么样⼦的信念去投射出这些东西来让你去体验的,明⽩吗? 你必须需要是⾃我…如果你⼼⾥⼀烦躁,你就去打坐.这跟⽌痛药有什么区别吗? 我现在很烦,我很痛.那我吃点安眠药,那我就不⽤⾯对了.这些所有的⼼烦或者是意乱你可以,OK,I stay here, I’m not going anywhere.

Spirit: If your mind is restless, why don't you take a moment to go within... Alright, let me sit down and have a conversation with myself. Why is my mind restless? It's because of this man. What about him causes my mind to be restless? Because he has cheated on me. And why am I unhappy about his infidelity? Because I don't feel secure anymore. By asking yourself these questions step by step, you create a pattern where you can better understand the beliefs you are projecting onto yourself that you're experiencing, do you see? You must be self-aware... If your mind is agitated, just go into meditation. Is this any different from taking pain medication? I'm very upset and in pain right now. So, I'll take a sleeping pill and then I won't have to face it. All of these feelings or confusion can also be, OK, I stay here, I'm not going anywhere.

我现在就要在这⾥,这⼀刻与我这个⼼烦的我去相处.来跟⼼烦的我去对话,来去找到她背后是什么样⼦的⼀个… ⽐如说没有安全感; ⽐如说我需要另⼀半给我安全感;⽐如说我害怕被抛弃,虽然他不适合我也害怕被抛弃.去找到你背后这些最根本的影响你,导致你产⽣这些情绪: 恐慌、恐惧… 明⽩吗? 如果你不爱打坐… 打坐是好像是你在做⼀件兴奋的事情⼀样.是因为你是觉得呢是⼀件让你很开⼼很兴奋的事情去做.⽽不是⼀个让你去逃避的事情.那不然的话,你跟呢些⼀不开⼼就去喝酒的⼈有啥区别呢? 你们就是逃避的⽅式不⼀样嘛.但是同样的都是逃避去⾯对⾃⼰.

I want to be here with this anxious version of me right now. Come and have a conversation with the anxious me, come and find out what it's like behind her... For instance, lack of security; for example, I need my partner to provide安全感; for example, I'm afraid of being abandoned even though he might not be suitable for me. Find out the underlying reasons that influence you, leading to these emotions: panic, fear... Do you understand? If you don't like meditation... Meditation seems like a thrilling activity. It's because it feels like something enjoyable and exciting to do, rather than an escape. Otherwise, what's the difference between you and those people who just go drinking when they're not happy? You both are just escaping your reality in different ways, but essentially avoiding facing yourselves.

问: 我这两天可能是因为这个,打坐不太在状态.但是我平常是喜欢打坐的.已经持续了有⼀两年的时间了.

Questioner: Maybe it's because of this that I haven't been in the right state for meditation over the past two days. However, I usually enjoy meditation and have been doing it consistently for about one to two years.

⾼灵: 你喜欢就去做.你要真实的⾯对你⾃⼰.你要确保你每⼀次你都没有去选择任何: 这个是正确的.这个是好的.或者这个是怎样怎样你才去做.⽽是说OK,为什么你不接受你有情绪不好的时候呢? 不接受很痛苦的⼀⾯呢? 痛苦才是你们成长的时候呀.

Higher Spirit: Do as you please. Face yourself honestly. Ensure that every time you do something, it's not because you think this is correct, good, or only do it when things are certain. Instead, ask why don't you accept the times when you feel bad? Why don't you accept the painful side? Suffering is when you grow.

问: 好,谢谢.我的问题问完了.

Questioner: Alright, thank you. I have finished asking my questions.

第⼆个⼈问: 你好,请问我这⼀世的⼈⽣主题是什么?

Second person asks: Hello, may I ask what is my life theme in this lifetime?

⾼灵: 你这⼀世的⼈⽣主题是什么? 你叫什么名字?问: 我叫XXX⾼灵: 你多⼤?问: 17⾼灵: 然后⼀般就是说在你们这个年龄阶段,然后就是说这个信息对于你来说可能不会有特别⼤的⼀个meaning.因为每⼀个⼈…就⽐如说有的⼈如果在他转变的时期他接收到了信息的对话,它会对他的转变有特别⼤的帮助.就好像树苗,有的树苗它已经长的很⼤了,它需要旁边有⼀个⽊头⽀撑着.如果你还是⼀个正在发芽的.那我旁边放⼀个⽊头的话对你意义就没有多⼤.因为你还不能去reach到它,就是它的存在对你来说还没有到呢个什么时候.但是今天还是有⼀些信息要给你.

Higher Spirit: What is your life theme in this incarnation? What's your name?

Questioner: My name is XXX.

Higher Spirit: How old are you?

Questioner: I am 17 years old.

Higher Spirit: Then generally speaking, for someone at your age, the information provided might not have a particularly significant meaning. Each person... For example, some individuals might receive conversations with information during their transformation period which greatly assists them. It's like a sapling; if it has grown quite large and needs support from a nearby piece of wood to stand upright. If you're still a budding seedling that hasn't reached maturity yet, placing a piece of wood next to you would have little meaning for you because you are not able to reach its potential impact yet. However, there is still some information to be given today.

然后你在这⾥最主要这⼀世来到这⾥就是去通过你⾃⼰对灵性世界的呢种热爱和探索,然后把⼀些⽆形的东西转化成有形的.然后呈现在这个物质世界.就⽐如说像创作家、雕塑家,他们其实就是把⽆形的东西变成有形.然后呈现给这个世界.就好像是这类型的.所以你会通过⾃⼰的⼀个爱好或者是激情然后在把你⾃⼰去捕捉到的⼀些⽆形的东西转变成有形的.还有问题吗?

Then in this life, primarily, you come here to transform the intangible into tangible through your love and exploration of the spiritual world, presenting it in this material realm, akin to artists and sculptors who convert the intangible into something concrete and show it to the world. It's like this: You will translate your passions or interests into capturing the intangible and making it tangible. Do you have any other questions?

问: 那我的指导灵有什么想跟我说的吗?

Questioner: Does my guide spirit have anything to tell me?

⾼灵: 刚才的信息都是想跟你说的呀.

Higher Spirit: All the information was meant to be shared with you just now.

问: 我哪⼀世的经历或者经验可以为我这⼀世实现梦想带来帮助?

Questioner: Which of my past lives' experiences can assist me in achieving my dreams in this life?

⾼灵: 你的梦想是什么?

Higher Spirit: What is your dream?

问: 我想成为⼀位游戏主播.

Questioner: I want to become a game streamer.

⾼灵: 那你就去做就可以了.因为当你有激情的时候,这就是你最⼤的⼒量的来源.就是你的激情.

Higher Spirit: Then you just do it because when you have passion, that is your greatest source of power. It's your passion.

问: 如果我们在⽣活中很主动很激情的做⼀些事情,梦⾥也会继续练习吗?

If we are very proactive and passionate about doing things in our lives, will we continue to practice in our dreams as well?

⾼灵: 有⼀些是会的.

Higher Spirit: Some of them can.

问: ⾏吧.就我之前有⼀位朋友做过⼀个梦.他当时还不知道我名字和班级.在梦⾥我就告诉了他⼀些真实的信息,他当时还是不知道的.那个梦对他有什么寓意吗?

Questioner: Let me ask you this. I had a friend who once dreamed. He didn't know my name or class at the time. In his dream, I told him some real information that he was unaware of. Does this dream have any significance for him?

⾼灵: 你们有时候会在梦⾥⾯就像是会看到将来会发⽣什么.其实这就说明所有的⼀切它都是同时存在的.那当你们在做梦的时候,你的意识可能就进⼊了呢个频率.然后去就好像是偷窥,或者是感应,去感受了⼀段呢样⼦的⼀个状态.

Higher Spirit: Sometimes you might see what will happen in the future while dreaming. This actually implies that everything is coexisting simultaneously. When you dream, your consciousness might enter a certain frequency and then observe or intuitively sense such a state, almost like peeking into it.

第三个⼈问: 我的灵魂课题是什么呀?

The third person asks: What is my soul's subject?

⾼灵: 你叫什么名字?问: 我叫XXX.

High精灵: What is your name? I am XXX.

⾼灵:你携带了很多恐惧.恐惧会导致你感知特别少,就是特别胆⼩.所以你会通过这⼀世不断地去突破你内在的⼀些恐惧.然后让你在正常的⼀个状态下,就是拥有勇⽓,就是不惧怕任何的⼀个状态.所以这会是⼀个蜕变的过程.然后胆⼩就⽐如说保守的性格,不愿意尝试新的东西,新的环境或者是对未知的⼀些恐惧.就⽐如说想要追寻安全感,⽐如说财产上、物质上的安全、⼈⽣上的保障.你会有很多有这种不太敢去迈出去,不敢去做新的选择.所以会导致你在⼀种原封不动的状态.所以你就会去⾯临很多这样⼦的⼀个突破.

Higher Spirit: You carry a great amount of fear. Fear leads to very little perception and makes you overly cautious. Therefore, throughout this life, you will continuously break through your inner fears. This process will help you regain courage, enabling you not to be afraid of anything. It is a transformational journey. Being timid often means having a conservative personality, being reluctant to try new things, environments, or facing the fear of the unknown. For instance, seeking security in matters like financial wealth, material possessions, and life stability can cause you to hesitate and avoid making new choices. This results in staying in a state of stagnation, leading you to face many challenges as you strive to overcome these fears.

问: 对,是这样⼦的.那如何去清理疗愈呢?

Questioner: Yes, it's like that. How do we cleanse and heal?

⾼灵: 如何清理什么?

Higher Spirit: How to Clean What?

问: 清理就是对以前的伤痛啊…⾼灵: 如何清理伤痛?问: 对,内⼼上的.

Questioner: Cleaning is about dealing with past hurts... Higher Spirit: How do you clean out the hurt? Questioner: Yes, innerly.

⾼灵: 内⼼上的伤痛? 你要知道所有的就是,⽐如说你现在感受到的伤痛.⽐如说⼗年前你被你⽼公打了⼀顿,然后你现在还感受到呢个伤痛.那⽐如说你现在、呢个当下,你都有能⼒去转变⼀切.如果你还保持着我继续去创造呢个伤痛的感觉… 因为你需要在当下去再⼀次创造这样⼦的感觉.那这个伤痛它实际上是⼀直⼀直在被你加重的.它⼀直在被你加深的.所以它越来越被你加深的话,它就越来越难…就是你⼀直在加深它.就⽐如说呢个伤痛最开始就像⼀副很浅很浅的铅笔画,颜⾊很浅.你每⼀次就拿⼀个笔再涂⼀遍,再涂⼀遍.你颜⾊就变得越来越深了,上了⼀些⾊彩,明⽩吗? 所以你的每⼀个当下,你都是在给它加深的⼀个状态.

Higher Spirit: Emotional wounds? You need to understand that all you feel right now is like the pain you experienced ten years ago when your husband beat you. Now, you still feel that pain today. But see, right here and now, you have the power to change everything. If you continue to create this feeling of pain… because you have to recreate that sensation in the moment. The pain actually gets intensified by you continuously creating it again. It keeps getting deeper due to your continuous effort. As it deepens over time, it becomes harder… Essentially, you're deepening it yourself. Imagine at first it's like a very light pencil drawing with faint colors; every time you add another layer of pigment, the color gets darker and richer. Understand that each moment you live is contributing to the depth and intensity of your emotional wound.

问: 那我就是不再去想这些事吗?

Questioner: So should I just stop thinking about these things?

⾼灵: 你要知道你头脑⾥的念头,⾸先这些所有的念头它实际上就好像是⼀个幻像⼀样.你要允许它从你流过.就是你知道它是⼀个幻像,⽽不是⼀个念头⼀来你就开始⼼动了,就是把你的能量加⼊.你产⽣反应就是在给它加能量,明⽩吗? 那当你如果能够真正的跟你当下的⼀切链接的时候,你是不会有念头出来的.我只是告诉你平时如果你有念头出现,这些念头它实际上只是⼀个就好像过眼云烟⼀样.它飘来飘去,你可以不⽤去对它产⽣恐惧,或者不⽤去让它使你动情,让你动⼼.你只是让它来来去去的,来了又⾛,来了又⾛.那如果你能真正的和你当下的任何⼀切达成链接的话,念头是不会进来的.所以这就是为什么你连接到当下是如此的重要.

Higher Spirit: You must know the thoughts in your mind. First of all, these myriad thoughts are actually like illusions, passing through you as if they were mere shadows. Allow them to flow past without attachment. Understand that they are illusory and not a tangible reality when a thought arises; don't let it elicit an emotional response by adding your energy. Reacting to it is akin to infusing it with more energy. When you truly connect with the present, there will be no thoughts. I'm just reminding you that whenever thoughts do arise in daily life, they're essentially fleeting phenomena that come and go like passing clouds. There's no need to fear them or let them move you emotionally; simply observe their passage without getting involved. Let them come and go freely. If you can genuinely connect with any aspect of the present moment, there will be no thoughts intruding. That's why connecting to the now is so crucial.

但是这种是需要你去训练的.就是你越是去训练你和当下的链接感,你的链接会越来越容易.所以那你知道你的这些所谓的⼀些伤痛都只是你的⼀些念头⽽已.然后你通过你的⼀些感受你又把它加深了,⼀次⼀次的加深它.就把它变成好像是,就是本来是个纸⽼虎你把它变活了,然后让它来恐吓你.然后让它来影响你.仅此⽽已.你还有问题吗?

But this is something you have to train yourself in. The more you train your connection with the present moment, the easier it becomes. So you see, these so-called pains are just thoughts of yours. And through your feelings, you deepen them over and over again, turning them into something that seems alive - a paper tiger that you've made come to life, scaring and influencing you with it. That's all. Do you have any questions?

问: 如何显化,就是吸引⼒这些?

Questioner: How do you manifest, that is, attract these?

⾼灵: 你不是⼀直在吗? 就⽐如说你⽼是把你曾经的⼀些伤痛来显化出来,来吸引过来,让它影响你.这也是⼀种啊.你只是选择了⽐较悲伤的⼀⾯⽽已.任何时候你只要感受到呢不是你想要体验的,你都可以在当下去转化它.还有问题吗?

Higher Spirit: Aren't you always here? Just like how you constantly bring up your past hurts to attract them and let them affect you. That's also a way, you're just choosing the sadder side of it. Whenever you feel that it's not what you want to experience, you can transform it right there. Any more questions?

问: 还有就是如何教育⾃⼰的孩⼦呢? 就是让他开⼼啊,实现⾃⼰的价值啊.

Questioner: And how should one educate their children? Making them happy and fulfilling their own value.

⾼灵: 那你先⾃⼰开⼼啊.你先实现你⾃⼰的价值啊,明⽩吗? 你先⾃⼰开⼼啊.你想如果你没有在⼀个开⼼的频率⾥⾯… 你开⼼的话是⼀个频率状态是吧? 开⼼是A的房间,不开⼼是B的房间.你在B的房间,然后你想要把你的孩⼦变成在A? 那你⾸先你⾃⼰要在A啊,你孩⼦也会在A啊,明⽩吗? 因为你们都是彼此受影响的.你能很清楚的感受到你们之间彼此能量的⼀个影响.就⽐如说你可能开始⼼情有点烦躁,不开⼼.但是你的⽼公或者你的孩⼦他特别⾼兴.那⼀会⼉你就被他们带⼊到他们的能量状态⾥⾯了.你也开⼼起来了.所以你们都是相互受影响的,你们的⼀个能量状态.那你也可以去这样⼦去影响你的孩⼦.

Higher Spirit: Alright, you make yourself happy first. Achieve your own value first, understand? Make yourself happy. If you aren't in a joyful frequency… being happy is a state of frequency, right? Happiness is room A, unhappiness is room B. You're in room B and want to turn your child into someone in room A? Then first, you need to be in room A yourself, and so will your child, understand? Because you both affect each other. You can clearly feel the energy impact between you. For example, if you start feeling a bit irritable, unhappy. But your husband or child is extremely joyful. For a while, they bring you into their state of energy. You become happy too. So you're both affecting each other's energy states. You can also influence your child in this way.

问: 就好像是⼀个场域⼀样?

Questioner: It's like a field, isn't it?

⾼灵: 对.你想⼀下你把你的振动频率调到呢样⼦的⼀个状态.他也跟你…所以你只需要跟你⾃⼰做功课就好了.外在它都会随着你是什么样⼦⽽呈现是什么样⼦.还有问题吗?

Spirit Guide: Yes, imagine adjusting your vibration to that kind of state. He is with you... so you just need to work on yourself. The external will present itself according to what you are. Any more questions?

问: ⽐如我读什么书呢? 可以改变我的状况.

Questioner: For example, what book should I read to change my situation?

⾼灵: 如果你的意识程度,就⽐如说你的理解能⼒意识程度是在⼀的话,你读什么书你都只是会在⼀啊.因为同⼀本书你们会有你们⾃⼰不同的理解.就是你的⼀个认知它会…你只能提取到你的认知以内的.那如果你可以让你的意识状态变得更⾼呢? 那你的能量变得越来越轻.就⽐如说你现在的能量很沉重对吧? 那你不断地不断地把你…只关注你⽣活中积极快乐的事情,然后开⼼的事情.创造更多开⼼的事情.然后选择做真实的⾃⼰.然后跟随⾃⼰内在的激情.那你的频率是不是就越来越⾼越来越⾼了? 那你是不是就越来越轻了? 那你越来越轻的话,那你在这样⼦的⼀个状态再去看待⼀切的话,你的眼光跟你频率很低的时候是不⼀样的.

Higher Spirit: If your level of consciousness, for instance, your understanding capacity is at one, whatever book you read will just be at one because with the same book, you each have your own unique interpretation. Your cognitive awareness would…you can only extract what is within your own cognition. But if you could elevate your state of consciousness to a higher level? Your energy becomes increasingly lighter. For example, if your current energy feels heavy, right? Continuously focus on the positive and happy aspects of your life, then happiness-filled moments. Create more happy moments. Choose to be your authentic self. Follow your inner passion. Wouldn't that elevate your frequency越来越高越来越高? Wouldn't you become lighter and lighter? And as you become lighter, when you view everything in this state, wouldn't your perspective be different from when your frequency was low?

就⽐如说你在⼀个很沉重的能量状态下,你去看什么东西你都觉得没有出路.那当你不断不断地在⼀个⾮常轻的状态的话,你看待⼀切都觉得so easy.就是很容易的⼀个事情,明⽩吗? 所以你只要就是去创造更多的正⾯的⼀个状态给你.

For example, when you're in a very heavy energy state, everything you look at seems hopeless. But when you maintain a very light state constantly, you find everything so easy; it's like something that is simple to do, understand? So all you need to do is create more positive states for yourself.

问: 我感觉是不是需要不断地清理呢?

Questioner: Do I need to constantly clean it?

⾼灵: 你想⼀下刚才沉重的⼀个能量变成⼀个很轻的能量.那你这个过程你是不是就要摆脱掉很多你⾝上束缚的不属于你的能量,对不对? 那这就是⼀个⾃动清理的⼀个过程啊.你不需要去做清理这个⼯作啊,明⽩吗?

Higher Spirit: Imagine the transformation of a heavy energy into a very light one. Wouldn't this process involve shedding many of the energies that are bound to you but do not belong to you? Correct? This is essentially an automatic cleaning process, right? You don't have to actively perform the task of cleaning; you understand, yes?

问: 但是怎么达到你说的这种越来越轻的状态呢?

Questioner: But how do you achieve such a state of becoming increasingly light?

⾼灵: 刚才我就说了,⽐如说你们永远有选择去关注积极⾯和消极⾯.那如果你们很容易受影响,你就去关注积极⾯.因为你们⼈的能量都是相互受影响的.你真实的⾯对⾃⼰,就是你不把你⾃⼰当成是⼀种逃避,我是真实的在⾯对我⾃⼰.然后你去做你⾃⼰开⼼的事情,去跟随你的激情.这些都是不断地在创造⼀些更⾼的频率的⼀个状态,明⽩吗? 就是真实的⾯对⾃⼰,然后做⾃⼰开⼼的事情,关注正⾯的,积极的.就呢么简单.不是什么你要去考试,你要背什么什么,你要这样呢样.没有呢么复杂的.如果我们再回到最基本的⼀些,最明显的⼀些.OK,把你居住的环境打扫的⾮常⼲净整洁,不是肮脏,对吧?

Higher Spirit: As I just mentioned, for example, you always have the choice to focus on the positive or negative sides. If you are easily influenced, then focus on the positive side because everyone's energy is相互 affected by each other. By truly confronting yourself, you acknowledge that you're not running away from yourself but being honest with your true self. Then do what makes you happy, follow your passion. These actions create a higher frequency state continuously, understand? Be truthful to yourself and do things that make you happy; focus on the positive and the uplifting aspects. That's it. There isn't any complex process involved, like studying for an exam or memorizing something. It's not so complicated. If we go back to the basics, the most obvious ones. Alright, clean up your living environment very neatly, not dirty, right?

把你住的环境打扫的⾮常⼲净整洁漂亮,然后放上鲜花.为什么? 因为它可以让你在这个环境产⽣⼀种愉悦的感觉.为什么你们会花很贵很贵的钱去住五星级酒店? 因为漂亮啊、⼲净啊、整洁啊、所有你看的都是舒⼼的呀.你们花钱去旅游是为什么? 风景美呀,看着你舒⼼呀.那你的环境是不是就可以帮助你达到⼀种舒⼼的感觉? 那你达到舒⼼的感觉你是不是就⼼情好? 你⼼情好,你是不是就不会不断地想找你⽼公吵架了? 看你⽼公哪⾥都不顺眼.所以这就是⼀个最基本最根本的⼀个地⽅.化上漂亮的妆,穿上漂亮的⾐服,擦⾹⽔.那你看着镜⼦⾥⾯的⾃⼰,你⼼情是不是又会变好? 对不对?

Clean your living space very neatly and beautifully, then place flowers in it. Why do you do this? Because it can create a pleasant feeling for you in that environment. Why would you spend a lot of money to stay at a five-star hotel? It's because of the beauty, cleanliness, neatness, everything you see is comforting. You pay to travel for what reason? The scenery is beautiful, and it comforts you when you look at it. Can your surroundings help you achieve a state of comfort? If you achieve this comfortable feeling, don't you feel better? When you feel better, won't you constantly want to argue with your husband less? You find everything about him annoying. This is the most basic and fundamental reason. Apply nice makeup, wear fashionable clothes, use perfume. Looking at yourself in the mirror, doesn't that make you feel better too? Isn't it true?

所以从⽣活中有很多呢种你可以让⾃⼰保持在⼀个这样⼦⼼情好的⼀个频率⾥⾯.明⽩吗?

So there are many ways in life that you can keep yourself at a good frequency or mood. Do you understand?

第四个⼈问: 我这⼀⽣的⼈⽣课题和使命是什么?

The fourth person asks: What is my life's mission and purpose in this lifetime?

⾼灵: 你叫什么名字?问: 我叫XX.

Higher Spirit: What's your name? Questioner: I'm XX.

⾼灵: 你是设计了很多挑战来让⾃⼰的⼼胸变得更加的宽⼴,就是更加能包容,就是不是⼀点点⼩事你就放在⼼⾥耿耿于怀.就是这种.

Higher Spirit: You have designed many trials to make your heart more expansive, that is, more capable of容纳and embracing, not just getting stuck on trivial matters and harboring grievances. This is the essence of it.

问: 我觉得说的挺对的.我就是感觉⾃⼰⽐较敏感,好像风吹草动都对我有影响.我以前也⾯对过⼀个很⼤的挑战.我想知道这次劫难想告诉我什么?

Questioner: I feel that what you're saying is quite accurate. I just have a strong sense of being sensitive, as if every little change affects me. I've faced a significant challenge before. I wonder what this calamity intends to convey to me?

⾼灵: 你的劫难想要告诉你什么? 你如果知道就是说你最主要的就是想要⾃⼰变得包容,就是包容不管是好的坏的恶的善的,所有的⼀切它都不会对你造成任何影响.如果是要达到这种状态的话,那你的所有事情它都会围绕着就是你很难接受它.你会去很难接受它,你会觉得它很难接受,你没有办法接受.就是过不去的⼀个坎.

Divine Spirit: What does your trial want to tell you? If you know it, it means that the most important thing you are trying to do is to become more inclusive, accepting both good and bad, evil and善, all without any impact on you. To achieve this state, everything in your life will be difficult for you to accept. You find it hard to accept, feel it's hard to accept, and cannot accept it; it's like an insurmountable obstacle.

问: 我感觉经过上⼀次事情过后,确实是⼼胸⽐以前宽阔很多.还想问⼀下我和我⽼公的课题是什么?

Questioner: I feel that after the previous incident, my mindset has indeed become much broader. May I also ask what our issue is with my husband and me?

⾼灵: 那如果你这⼀世选择来让你去达到这样⼦的状态的话,那你的⽼公他也会成为你的呢⼀部分.可能在最开始你会发现对⽅的⼀些⾏为会对你造成很⼤的⼀个反应,或者你不能接受,或者是导致你们之间有⽭盾,或者是任何这些.然后他会来锻炼你来让你变得更加包容.还有⼀种可能性就是说你的⽼公他是⼀个特别能包容的,什么事对他来说都不是事.然后在他⼼⽬中天塌下来也没事.然后你有可能会遇到这两种,这要根据你⾃⼰.但是他会是这两个极端,两种.明⽩我意思吗?

Higher Spirit: If in this life you choose for it to bring you to such a state, then your husband will also become part of you. At first, you might find his actions causing significant reactions from you, or that you cannot accept them, leading to conflicts between the two of you or any other issues. He will come to exercise you so that you can grow more tolerant. Another possibility is that your husband is highly tolerant, where nothing bothers him and even if the sky falls, it's no issue for him. You might encounter either of these situations depending on yourself; however, he represents the two extremes: one being very tolerant, and the other not being bothered by anything. Do you understand me?

问: 我感觉我⽼公是第⼀种的情景.那我想问⼀下他会是我这⼀⽣的伴侣吗?

Questioner: I feel that my husband is in the first scenario. I would like to ask if he will be my lifelong partner?

⾼灵: 他会不会是你⼀⽣的伴侣这要看你⾃⼰.你要知道你们永远都可以有选择.那如果你这⼀辈⼦你的⼀个状态你只是持续在这样的⼀个状态的话,就是你很难突破很难转变成另外⼀个你的话.那他这种变化就会⽐较⼩.那如果你的转变是⾮常飞速的,就是瞬时的转变成了另外的⼀种.要么就是你⽼公他跟着你⼀起变,要么就是有另外⼀个和你频率相匹配的⼈.所以到底对象变不变,实际上是要看你这边频率的⼀个变化.因为有的他可能说我对象没变,但是实际上对⽅也变了,你也变了.他是匹配你当下的频率的.如果你们的频率不匹配,那你虽然名义上是有⼀个⽼公,但是他实际上都不是你⽼公.你会觉得你们是两个世界的⼈.

Higher Spirit: Whether he is your lifelong partner depends on you. You need to know that you always have choices. If throughout your life you remain in a certain state without any changes, it will be difficult for you to transform into another version of yourself. Consequently, the extent of his transformation would also be minimal. However, if your transformations are extremely rapid and instantaneous, leading to a different state, either he will follow you through this change or there might be someone else who resonates with your frequency. Whether an object changes or not ultimately hinges on how your own frequency evolves. Sometimes, even though he may claim that the situation hasn't changed, both of you have indeed evolved. He adapts to your current frequency. If your frequencies don't match, despite having a nominal husband, in reality, he might not be your husband at all; you might feel like you're from two different worlds.

问: 我想问⼀下我和我妈妈之间有没有什么特殊的关系? 因为我总感觉我和我母亲之间有⼀种说不出来的特殊的感觉.

Questioner: I wonder if there is a special relationship between my mother and me? Because I always feel that there's some sort of unexplainable special feeling between my mother and me.

⾼灵: 你和你母亲你们都有类似的⼀些信念需要共同的去突破.更多是像两个⼈⾛到沙漠上,需要共同的去挺过去呢种.就好像是患难或者是战⼠,需要共同的去… 所以你会在她⾝上去看到很多你需要去突破的⼀个点,就好像是照镜⼦⼀样.然后你们俩都会有相同的功课去突破的.

Sage: Both you and your mother share certain beliefs that need to be overcome together, like two people walking through the desert, needing to endure it side by side. It's akin to hardships or being soldiers who must face challenges together. You will see many points where she needs to transcend limitations within herself, similar to looking into a mirror. Both of you have shared lessons and obstacles that need to be overcome.

问: 因为我从⼩就是⽐较听话的.对于母亲的话都很…就是导致我⽐较没有主见.后来经过呢件事情好了⼀点.后来发现母亲对我的控制⼒蛮强的.这是不是说明…⾼灵: 你要知道她之所以来控制是因为你的⼒量还没有产⽣.你的⼒量还没有….你还没有成为真正的你.就⽐如说你是⼀只⽼虎的话,⽼虎⾮常有⼒对吧? 你现在实际上还是⼀只⽼⿏的状态,没有发现你是⽼虎的⾝份.因为当你真正的成为⽼虎的时候,她控制不了你.她也知道你是⽼虎,谁能控制你?! 明⽩吗?

Questioner: Because I was quite obedient since young. The words of my mother were very... leading to me being rather indecisive. After that incident, it improved a bit. Later on, I realized that my mother's control over me was pretty strong. Does this mean... Higher Spirit: You should know why she comes to control you because your power hasn't been generated yet. Your power hasn't... you haven't become the real you. For example, if you are a tiger, tigers have tremendous strength, right? Currently, you are still in a mouse state, not realizing your tiger identity. Because when you truly become a tiger, she can't control you. She also knows you're a tiger, who can control you?! Understand this?

问: 我还想问我的天赋或者我擅长从事的⼯作是哪⽅⾯?

To ask about my talents or what areas of work I am skilled in.

⾼灵: 就⽐如刚才说如果你是⼀只⽼虎,你现在⼀只装成⾃⼰是⼀只⽼⿏,你怎么去发现你的天赋? 你必须要去成为你⾃⼰,然后这些都会⾃动的展现出来.

Higher Spirit: Just like when we were discussing earlier how you would find your talent if you were a tiger and now you are pretending to be a mouse, how do you discover your gifts? You must become yourself, and then these things will naturally unfold.

问: 就是做真实的⾃⼰,做⾃⼰喜欢的事情.然后去探索⾃⼰擅长做什么? 是这个意思吧?

Questioner: It's about being true to yourself and doing what you like. Then explore what you are good at, right?

⾼灵: 你热爱的东西你都会擅长.这⾥没有擅长不擅长,只有你到底爱不爱.问: 我⽐较爱纠结,爱犹豫.就是选择困难.这个⽅⾯我怎么去突破它?

Higher Spirit: You will excel in what you love. There is no question of not being good at something here; it's only a matter of whether you truly love it or not. Questioner: I tend to be quite indecisive and hesitant, struggling with choices. How can I overcome this aspect?

⾼灵: 刚才给你说的你的⼈⽣功课是你的包容度是吗? 那如果你把每⼀个选择,就⽐如说现在有ABCD.你把这四个都很重要,那是不是会影响到你选择? 明⽩吗? 你觉得这⼏个都可能要了你的命,然后它都是很⼤件的事情,明⽩吗?那如果在你眼⾥它都不是事呢?你就不需要去做任何选择.你就会进⼊⼀个信任的状态.你信任的状态就是它的路都会⾃动的呈现给你.你不需要去选择我要⾛ABCD哪条路,明⽩吗?

Higher Spirit: Is the lesson about your life that I was just explaining to you about your tolerance level? And if every choice is important, for instance now there's ABCD, would it affect your decision making process? Do you understand this? You think all of these are critical decisions and they're significant matters, right? But if in your perspective none of them matter, then you wouldn't need to make any choices. You will enter a state of trust where the path ahead is automatically revealed to you. You don't need to decide which road to take between AB, CD, or any other options, do you understand this?

问: 那如果我要是⼼胸更宽阔了,那ABCD这四条路对于我来说都不是呢么重要.那这种⾃动展现的这种是靠的什么呢? 是靠直觉吗? 还是…⾼灵: ⾸先当你达到了⼀个全然的信任状态的话,你就不会去⾯临选择困难这个事了.你便不会遇到这样⼦⼀个纠结的⼀个状态了,明⽩吗? 只有你现在在这样⼦的⼀个状态,你才会需要去⾯对选择.明⽩我的意思吗? 所以你不需要去考虑你到时候怎么样去做选择.因为你不会遇到这样⼦的问题.你会很清楚的知道你的下⼀步该怎么⾛,明⽩吗? 所以你不会纠结在这我要出左脚还是右脚? 当你在信任的⾛路奔跑的时候,你会去考虑你要出左脚还是右脚吗? 你压根不会去考虑这个呀.因为你只是在尽情的奔跑.

Questioner: If my perspective becomes broader, making it so that the paths represented by ABCD are no longer crucial for me, what mechanism drives this automatic manifestation? Is it based on intuition or... Higher Spirit: Firstly, when you attain a state of total trust, you won't encounter issues with making choices. You wouldn't find yourself in such a dilemma, understand? Only when you're in this state do you need to face the challenge of choosing. Do you get my meaning? Therefore, there's no need for you to contemplate how you should make your decision at that time. As this problem won't arise for you. You'll have clear knowledge on how to proceed with your next step. Do you understand me? Hence, you wouldn't worry about whether I should take the left or right foot first. When you're running confidently on trust, would you consider which foot to put forward? Absolutely not. Because you're just enjoying the full-speed run.

English:

你的激情是在你前⾯的⽬标上,⽽不是在你的脚上.你想象⼀下你在激情的时候,你在奔跑的时候,你会去…? 那当你去考虑我要出左脚还是右脚的时候,你其实就没有在激情的状态下啊.你就把你拉回到⼀个纠结的状态呀.

Your zeal is on the target in front of you, not on your feet. Imagine when you're in passion and running; where would you focus? When you consider whether to step out with your left or right foot, you are actually pulling yourself out of that state of passion into a dilemma instead.

问: 就是做这件事情我是在⾃⼰真正想要的状态下,我就不存在选择困难了?

Questioner: When I do such things in a state of genuine desire, there is no issue with making a choice for me.

⾼灵: 当你在跟随你的激情去⾏动的时候,这⾥没有选择.只有你不停的往前奔跑.因为你的能量必须要去,就好像把它释放出来⼀样.

Higher Spirit: When you act on your passion, there is no choice here. You just have to keep running forward because your energy has to go, like it's being released.

问: 我记得以前我听⼈说过你之所以会纠结和犹豫是因为你还不是很想要,是⼀样的道理吗?

Questioner: I remember hearing that you struggle and hesitate because you're not fully ready. Is it similar?

⾼灵: 你不⽤去担⼼,太多的去关注这个… 它只是你的⼀个…就好像⼩朋友⼀样看着前⾯⼏个玩具或者⼏颗糖: 我到底要选择这个棒棒糖呢? 还是泡泡糖呢? 还是这个⽔果糖呢? 明⽩吗?那⼤⼈就知道这⼏个你都不需要,他就不会去⾯临选择的这个什么.

Higher Spirit: You don't need to worry about this too much... It's just like looking at a few toys or pieces of candy in front of a child: Do I choose the lollipop? Or the bubble gum? Or maybe these fruit-flavored candies? See what I mean? The adult knows that none of these are necessary, so he won't have to face the dilemma of choosing.

第五个⼈问: 我的第⼀个问题是我昨晚做了⼀个梦.有⼀个特别⼤的狮⼦在追我,然后我就很害怕.后来我发现这个狮⼦它居然没有想要伤害我,然后还想给我送⼀张机票还想给我当保镖.我⾃⼰的解释就是我害怕的不过是我头脑⾥⾯固有的⼀些印象.我想问这个梦它还有⼀些别的信息想要传递给我吗?

The fifth person asks: My first question is about a dream I had last night. There was an exceptionally large lion chasing me, and I was very scared. Later on, I realized that the lion didn't actually want to harm me; instead, it wanted to give me a plane ticket and even wanted to be my bodyguard. My own explanation is that what I'm afraid of are just some fixed impressions in my mind. I would like to know if this dream has any other messages it wants to convey to me?

⾼灵: 恐惧是你的朋友.你就知道恐惧是你的朋友.你就知道所有的你的⼀切,你想要把它排除掉或者把它改变掉或者把它消灭掉的东西,它都是你的⼀部分,它都是你的朋友,明⽩吗? 你不需要去刻意的去做任何.

Higher Spirit: Fear is your friend. You know that fear is your friend. You know that everything you want to get rid of or change or eliminate is actually a part of you, it's your friend, understand? You don't need to deliberately do anything.

问: 我的下⼀个问题我的⾼我和指导灵有信息要给我吗?

Questioner: Is my higher self and my guide spirit going to give me a message in my next session?

⾼灵:你稍等.你不需要担⼼或者你还会回到以前的呢种状态.就是曾经发⽣在你⽣命中的事情或者曾经过的状态都不会再可能的,就好像你以前是个⼩树苗,风⼀吹…你很怕刮风,因为风⼀吹你就感觉你整个⼩树苗都要倒掉⼀样.但是你现在是⼀棵⼤树,就是你很强壮了.所以风吹你不会…就叶⼦动⼀动,树枝动⼀动.明⽩吗? 就是这个信息.

Higher Spirit: Wait a moment. You don't need to worry or you won't return to your previous state. Nothing that has ever happened in your life or any past condition will be possible again. It's like you were a young sapling, and the wind blew… you were very afraid of strong winds because you felt like the entire young sapling would topple over. But now you are a big tree, meaning you have become stronger. Thus, when the wind blows on you, it won't… just cause leaves to move slightly or branches to sway. Understand? This is the message.

问: 当我们看到家⼈在争吵的时候,我们可以做什么?

When we see family members arguing, what can we do?

⾼灵: 当我们看到家⼈在争吵的时候我们可以做什么? ⾸先如果他们是正在进⾏中,就是正在发脾⽓,就是正在狂风暴⾬呢种状态.你先允许他们.你可以,看你⾃⼰选择,你可以关上门去旁边的,就是不看,眼不看为净.然后你也可以去看着他们,但是不带着你的任何,让你产⽣愤怒或者恐惧.就是不让你⾃⼰的能量被他们影响.如果你能达到这样⼦的话.那当他们⽐如说呢⼀股愤怒的能量给释放完了… 你这么想⼀阵狂风飓风过来,吹的好严重.你不断地想把呢个凳⼦搬起来,又吹倒.搬起来,又吹倒.你在⼲啥呢?那他们内在的呢股能量就像狂风⼀样呀.你说你如果在他正在吹狂风的时候去把凳⼦搬起来,你不是让他在继续吹倒,不断地吹倒吗?

Higher Spirit: What can we do when we see our family members arguing? First, if they are in the middle of it, that is, in a rage, like in a hurricane or stormy state. You should allow them to be. You may choose, depending on yourself, to shut the door and go next to, essentially ignoring, by not seeing, out of sight, out of mind. Then you can also watch them, but without any of your own emotions that might lead to anger or fear. That is, keeping your energy from being affected by theirs. If you can achieve this, then when they have released their anger energy, for example… like a gust of wind and hurricane coming over, very severe. You keep trying to pick up the chair again and it gets blown away. Pick it up again, and it blows away again. What are you doing? Their internal energy is like a storm inside them. If you try to move their chair in the middle of their anger, aren't you just prolonging their frustration by not letting it continue as they desire?

那你还不如允许他把他的呢股能量释放完了过后,我再来把凳⼦搬起来,明⽩吗?所以如果别⼈正在⽓头上的话,那就允许.为什么?如果你是不允许的话,说明你是有恐惧的.为什么?你会担⼼他会造成什么破坏.那如果你内在都有恐惧的话,你还想去改变恐惧状态?你没有办法的呀.因为你⾃⼰就在⼀个恐惧状态.所以如果你⾃⼰都不能处于⼀个有⼒量或者是安全这样⼦⼀个状态的频率的话,你是没有办法去影响任何⼈的.为什么?你只是把⼈家从这个恐惧拉到呢个恐惧.就是从他们旁边愤怒的房间拉到你这个恐惧的房间⾥来,明⽩吗?所以你能做的就是说允许他们把这股能量给释放出来.相信他们⽆论他们怎么做,他们不会造成任何实际上的破坏.

If you allow him to exhaust that energy first, then I will come and lift the chair up after. Understand? So if someone is really angry, let them be angry. Why? If you do not permit it, this implies that you are afraid. Why? You worry about potential damage. If you are already in a state of fear yourself, how can you try to change your own fear? There's no way because you're already in the fear state. So if you cannot be in a powerful or safe state for yourself, you cannot influence anyone else. Why? You are just moving someone from one fear to another; pulling their angry room next to them into your fear-filled room. Thus, all you can do is allow them to release that energy. Believe that no matter what they do, it won't cause any real damage.

然后当你在这样⼦的状态下,你其实不会想要去⼲涉更多.为什么?因为你信任他们所有的⼀切都是在安全当中,不会遭到任何破坏的呀.不会想着我要怎么做.那其实当你不会想着我要怎么做过后.你会顺着你的⼼,我给他们抱⼀下.因为他们现在在恐惧当中.我的拥抱会把他们带⼊到爱当中,明⽩吗?那你给双⽅都给⼀个爱的拥抱.那他们都被你从恐惧的能量状态拉到⼀个安全和爱的能量状态过后,你还需要做什么吗?你不需要啊.所以你只有确保你⾃⼰是有爱,有安全感,就是不去担⼼不去任何的⼀个状态下,你才能给对⽅带⼊到这样的⼀个状态下.然后当然你如果是在这样⼦的状态下,你如何⾏动你如何做什么已经不重要了.为什么?

Then when you are in such a state, you actually wouldn't want to interfere more. Why? Because you trust that everything they do is safe and won't be destroyed in any way. You don't think about what I should do. When you stop thinking about what you should do, you follow your heart, giving them a hug because they are now in fear. My embrace will bring them into love, right? Then you give both of them an embrace of love. Once you've pulled them from the energy state of fear to one of safety and love, what else do you need to do for them? You don't need anything anymore. So, to be able to bring someone into this state, you must ensure that yourself is filled with love and security, not worrying about anything or being in any state at all. Then only can you bring the other person into such a state. Of course, if you are already in this state, how you act or what you do no longer matters. Why?

你怎么样你都表现的,就好像你是个神,你所有的举⼿投⾜、⼀⾔⼀⾏,你都是神啊.

You behave as if you are a god, every move you make, every word you speak, you are a god.

问: 那我们最主要的事情就是保证⾃⼰的频率?

Questioner: So our main concern would be to ensure our own frequency?

⾼灵: 频率不是保证,⽽是你⾃⼰是什么样⼦就是什么样⼦.你持有什么信念,你是个什么状态就是个什么状态.不是你能: 啊,我现在恐惧.我要保证我是⼀个安全的频率.这不可能的.你应该去找到背后让你产⽣恐惧的⼀些信念,然后再把它拿出来被你看到,然后再被你释放掉.因为你所有的都是⼀些信念创造出来的.如果你知道就⽐如说你知道如果是家⼈的话,在某⼀种层⾯来说你们永远都不可能分开的.你们永远都不可能真正的伤害到对⽅的.因为你们最⾼的存在是⼀体,就是爱.那你们需要在物质层⾯通过⼀些暴⼒然后去学习去了解到.

Higher Spirit: Frequency is not a guarantee; it's what you are that defines you. What beliefs you hold determine your state. You cannot artificially say, "Now I am afraid. I must ensure I am at a safe frequency." That is impossible. You should find the beliefs behind what generates fear in you and then confront them to see their source before releasing them, as everything you have is created by your beliefs. For example, if it's family, on some level, separation is inherently impossible because your highest existence is one of unity, which is love. At a physical level, through violence, you need to learn and understand this concept.

问: 那关于信念,⽐如我们有⼀个旧的负⾯的信念,但是我没有找到它.那我能不能⽤⼀个正⾯的信念⽐如说去抵消…⾼灵: 如果你有⼀个负⾯信念,它⼀定会呈现在你的⽣活当中的.它不可能不呈现的.你会产⽣恐惧.你会产⽣不安全感.所以你需要真实的去⾯对⾃⼰.我到底这个做法,就⽐如说我本⾝就有不安全感啊.我要骗⾃⼰我是安全的.明⽩吗?

Questioner: About beliefs, for instance, we have an old negative belief, but I can't find it. Can I neutralize it with a positive belief like that?

A: If you have a negative belief, it will definitely manifest in your life. It cannot possibly not show up. You will generate fear. You will feel insecure. Therefore, you need to truly face yourself. For example, if I myself am feeling insecure and I'm trying to deceive myself into thinking I'm safe. Do you understand?

问:这个通灵的⼥孩⼦看到⼀则新闻.讲的是⼀个司机救了⼀个被⼈拿⼑砍杀的⼥⼈.但是最后杀⼈的⼈和被害⼈都当场死亡了.然后她想问我们看到暴⼒⾏凶的时候可以做点什么?因为如果我们去攻击⾏凶者的话,我们⾃⼰也是在⾏凶的.⽽且这个通灵的⼥孩⼦既⼼疼被害⼈也⼼疼⾏凶者.那对于这样的事件我们可以去做什么?

Questioner: This medium girl saw a news story about a driver who saved a woman being attacked with a knife. However, both the killer and the victim died at the scene. She then wants to know what we can do when witnessing acts of violence. If we attack the perpetrator, are we not just becoming violent ourselves? Furthermore, this medium girl feels sorry for both the victim and the perpetrator in such incidents. What actions can be taken regarding these events?

⾼灵: 你稍等.⾸先你要清楚你在什么地⽅.你在地球这个地⽅⽤这种暴⼒和分裂的⼿段,这种去体验的⽅式它们永远都不会没有的,明⽩吗? 你们还在这个学习和体验的⼀个过程当中.那如果你们会看到你们需要怎么样去就是跟你⾃⼰有⼀个交代? 你要看到真正导致这些表⾯上事件发⽣的原因,真正的来源是什么? 是来源于思想.⽽不是单独的呢过⼀个⼈.就好像我告诉你⽐如说你⾝体长了很多肿瘤是吧? 那如果你觉得是肿瘤的错的话,把肿瘤割了.它从其他地⽅再长出来啊.明⽩吗? 那到底是什么原因呢? 你思想是有毒的呀.那你去把肿瘤割了有⽤吗? 就⽐如说呢个杀⼈的⼈,你们的思想都是有毒的.

Higher Spirit: Wait a moment. First of all, you need to be clear about where you are. The use of violence and divisive means, the way you experience things here on Earth, will never cease as long as you remain in this learning and experiencing process. Do you understand that? You are still undergoing this phase of growth and understanding. If you were to consider how you should deal with yourself regarding these experiences, what would it be? You need to see the true causes behind these superficial events—the genuine source of them—is it your thoughts rather than any single individual? For instance, if I tell you that your body has grown many tumors, if you blame the tumors and decide to remove them, will new ones just grow elsewhere? Do you get it? So what is actually causing this issue? Your thoughts are toxic. Simply removing a tumor would be useless, just like how someone who commits murder; your thoughts are poisonous too.

你们的思想都是有毒的,你说把这个杀⼈的⼈杀掉有⽤吗? 没有⽤的.为什么? 还有有其他杀⼿.这就是为什么你们抓了呢么多⼈在牢房⾥⾯.有效果吗? 坏⼈变少了吗? 没有.所以它真正的源头并不在这个⼈到底杀了谁.真正的源头是在你的思想.是在你们的意识程度.你们的集体意识状态导致了这次的事件的发⽣.你便不会只是去单独的针对每⼀个… 就⽐如说这个⼈在街头上杀⼈被你阻⽌了.那我不在街头上杀,我跑到他的家⾥⾯去杀.谁看的到啊? 半夜更没有谁看的到啊,对吧? 那我狂杀.那我杀⼤⼈,你们⼤⼈能阻⽌我对吧? 那我杀⼩孩⼦.⼩孩⼦又不能反抗.那我既然⽤⼑你们能阻⽌我.我⽤炸弹,我⽤毒药,我⽤各种.

Your thoughts are poisonous. You ask if killing the murderer is useful? It's useless. Why? There will always be other killers. This is why you have locked up so many people in prison. Does it make a difference? Do bad people become less frequent? No. So, it doesn't come down to who this person has killed. The root lies within your thoughts. In your level of consciousness. Your collective state of awareness has led to these events happening. You wouldn't just target each one individually... For example, if this person was stopped from killing on the street. If I don't kill on the street but go into his home and kill instead. Who will see that? At midnight, no one sees that, right? So I go ahead and kill. I kill adults, can you stop me? Then I kill children who cannot resist. And if I use a knife, you can stop me. But what about when I use bombs, poison, or any other means?

所以说你觉得你表⾯上阻⽌了⼀个杀⼈的事件,你真正的阻⽌了吗? 你真的阻⽌了吗? 那最根本的你们如何才能阻⽌这些暴⼒的恶性的事件发⽣呢? 在你们⾃⼰的思想⾥⾯,在你们每⼀个⼈的思想⾥⾯.因为你们所有⼈都在把责任怪在杀⼿⾝上,怪在政府⾝上,怪在警察⾝上,怪在⿊社会⾝上.你们忘记了你们就是呢个创造者,你们⾃⼰就是呢个创造者.你的思想.你忘记了你们⾃⼰的⼒量.你们总是在去怪别⼈或者是去别⼈怎么样怎么样.或者把⼒量交给政府、总统.跟你没关系.你想⼀下为什么你们的政府越来越强⼤?因为你们所有⼈把所有事情都交给政府了呀.政府怎样…不关我的事,这是政府的事.不关我的事,这是警察的事.

So you think that by stopping one murder case on the surface, have you really stopped it? Have you truly stopped it? How can you prevent these violent and evil events from happening at their core? Within your own minds, within each of your minds. Because you all blame the killer, the government, the police, and even the mafia for this. You forget that you are the creators, that you yourself are the creators. Your thoughts. You've forgotten your own power. You always blame others or criticize what they do. Or delegate your power to the government, the president - it's none of their business. Think about why your government is becoming stronger and more powerful? Because all of you have given everything away to the government! It doesn't matter how the government acts...that's their job. That's not my concern; that's the police's job.

如果你们所有的⼈都是这种思想呢?你把所有的…你会变得越来越⽆⼒.然后你⽆⼒的只能坐在呢看这个不顺眼,看呢个不顺眼,明⽩吗?所以你们需要知道世界上发⽣的所有⼀切,你就是呢个创造者.不然的话,它不会进⼊你眼睛⾥⾯.那既然你就是呢个创造者你需要怎样?你需要⾃⼰拿起⾃⼰的⼒量.你说OK,我有⼒量去创造这个.那我就有⼒量去改变这个.那改变从哪⾥开始?从你⾃⼰开始.从你⾃⼰的…就⽐如说事件的发⽣,所有事的发⽣最开始是什么?是念头.你⾃⼰的念头就不断,各种念头.那你怎么还想去消灭别⼈的念头呢?你

If all of you are thinking like this? You destroy everything...you will become increasingly powerless. Then, being powerless, you can only sit and watch things that don't suit your fancy, seeing others' actions not as yours to control but as simply what they are. So you need to know that every happening in the world is due to your creation. Otherwise, it wouldn't find its way into your eyes. Since you are the creator yourself, how do you proceed? You must claim and wield your own power. When you say "yes, I have the power to create this," then you also have the power to change it. So where does this change begin? It begins with yourself. With yourself...for instance, when events happen or anything occurs, what starts everything off? It's thoughts - your own thoughts that keep running through your mind, filled with various notions and ideas. How can you still attempt to eliminate others' thoughts when they're part of the fabric of your own consciousness?

⾃⼰被你的⼀个念头吓的要死.你⾃⼰就被你⼀个恐惧的念头吓的要死或者害怕的要死.那你怎么还去让别⼈不要产⽣念头? 你要知道所有的⾏动它来源于念头对不对? 那你想要去阻碍别⼈的⾏动就是去阻碍他们的念头对不对? 如果你⾃⼰都不能把你的念头给呢个什么掉,你还怎么去动别⼈的呢? 对不对? 所以外界所有的⼀切都回到你⾃⼰.你就知道到底源头是在哪⾥.并没有在外在.你只有就是你⾃⼰的⼀个转变,外在才会发⽣转变.然后还有你需要理解的就是说,他们永远都需要⽤这种⽅式去成长.他们需要这个⽅式去成长.那如果你开始觉醒,你开始发现事件深层次的原因是我们的思想.那我转变我的思想.我的思想转变过后这个⼒量就会吸引很多⼈.

You are terrified by a single thought of yours. You scare yourself to death or are petrified with fear from a single notion. Then how can you prevent others from having thoughts? Do you know that all actions originate from thoughts, right? Therefore, hindering others' actions is the same as hindering their thoughts, isn't it? If you cannot even manage your own thoughts, how can you influence others'? Correct? Hence, everything in the external world comes back to you. You realize where the source truly lies; it's not outside. Only when you transform yourself does change occur externally. And you also need to understand that they always require this method of growth. They need this mode of advancement. If you start to awaken and uncover the deeper causes of events as our thoughts, then changing my thought indeed attracts many others.

那再帮助他们去让他们看到,让他们再转变他们的思想.那你想⼀下,⼀个转变⼀个,⼀个转变⼀个.这个影响⼀直下去,是不是你们⼈类的思想就都转变了? 那都转变了过后,是不是像这种暴⼒啊、分裂啊、恐惧的事件就会越来越少了?

That's how you help them to see and change their thoughts again. Imagine, one at a time, each person transforming. As this impact continues, would all human thoughts eventually shift? If they did, would acts of violence, division, and fear decrease over time?

问: 我可以补问⼀个问题吗? 就是刚才呢个群友说如果看见家⼈争吵我们可以做什么? 你说我们可以先让他去释放这股能量.他有⼀个疑问是如果放着不管的话,事后他们的结怨越来越⼤怎么办?

Questioner: Can I ask one more question? The group member just now suggested what to do if we see family arguing. You said we could allow them to release that energy first. They have a concern about what to do if the animosity between them grows worse after ignoring it?

⾼灵: 刚才就说到了如果你⾃⼰都没有在⼀个… 就是如果你都是不知晓的,你都是⼀个梦中⼈.你如何去唤醒梦中⼈? 就是所有的东西都是幻像,那你不断地在加深这个幻像,不断地在害怕这个幻像.那你已经进⼊这个幻像,那你还怎么样破坏啊? 不可能啊.因为就好像我刚才说的,他们的⼀些⾏动⾏为.打⼈吧,两个吵架打对⽅.他们是什么? 起源是来源于他们的念头是吧? 他们拿他们的念头没办法,你能拿你的念头有办法吗? 你的念头就是我担⼼,我害怕.这个也是念头啊.那你说他们进⼊幻像,你也在进⼊幻像啊.他们创造这个幻像,他们在:啊,是真的.我就这么恨你.然后他们在创造这个幻像过后,两个⼈打的不可开交.

Higher Spirit: Just now, I said that if you don't know about it yourself... That is, if everything you are experiencing is an illusion and you remain unaware of this fact, you are just a dreamer. How can you awaken someone who is dreaming? Everything around you is illusory, so how do you continuously deepen these illusions and be frightened by them? You've already entered the illusion, but how then can you disrupt it? It's impossible. As I mentioned earlier, their actions and behaviors originate from their thoughts. If two people are arguing and hitting each other, what are they based on? Their thoughts, right? They have no control over their thoughts, so can you do anything about yours? Your fears, your worries - these are also just thoughts. You say that they enter the illusion, but you're entering it as well. They create this illusion, saying "It's real." I hate you for this. After creating this illusion, two people engage in a fierce confrontation.

他们创造⼀个幻像,然后你再加深他们的幻像,明⽩吗?所以我们之前通灵信息⼀直在说,念头它会产⽣,它会消灭,它是⼀个⾃⽣⾃灭的⼀个过程.如果你去害怕,如果你去打击、如果你去阻碍,如果你去担⼼,你就把它显化出来了.你就把它显化成物质世界的⼀个相来供你们去体验了,来供你们所有⼈都能看到了.最开始念头如果你让它⾃⽣⾃灭的话,你们是还不会在物质世界显化出来给你们.明⽩吗?你想⼀下意识程度⾼的⼈,就⽐如其他外星⼈,意识程度⾼的⼈他念头的东西他可以⽴即显化在物质世界给你体验.这就是为什么你们的⽣活当中,就是你们经历的显化是如此的慢,是吧?我的意念我需要坚持多少年多少年才会显现出来.为什么慢呢?

They create an illusion, and then you deepen their illusion, understand? So the previous spiritual information has always been saying that thoughts manifest, they dissipate; it's a self-generating and self-extinguishing process. If you go to fear, if you go to attack, if you go to obstruct, if you go to worry, you bring it into manifestation. You materialize it as an aspect of the physical world for your experience, so that everyone can see it. Initially, if thoughts are allowed to manifest and dissipate naturally, they won't appear in the physical world for you yet. Understand? Imagine someone with a high level of consciousness, like other aliens, their thoughts can be immediately manifested in the physical world for you to experience. This is why your life's manifestations occur so slowly; right? Why does my thought have to persist for years before it manifests? Why is it slow?

是因为你们控制不了你们的念头啊.那多恐怖啊.如果你想象⼀下你们也像外星⼈⼀样,⼀个念头马上就呈现出来.你们是不是全部都… 地球都灭亡了⽆数遍了.每个⼈都想要毁灭.每个⼈:啊,你竟然敢背叛我.让你原地爆炸.每个⼈都爆炸死了.如果你们每个念头都是可以马上⽴即显化的话,你想象⼀下你们地球会变成什么样⼦?全天下的钱都是我的,你们所有⼈都是穷⼈.你们所有⼈都来伺候我⼀个⼈.我要压榨,你们所有⼈都是奴⾪,我是奴⾪主.天下的⼥⼈全是我的.你想象⼀下.所以你们需要这样⼦的⼀个过程.如果你达到⼀个…如果你只是爱的话,那你是不是每⼀步都是美好的呈现.

Because you can't control your thoughts. How terrifying that is. Imagine if all of you were like aliens, and every thought immediately manifested. Would the entire planet have collapsed countless times? Everyone wants to destroy everything. Everyone: Oh, you dare betray me. I want you to explode in place. Everyone explodes. If every thought could manifest instantly, what kind of world would your Earth become? All the money belongs to me, and all of you are poor. Everyone comes to serve just one person. I exploit everyone; you're all slaves, and I'm the master. All the women on earth belong to me. Imagine that. That's why this process is necessary. If you could only love, would every step be a beautiful manifestation?

问: 最后⼀个问题是⼀个群友提出的.她说她⾃⼰的念头可以影响别⼈吗? 如何影响?

Questioner: The last question is from a community member. She asked if her thoughts can influence others? How does it happen?

⾼灵: 你的念头可以影响别⼈吗? 你想象⼀下你很讨厌⼀个⼈.你不需要跟他说话,你需要做任何,你只是在他旁边.你充满了讨厌他的念头,你看⼀下他知道不知道.他会看你很不顺眼的.如果你喜欢⼀个⼈,你也不需要去表达.你只是⾮常喜欢他,他也会喜欢你的.所以你们⾃⼰是什么状态你们是骗不了的.你们觉得你们没有⼼灵感应,感应不到.其实你们什么都知道的.

Higher Spirit: Can your thoughts influence others? Imagine you really dislike someone. You don't need to talk to them; you just need to be near them. You fill yourself with thoughts of disliking them, and see if they notice. They'll look at you with distaste. If you like someone, you also don't have to express it. You simply adore them, and they will like you too. So, your own state is unhidden. You believe you lack mind-reading abilities, but in reality, you know everything.

# **2022/02/02 — 线上集体通灵问答及22号之我在做梦Online Group Spirit Channeling Q&A and Episode 22 - Was I Dreaming?**

第⼀个⼈⾼灵: 你们问吧.

First Spirit Higher Spirit: Ask away.

问: 你好,我的第⼀个问题是我想问⼀下我们这个宇宙是怎么产⽣的?

Questioner: Hello, my first question is about how our universe was created.

⾼灵: 宇宙,你要知道它不是通过你的这种有前有后…因为你在从你的头脑⾥⾯去理解的时候,你会去把它… ⽐如你们书上说的是从古到今… 然后你要知道宇宙的产⽣就是⼀种能量.所有的⼀切都是能量.能量在通过不同的展现的⽅式.就⽐如说你们可以把黄⾖做成⾖浆、⾖制品、各种…喝的、硬的、软的、⼲的、湿的、⾖花、所有的⼀切.但是它都是黄⾖.那如果你从你们物质世界能看到的⼀个东西去理解的话,你们在世界所看到的⼀切⼈也好,花也好,树⽊,草,还有动物,植物,多有的⼀切都是能量.(这是)能量不同的展现⽅式来彼此服务于彼此,彼此⽀持彼此,形成⼀个来供你们体验的⼀个地⽅.

Higher Spirit: Cosmos, you need to know that it is not through your sense of past and future… because when you try to understand from your mind, you tend to perceive it in terms of past and forward progression. For example, as stated in your books, it goes from ancient times to now… then you must realize that the birth of the universe is an energy. Everything is energy. Energy manifests through various ways. You can take yellow beans for instance, turning them into bean paste, bean products, drinks, hard foods, soft foods, dried goods, wet goods, bean flowers, and all else. But they are still essentially beans. If you consider anything tangible from your material world as a point of reference, everything in the world, be it people, flowers, trees, grasses, animals, plants, or any other entity, is energy. (This) represents different forms that energy takes to serve each other, support each other, creating an environment where you can experience them all together.

问: 那这个宇宙的能量最开始是怎么形成的呢?

Questioner: And how was the energy of this universe initially formed?

⾼灵: 所以这就是你的头脑会理解不了的⼀个地⽅.因为在你的理解当中你们都会有⼀个开始.那如果这⾥没有⼀个开始和结束呢? 你能理解没有开始和结束吗? 因为你们体验的是,⽐如说你这个⾁体只有⼏⼗年.那这⼏⼗年,你就会有⼀个开始,从你的⾁体开始算,明⽩吗?就⽐如说你看到⼀棵树,你就开始会从呢棵树它活了⼏个⽉…⼀年….它又枯死了…但是它明年春天它又再⼀次…你明⽩我意思吗?你这个⽣命,你只看到是这个⾁体的你.这个⾁体消失了,但是它又转变成另外⼀个⾁体又呈现了.即使你这个⾁体还没有在消失的时候,已经会有其他⾁体,转变成其他⾁体在体验了.明⽩我意思吗?所以这⾥并没有(⼀个开始).

Spirit: This is where your mind can't comprehend because you all have a beginning in understanding. But what if there's no beginning and end here? Can you understand the concept of something without a start or finish, considering that for you experience, say, your physical body lasts only several decades? Then, those decades would be marked by beginnings, starting from the time your body began to exist, right? Like when you see a tree, it starts with how long it has been alive... months... a year... then dies... but comes back to life in the spring next year. Do you understand what I mean? You perceive life as being tied to your physical self. When that body disappears, another one manifests. Even before your current body disappears, other bodies are already experiencing something else. Understand me? Therefore, there's no (beginning) here.

如果你只把你当成⼀个⾁体的话,就是你只把你⾃⼰当成呢个⾁体的话.那如果你不把你只是当成⼀个⾁体的话,你就⽆处不在.所以你的⾁体不会影响到你任何.因为你可以在不同的地⽅,不同的维度,不同的密度,就像是在你们地球上不同的国家,你可以不断地去体验.

If you only see yourself as a physical body, then that's all you consider yourself to be. But if you don't limit yourself solely to being just a physical body, you become omnipresent. Thus, your physical form doesn't hinder you in any way; because you can exist simultaneously in different places, dimensions, and densities, much like traveling across various countries on Earth, where you can continuously explore and experience new things.

问: 好的,谢谢.第⼆个问题是雪花的图案⾮常的精美,它们的图案到底是怎么形成的呢?

Questioner: Alright, thank you. The second question is about the intricate snowflake patterns; how are these designs formed?

⾼灵: 也是能量.所有的⼀切都回归于能量.你如果⽤⼀个不同的振动频率…能量它有强的有弱的,是吧? 它有各种,就好像不同的⼀个频率.那不同的频率在振动的时候是不是就形成不同的物质了? 这个你是在任何地⽅你都可以…就这么简单,你们每个⼈的频率都不⼀样,对不对? 那你们每个⼈的精神状态、相貌、或者是整个⼈散发的⽓质是不是完全都不⼀样? 那呢个来源于什么呢? 就是来源于你的⼀个能量状态,你的振动频率.你不同的振动频率从你这个⾝体⾥⾯显现出不同的状态出来.呢就是你们世界上可以看到的呢种多重⼈格.多重⼈格当他是这样⼦的⼀个状态的时候,⽐如他的性格特别害怕又懦弱,是⼀个胆⼩⿁,说话都不敢⼤声.

Sage: It's also energy. Everything returns to energy. If you use a different vibration frequency… Energy has strong and weak aspects, right? It varies like different frequencies. When different frequencies vibrate, do they form different substances? This is simple; each of your frequencies are unique, correct? Therefore, isn't it true that everyone's mental state, appearance, or overall aura completely differs? What leads to this variation? It originates from your energy condition and vibration frequency. Different vibration frequencies manifest distinct states within you. This explains why you can observe multiple personalities in the world. When someone is in such a state, for example, being extremely afraid and timid, like a shy spirit who dares not speak loudly.

它是⼀个振动频率.那当他切换到另外⼀种⼈格的时候,另外⼀个意识⼊驻的时候.那他变得攻击性特别强,然后特别强⼤.他还没事找事.⼀个⼈是看到事要躲起来,什么事都要躲起来.最好⾃⼰不要出现,就像⼀个隐形者⼀样.那另外⼀个⼈就处处没事找事,攻击性特别强.那他们是完全不同的⼀个能量状态,不同的⼀个振动频率来体现的⼀个样⼦.但是它们⽤的是同⼀个⾁体啊.但是当你呢个频率的时候,你就完全经历到的是不同的⽓场,不同的⽓质.那你说他的⾁体是他的⾁体吗? 并不是.它只是⼀个道具⽽已.

It is a vibrational frequency. When he shifts to another persona, when another consciousness takes over, he becomes particularly aggressive and incredibly powerful. He starts seeking out trouble for no reason at all. One person would hide from the situation, avoiding any trouble altogether, hoping not to be seen like an invisible entity. The other person, however, constantly seeks out trouble with extreme aggression. They are two completely different energy states, manifested through distinct vibrational frequencies. Yet, they share the same physical body. When you tune into this frequency, you experience a different aura, a different temperament. Is his body 'his' body? Not really; it's just a tool.

问: 那像我们这种⾃然的,⽐如说⽩云、彩虹,也是通过这种能量振动产⽣的吗?

Questioner: And are phenomena like natural occurrences such as white clouds and rainbows produced through this kind of energy vibration?

⾼灵: 所有的都是能量,没有这之外的.

Higher Spirit: Everything is energy; there is nothing beyond that.

问: 但是它们在形成的过程中是随机塑造的还是?

Questioner: But are they randomly shaped during their formation?

⾼灵: 它们形成的过程当中,你就⽐如说它需要很多外在的⼀个条件.它需要很多外在的条件.就⽐如你们⼈类常说的天时地利⼈和,然后这件事就成了.所以它也会有很多外在的因素.就好像⼀颗种⼦,它必须要有⼟壤.⼟壤要湿润,要利于它成长.明⽩吗? 它才能去成为.所以⼀个种⼦如果你根本就不把它放在⼟壤⾥,它也没有⽔… 它也不会成长出来.所以这就是为什么所有的⼀切都是密不可分,都是互相成为,互相⽀持.如果你们⼈类能明⽩这个道理的话,你们便不会去伤害或者是陷害或者是战争.因为你知道所有的伤害你都在伤害⾃⼰.就好像你是⼀条蛇,你在咬⾃⼰的尾巴⼀样.为什么? 因为你们是密不可分的.

Higher Spirit: In their formation process, they require many external conditions. They need many external conditions. For example, the common human concepts of heaven, earth, and harmony, then this thing becomes successful. Therefore, there are also numerous external factors involved. Just like a seed, it must have soil. The soil needs to be moistened; it needs to be conducive to its growth. Can you understand that? Only in these conditions can it grow. So if you don't plant the seed into the soil and it lacks water… It won't grow. Therefore, this is why everything is inseparable, mutually dependent and supportive. If humans could understand this principle, they would not inflict harm or plot against others or engage in wars, because you see that all harm only ends up harming oneself. Like a snake biting its own tail. Why? Because you are inseparably connected with each other.

所以⽆论是对动物的伤害还是对⼈类的伤害还是对⼟地的伤害,你们都是在⾃焚的⼀种状态.因为所有的⼀切就好像你们玩的呢种牌(多⽶诺⾻牌),很多很多牌在⼀起,你碰这个所有的全部倒下.就是这样的状态.那如果你们破坏的⾏为(让它)倒下.它会全部倒下对吧? 那如果你是正⾯的呢? 那如果你是在散发爱呢? 那会不会全部都激活呢? 会⼀样的.因为你们所有都是连接在⼀起的.所以通过你对⼤⾃然,对外在的⼀个关注和探索.你会去发现就算你们每⼀个⼈,你⾝边的关系,所有的都是⽀持着彼此.那能成功的⼈他是怎么? 他就是把所有的

So whether it's harm to animals or to humans or to the land, you are in a state of self-immolation. All things operate like domino cards that, when one is pushed over, cause them all to fall, just as if you play with many such cards. If your destructive actions bring this down, everything will collapse, right? But what about if it's positive behavior? What if you are spreading love instead? Would that activate everything in the same way? Indeed, because you are all connected. Through your focus and exploration of nature and the external world, you discover that every individual relationship you have is supportive, fostering success among each other. The key to success lies in leveraging this connection by bringing about positive changes.

⽀持都让它正⾯⽀持.就是他把他所有的⽀持都变成了正⾯⽀持,就是你的所有联系.就⽐如说你这个⼈你需要⾷物、你需要保姆照顾你、或者是你需要喝⽔、你需要房⼦、你需要任何,就是外在的⽀持.那如果你不断地去破坏呢些外在⽀持你的东西和⼈呢? 就是你不断地在破坏你的关系呢? 破坏你母亲对你的关系,你的同事关系,破坏你的孩⼦的关系,破坏你的⽼师的关系… 这些所有关系本来都是来⽀持你的,你全把它破坏掉呢? 破坏掉了,那你是不是就得不到⽀持了? 你得不到⽀持了,你想⼀下,就像你是⼀个植物⼀样.你把它的⽔、阳光、空⽓,全部拿⾛.它会怎样? 它会死掉啊.那你如果就像你们种植物⼀样,给它温室,什么都是来⽀持它的.

Support all of it to be positive support. That means he turned all his support into positive support, which refers to your various connections. For example, you need food, a caregiver for you, or water, a house, anything that comes from external sources of support. If you continuously undermine those things and people supporting you externally - if you continually damage your relationships? If you destroy the relationship with your mother, with colleagues, children, teachers... These were all meant to support you, but you've destroyed them all? Wouldn't you then not receive any support at all? Without support, consider yourself like a plant. If you take away its water, sunlight, air - how would it react? It would die. Likewise, if you treat your life as though you're nurturing plants, providing everything to sustain them, including protection under a greenhouse, etc.

那它是不是就长的很好? 就会开花结果.所以你们是在切断⾃⼰的⽀持.你们的国家与国家之间为什么会有联盟呢? 欧盟.因为彼此⽀持嘛.那你在切断呢? 你什么都切断的话,你想如果所有⼈都不⽀持你们的话… 你想象⼀下,中国所有东西都是从你们呢⽣产出来的对不对? 那如果你们中国⼯⼈全部罢⼯,你想象⼀下这个世界还怎么运⾏.明⽩吗? 所以任何⼀个环节,如果你们去破坏掉这个⽀持或者是失去这个⽀持.你们都会逐渐的逐渐的是⼀个死亡的状态.还有问题吗?

If it grows well and blooms and fruits, does that mean it's thriving? So you're cutting off your own support. Why do countries have alliances like the EU? Because of mutual support. But what are you doing by cutting things off? If you cut everything off, imagine if everyone stopped supporting you... can you picture a scenario where all of China's production comes from you? And if the Chinese workers all go on strike, can you imagine how this world would function? Understand that each link in the chain, whether it's support or the loss thereof, will gradually lead to your demise. Any more questions?

问: 还有.我想问⼀下关于性的能量.就是男⼥或者雌雄之间的交配.因为有些⼈类在这⽅⾯很感兴趣,陷⼊其中不能⾃拔.这⽅⾯又什么建议吗?

Questioner: Alright, I'd like to ask about the energy of sex, specifically regarding mating between males and females or between different sexes. Since there are people who are very intrigued by this topic and can't help but get deeply involved, do you have any advice on this matter?

⾼灵: ⾸先它只是⼀个⾁体在运⾏,明⽩吗? 就好像是⼀个动物⼀样.动物那它天天⼲什么?狗⼀样.你要没给它设定⽬标,它⼲什么? 天天就找吃的呀.明⽩吗? 因为它会有⼀个⾁体的欲望需要去满⾜它.它就天天这⾥嗅⼀嗅有没有味道,那⾥嗅⼀嗅有没有味道.给它设⼀个⽬标,让它去跳⾼,让它去追,让它去捕猎… 明⽩吗? 所以呢个被⾝体困扰的呢个⼈,他还不知道⾃⼰是谁.他还没有⽬标给他去追求.他就容易被⾃⼰⽣理的⼀些需求,就不断的去满⾜.他就被困了,被这个⾁体困住了.他没有成为这个⾁体的主⼈,就这么简单.他是这个⾁体的奴⾪.那当你们知道你们⾃⼰的⾝份,当你们知道你想成为什么.

Higher Spirit: First of all, it's just a body running the show, understand? Like an animal. What does an animal do every day? Like a dog. If you don't set goals for it, what does it do? It spends its days looking for food, right? Because it has physical desires that need to be satisfied. So it constantly sniffs around for smells, sniffing here and there for something tasty. Understand? Therefore, the person who is burdened by their body doesn't know who they are. They don't have a goal to pursue. It's easy for them to be driven by their physiological needs, continuously satisfying them, thus getting trapped within this physical form. They are not the master of it, just simply being its slave. And when you understand who you truly are and what you want to become.

⾝体就只是⼀个⼯具⽽已,你便不受它控制了.因为你如果还没有成为呢个状态的话,也就是说⼀个还是⾝体奴⾪的呢个⼈,他是想象不到成为主⼈过后的是什么样⼦的状态.因为他这⼀辈⼦都在做奴⾪.如果他去想象的话,他只能从他的脑海⾥去想,明⽩吗? 但是⼀个真正能理解⾃⼰

The body is just a tool; then you are no longer controlled by it. Because if you haven't become that state yet, meaning someone who is still the slave of their body, they can't imagine what it's like to be in charge. They've spent their entire life as a slave. If they try to imagine, they can only do so from within their mind, understand? But truly understanding oneself

⾝份的⼈,他不会只把他当成⼀个⾁体.就像我刚刚说的,你是不是只把你当成⼀个短短⼏⼗年这个⾁体? 那如果是的话,那你肯定就是处理这些事了.那如果你知道你不是呢? 明⽩吗? 那⾁体这个⼯具就可以很好的被你操控了.⽽且它不会产⽣像你所说的被… 这是两种状态,就好像是两个不同的房间.在A房间⾥的事情,在B房间⾥是不会(有的).除⾮你又回到了A.也就是说你要么是畜⽣要么是⼈.你是⼈的话,你就可以控制这个⾝体.畜⽣的话就被⾝体控制.那如果你是畜⽣的话,在没有成为⼈的时候,你是想象不到⼈是什么样⼦的.那当你是⼈的时候,你不可能在回到畜⽣的⼀个状态.因为这是⼀个进化的过程.明⽩吗?

A person who understands their essence doesn't merely see themselves as a mere physical being. As I just mentioned, are you only seeing yourself as this short-lived physical form for a few decades? If so, then indeed you would handle matters accordingly. But if you realize that you're not confined to such a perspective, then the physical tool becomes much more manageable for you. And it wouldn't generate the same sense of being... These are two states, like two separate rooms. What happens in Room A doesn't occur in Room B, unless you return to Room A again. In other words, you're either an animal or a human. If you're human, then you can control this body. An animal is controlled by the body. But if you are an animal and haven't become human yet, it's impossible for you to imagine what being human entails. When you are human, you cannot revert to an animal state because that represents a progression in evolution. Understand?

问: 但是就是有时候他们不管是在吃还是性这种状态,他们可能是找⼀种⽣活的存在感吧.就是让⾃⼰更加关注⽣活⽅⾯的东西.

Questioner: But sometimes, when they are eating or engaging in sexual activities, they might be seeking a sense of existence in life, trying to focus more on the aspects of living.

⾼灵: 头脑是拒绝⽆聊的.所以你们的世界上创造了那么多的花样,那么多的游戏,那么多琳琅满⽬的东西来供你们 keep you busy, keep you exciting.它来让你们在⼀个兴奋的状态,赌博也好.明⽩吗?

Higher Spirit: The mind rejects boredom. So your world created so many diversions, so many games, so many wondrous things to keep you occupied, to keep you excited. It comes to keep you in a state of excitement, whether it's gambling or whatever else. Understand?

问: 我们的地球上有完美的东西吗?

Questioner: Is there anything perfect on our Earth?

⾼灵: 有完美的东西吗? 完美就是说呢个东西已经是成品了.因为如果它还没有成,⼀直在⼀个成为的状态,你怎么说它完美呢? 明⽩我意思吗? 你只能去说⼀个已经定型的.那已经定型的是什么? 是死的东西.你如果是活的东西,就好像这棵植物.它⼀直在长新的枝芽出来,⼀直在长新的枝芽…. 没有完美的东西,只有在你们眼⾥看上去对你们来说是不是完美的.如果你眼⾥能看到完美的话,哪怕是⼀直苍蝇,你去观察它的翅膀,它的结构,它的眼睛,你都会觉得是如此的完美.那有的⼈他看着就恶⼼啊.所以是取决于… 有⽣命⼒的都是完美的.没有⽣命⼒的、死的,它就没有呢种感染的⼒量,感染别⼈的⼒量.那么它就是死的.

Higher Spirit: Are there perfect things? Perfection means that the thing is already a finished product. If it hasn't become that yet, still in the process of becoming, how can you say it's perfect? Do you understand my meaning? You can only refer to something that has reached its form. What is this form shaped into? It's dead things. If you are living things, like this plant. It keeps growing new branches, constantly producing new branches... There are no perfect things; there are only what you perceive as perfect in your eyes. If you can see perfection through your eyes, even a constant fly, if you observe its wings, structure, and eyes, you would find it so incredibly perfect. But for others, it might provoke nausea. It's all about... Life force makes everything perfect. Lack of life force, deathly things lack the power to influence or infect others. They are dead.

问: 能不能帮我们给我们的通灵信息起⼀个名字?

Questioner: Can you help us name our spiritual messages?

⾼灵: 你想要给你们通灵的信息取⼀个名字,然后你想要知道从我们这⾥有没有什么名字可以⽤是吗? 你就可以⽤⼀个通灵选集.因为你需要⼈们⼀眼就能知道你这个是什么.

Spirit Guide: You want to name the collection of messages we're giving you, correct? And you would like to know if there are names that can be used from us, so people could easily understand what this is about when they see it.

问: 我们的三皇五帝中有⼀个伏羲.他创建了我们中华的⽂明…⾼灵: 三皇五帝是什么?

Questioner: In our three emperors and five sovereigns, there is one called Fu Xi. He created civilization for our China... Higher Spirit: Who are the Three Emperors and Five Sovereigns?

问: 就是我们的⼀个始祖.就是祖先吧.我们民族的⼀个祖先叫伏羲的,能帮我们链接⼀下他吗?

Questioner: It's one of our forefathers, a founding ancestor in our civilization named Fu Xi. Could you help us connect to him?

⾼灵: 伏羲.你可以提问.

Higher Spirit: Fu Xi. You may ask questions.

问: 我想问⼀下伏羲通过⾃然现象创建了易经⼋卦.我想知道他是怎么创建的?

Questioner: I'd like to ask how Fu Xi created the eight trigrams of the I Ching through natural phenomena. Could you explain how he did it?

⾼灵: 你要知道⾸先伏羲是你们⼈类取的名字.它只适合你们来分辨、记住.呢个创建的⼈他做的事情和你们现在在做的⼀样.他只是接触了这个能量.他只是接触了源头,取了⽔.那接触了源头,取了⽔.他要把⽔做成汤,还是做成饮料,还是做成冰块,做成⾖浆,那是不是他的创造? 明⽩吗?

Higher Spirit: You need to know that Fu Xi was a name given by humans. It's only suitable for you to distinguish and remember. The person who created this energy does things similar to what you're doing now. They just connected with the energy, tapped into its source, like taking water. When they connect with the source, take the water. Whether they turn it into soup, a drink, ice cubes, or soy milk – is that their creation? Do you understand?

问: 感觉他们当时对⾃然的链接更深层次⼀些好像.

Questioner: It seemed like they had a deeper connection with nature back then.

⾼灵: 也就是说他去通过这股能量….就好像我刚刚说的⼀样,你们世界上创造的任何东西,⽆论是什么,圣经呀,塔罗牌啊,任何任何,你们说的什么东西.它都好像只是⼀个…就好像他去源头取⽔,他取了⽔.他要做成什么,做成⾖浆、ice cream、做成饮料、还是做成啤酒,那是看你们⾃⼰.通过你们⾃⼰可以把它⽤不同的⽅式展现出来.就是这是你们个⼈的创造⼒.那像你们所说的占⼘,有各种各样的占⼘.占⼘就好像是⼀个敲门砖⼀样.它可以通过⽐如说⼋卦,或者是你们塔罗牌,真正的真正的是,它好像是电线插头,它⼀插进去,马上联通了电.它就可以开始往外输出了.明⽩吗?

Higher Spirit: In other words, he goes through this energy... just as I said earlier, whatever you create in your world - the Bible, tarot cards, anything and everything you say - it's like taking water from its source. He takes the water. What he turns that into - whether it's soy milk, ice cream, a beverage, or beer - is up to you. It can be presented in different ways through yourselves. This is your personal creativity. When you talk about divination, there are various kinds of divination. Divination serves as an introduction, like knocking on a door. Once the connection is made, whether through the eight trigrams or tarot cards, it's like plugging something into an electrical outlet - instantly providing power. It starts to output information. Do you understand?

问: 也就是说它这个电,接的是其他⾼灵还是其他维度的能量吗?

Questioner: In other words, does it connect to energy from higher spirits or other dimensions?

⾼灵: 源头.就好像你接⼊了源头,在从你这个地⽅出来.也就是说你们每⼀个⼈都在⽤⾃⼰的⽅式去触摸电.然后你再来分享给别⼈电是什么.明⽩吗? 所以他们呢些创造者,也是他们通过他们的⽅式去触摸了电.然后在⽤⾃⼰的⽅式把电的形状啊、样⼦啊展现出来.怎么样接触到电啊.就⽐如说你需要怎么怎样可以摸到电.那你们在按照他呢个指定的⽅式…你吸收了他的⼀些概念,然后你再去…然后你也摸到了.明⽩吗?

Higher Spirit: Origin. It's like you're connected to the origin, flowing out from your place. In other words, each one of you is touching electricity in your own way and then sharing with others what electricity is. Do you understand? So those creators also touched electricity through their own ways, and then displayed its shape or appearance using their own methods. How they come into contact with electricity, for example, how do you touch it? Say, how would you need to approach touching electricity. Then, following his designated way…you absorb some of his concepts, then you go...and you also touch it. Do you understand?

问: 那怎么判断他接上电没有呢?

Questioner: How do you determine if it's connected to power?

⾼灵: 你⾃⼰会有感觉的呀.你被电触了,你还不知道你触电没有吗?

Higher Spirit: You should feel it yourself. You've been shocked, don't you know if you've touched an electric current or not?

第⼆个⼈问: 我想问⼀下今天发⽣的事能帮我梳理⼀下? 对我的意义是什么?

Second person: I want to ask about today's events and how they can help me understand their significance?

⾼灵: 什么事?

Higher Spirit: What's up?

问: 今天因为我姐和我姐夫….能看到我今天发⽣的事情吗? 我说不清楚…⾼灵: 能看到你发⽣的什么事情? 你是想看⼀下你现在的状态吗?问: 就是说今天发⽣的事对我的⼀个意义.

Questioner: Can you see what happened to me today because of my sister and her husband? I can't explain it clearly...Higher Spirit: What exactly did happen to you? Are you looking for a glimpse into your current state? Questioner: It's about the significance of today's events in relation to me.

⾼灵: 这么说吧,有信息.现在给你的信息就是说不要去关注呢些让你不开⼼的事情,就是不喜欢的事情.你不要陷⼊它.之前我们通灵就说,就好像在你⾯前有⼀幅画.有魔⿁、有天使、然后也有粪坑、然后也有鲜花、有⿊、有⽩… 什么都有.你把你的意念,你的意识关注哪⼀个,它就会呈现在你的世界⼤化、变活,来给你体验,来给你演对⼿戏.那如果你总是去锁定呢⼀坨屎呢?它呢⼀坨屎恶臭来让你体验它,明⽩吗?所以外在什么事件不重要,重要的是你把你的注意⼒放在了哪⾥.这才是最重要的.你的⾝体的反应它是根据你的关注点去起反应的.就好像你⽐如说关注⼀个裸体的美⼥,那你⾝体是不是会有反应,对不对?那你们这么清楚你关注什么就有什么.

Higher Spirit: Let me put it this way, there's information. The information now is to say that you should not focus on the things that make you unhappy, the things you don't like. You shouldn't get stuck in them. Previously, when we communicated with spirits, it was like a picture before you, with devils and angels, then there are poop pits, then there are flowers, black and white... everything is there. You direct your thoughts, your consciousness to which one, and it will manifest in your world's grand stage, come alive for you to experience, to act out as the other side. But if you keep focusing on that one poop? That disgusting pile of poop comes back to let you experience it, do you understand? So external events don't matter, what matters is where you direct your attention. This is what's most important. Your body's response is based on where your focus lies. Like for example, if you focus on the beauty of a nude woman, doesn't your body react to that, right? You're so clear on what you focus on, then there's what you get.

那让你关注⼀个很恶⼼很恶⼼的⼈,那你是不是看着就恶⼼?那你⾝体是不是也有这个反应?那如果你能知道你⾝体的所有反应是根据你关注的点去做反应的,那你⼲嘛还要关注呢些让你恶⼼的呢? 明⽩吗?

That makes you focus on something really disgusting, do you feel sick when you look at it? Does your body also react in the same way? If you realize that all of your bodily reactions are based on what you're focusing on, why would you still choose to focus on things that make you feel sick? Get it?

问: 这个说的我明⽩.但是它这个事情是需要我处理的,如果放任不管的话…⾼灵: 所有的事情不需要你们做任何处理.因为所有的东西它会⽣,是别⼈的念头把它⽣出来的.念头⽣出来给他们体验.他们⾃然会在⾥⾯,是需要收到礼物的.就是他⾃然⽽然会需要这个体验,他才创造这个体验给他们.那你把他们的体验拿⾛了? 拿⾛了他们再创造⼀个同样的呀.因为他们没有从这样的…明⽩吗? 就好像你去把他们练习的⼯具给拿⾛了⼀样.如果你们真的是想要⼀个处理的⽅式,我告诉你,时间可以处理任何.你就看⼩孩⼦断奶吧,最开始多么痛苦.不停的哭.所有做母亲的⼈都觉得断奶永远不可能⼀样.但是五岁的孩⼦还会喝你的奶吗? 明⽩吗?

Questioner: I understand that. But it's something that needs to be handled by me if left unattended... Senior Higher Spirit: There is no need for you to handle anything because everything will naturally happen on its own due to others' thoughts creating these experiences for them. They experience the world through their own minds, receiving gifts in return. The experiences are naturally created for them, so if you take away their experiences, they will simply create more of the same. If you're truly looking for a way to handle this situation, let me explain: time can resolve anything. Consider weaning children, how painful it is at first with endless crying. Mothers would never think it could be otherwise. But does a 5-year-old child still need breast milk? Do you see what I mean?

他⼗岁就碰都会不会碰了.那或者呢些失去妈妈的⼩孩⼦,⼩时候哭的都不想活了.那等他长⼤⼆⼗岁呢? 所以你们的时间它会⾃然⽽然它就已经在发⽣作⽤了.就好像你种了⼀颗青菜下去,你不停的说我要去处理,我要去处理.它⾃然⽽然会长⼤的.所以为什么? 不就是允许它成长吗? 你能处理它什么? 你处理不了任何.因为问题是出⽣在你这⾥.你怎么去处理? 因为⼀般更⾼意识的⼈,他能处理这些问题的⼈,他看不到问题.他觉得没问题啊.为什么没问题? 因为他们需要这个体验去成长啊.那怎么会是问题呢? 他不会想要去⼲涉.所以唯⼀你需要处理的是你⾃⼰的⼀些想法.因为你的想法

At ten years old, he wouldn't have encountered something like this. For those children who lost their mothers, they couldn't even bear to live during their childhoods due to crying so much. What would happen when they grow up by twenty? So your time naturally and automatically starts to take effect. It's like planting a lettuce seed; you keep saying I need to manage it, I need to deal with it. It will naturally grow over time. Why is that the case? Isn't it allowing it to grow? What can you possibly do about managing it? You can't manage anything because the problem lies within you. How can you handle it? Because people with higher consciousness who are capable of dealing with these issues don't see the problems as such; they feel there's no issue. Why is that so? They need this experience to grow, right? So how can there be an issue then? They wouldn't want to interfere. Hence, the only thing you need to handle is your own thoughts since they're your thoughts.

⾮常的局限.你的局限来⾃哪⾥? 你把⼀个事情看成死的,就是它不可更改的.就是哎呀这个结果已经出来了,哎呀不可改了.还有就是你的⼀个消极的…因为你觉得如果你不做些什么,事情就会变坏.这就是⼀个消极的思想模式.所以最应该处理的是你⾃⼰,明⽩吗? 你想象⼀下如果你不在这个世界上,难道他们就活不下去了? 不活了? 这个世界上没有离开任何⼀个⼈这个世界不能运⾏.我不管这个⼈是谁.以前的伟⼈,最伟⼤的MZD.离开他了中国不是更好吗,对不对? 你们都觉得MZD是怎么样怎么样.那没有他过后,你们中国是不是变的更好更强⼤了? 那连MZD都可以离开,还离不开谁,你告诉我.MZD他⾃⼰觉得他伟⼤吧.

Extraordinary limitations. Where do your limitations come from? You perceive things as if they are dead, meaning they cannot be changed. It's like saying, "The outcome is already determined, and it can't be altered." Additionally, there's a negative mindset where you fear that if you don't act, the situation will worsen. This is a pessimistic thought pattern. So, the most pressing issue to address is yourself, understand? Imagine if you weren't in this world; would they all just stop living? No one can keep the world running without anyone on it. Whether we're talking about past greats or the greatest MZD himself. Wouldn't China be better off without him, wouldn't your country have become stronger after his absence? Even if someone like MZD can leave, who else could you possibly depend on? Tell me, how does MZD think he's so great for himself?

他觉得整个中国他做了多少贡献,在他⾃⼰看来,这只是他⾃⼰认为的.那他觉得他的能量多强⼤.如此强⼤的⼈,他觉得能离开的了他吗? 然后他有没有看到现在,离开他过后变得多好? 所以你为什么觉得你姐和你姐夫的事情离开你,他们就有问题了呢? 明⽩吗? 没有任何问题,没有任何事.唯⼀的就是你⾃⼰局限还有你⾃⼰制造的问题.就是你的⼀些消极的观念,你会觉得是真的,你会觉得会怎样.但是并不会.

He feels that how much he has contributed to China is just a perspective in his own eyes, which he believes himself. This leads him to question the strength of his power. For such a powerful person, can they really leave him? Then, does he realize how much better things have become after they left him? So why do you think your sister and her husband have problems because they've left you? Can you understand? There's nothing wrong; there's no issue at all. The only thing is the limitations that come from yourself and the issues you create for yourself, which are your negative thoughts. You might feel that these thoughts are true, and how things will unfold based on them, but it won't actually be like that.

第三个⼈问: 我想问⼀下你是菩萨吗?

The third person asked: I was wondering if you are a bodhisattva?

⾼灵: 菩萨是你们⾃⼰的⼀个说法.我可以告诉你如果只是爱的存在是菩萨的话,那我是菩萨.菩萨就是只是爱,她没有分别⼼,没有任何.

Higher Spirit: Buddha is your own term. I can tell you that if love is all a Buddha needs to be, then I am a Buddha. A Buddha simply loves with no discrimination and holds nothing back.

问: 我的第⼀个问题是,近⼗年我⽼感觉⾃⼰做什么都做不好,⾝体很紧张.⾝体的某个位置,好像是松果体的位置又⿇又痒,就是⽆法让⾃⼰坚定起来的感觉.很堵,很恐惧.我不知道原因是是什么? 需要如何化解?

The first question I have is that for the past decade, I often feel like I'm not doing things well, experiencing great tension in my body. There's a sensation of numbness and itchiness at a specific bodily location, akin to where the pineal gland is situated, making it hard for me to feel firm or resolved about things. It feels very congested and fearfully so. I wonder what the cause might be, and how should I address this issue?

⾼灵: 原因就是你刚才说的呢⼀番话啊.你再回头去重复⼀下你的话,你会很恐惧,你会很⿇、很堵.你说的这些话都是在给你的⾝体下指令.我前⾯呢个信息就是说你关注什么,你的⾝体就会怎么反应.⼀个男⼈看到⼀个裸⼥,他就会起⾝体反应.那你⼀直在说恐惧、⿇、⽆⼒,这样呢样的话.你⼀直在给你⾝体输⼊这样的指令,它会不会就有这样的反应?如果你给它重新命名呢?⿇的感觉,你就说有点痒痒的感觉,没事.明⽩吗?那你就在改变你的⾝体了.你不是去给你这个感受⼀个负⾯定义.⽐如说你最开始有⼀个感受,它本⾝是没有意义的.但是你给它开始定义了.你把它变成⼀个恐惧.那其实你就在不断地创造创造创造,不断地加深加深加深.

The Higher Spirit: The reason is precisely what you just said earlier. If you were to repeat your words again, you would feel extremely terrified and suffocated. Your words are all commands being given to your body. The previous message was about how the body reacts according to what you focus on. For example, when a man sees an unclothed woman, his body responds accordingly. But if you keep talking about fear, numbness, and helplessness, wouldn't you be constantly sending these commands to your body? If you rephrase them differently? Saying 'numb' as simply 'tingling', there's nothing wrong with that. Do you understand? By doing so, you're essentially changing your own body. You're not labeling this sensation negatively. At the start, a feeling is neutral; it gains meaning through your definition, turning it into fear. Essentially, you're constantly creating and amplifying these sensations.

所以你的问题是来⾃于你⾃⼰去给你⾝体的这些感受,给它定义,给它命名.然后你不断地在创造它,然后不断地在体验它.就这么简单.

So your problem arises from you giving meanings to these sensations in your body, naming them, and then continuously creating and experiencing them. That's it.

问: 我觉得已经陷⼊⼀种恶性循环了.

I feel like I'm in a vicious cycle.

⾼灵: 所有的循环都是恶性循环,明⽩吗? 就好像⾸先你相信的东西,你会逐渐把它显化在物质世界给你体验.你体验了,它又加深了你相信的东西.它⼀加深了你相信的东西,你再继续体验.那是不是就是恶性循环.那如果当你明⽩那全是你⾃⼰创造的呢? 明⽩吗? 那你再开始创造⼀些不同的体验啊.那也会开始正向循环呀.你只要明⽩所有东西都是你创造的,你⾝体的感受.你可以让你的⾝体得很严重的病,你也可以让你的⾝体瘫痪.你也可以让你瘫痪的⾝体再重新⾛路.你的意念就是呢么强⼤.

Higher Spirit: All cycles are vicious cycles, understand? Just like when you believe in something first, it gets manifested in your material world for you to experience. You experience it and it deepens what you believe in. When it deepens what you believe in, you continue experiencing it. Isn't that a vicious cycle? And if you realize that all of this is what you created yourself, do you understand? Then when you start creating different experiences, it also begins a positive cycle. You just need to understand that everything, including your body's sensations, is created by you. You can create serious illnesses for your body; you can also paralyze it. And then have your paralyzed body walk again. Your thoughts are that powerful.

问: 但是需要时间.在理论上说是没有时间.但是就会相信…⾼灵: 去关注不同的点.不要去对你的⾝体太多的关注,明⽩吗?

Questioner: But it takes time. In theory, there is no time involved. But you have to believe... Higher Spirit: Focus on different points instead of your body. Can you understand?

问: 我现在有⼀个男朋友.他对巴夏的理论⽐较感兴趣.我想问⼀下我跟他的进展会如何? 然后我们前⼏世有怎样的纠葛?

Questioner: I currently have a boyfriend who is quite interested in Basha's theories. I'd like to know how our relationship will develop and what kind of conflicts we might have had in our previous lives.

⾼灵: 你跟他的进展会如何是取决于你.如果我跟你说了结果,你是不是就会按照呢个结果去… 你要知道在所有的关系,在物质世界所有的⼀切,它都是你的⼀个状态的反射⽽已.就是来呈现出你的⼀个状态⽽已.所以并不是说会如何,⽽是说在当下你的能量状态它会呈现出什么样⼦.就好像我刚刚前⾯说的,你们每⼀个⼈的能量状态不⼀样.就好像你的振动频率不⼀样,那你体现的⼀个图⽚就不⼀样,现象就不⼀样是吧? 那如果你的振动⼀直变化呢? 那你的图⽚也会变化啊.那如果你的振动在转变的话,你跟他的关系也会转变啊.那如果你的频率低的话,那你们的关系也会开始⾛⼊很低.那如果你的频率真的很⾼的话,你们的关系也会很⾼呀.

Higher Spirit: The progress of your relationship with him is dependent on you. If I told you the outcome, would you follow it? Remember that in all relationships and aspects of life in this physical world, they are merely reflections of your state. It presents your state. Therefore, it's not about what will happen, but rather, how your energy state manifests at the moment. Just as I mentioned earlier, each one of you has a different energy state. Similarly, if your vibration changes, so does the picture that is presented, and thus the phenomena. If your vibration fluctuates, so too would your relationship with him. Should your frequency be low, then your relationship might start to decline. Conversely, if your frequency is very high, your relationship could also soar.

所以说外在的对象是谁,还有你们的⼀个状态是怎样的.你才是呢个影响者,你才是呢个核⼼,最主要的.其实很简单.你们每⼀个⼈都找错⽅向了,你们每⼀个⼈都是在关注外⾯.就好像前⾯呢个⼈,我姐、我外婆、我爸爸.他都把外在的⼒量给⼤化了.他都会觉得是外⾯的怎么样怎么样.实际上是你们内在的能量状态还有你们的频率影响

So it's about who the external objects are and what state you're in. You're the influencer, you're the core, the most important. It's actually quite simple. Each one of you is going in the wrong direction, focusing on the outside. Like that person up front - my sister, my grandma, my dad - they all exaggerated the external forces. They would all feel like it was out there, how things are happening externally. In reality, it's your internal energy state and your frequency that affect

了外在的关系.外在的关系会怎样是你们内在,是你们.如果你是⽆⼒的话,在所有的关系当中你都会觉得对⽅的⼒量好⼤,让你喘不过⽓.他们怎么呢么凶,明⽩吗?

About external relationships. How things are externally is up to you internally, within yourselves. If you feel powerless, you'll find the force of others overwhelming in every relationship, suffocating you. What about them being so aggressive, do you understand?

问: 我想知道我今⽣的任务是什么? 我想问⼀下前⼏世我修⾏过吗? 还有就是我什么时候可以很⾃如的⽣活,不再呢么焦虑、紧张、抑郁之类的?

Questioner: I wonder what my task is in this life. I would like to know if I have cultivated in previous lifetimes. Also, when can I live freely without so much anxiety, tension, and depression?

⾼灵: 你前⼏世有没有修⾏过? 你如果把你当成只是你这个⾁体的话,你是全新的你.那如果你不把你⾃⼰当成这个⾁体,你是跟所有⼀切链接的话,那你就直接可以链接到更⾼意识了,明⽩吗? 那就是所有资源都是共享的.所以这⾥没有… 唯⼀的限制就是你把你⾃⼰定义成是什么.你还有的问题是什么?

Soul: Have you practiced in your previous lives? If you consider yourself only as this body, you are a brand new being. But if you do not see yourself as just this body and connect with everything else, then you can directly link to higher consciousness, understand? That means all resources are shared. So there is no... the only limitation is what you define yourself as. What other questions do you have?

问: 巴夏层级讲过九个层次的理论.它的翻译我没太看清楚,我英语也不是很好.没理清楚.您可以说⼀下吗?

Questioner: Ba Xia has discussed a theory of nine levels. I didn't quite understand the translation, and my English isn't very good either. Could you clarify this for me?

⾼灵: ⾸先,任何你们⽼师他有他⾃⼰的教学体系.每⼀个⽼师他有他⾃⼰教学的风格.他有他⾃⼰理解,就是传授的⽅式⽅法.所以呢只是他的⼀套系统.他的系统我并没有学习,那我没有学习是不是我就… 所以你不能去来问这个⽼师另外⼀个⽼师的系统,明⽩吗? 但是我们所有的路径都是⼀样,就是来让你们,帮助你们发现你们⾃⼰真实的⾝份,帮你们找到⽅向.因为你们都是迷失的状态.就好像⼀个⼩baby什么都不懂.那我们是在逐渐的给你们传授⼀些,来让你们baby刚学会⾛路会摔跤是正常的,这个都是正常的.然后爸爸妈妈离开了⼀下不⽤哭,他们会回来的,明⽩吗? 就是来安抚你,来告诉你,这是⼀个成长的过程.

Higher Spirit: Firstly, each of your teachers has his own teaching system. Every teacher has his own teaching style. He has his own understanding, which is the method and manner of instruction. So it's just one system for him. I haven't learned from his system. If I don't learn it, does that mean… Therefore, you can't ask this teacher about another teacher's system, understand? But all our pathways are the same, aiming to help you discover your true selves and find directions because you are all lost. It's like a baby who knows nothing. We're gradually teaching you things, understanding that when a baby just starts walking and falls, it's normal; this is all part of it. And if mom or dad leaves for a moment and you cry, they will come back, understand? This is to soothe you, to tell you it's a process of growth.

让你们不要继续在恐慌和⽆⼒当中.因为你会觉得我的⼒⽓怎么这么⼩啊? 哎呀妈妈离开我了…那你不就是在恐慌和⽆⼒吗? 你说问: 巴夏说他给我们⼈类通灵他也是为了提升.就好像是有⼀个层次.那您跟巴夏是在⼀个层次的是吗?

Let you not continue in fear and helplessness, because you might think how small my power is? Oh, your mother has left me… Then aren't you also in fear and helplessness? You ask: Bahya said he channeled for us humans to elevate. It's like there is a level. Are you and Bahya at the same level then?

⾼灵: 意识的层次就好像是你们所谓的⼀棵参天⼤树还有⼩树苗.那⼩树苗最后也会长成参天⼤树啊.如果你们是需要这么来分的话.如果让我们分,就是说受限制和不受限制了.

Sage Spirit: The levels of consciousness are like the big trees and seedlings that you humans speak of. Those seedlings will eventually grow into towering trees too. If we were to categorize it this way, if you consider them as limited or unlimited.

问: 那您是什么意识存有吗?

Questioner: And you are a being of consciousness?

⾼灵: 纯意识体,没有任何物质.

Higher Spirit: Pure consciousness entity, devoid of matter.

问: 我感觉在跟你说话的时候⾝体舒服好多,我不知道是不是因为你的能量.

Questioner: I feel much more comfortable talking with you; I don't know if it's because of your energy.

⾼灵:⾮常好对你来说.你们不需要任何恐惧,因为你在进⼊呢个恐惧的时候,你会创造更多的恐惧给你体验.你就很单纯的告诉⾃⼰没有什么好恐惧的.然后去关注兴奋的、开⼼的,就这么简单.你不需要去做很多功课.我的恐惧来⾃哪⾥?我要怎么清除我的恐惧?这样那样.你只需要不断地暗⽰⾃⼰没有什么可怕的,我要开开⼼⼼,我要去关注兴奋的事情.因为你们任⼀当下的时刻你都可以瞬时的转变你的状态,不需要是⼀个漫长的过程.

Sage: Very good for you. You don't need any fear because when you enter into fear, you create more fear for yourself to experience. Simply tell yourself there's nothing to be afraid of. Focus on the exciting and joyful things; it's as simple as that. You don't have to do much work. Where does my fear come from? How do I remove my fear? Just keep implying to yourself that there's nothing可怕的 to be scared of, let me be happy, and focus on exciting activities. Because at any given moment, you can instantly change your state without it being a long process.

问: 就是兴奋点,对于我来说可能堵的⽐较厉害,也很难分清楚.

Questioner: It's about the thrill point; it might be quite blocked for me and hard to distinguish.

⾼灵: 你不是说要找到⼀个特别特别兴奋的.因为你永远都是在找寻的过程当中.你有可能现在很悲伤、很恐惧.哪怕你吃个 ice cream,你会开⼼⼀点,明⽩吗? 因为它这是⼀个逐渐⼀步⼀步的过程.你⽐如说那我吃个冰激凌,那我⼼情好了.我给朋友打个电话聊聊天,我⼼情又好了.我出去逛个街买个⾐服,⼼情又好了.这样⼦⼀步⼀步的.就好像是你在⾛路⼀样,每⼀个路你都选⼀个更吸引你的地⽅这样⼦.⽽不是说我坐在这⾥我⼀定要找: 我最

Higher Spirit: You said you want to find something exceptionally exciting, because you're always in the process of seeking. Even if you feel sad or scared right now, even if eating an ice cream makes you a little happier, do you understand? It's a gradual step-by-step process. For example, when I eat an ice cream, my mood improves. When I call a friend to chat, my mood improves again. Going shopping for clothes and buying something also makes me happy. Step by step, it's like walking where you choose the most appealing path at each step, not sitting here determined to find "the most"

⼤的兴奋是跳舞呢? 还是唱歌呢? 还是写故事呢? 我找不到呀.我好像没有什么兴奋的.明⽩吗?因为你逐渐在每⼀个选择的时候,你就已经⾛上呢条…知道从你的当下的每个状态去选择让你兴奋的事情呀.然后进⼊呢个点呀.然后在这个频率它是越来越⾼,越来越⾼,就是你兴奋的呢种….你才慢慢慢慢⾛到到底是什么让你真正的充满了激情状态的⼀个状态.你不然你如果连选择冰激凌呢⼀步都不⾛出去的话,你就永远困在呢个⼩⿊屋⼦⾥⾯,明⽩吗?就好像⼀个⼩⿊屋⼦,这是⼀个迷宫.然后你根据每⼀步每⼀步你才能⾛出去.⽽不是你⼀下⼦就要找到⼀条路你才开始⾏动.

The great excitement is dancing, singing, or writing stories? I can't find it; I don't seem to have much excitement. Understand that as you make choices at each moment, you're already taking the path of selecting what excites you from your current state, leading into that point. The frequency increases with each step, allowing you to gradually understand what truly fills you with passion. If you don't even venture out to choose an ice cream flavor, you'll be trapped in a small room forever. Imagine being stuck in a tiny black house, like a maze where you have to take it one step at a time instead of finding the whole path before you start acting.

问: 因为我的不舒服的感觉让我没有好好渡过青春时光.然后对美貌有很深的执念… 有⼀种失落感.如何化解呢?

Questioner: Because my discomfort has prevented me from enjoying my youth well, and I have a deep obsession with beauty... there's a sense of loss. How can this be resolved?

⾼灵: 你就关注错了⼀个点,你在⾃⼰创造的就好像⼀个悲惨的世界⾥⾯.哎呀,这个也不好,呢个也不⾏.我⾝体怎样….就是在⼀个⾃我暗⽰,就好像⾃⼰给⾃⼰织了⼀个⽹,然后被困在⾥⾯.然后织呢个⽹的就是你的思想、你的念头还有你的想法、你觉得呢是真的,明⽩吗?你的观念、你的想法、你的念头,这些就是你⾃⼰来织的⼀个⽹来困住⾃⼰.你在给它们⼒量,然后继续加深、控制你,明⽩吗?但是你要知道呢些都是妄念,都只是⼀个飘过的念头⽽已.就好像从你眼前飘过⼀朵云,本⾝你要不动的话它就飘过去了,什么都没有了.你却要把呢朵云⽤你的意念来凝固成⼀团⿊压压的来压住你,让你喘不过⽓.

Higher Spirit: You've focused on the wrong point; you're trapped in a world of your own creation, like something tragic. Ah well, this isn't good, neither is that. How's my body… It's all about self-suggestion—like weaving a web around yourself with thoughts and notions, ideas and beliefs you perceive as true. You understand? Your concepts, your thoughts, your notions; these are webs you weave to ensnare yourself. They're being given power by you, reinforcing their hold over you. But remember, they are mere delusions—just fleeting thoughts. Like a cloud passing before your eyes, if you don't move, it passes without leaving anything behind. Yet you try to fix that cloud in your mind as a dense mass, pressing down upon yourself, making it hard for you to breathe.

然后所有的云,你都把它凝固起来,再加强,再硬,然后再压住你,明⽩吗?你没有允许它只是从你眼前飘过.你也没有看清楚其实它只是云.你把⼿伸进去其实它什么都没有.你觉得是⼀团⿊压压的.

Then you condense all the clouds and strengthen them, making them harder, pressing them down on you, do you understand? You didn't let it just drift past your eyes. You also didn't clearly realize that it was actually just cloud. When you reached in with your hand, you found out there was nothing inside. You felt like a mass of darkness.

问: 因为我的经历好像没有让我觉得我的外在是我内在的投射.我很难信服…⾼灵: 你想象⼀下你刚才说的呢些东西,你⾝体不舒服、疼痛,这样呢样所有的东西,这不全是你投射出来体验的吗? 你怎么又说是你没有体验到是你投射出来的呢?

Questioner: But my experiences don't seem to make me feel that my external is a projection of my internal. It's hard for me to accept...

A: Imagine the things you just said, your discomfort in the body, pain; all this experience that you're describing, isn't it all a projection that you are experiencing? And why would you say then that you don't experience it as being projected by you?

问: 可是我想让它变好它也没有变好.

Questioner: But I want it to get better and it doesn't.

Translation: Questioner: But I want it to improve, yet it remains unchanged.

⾼灵: 因为你没有投射好的东西呀.我刚刚说你⼀来你怎么描述你⾃⼰的? 恐惧、⽆⼒、发胀、⿇、这样呢样.又担⼼又悲伤,这样呢样.这就是你⾃⼰投射出来给你⾃⼰体验的.你要还不懂的话你可以到时候听录⾳然后看⽂字,再好好的去理解.

Soul Guide: Because you didn't project well. I just asked how you described yourself when you came here? With fear, helplessness, numbness, tingling sensations, and so on. You are both worried and sad like that. These are the experiences you projected onto yourself for your own experience. If you still don't understand, you can listen to the recording and read the text later, then properly comprehend it.

问: 我这⼀辈⼦能开悟吗?

Questioner: Can I attain enlightenment in my lifetime?

⾼灵: 你怎么去定义? 就好像你⼈⽣刚开始,你前⾯有⼏个路⼜.你要选哪⼀个? 你要怎么⾛? 你在每个当下你都有选择,明⽩吗? 哪怕你到时候你都已经六七⼗,七⼋⼗了,你都可以再去选择你想要体验什么.每个当下你都有选择的权⼒.

Higher Spirit: How do you define it? Like at the beginning of your life, you have a few paths in front of you. Which one do you choose and how do you go about it? You always have the power to make choices in every moment, understand? Even when you're already in your sixties or seventies, you can still choose what you want to experience. Each moment offers the ability to make choices.

第四个⼈问: 我前两天连续两天晚上都梦见⾃⼰怀孕,我想知道这个梦有什么信息想要带给我吗?

Fourth person asks: I dreamed of being pregnant for two consecutive nights over the past two days. I wonder what message this dream might be conveying to me?

⾼灵: 是你⾃⼰对⾃⼰有⼀种,就好像你想要重⽣,转变成另外⼀个⼈格,新的意识.这是你⾃⼰的⼀个…问: 我明⽩了.我的第⼆个问题是⼤概两三天我突然梦中知梦,然后醒来后有⼀股能量来接触我.我想这个梦和这股能量有没有什么信息想要带给我?

Higher Spirit: It's something you do to yourself, like wanting to be reborn and transform into another personality, a new consciousness. This is what you do to yourself...

Questioner: I understand. My second question is that about two or three days ago, suddenly in my dream I realized it was a dream, then after waking up there was an energy touching me. I wonder if this dream and the energy have any messages for me?

⾼灵: 这都是你⾃⼰,就好像⾃⼰给⾃⼰的意识创造了⼀些、制造了⼀些体验给你⾃⼰⼀样.就好像你⾃⼰在跟你的念头玩耍⼀样,跟你的意识玩耍⼀样.

Higher Self: It's all you, as if you have created some awareness for yourself and manufactured some experiences for yourself. Like you're playing with your thoughts, playing with your consciousness.

问: 我跟我的母亲以及⽗亲有什么所谓的前世的关系已经今⽣的课题吗?

Questioner: What are our supposed past-life relationships with my mother and father, and what is our current life's topic?

⾼灵: 你稍等.你跟你的母亲更多的就好像是互补⼀样.就好像是⼀个阴⼀个阳,⼀个⽔⼀个⽕.就好像是这样⼦的⼀个状态.就是你们都映射出⾃⼰缺失的呢⼀部分.你们都相互的映射出⾃⼰,就⽐如说阴阳平衡嘛,对不对? 你们虽然是⽔⽕不相容的,但是实际上是⽔⽕可以互相⽀持的,它们是可以…就好像是互相映射出对⽅需要平衡的呢⼀⾯.你的⽗亲他更多的是⼀个你的⽀持者⼀样.他就是来⽀持你的成长,就好像你的守护者,⽀持者.然后好像是呢种你是种⼦,他是泥.然后给你需要的,然后来让你去长成你是的.

Higher Spirit: Wait a moment. You and your mother are more like complements of each other, like yin and yang, water and fire, existing in a state where they reflect each other's missing parts. This is akin to balancing each other out, right? Despite being incompatible like water and fire, they actually support each other; they can... mirror the aspect that needs balance for one another. Your father serves as more of a supporter for you. He supports your growth, acting like a guardian or protector for you. It's like you are a seed, he is the soil, providing what you need to grow into yourself.

问: 我明⽩了.然后我能问⼀下我⽬前为⽌最⼤的束缚是什么吗?

Questioner: I understand. Could you then tell me what my biggest limitation is at this point?

⾼灵: 你⽬前为⽌最⼤的束缚是什么? 你⽬前为⽌我们不能说是束缚,只能说是你忽略的⼀个点.你忽略的⼀个点就是以玩耍的⼼态去⾯对所有.因为你们所有⼈都把你们的这⼀⽣看的太过于严肃了.每⼀个地⽅都要认认真真、兢兢业业、严严肃肃,就是紧张呢种.明⽩我意思吗? 但是实际上你们只是来玩耍的.因为通过玩耍你们会不断不断地把你们的灵活度变得更加的灵活.

Higher Spirit: What is your biggest limitation at this point? There's something we can't simply call a limitation; it might be more accurate to say that you've overlooked a certain aspect. The thing you've overlooked is approaching everything with a playful attitude, because all of you have taken your lives too seriously. Everywhere, everything needs to be handled meticulously, diligently, and solemnly, just really stressed out about everything. Do you get my point? But actually, what you're doing is coming here for play. Through playfulness, you continuously make your flexibility even more flexible.

问: 我还有⼀个问题是很多⼈对⾦钱都会有很严重的匮乏感.这种匮乏感最根本的原因是什么? 以及我们如何去转化这种匮乏感?

Questioner: I have another question, which is that many people experience severe feelings of financial lack. What is the root cause of this feeling, and how can we address or transform this sense of lack?

⾼灵:那是因为你们物质世界创造出这个呀.就好像是你们集体的⼀个观念.就好像你们集体都是呢么认为的.就好像你们所有⼈都觉得⼈会变⽼,变⽼就慢慢就没有⽤了,明⽩我意思吗?所以你们都会有⼀个钱是很难赚的,钱是不能随便乱花的,钱是要⽤在⼑刃上的,怎么样怎么样… 钱只是你们展现出你们是谁的⼀个⼯具⽽已.当然能展现出你们是谁是通过各种各样的…就好像你每⼀天跟⼈打交道你都在展现⾃⼰.那⾦钱它其实也是呀.如果只是⽣存的话,你们每个⼈都不会有任何⽣存问题.就是你们这个社会把它弄得好像是有问题的.为什么? 就⽐如你们中国有⼀句话看不起病,对吧? 你说我没钱怎么看病呀? 其实你们⾝体就有⾃愈功能.

Spirit: It's because of what you in your physical world have created – this idea is like a collective concept. It seems that everyone collectively believes that people age and once they do, they become less useful. Do you understand my meaning? Therefore, there would be an understanding that money is hard to come by, it shouldn't be wasted randomly, but should be used wisely. It's just a tool for you to demonstrate who you are. Of course, this demonstration of who you are happens through various ways - like how you interact with people every day when dealing with them. Money operates similarly in that sense. If the goal was merely survival, then each one of you would not face any survival issues. It's your society that makes it seem problematic. Why? For instance, there is a Chinese saying that if someone gets sick they're considered unlucky, right? You ask, "How can I see a doctor if I don't have money?" Actually, your body has the ability to heal itself.

如果你真的⼼态好,你觉得整个世界你就是玩耍的话,你不会⽣病的.⼩孩都不怎么⽣病的呀.因为他⼀直在玩耍,⼀直开⼼.然后他有病他不吃药他也很快就好了.所以你们根本就不需要存钱去看病的.那当你有呢个念头,你存钱是为了看病,你就会⽣病的.所以你们有任何,就是要存钱养⽼啊.你不需要有任何就是这个.只是你去加⼊了别⼈的观念.他们要存钱看病,然后他们存钱上课上学.那上学其实你也不需要.为什么? 因为当你真正的能成为你⾃⼰的话,你们不是有⼀个开悟者他没有上过任何学对吧? 那现在你们⽹络呢么发达,你们可以通过⽹络学习任何你想要学习的.所以你也不需要去上学.只是你们会看重⼀个学历证书.也是你们集体的⼀个观念.

If you truly have the right mindset, thinking of life as a game, you won't fall ill. Children don't often get sick because they are always playing and enjoying themselves. If they do get ill, without medication, they recover quickly. Therefore, there's no need to save money for healthcare at all. But when your mind has this notion that you're saving money for future health needs, that's when illnesses start. So, instead of thinking about saving for medical expenses or education, just focus on saving for old age. There's no need to add that as a concern; it's merely adopting others' beliefs about needing an educational degree as something crucial. Since enlightenment can be achieved without formal schooling, and with the internet making knowledge accessible everywhere, you don't necessarily need physical schools either. The value placed on academic qualifications is primarily driven by societal consensus rather than actual necessity.

那你做⾃由职业呢? 就⽐如说你们现在

That's what you do as a freelancer? For example, you guys

⽹上的直播,赚很多钱很多钱的.还看你什么学历啊.为什么? 因为你⾃⼰创造.所以现在你们社会越来越多的路⼦让你们展现你们是谁,让你们知道你们并不匮乏.只是你们可能⾃⼰没有往这个点去关注⽽已.所以如果你去分析你背后的每⼀个动机的话,你会发现其实你根本就没有这个需要的.那当你能全然的进⼊不被⾦钱控制的状态,你是不是就能控制⾦钱了? 我能控制就是说我想要有多少就有多少.

Online live streaming, making a lot of money, who cares about your education level anymore. Why is that so? Because you create for yourself; therefore, now in society there are more paths for you to show who you are, allowing you to realize that you're not lacking anything. It's just that you may not have focused on this aspect. So if you analyze every underlying motivation, you'll find out that you really don't need it at all. If you can fully enter a state unconstrained by money, could you then control the flow of money? Being able to control means being able to have as much as I want when I want it.

问: 那如何在已经感受到匮乏,就是已经在物质世界显化出匮乏的这种问题的时候,然后能够很好地去转化它呢?

Questioner: How can one effectively transform it when already experiencing scarcity, having manifested it in the material world?

⾼灵: 那就⽐如刚才像我这样⼦你给⾃⼰提问呀.你觉得你为什么把⾦钱看的呢么重? 就这么说吧,你们有⼤牌,有赌博吧.如果你把钱看的很重,⼀个也不拿出去赌压的话,那你是不是也拿不回来? 明⽩吗? 所以你从你们⽣活中你处处都可以看到是什么阻碍了它.

Higher Spirit: Just like what I did earlier when you ask yourself, why do you place such a high value on money? Let me put it this way, let's say you have big chips and you play games of chance. If you hold the belief that money is extremely valuable and refuse to bet any of them, then wouldn't it be logical that you might lose all your chips? Do you get it? So from your everyday life, you can see everywhere what is holding you back.

问: 那还有什么信息是我的⾼灵和指导灵想要带给我的吗?

Questioner: Is there any other information that my high guides and guiding spirits want to share with me?

⾼灵: 今天给你的都是,包括前⾯的,还有将来,后⾯的,下⾯的.因为你是参与进来,所以都会是给你的.只是你什么时候把它激活就是你⾃⼰了,明⽩吗? 因为可能过个⼏年才想起来,哇塞,呢天说的这个话原来是这个意思.明⽩吗? 它在⾥⾯了,什么时候产⽣反应要看你⾃⼰了.

Ethereal Being: Everything today, including what's in front of you, and what's ahead, as well as what's behind and below you. Since you're involved, it will all be for you. Only the timing when you activate it is up to you, do you understand? Because it might take a few years before you remember, oh wow, this statement made that day actually means this. Do you understand? It's within, when it produces a reaction depends on yourself.

问: 还有⼀个群友他想问他为什么喜欢听悲伤的⾳乐?

Questioner: There's another group member who wants to ask why he enjoys listening to sad music?

⾼灵: 找到了共鸣.

Higher Spirit: Found Resonance.

第五个⼈问: 我们中国的传统节⽇过年的意义是什么?

The fifth person asks: What is the meaning of celebrating Spring Festival in China?

⾼灵: 过年的意义是什么? 你们现在就是在过年,过年的意义就是合⼀、团聚.就是通过有这么⼀个特定的⽇⼦来让你们知道实际上你们都是⼀体的,就是呢种团结在⼀起.因为你们本⾝,就是⽣来就是⼀体的.然后你们再把⾃⼰给隔开了.所以你们再到⼀起的时候,你们会有呢种特别幸福的感觉.所以你们每⼀次真正的聚会,你们都会是很幸福很快乐的.

Higher Spirit: What is the meaning of Chinese New Year? You are currently celebrating it. The essence of Chinese New Year lies in unity and reunion. It serves as a specific day to remind you that deep down, you are all one, connected together. That sense of being united comes from recognizing that inherently, you were meant to be as such beings before you separated yourselves. Thus, when you come back together, it brings about an exceptionally joyful feeling. Therefore, every genuine gathering you have will indeed be filled with happiness and joy.

问: 我们过年舞龙舞狮有没有什么特别的意义?

Questioner: Does lighting a lantern or performing lion and dragon dances during Spring Festival have any special significance?

⾼灵: 舞龙舞狮就好像是⼀种仪式⼀样.然后仪式他们会⽤这样⼦的⼀个就是像图腾,就好像是你们在做法事的时候也会去⽤⼀个像这样⼦…为什么? 它会让你的关注点…你们最强⼤的能量就是来⾃你们的意念、你们的关注、你们专注的东西对不对? 那把你们所有⼈的焦点都固定,就是都焦距⼦我这来.那你们是不是能量就变得⾮常强⼤了? 那所有⼈都关注到舞龙舞狮,把你们所有⼈的焦距…你想,如果是分⽴的话,你们每⼀个⼈⼿上都拿着⼀个能量球,是吧?我运⽤我的能量把你们所有⼈的能量都吸引到我这⾥来.然后我再把这⼀股能量带动起来,那我是不是在操控这股能量了?然后我再继续做⼀些什么什么,然后你们就跟着喝彩: 哇,好厉害啊.

Ethereal: Dragon and lion dances are like rituals, then they use these totems as a focus of attention. Why do they do this? It's because your strongest energy comes from your intention, focus, and the things you concentrate on, right? By having everyone's focus fixed on me – concentrating on my movements – does that not amplify their energy greatly? If each person was holding an energy ball, would I be able to manipulate all those energies by attracting them towards myself? And wouldn't I then control this collective energy as it flows through me, leading the crowd in applause: Wow, amazing!

这就是强⼤的能量.然后你就可以传播,明⽩吗?

This is powerful energy. Then you can spread it, understand?

问: 我们过年放鞭炮有什么意义吗?

Questioner: What is the significance of setting off firecrackers during the Spring Festival?

⾼灵: 你想象⼀下,你们不是佛教祠堂⾥⾯都会有呢个钟声对吧? 然后你们也会有敲锣打⿎的声⾳对吧? 然后你们鞭炮声… 你知道为什么会有这些声⾳吗? 它还是把你的意念给拉过来,把你的注意⼒,把你的attention,把你给唤醒.你有可能刚才没有感受到过年的⽓氛对吧? 你有可能进⼊⽆意识当中想想想昨天呢个什么…鞭炮声⼀响,你的想法突然就没了.你就马上关注呢个鞭炮声,噼⾥啪啦.然后你⼼⾥就像哎呀,过年了.还是⼀种就是把你们的你拉到当下来,就是把你的觉知带到当下来,通过这样的⼀个声⾳.让你们活在当下,关注在当下,因为这⾥只有当下.

Higher Spirit: Imagine for a moment that you would have the sound of a bell ringing in Buddhist temples right? And then you would also hear drumming sounds, wouldn't you? Then there are firecrackers... Do you know why these sounds exist? They pull your mind back and draw your attention to bring you awareness. You might not be feeling the atmosphere of New Year's just now, right? When you suddenly think about what happened yesterday during that loud cracking sound of fireworks, all your thoughts immediately disappear. You're instantly focused on the fireworks crackling, pop-pop. Then, you realize, oh, it's New Year's! This is a way to bring you back to reality, bringing your awareness into the present moment through this kind of sound. It encourages you to live in the now and focus on the now because here there's only now.

问: 给压岁钱有什么意义吗?

Questioner: What is the significance of giving lucky money?

⾼灵: 给压岁钱.因为在你们⼈类意识当中,钱是匮乏的,但是也是最有价值的,是吧? 那你们把你们觉得最有价值的东西给出去,这也是你们表达你们⾃⼰爱的⼀种⽅式.就是⽐如说给孩⼦们,我把我最好的给他.所以这是你们⾃⼰表达的⼀种⽅式,然后来让孩⼦觉得他们是丰盛的、富⾜的、有爱的.

Spirit: Give the lucky money. Because in your human consciousness, money is lacking but also of the greatest value, right? That you give what you consider to be of the highest value is also a way for you to express your love. Like giving children the best of what you have. So this is how you express it, then letting children feel they are abundant, full, and loved.

问: 那我们⾛访亲戚有什么意义吗?

Questioner: But what's the point of visiting relatives?

⾼灵: 也是⼀种,就像刚才说的团聚、合⼀、团结、互动.因为你们本⾝就是彼此是⼀体的嘛.你们只是通过这个特殊的时期就是特定的⽇⼦来把这⼀切不要忘记,你们本⾝就是⼀体的.

Higher Spirit: It's also like unity, reunion, harmony, interaction, as just discussed. You are inherently one being after all. It's just that you're reminded through this special period of specific days not to forget that you are all one entity.

问: 那除了上述所有的这些,还有没有什么别的关于过年的信息是你想要跟我们分享的呢?

Questioner: Apart from all that, is there anything else about the New Year that you would like to share with us?

⾼灵:就是你们年过的太少了.你们是⼀年才⼀次,你们应该每天都过年.就是你每天你都会有鞭炮声pia的⼀下,把你拉到现实当中来,明⽩吗?然后你每天都要知道你跟家⼈是团聚在⼀起的.你的连接感,就是你都要建⽴这种连接感.然后你每天都把⾃⼰觉得最珍贵的,就是都给你的孩⼦表达你的爱.然后你们过年的时候都不允许说⼀些不吉利的话,然后你们也这样⼦多给⾃⼰去听新年的歌曲,⾥⾯全是正⾯的暗⽰.那和你们催眠暗⽰有什么区别呀.它也是在传播正⾯的能量,正⾯的情绪和积极的情绪.

Ethereal Spirit: It's because you celebrate too infrequently. You do it once a year; you should be celebrating every day. Every day, you need to have the sound of firecrackers popping, pulling you back into reality, understand? And then, every day, you must know that you are reunited with your family. Build this sense of connection. Then, each day, express your love for your children with what you value most. When you celebrate New Year's, you're not allowed to say anything negative or unlucky. You should also listen more often to new year songs filled with positive suggestions. What difference does that make from hypnosis? It is spreading positive energy, emotions, and uplifting sentiments just like hypnosis does.

问: 所以刚才的群友他说他喜欢听⼀些悲伤的歌曲,其实如果他可以做到的话,是不是不要去听这些更好对吗?

Questioner: So just now a group friend said he likes to listen to sad songs. Actually, would it be better if he could avoid these?

⾼灵: 悲伤,你⾸先你要知道它也是在服务于你们.很多⼈进⼊悲伤的频率他会创造出很多很好的题材.就是说你可以去经历、体验悲伤.但你要知道它只是⼀个体验⽽已.你没有被它全部给… 就好像⿊暗,你可以去经历⿊暗、体验⿊暗.但是你只要知道光在哪⾥,你并不会觉得⿊暗就是⼀切了,然后就怎样怎样了,明⽩吗? 所以你要知道悲伤其实跟快乐没什么区别,它只是⼀种情绪的体验⽽已.那它并不会给我…就是我的⼈⽣全部都是悲伤的、恐怖的、⿊暗的.任何东西你只要不是⾛呢个极端就⾏了.

Ethereal Spirit: Grief, first of all, you must understand that it serves you as well. Many people entering the frequency of grief create a lot of good themes. That is to say, you can experience and go through grief. But you need to know that it's just an experience. You are not completely overwhelmed by it... Just like darkness, you can experience and immerse yourself in darkness. But as long as you know where the light is, you won't feel that darkness encompasses everything, then proceeding in a certain way, understand? So you should realize that grief actually has no difference from happiness; it's simply an emotion of experience. That doesn't mean my life is entirely filled with sorrow, terror, or darkness. Anything as long as you don't push yourself to the extreme will be fine.

问: 我想知道有没有其他维度我看不见的存有跟我⼀起⽣活在这个空间⾥? 以及他们有没有什么话想跟我说?

Questioner: I wonder if there are other beings in dimensions that I cannot see living with me in this space, and if they have anything they want to tell me?

⾼灵: 你现在⽣活的空间? 不只是你的空间,是到处整个世界、这个地球,整个世界都是呀.明⽩吗? 它并不是说就好像,就好像你问我你呢个空间有没有空⽓⼀样.

Higher Spirit: The space you live in? Not just your space, but the entire world, this Earth, the whole world. Understand? It's not like asking if your space has air or something alike.

链接外星⼈ ‘22号’问: 请问能不能帮助我们链接外星⼈22号?

Link Alien '22': Can you help us connect with Alien 22?

⾼灵: 好的,你稍等.

Higher Spirit: Alright, just a moment.

22号: 你们好,我来啦.

Number 22: Hello, I'm here.

问: 你好.我们今天链接你其实问题⾮常的少.因为我们中国在过年,然后这个通灵的⼥孩⼦想给你发去我们过年的节⽇的问候.

Questioner: Hello. We have actually had very few issues connecting with you today because it's the Chinese New Year, and the medium girl wanted to send you our greetings for the festival.

22号: 谢谢谢谢谢谢.然后我收到她的祝福.因为她在这个⽇⼦想要给她所关⼼的⼈都发去祝福.所以我接受到你们的祝福.

Number 22: Thank you, thank you, thank you. Then I received her blessings. Because on this day she wanted to send blessings to the people she cares about. So I received your blessings.

问: 因为我们春节都会给彼此说祝福的语⾔.然后她想问你们有没有什么祝福语是要送给我们的?

Questioner: Since we both greet each other with well-wishes during Spring Festival, she wants to know if you have any well-wishes that you would like to give to us?

22号: 你们想要知道现在在春节的时候,我们有没有春节的祝福语要给你们? 你稍等.我想送给你们⼀句⾮常有魔⼒的⼀句话.然后你们可以随时的使⽤,就是当你觉得你会很失控或者是想要马上切换,切换你的频率状态.⽐如说你现在到⼀个频率,可能很⽣⽓,你想要快速切换.⼀句有魔法的⼀个状态,⼀个魔语.就是你可以⽴即,就⽐如说我在这个空间我感受到了喘不过⽓来.我马上⼀句话我就可以切换到另⼀个空间,呢个空间像天堂⼀样.就好像是地狱到天堂的切换⼀样.然后这句魔语就是,然后你现在告诉⾃⼰: 我现在在做梦.我现在在做梦.因为你提醒你在梦中的话,你就会清醒过来.

On the 22nd: Do you want to know if we have any Spring Festival greetings for you during this time? Just hold on. I'm going to give you a very powerful statement, a magic phrase that you can use anytime. Imagine you're feeling out of control or want to instantly switch your frequency state—like when you're in a state and suddenly feel angry, wanting to quickly switch. A magical state, a spell. You can immediately do this: say to yourself, "I'm in a dream." I repeat, "I'm in a dream." This will remind you that you're dreaming and wake up from it.

所以当你觉得你深陷在⼀个情景的时候,就⽐如说你⽼公骂你骂的特别呢个什么.然后你可以马上的切换到我现在在做梦.然后你站起来去把你⽬前创造的⼀个幻像给它打碎、打破.就是提醒你⾃⼰: 我现在在做梦.然后这句话要产⽣⼒量,它需要你真的知道你只是在梦⾥⾯.如果你觉得你的物质世界所有的都是真实的,你的梦才是假的话.那你就很难感受到这句话的魔⼒.那如果你知道实际上你们物质世界所经历的⼀切才是你的⼀场梦,是你的更⾼的意识的⼀场梦.那你在梦⾥⾯,就好像你在孟连做噩梦是吧? 那如果你在梦⾥⾯,你突然记起来告诉⾃⼰,我现在在做梦.你是不是就不会害怕了? 你是不是觉得⽆论什么,就算是怪兽过来都不会伤害到你.

So when you feel stuck in a situation, for example, if your husband is scolding you excessively. You can immediately switch to the mindset that I am dreaming right now. Then get up and destroy the illusion you have created currently. This serves as a reminder to yourself: I am dreaming now. For this sentence to be impactful, it requires you to truly believe that you are just in a dream. If you perceive your material world to be completely real, while considering your dreams as false. It would be challenging for you to feel the power of these words. However, if you understand that what your material world experiences is actually a dream from your higher consciousness, then being in a dream feels like having nightmares in Menglian, right? If you suddenly remember and tell yourself, I am dreaming now, wouldn't this eliminate your fear? Wouldn't you feel that no matter what, even the monsters coming over won't harm you?

那你是不是就有信⼼了,就有⼒量去改变⼀切,去操控⼀切了? 所以当你们觉得现实世界不可更改的时候,你要告诉你⾃⼰我现在在做梦.

Then do you have confidence that you can change everything and control everything? So when you feel like the real world is unchangeable, tell yourself I am dreaming right now.

# **2022/02/05 — ⾦钱专场 Lucky Money Auction**

⾼灵: 你问吧问: 因为今天是初五,是我们传统接财神的⽇⼦.所以我们想问⼀下有没有所谓的财神爷?

Higher Spirit: Ask your question because today is the fifth day of the first month, which is our traditional day to welcome the God of Wealth. So, we would like to know if there is a concept of a God of Wealth.

⾼灵: 只要是你们意识当中显化出来的,都有.就是你们意识中显化出来的形象,它都是存在的.

Whatever manifests in your consciousness exists; it's the images that manifest in your consciousness, they are all existing.

问: 明⽩了.那既然它是存在的,那我们做这种敬拜财神爷的⾏为是不是真的可以给我们带来财运呢?

Questioner: I understand. Given that it exists, does performing this act of worshipping the God of Wealth really bring us good fortune?

⾼灵: 敬拜这个⾏为是不是可以真的给你们才来财运? 只能说它是每⼀个都不⼀样,并不是所有敬拜的都会.但是并不是所有敬拜的都不会,因为它根本不是在敬拜的这个模式.不是说你敬拜了都会有.⽽是说你⾃⼰… 就⽐如说有些⼈在敬拜,但是他⾃⼰却有很多⾏为或者他的⼀些信念阻挡了他的财富流⼊他.明⽩我意思吗? 就是说我⼀边在舀⽔,对吧? 财就好像是⽔⼀样.那你去源头舀⽔取⽔的时候,但是你们有句话叫⽵篮⼦打⽔⼀场空.你呢个篮⼦根本就是存不下⽔,它是漏⽔的.那有的⼈他是拿坚固的桶,明⽩吗?

Higher Spirit: Does the act of worship really bring you good fortune? One can say that each person is different, not everyone will benefit from it. However, not everyone will be disadvantaged by it either, as it's not about worshipping in a particular way. It's not that you will have good fortune just by worshiping; rather, it's about what you yourself… For example, some people might be worshipping, but their own actions or beliefs could actually block the flow of wealth into them. Do you understand my meaning? I'm like pouring water while you're going to the source to fetch water. But there's a saying: 'A willow basket fetching water ends up empty.' Your basket can't hold water; it leaks. Similarly, some people use sturdy buckets, do you see?

问: 那这个⽵篮⼦和坚固的桶显化在物质世界的话,它是由我们的哪些⾏为或者思想、信念导致的呢?

Questioner: If these bamboo baskets and sturdy pails were to materialize in the physical world, what are our actions, thoughts, or beliefs that would lead to their creation?

⾼灵: 有什么不同是吗? 你可以这么去想,有的他是⾃⼰就是呢种散发正能量,他就是有吸引⼒.他可以把好的事情全部吸引到他的⽣活当中.那有的他⾃⼰就是负⾯的,他会把所有的恐惧的、悲惨的时间吸引到他的⽣活当中.那这是两种不同的状态.那好的正⾯的当然也包括他的⼀切,需要去⽀持他的,也包括财富.

Higher Spirit: Is there any difference? You could think of it this way; some people radiate positive energy and are naturally attractive. They can attract good things into their lives. Others focus on negativity, drawing fear and tragedy into their lives. These represent two different states. Positive energy, of course, encompasses everything that needs support, including wealth.

问: 这个通灵的⼥孩⼦唯⼀⼀次敬拜财神的经历是她在烧纸的时候,熊熊的⽕焰从盆⼦⾥移动到地⾯上旋转跳舞.她想问⼀下这个现象是有什么信息想要带给她吗? 代表的是什么?

Questioner: The only time this spirit-talking girl honored the God of Wealth was when she burned paper, and flames from the bowl danced on the ground spinning around. She wanted to know if there is any message or information that this phenomenon wants to convey to her? What does it represent?

⾼灵:因为她以前从来不会有任何敬拜的⾏为.虽然她们家⼈有这个,但她对这个就好像觉得是迷信之类的.她没有任何关注或者去做这些事情.但是呢次是她唯⼀⼀次经历,是想要让她看到仪式也是有分量的,也是有意义的.它也是重要的.任何来加深你的⼀些能量或者你的信念,它这些事件都是重要的.就⽐如说我现在给你的⼀些通灵信念,它就可以加深你的⼀些信念对不对?那这些信息也⾮常重要.因为你的头脑它只是就像是个孩⼦.这个孩⼦我们是不是要让它更加相信,它才能去创作出来,对不对?那这个仪式如果你去做的话,你是不是就不断地在告诉这个孩⼦,你是⾏的你是⾏的你是⾏的.所以呢⼀次的经历给她展现,让她相信:哇,还真的有这么⼀回事.

Higher Spirit: Because she had never engaged in any form of worship before; while her family might have had this practice, it was like something she perceived as superstitious and didn't pay much attention to or participate in. However, this particular experience was the only one she had ever gone through, which made her see that rituals have weight, meaning, and importance. They can deepen your energy or faith. For example, these spiritual beliefs I am now conveying to you could reinforce your existing beliefs, right? These pieces of information are also crucial because your mind is like a child; we need it to be more convinced so it can create more, correct? If you were to perform this ritual repeatedly, wouldn't you constantly be telling that child: You can do it, you can do it, you can do it. Therefore, this single experience showed her and made her believe: Wow, there really is something like this.

好像现⼀些可以震撼到她,可以引起她注意⼒的⼀些现象.让她就是以后会对⼀些仪式有重视感.因为对于她来说,她以前不太重视任何的这些仪式的.她也不会去做这些事情.

It seems like there are certain phenomena that could startle her or catch her attention, which might lead to a sense of importance for rituals in the future. This is because she didn't used to pay much attention to any such ceremonies before and would not engage in these activities.

问: 那这个仪式最终它发⽣作⽤还是因为它加深了我们的信念? 还是说因为我们的意识创造了财神爷,然后通过这个仪式,我们得到了财神爷的加持? 还是说两者都有?

Questioner: Does this ritual ultimately take effect because it strengthens our faith, or because we are creating a Wealth Deity through our consciousness and receiving its blessings through the ceremony, or is it both?

⾼灵: 你⾸先,你⽐如说你们把财神爷和能量、财富这些,就好像这是⼀个能量波.然后你们已经,就是说⼈的意念、意识已经创造,已经在呢⾥了.就好像以前常常说你们地球⼏⼗亿⼈如果统⼀你们的意念,你们想要创造⼀个星球你们都可以,明⽩吗? 那你们创造⼀个财神爷的形象,那它已经是被你们很多⼈(通过)集体的意识、他们的意念,集体的创造了这样⼦⼀个能量波在呢⾥.就好像已经点亮了或者说种了⼀棵树.呢棵树它已经是长的很好.那你就可以去从这棵树上摘果⼦分享.

Ghosts: Firstly, you for example take the God of Wealth and energy, wealth as if this is an energy wave. Then you already said that human thoughts, consciousness have been created there. It's like how it was often said that if all seven billion people on Earth were to unify their thoughts, they could create a planet, get it? You are creating the image of God of Wealth and that thing has already been collectively created through many people's collective consciousness, thoughts forming an energy wave within. It feels like planting or lighting up a tree. That tree is already growing very well. Then you can go pick the fruits from this tree to share.

问: 下⼀个问题关于吸引⼒法则.就是如果我们写下⼀个数字,要把它显化出来.这样做有⽤吗?

Questioner: The next question is about the law of attraction. If we write a number down and visualize it appearing, does that make any difference?

⾼灵: 这样做对你的头脑是⾮常有⽤的.你要知道你所做的⼀切都是在跟你的头脑打交道,就好像在跟你的孩⼦⼤交道⼀样.那你给孩⼦或是你去训狗的时候,你给孩⼦设⼀个⽬标.你⼀定要给我积攒⼀百颗⼩⽯头.那你把这个⽬标设定过后,呢个孩⼦的脑海⾥⾯就只有⼩⽯头⼩⽯头: ‘我要找到⼀百颗⼩⽯头.为什么要找到⼀百颗? 因为我有奖励’.然后找找找,⼀直找.因为当你关注⼀个事情的时候,它是不是越关注越多,越关注越多? 那这个是⼀样的呀.那他在关注⼩⽯头,那他是不是就可以… 因为你们头脑是追求⽬标的.你们其实这个⾝体就是你的头脑,你要跟你的⾝体合作.那你是不是就可以去达到呢个数字? 你就会运⽤同步性,你会促使⼀切.

Higher Spirit: This is very useful for your mind. You need to know that everything you do is interacting with your mind, just like when you deal with your children or train a dog. When setting goals for a child or even yourself, you might say, "I want one hundred small stones." Once the goal is set, the child's mind focuses solely on finding those stones. They wonder, 'Why find one hundred? Because there's a reward.' They keep looking and searching because when you focus on something, doesn't it attract more of that thing? In this scenario, focusing on stones leads them to accumulate them. Since your mind is goal-oriented, your body acts as an extension of your mind, requiring cooperation with yourself. Can you then reach the number? You will utilize synchronicity and motivate everything around you.

就是同步性它就会 start working,它就会运⾏起来.它就会这⾥这⾥那⾥那⾥…你就会发现: 哇,真的好神奇.然后你就真的可以去达到呢个数字.所以当你真正的⽤⼼去设下⼀个⽬标,你就⼀定会达到的.当然也包括你所谓的⾦钱的呢个数字.所以你可以⽤⼀个⼤⼤的⿊板,然后挂在你的客厅中央,就是能让你⼀下⼦看到的东西.然后写

It starts working and runs everywhere at once. You'll notice the magic, realizing you've achieved your goal. Consequently, you can reach that number, including financial targets. Use a large blackboard prominently displayed in your living room for instant visibility while writing down your goals.

⼀个多少钱的数字你想要去达到.接下来你便想尽各种⽅法只追逐呢个数字,明⽩我意思吗?就⽐如说你看到这个东西,这个东西可以带来20镑的利润,然后你就去做.这个带来50镑的利润,你就去做.就是当你把所有的专注⼒都放在这⽅⾯的时候,你的这条路就在慢慢的铺起来了,被你⼀步⼀步的铺起来了.但是你要知道你必须要把你的专注⼒放在上⾯.就⽐如说你们现在两个⼈天天专注的就是什么?通灵信息对不对?那你们根本就没有把专注⼒放在⾦钱上啊.那如果你把你想要去实践我们说的这个⽅式,你把⼀张纸贴在呢个上⾯.然后你就说你要到多少时间为⽌挣够多少钱.

"What kind of numerical figure are you aiming for? And once you have that goal in mind, you pursue it with all sorts of methods, understand me? Like if you see something that can make a profit of 20 pounds, you'll do it. If another thing can bring in 50 pounds, you'll do it too. When you focus all your attention on this path, the road begins to form under your feet as you step forward slowly. But you must know that you need to keep your attention on it. Now, what are both of you focusing on every day? Is it spiritual information, right? You're not actually focusing on money at all. If you want to try applying the methods we're discussing, stick a piece of paper with this goal on your wall. Then say how much time you need and how much money you aim to earn."

然后你接下来把呢种passion,就是你对钱的热情像你们对通灵信息的呢种兴奋、呢种激情、呢种废寝忘⾷放到这上⾯来,然后专注⼀段时间,你看看.数字⼀定会达到.

Then, you should channel that passion, the enthusiasm and zeal for money like you are about spirit messages, onto this, and focus on it for a while. See, the numbers will definitely reach a certain point.

问: 那我就会有⼀个疑问就是说当我们专注于通灵信息的时候我们是处于⼀个兴奋的状态,那⾦钱也是让我们处于⼀个兴奋的状态.那如果我们在B房间,它⾥⾯都是让我们兴奋的事情…⾼灵:其实你要知道你要兴奋你是要什么兴奋?你现在这个你,你是要跟你的⾁体合作明⽩吗?跟你的头脑合作.你要让你的头脑兴奋起来.头脑兴奋,头脑是需要证据的.任何没有证据只是胡说⼋道它是不会相信的.它只是抱有怀疑态度.那你⽤你的⾏动,你 push yourself.你⽤你的⾏动,然后些赚到⼀些钱,让它看到⼀些甜头.哇,它马上呢股劲就来了.你不要把你的头脑当成是你.你当成它是你的合作伙伴,你要跟它去合作.

Questioner: But I will have a question about it that when we are focused on spiritual information, we are in an excited state, just like money also puts us in an excited state. If we are in Room B and it contains things that excite us...

Higher Spirit: Actually, you need to understand what you are trying to be excited about? You, right now, need to collaborate with your body, get it? Collaborate with your mind. You need to make your mind excited. The mind needs evidence. Anything without evidence is just nonsense and it won't believe it. It will only have a skeptical attitude. So use your actions; push yourself. Use your actions, then earn some money, show them some benefits. Wow, the enthusiasm immediately comes in. Don't think of your mind as you. Think of it as your partner, collaborate with it.

你⾸先让它看到信⼼,就是你要让它产⽣信⼼,它才会兴奋起来.所以你要做⼀些⾏动、⾏为来让它看到过后.它才会进⼊呢种好的状态、有⼒的状态,就是呢种激情、⾮常兴奋,就好像跑的⾮常快的呢种.在最开始可能就是懒洋洋,可能不是呢么相信.因为头脑不会去相信你呢些空

Firstly, you need to instill confidence in it, meaning that it must believe and have faith in what you're doing before it will become excited or energized. To achieve this, you should engage in actions and behaviors that show you are committed and capable, thus making the entity see your efforts. Once these efforts are visible and recognized, it will enter a state of positivity and strength, characterized by excitement and passion similar to being highly motivated and driven. Initially, there might be apathy or lack of belief due to the mind's skepticism towards abstract concepts without concrete evidence.

话的,明⽩吗? 你说的再嗨,它也是: 你在呢⾃嗨⽽已.它还会有这样⼦的⼀个声⾳.当你真的开始去⽤你的⾏动,就是拿⼀些证据让头脑看到的话.它就是开始: 真的耶,真的可以这样⼦.它就开始进⼊进⼊ pia pia pia 进⼊呢种状态.

Understood? No matter how excited you are speaking, it's just self-pleasure; there will be such a sound. When you really start to use your actions, showing evidence for the mind to see. Then it begins: Yes, this is real, and it can indeed be like this. It starts to enter into that state, pia pia pia entering into a kind of condition.

问: 那我们如何可以做到财源滚滚呢?

Questioner: How can we ensure a steady flow of income?

⾼灵: 财源滚滚就好像刚才说的,你把你的关注…就像⼀个东西,你越关注越多,越关注越多,明⽩吗? 那你去关注它,然后你眼⾥变得只有钱.你看呢些做⽣意的⼈,他们看到什么都是钱,看到什么都想要变成钱,眼⾥只有钱.他们没有时间去琢磨别⼈想什么或者别⼈怎么样怎么样.他没有时间去痛苦或者悲伤,他就只有钱.那当你达到这种状态,你会不会越关注(越多)? 因为你的关注是有能量的.你关注什么它就会产⽣什么.那你越是关注呢些悲伤的事、痛苦的事或者不开⼼的事.那这些事情就不断地展现给你.

Higher Spirit: Prosperity flows like what was mentioned earlier, you focus on... like an object, the more you focus, the more you get, understand? If you direct your attention towards it, then your eyes only see money. How about those business people who see everything as money and want to convert everything into cash, with their eyes filled solely with money. They don't have time to consider what others are thinking or how they're feeling. They lack time for pain or sadness; they just have money. When you reach this state, wouldn't you focus on more (because) your focus has energy? You attract what you focus on. The more you focus on sad events, painful experiences, or unhappy occurrences, these things will continuously be presented to you.

问: 那因为⾦钱是能量,那每个⼈都可以有源源不断地⾦钱的能量吗?

Questioner: But since money is energy, can everyone have an endless supply of financial energy?

⾼灵: 当然.如果你按照我们刚才说的你如何和你的头脑和⾝体去,就是如何把它给弄兴奋起来? 如何跟它去合作? 你不要把它当成是你,它是你的⼩伙伴,合作伙伴.然后把你的所有焦距、关注都放在这上⾯.然后你会不断地不断地… 然后还有⼀点就是说去选择正⾯的财富.因为如果你选择负⾯的你会遇到很多阻碍.就⽐如说你在做⼀些违反你们这个社会上法律的事情,那你当然会有阻碍的时候.你在给别⼈带来痛苦或者你是在损害他⼈或者是法律不允许这些,你就会不断地遇到阻碍.那不断地遇到阻碍,慢慢慢慢你就好像泄⽓了⼀样.因为你想,你的头脑还是你的合作伙伴对吧? 那它遇到太多阻碍它是不是就会泄⽓? 它有没有活⼒又没有动⼒了.

Higher Spirit: Of course. If you follow how we just discussed on how to interact with your mind and body, that is, how to excite it, how to work together with it? Don't treat it as yourself; it's your buddy, a collaborator. Then focus all your attention onto this. You will continuously... And there's one more thing about choosing positive wealth. Because if you choose negative actions, you'll encounter many obstacles. For example, when you do things that go against the laws in your society, of course, you'll have obstacles. When you cause others pain or harm people, or it is illegal for these actions, you will continuously meet with obstacles. Being met with continuous obstacles slowly drains you because you think, isn't my mind a collaborator? When it encounters many obstructions, does it lose its energy and motivation?

所以你要确保在你去选择(赚钱)的时候,你要去选择正⾯的.因为越是正⾯的,它能…. 就⽐如说你在赚钱的同时给别⼈带来了兴奋的话,那你的呢种兴奋感就会加倍了.那如果你给别⼈制造了痛苦,呢个痛苦你也会体验到的.因为你们是⼀体的.

So when you go to make choices (to earn money), ensure that they are positive ones. Because the more positive they are, the greater their impact can be... for instance, if while making money you bring excitement to others, your own excitement will double. If you cause pain for others, you will also experience that pain because you are one with them.

问: ⼀个⼈的钱财数量是命中注定的吗?

Questioner: Is a person's amount of wealth predetermined?

⾼灵: ⽐如说你⼀⽣你都有⼀个模⼦,如果你只是在这个模⼦⾥运⾏的话.它是不会有⼀个⾮常⼤的⼀个变化的.因为你是在呢个模⼦⾥⾯,就好像你⾃⼰设的⼀条… 那他其实只会…⽐如我们⼀直说你的意识程度,⼀⼆三四五,分了个级别.如果你只能呆在⼀的级别,你并没有突破,你只是呆在⼀的⾥⾯的话.那⼀⾥⾯的财富它是根据你们社会上的⼀个,就⽐如说你们整个集体是⼀个什么样⼦,它不会有太⼤的⼀个变化的.

Higher Spirit: For example, if you have a mold throughout your life and you just run within that mold, there won't be a significant change. You're confined in the mold like following your own rules, so it actually only depends on things such as how aware you are. We've always talked about levels from one to five. If you can only stay at level one without breaking through and just linger there, then any wealth within that level will depend on aspects of society like how your collective behaves. There won't be much of a change in terms of wealth within that mold.

问: 那按照这个说法,这个社会上有钱的⼈都是相对来说意识⽐较扩展的⼈吗?

Questioner: If that's the case, would it be accurate to say that people with money in society tend to have more expanded consciousness?

⾼灵: 很有钱很有钱的⼈,就像我刚刚说的,他们的关注点是在哪⾥他们就不断不断去创造他们想要创造的.

High-wealth individuals: Very rich and very rich people, just like what I said earlier, their focus is where they keep on creating whatever they want.

问: 那如果⼀个⼈选择体验贫穷是不是⽆论如何都不会有钱呢?

Questioner: If a person chooses to experience poverty, will they be poor no matter what?

⾼灵: 是不是⽆论如何? 你要知道也有很多有钱的⼈还是过着你们看上去所谓的贫穷的⽇⼦.但是你要知道就是说那只是你们⾃⼰头脑⾥⾯定义贫穷⽽已.但是对于他来说,他的内在是丰富的、富⾜的,他是满意的.所以这个贫穷还是需要看你们每⼀个⼈看你们对贫穷的定义.⽐如说你看⽐尔盖茨呢么有钱,然后他过的⽇⼦还是去买两英镑的汉堡对不对? 但是对于他来说呢个已经…他⼩时候最喜欢吃呢个,每次⼀吃呢个就带来幸福感.这就是他最幸福的⼀个呢个什么…所以这不是⽤⾦钱来衡量的.你们就会觉得他还是过着很贫穷或者是… 呢只是你⾃⼰的⼀个观念.

Higher Spirit: Regardless, you should understand that there are many wealthy people living what you perceive as poor lives. But you have to know that this is just how poverty is defined in your own minds. For him, however, his inner world is rich and fulfilling; he is satisfied. Therefore, whether one considers oneself poor depends on each individual's definition of poverty. For example, if you consider Bill Gates wealthy, then it seems he still buys two-pound hamburgers for his meals. But to him, that has already… He used to love eating that as a child, and every time he would eat it, it brought him happiness. This was the most joyful thing for him... And this is not measured by wealth; you might think he's living in poverty or something like that. It's just your own perspective.

所以他们可以在所有东西都是富⾜的⼀个状态,但是他们却是选择了体验对于他们来说让他们满意的⼀些⽅式⽅法.但是在你们眼⾥你们就会觉得可能是⽐较节俭或者是⽐较贫穷的⼀个状态,明⽩吗? 因为你们每⼀个⼈都有⼀套⾃⼰的定义和观点,都不⼀样的.那就⽐如说有的⼈他就喜欢吃或者有⼀些明星他在饮⾷上⾮常的简单.他就吃点麦⽚或者是什么的,他也不吃⾁,什么⼭珍海味他都不吃.那是不是对你来说他本⾝就跟贫穷的⼈在吃的⽅⾯是不是都差不多? 但是他贫穷吗? 明⽩吗?

So they could be in a state where everything is abundant, but they have chosen to experience some ways that satisfy them. However, from your perspective, it might seem like a more frugal or impoverished state. You see, each one of you has their own set of definitions and opinions, which are not the same. For example, some people enjoy eating or certain celebrities live very simply in terms of diet. They just eat cereal or something else; they don't eat meat, nor do they indulge in exotic delicacies. Does that mean to you that when it comes to food, he's essentially living like someone who is poor? But is he actually poor? You see?

问: 世界⾸富们都掌握着⼤量的⾦钱.那除了他们都很关注⾦钱之外,他们的共同点是什么呢?

Questioner: World billionaires all have massive amounts of money. Apart from their shared concern for wealth, what else do they have in common?

⾼灵: 他们⼀定是⾮常的清楚知道⾃⼰想要什么.⽽且他们百分之百的相信⾃⼰能得到⾃⼰想要的.他们不可能是怀疑,不是去尝试出来的,明⽩吗?

High spirits: They must be very clear about what they want and believe in a hundred percent that they can get what they desire. There is no way they would doubt, nor try it out, do you understand?

问: 那为什么他们⼀开始就这么相信⾃⼰呢?

Why did they believe in themselves so much at the beginning?

⾼灵: 为什么⼀开始就呢么相信⾃⼰? 如果他们不相信⾃⼰那就不是他们了.因为如果他们如果不相信他们⾃⼰,那就不是呢个⼈的⼈格了.就好像这个⼥孩她有⼀个信念,就是⽆论发⽣什么都是来⽀持她的.她⼀定能从中受益,⽆论再悲惨的事情… 这就是她坚信的.就是⽆论外在发⽣什么事情,她都坚信她可以从呢个事件⾥受益、学习、成长.这就是她坚信的.所以她的成长速度也特别快.那如果你要去问她,她为什么如此的坚信她能从某⼀件事情当中受益? 因为当她坚信了她能从所有的事情当中受益的时候,她才能从中受益.当她不断的从哪怕是负⾯的事情⾥受益的时候,那是不是又更加坚信.就好像是⼀个正⾯的循环⼀样.

Higher Spirit: Why do you believe in yourself from the beginning? If they don't believe in themselves, that's not them. Because if they don't believe in themselves, it would not be their personality. Just like this girl who has a belief that whatever happens will support her. She can benefit from it no matter how terrible things are... This is what she firmly believes in. It's that she can always benefit, learn, and grow from any event, no matter how tragic... This is her firm belief. So her rate of growth is also very fast. If you were to ask her why she is so convinced she can gain something from certain things? Because when she believes that she can benefit from everything, she actually can benefit from it. When she continuously benefits even from negative events, doesn't this reinforce her confidence further? It's like a positive feedback loop.

然后这就是你们信念系统运⾏的⼀个… 你越是去相信、坚信,然后它越是会这样.那它越是会这样,你越是会坚信.就已经进⼊了⼀个像死循环.

Then this is how your belief system operates... The more you believe and insist on it, the more it will do so. The more it does so, the more you will insist on it, already entering a vicious cycle.

问: 呢些随便挥霍⾦钱的⼈他们是不是在损害⾃⼰的⾦钱运呢?

Questioner: Are those who freely indulge in spending damaging their own financial luck?

⾼灵: 随便挥霍⾦钱的⼈是不是在损害⾃⼰的⾦钱运? 随便挥霍⾦钱的⼈,⾸先这⼀批⼈如果他是名⼈的话,他们肯定会受到集体、其他⼈⼀些负⾯的⾔论(的影响).就是你给这个⼈发出来负⾯的攻击什么什么的,是吧?你要知道你们意念的⼒量,你们这些负⾯的意念对他们多多少少都会有影响.就好像你们每⼀个⼈都在朝他吐⼜⽔,那你的⼜⽔怎么样都会影响到他的.所以如果他们是这种⽅式展现给这个世界,然后导致了很多⼈给他负⾯的(意念、⾔论)的话,然后多少都会对他有影响的.

Higher Spirit: Is it damaging to one's financial fortune for someone to squander money freely? People who squander money would first be affected by collective and negative comments from others if they are celebrities. Imagine sending out negative attacks towards this person; do you understand the power of your thoughts? The negativity you project towards them can indeed influence their situation. It's like everyone spitting in his face, wouldn't it affect him somehow? If they present themselves to the world in this manner and receive numerous negative comments or thoughts about them, these will certainly have an impact on them.

问: 那是不是说挥霍⾦钱本⾝不会对他有影响,⽽是说其他的⼈看不惯去骂他.然后呢个能量对他有影响是吗?

Questioner: Does that mean that wasting money won't affect him, but rather that other people's disapproval leads to criticism towards him? And is the energy from this criticism what affects him?

⾼灵: 挥霍⾦钱.⾸先呢些挥霍⾦钱的⼈他⼀定是内在有⼀个就好像是填不满的洞⼀样.他⼀定要拿东西来填满它,不断地拿外在来让⾃⼰显得更加有价值或者是显得⾃⼰与众不同.它本⾝就是在⼀个还被物质、外在⼀些牵连.那他如果是进⼊了这个,就好像我前⾯说的⼀个就好像⼀个信念你越是去加深它,它越是影响你对不对? 那如果你越是进⼊这⼀点呢? 那

Divine Being: Excess of wealth. Firstly, those who indulge in spending must have an inner void that is never fully satisfied. They need to fill it with things constantly, using externals to make themselves seem more valuable or stand out as unique. It's inherently entangled with material possessions and externals. If they enter this pattern, akin to the concept I mentioned earlier where the more you reinforce a belief, the more it affects you, right? And if you delve deeper into this aspect, then...

你是不是也会受到它这⽅⾯的影响.但是你要知道就是有⼀句话叫物极必反.如果你到了极点的话,那有可能最后 push you back.那他有可能⼀直挥霍,挥霍到⼀个极限的时候,他就发现实际上⾦钱⽆论再怎么样都满⾜不了他内在的呢个(空洞).它可能就会突然带领他⾛向内在或者是⾃我探索的过程.让他去找到真正的呢个什么.所以这不是⼀个定了个事件.它是⼀个发展的.他如果是朝这个⽅向发展,他⼀直在⽤这种⽅式的话,他⼀定会转变的,明⽩吗? 他⼀定会发现这条路是⾏不通的,我再继续呢个什么的话…问: 那挥霍和节俭有哪⼀个⽐较好吗?

You might be influenced by this aspect as well. But you should know that there's a saying which goes "excess leads to reversal." If you reach an extreme, it could potentially push you back. He might indulge excessively until he realizes that wealth cannot fill the void within him no matter how much he has. This realization might suddenly lead him towards introspection or self-discovery, helping him find what truly matters. So, this isn't a fixed outcome; it's a process of development. If he progresses in this direction and continues using these methods, he will certainly undergo transformation. Understand? He'll definitely discover that this path doesn't work for him; I can't continue like this...

Questioner: Which between extravagance and thrift is better?

⾼灵: 哪⼀个⽐较好? 那个要看你⾃⼰是…⽐如说你觉得节俭会让你内在更加和谐平衡,那你就这么做.那所谓的挥霍也是你们⾃⼰的⼀个定义⽽已.因为⽆论哪些⼈他们某些⽅⾯他可能特别慷慨,他在某些⽅⾯也可能特别你们所谓的节俭,对吧?他只是相对在他觉得有必要和没必要的地⽅… 那可能在你们眼⾥就会变成⼀个挥霍了.所有的这些哪个好还是不好,最终衡量它是在你的内在是和谐的吗? 你外在是和谐的吗? 就是你所有的⼀切是和谐的吗? 如果你都是在和谐的⼀个状态的话,这就是好的.就⽐如说你把所有的钱都挥霍到慈善⽅⾯呢?明⽩吗?所以你这个最重要的还是你⾃⼰有没有在⼀个平衡和谐的状态.⽽不在于你体现它的⽅式.

Spirit: Which one is better? That depends on you personally... for example, if you feel that thriftiness makes your inner self more harmonious and balanced, then do so. The concept of extravagance is simply a definition from your own perspective as well. Consider someone who may be extremely generous in certain aspects but exceptionally thrifty in others - they're just being economical where they feel it's necessary versus unnecessary. From your viewpoint, this might appear as extravagance. Ultimately, determining what's better or not boils down to whether you are internally harmonious? Are you externally harmonious? Do all of your actions align with harmony? If everything is in a state of harmony for you, then that's considered good. For instance, spending all your money on charity - can you see how it comes down to personal balance and harmony rather than the way it's manifested.

因为当你在呢样⼦的状态下的话,你就是这样⼦的状态.因为到底是挥霍还是节俭是别⼈给你的⼀个评价.是别⼈觉得,⽽且每个⼈的评判标准也不⼀样,对不对?那有的⼈他吃五块钱的饭,他觉得是节俭.有的⼈吃⼀百块钱的饭,他觉得是节俭.他的标准是不⼀样的?

Because when you are in that state of being, you are that state. Because whether it's extravagance or thriftiness is a judgment given to you by others. It's what others perceive, and everyone's benchmark for evaluation is different, right? Some people think eating a $5 meal is thriftiness. Others believe eating a $100 meal is thriftiness. Their standards are not the same, aren't they?

问: 对于世界上很贫穷的地区他们怎么样可以变富? 因为不是说富⼈越来越富,穷⼈越来越穷.那这个对个体来说也是⼀样的,那我们要怎么要突破这个恶性的循环呢? 他们怎么样可以变富呢?

Questioner: How can the poorest regions in the world become wealthy when it's not just about the rich getting richer and the poor getting poorer? For individuals as well, how do we break this vicious cycle? What strategies can they use to improve their economic situation?

\* "The" refers to the richest countries and individuals.

\* "They" refer to the poorest regions and individuals.

This question poses a challenge in finding solutions for global economic disparity beyond simplistic notions of wealth accumulation. The context implies seeking sustainable methods for growth, equitable distribution of resources, and possibly innovative policies that address the root causes of poverty rather than merely treating its symptoms.

⾼灵:⽐如说像你们世界上呢些,这么说吧,你们中国就曾经经历过在世界上⽐较贫穷的⼀个时代,对吧?那你们是怎么变富的呢?你们现在的情况就变得⾮常好啊.你们是打开了国门跟世界链接.这么说吧,最开始你们就好像是⽔源⼀样,你这个坑⾥的⽔⾮常少对不对?但是其他地⽅却在发洪⽔,就是很多.那当你们把呢个闸门打开过后,呢个⽔是不是就开始往呢边流了?那呢些⽬前还在经历贫困、贫穷的,它们是不是也是闸门没有打开?门没有打开的话,外⾯的⽔也流不进去.所以这还是需要⼀个这样⼦,就好像⽔它会均匀的分配流动起来.也就是⽔就是财运、财嘛.然后像我刚刚说的,当他们尝试到了⼀些甜头,他们会越来越有劲,越来越有⼒⽓.

Higher Spirit: For example, like in your world, let me put it this way: China once experienced a relatively impoverished era globally, right? How did you become rich then? Your current situation is very good. You opened the door and connected with the world. See it this way: initially, you were like a water source; there was very little water in your pond, weren't there? But elsewhere, floods were occurring everywhere. When you opened that dam, didn't the water start flowing over here instead? For those currently experiencing poverty or hardship, could it be that their gate is not open? If the door isn't open, the water from outside won't come in either. This still needs to be approached like how water evenly distributes and flows—just like wealth and fortune. And as I mentioned earlier, once they taste some sweetness, they will become more energized and stronger.

他们就不断地去创造.你根据这个你也可以看⼀下你们中国这么⼏⼗年的⼀个⼤的变化.如何是从⼀个特别贫穷的⼀个地⽅,然后做到现在经济⾮常好的状态是怎么样的⼀个模式.这⼀定是流动的.

They are continuously creating. You can also look at the massive changes in your country over these few decades and how a place so impoverished transformed into one with excellent economic conditions. This pattern must be dynamic.

问: 当时中国的发展也导致了很严重的职场竞争,就是压⼒.那这些不是也是很负⾯的能量吗?

Questioner: At that time, China's development also led to very intense workplace competition, which is stress. Aren't these also very negative energies?

⾼灵: 你⾸先就是说你的物质层⾯得到了改善是吧? 然后呢,现在物质层⾯的改善伴随着很多精神层⾯的问题.那你要知道在你们物质匮乏的时候,连饭都吃不饱的时候,你们同样有很多的精神问题,就是⼼理问题.你想你们最穷的时候连⾃⼰的孩⼦都吃、树⽪都吃.你觉得还有精神、⼼理可⾔吗? 所以并不代表呢会⼉就没有.但是你们永远都可以通过外在⽬前的⼀些状况然后再转移到你们要关注的⼀些点.然后让它平衡.

Higher Spirit: Firstly, you say that your physical level has improved, right? Then, the improvement in the physical realm comes with many spiritual issues now. You need to know that when you were lacking material resources and couldn't even fill up on food, you still had plenty of spiritual issues, or psychological problems. Can you imagine being so poor that you eat tree bark along with your children? Do you think there was any room for spirituality or psychology then? So, it doesn't mean they don't exist. But you can always redirect your attention to the current circumstances and balance them by focusing on points of concern.

问: 财神爷有没有什么关于财富的寄语要送给我们?

Questioner: Does the God of Wealth have any words of advice to share with us regarding wealth?

⾼灵: 关于财富的寄语就前⾯说了,你⾸先要把你的⾝体和头脑当成你的合作伙伴.然后你要怎么样才能激发出你合作伙伴的动⼒.还有就是说在创造财富的时候是选择正⾯的.因为如果是负⾯的话,你会有⾮常多的阻碍.那如果是正⾯的话,你会有多动⼒.那⼀个是有动⼒的⼀个是有阻碍的,你肯定是去选择有动⼒的呢个对不对? 就是这些给你们的寄语.

Higher Spirit: As previously discussed about wealth, you first need to treat your body and mind as partners. Then, how do you stimulate the power of these partners? Furthermore, when creating wealth, choose positive aspects because negative ones will bring many obstacles. On the other hand, positive choices will give you more motivation. You would definitely opt for the option with the motivation rather than one laden with challenges, right? Here's your advice.

问: 那民间有个说法是⾏善是可以让财运变好的.那这个说法对吗? 如果就是只是单纯的去做善事.

Questioner: There's a popular belief that doing good deeds can improve one's fortune. Is this statement accurate if you're simply doing good things without any other intentions?

⾼灵: ⾏善可以让财运变好? ⾸先为什么⾏善可以让财运变好? 你可以⾃⼰去从中去看到这⼀层关系.⾸先当你在去做⼀些给与的⾏为的时候,你是不是就在收集他们的⼀个对你的⼀个好的意念.就刚才我跟你说⼀些坏的意念对你有影响对不对? 那你在收集好的⼀些意念的时候,那你的能量是不是在加强,他们在把能量给你.就好像我拿钱去买能量,那能量才是让我钱不断壮⼤的⼀个呢个什么…还有就是当你在给的时候,你⾃⼰内在的呢股内在⼒量也会被打开.所以特别是你们的⼀些企业家他们最喜欢的就是给.但是他们的给,他们不是像你们普通⼈理解的呢个给.你们普通⼈理解的给,给了就是少了对吧? 但他们的给是在⼲什么? 是在投资.

Higher Spirit: Can performing acts of kindness improve one's fortune? First, why can performing acts of kindness improve one's fortune? You can see this relationship from your own perspective. Firstly, when you engage in giving behaviors, are you not collecting positive thoughts towards yourself from others? Earlier, I mentioned that negative thoughts have an impact on you, right? When you collect positive thoughts, isn't your energy being strengthened as they give their energy to you? It's like buying energy with money; this energy is what continuously amplifies my wealth. Furthermore, when you give, the inner strength within you is also unleashed. Therefore, especially for entrepreneurs, giving is their favorite thing. However, their concept of 'giving' differs from yours. The conventional understanding of 'giving' implies that you lose something by giving; but their idea of 'giving' involves investing.

那他们⽐如说要去做什么⽣意,他们第⼀步是不是就是要去投资啊? 那如果你没有投资你没有任何的收获可⾔.所以你第⼀步就是播种.你要把种⼦播下去,那你肯定是给出去.那所以你们看到你们这些很有钱的⼈,他们都做了很多呢种给的动作.他们给的同时是在投资,明⽩吗? 他们给是在投资.所以他们根本就没有⼀种真正的给出去的意思,明⽩吗? 因为就像我之前说的,你给不出去.你越给,你就越得到什么.那有些⼈他在给的时候他就觉得给了⾃⼰就少了的话,他永远都体验的是匮乏.所以在他们呢些⼈,给永远都不会变少,给就会变多.他不断地给不断地多,不断地给不断地多.你想象⼀下不断地给,不断地吸引多⼈给你: 哇,他真的好慷慨.

If they were to go into business for example, would their first step be investment? If you don't invest, there is no yield, so the first step is planting. You sow the seed and put it out; you definitely have to give it away. Therefore, you see many rich people doing these giving actions a lot. They're investing while they're giving, understand? They're investing when they give. So, they don't really mean giving in the traditional sense, do you understand? Because, as I said before, you can't give and receive at the same time. The more you give, the more you receive. Some people think that when they give, they lose something for themselves; thus, they always experience a state of lack. But for those individuals, giving never runs out; it only increases. They keep on giving and receiving more in return. Imagine continuously giving and attracting many more to you: Wow, he/she is really generous!

他真很好… 世界上的⼈都在说这句话: 他真的很好.他真的很慷慨…那他是不是就变成真的了? 因为你们所有⼈的语⾔,你们的意念都是能量啊.他把你们所有⼈的能量都给收集过去了.

He is truly wonderful... Everyone in the world says this: He really is wonderful. He is so generous... Does that mean he becomes real because of all your words and thoughts which are energies? He collects all your energies.

问: 有没有所谓的真的可以去打通⾦钱的能量? 因为我看到⼀些厉害的灵媒,在他们的加持之下有⼈就真的⼀下赚到好多钱.也有⼀些江湖术⼠,但是对⽅不知道他是江湖术⼠,但是这个江湖术⼠做完法后也没有任何的改变.那是不是呢个厉害的灵媒真的帮对⽅打通了⾦钱的能量吗?

Questioner: Is there really something called the ability to channel wealth energy? Because I've seen some powerful mediums who, under their influence, enabled people to suddenly make a lot of money. There are also some江湖人士, but the person doesn't know they're being tricked by them; after these practitioners perform their rituals, there is no change at all. Does this mean that the powerful mediums really help others in channeling wealth energy?

⾼灵: ⾸先这个⼈是不是要求这个厉害的灵媒做这件事情?问: 是.

Higher Spirit: Firstly, is this person demanding that the powerful medium do this thing?

Answer: Yes.

⾼灵: 那就⾏了.因为之前我就给你说过⽆论再强⼤再厉害的能量是谁给的? 是你给他的呀.因为你相信他呀.

Higher Spirit: Alright. That's right because I told you before that regardless of how powerful or capable the energy is, who gave it to him? You did, because you trusted him.

问: 那呢些江湖术⼠在对⽅也不知道他只是骗⼦的情况下,他做完法对⽅也没有改变.那这个怎么解释呢?

Questioner: What about those con artists who perform their tricks without revealing they are frauds? Even after performing the trick, there is no change in the outcome. How do we explain this phenomenon?

⾼灵: 那就像我刚刚说的,⼈家拿的是桶,你拿的是⽵篮⼦啊.打通⾦钱运,你⾃⼰,你就像我今天给你刚才说的你⾃⼰就可以.就⽐如说我做完仪式过后,我念头⾥⾸先就开始关注⾦钱了.那我开始关注了,我就会去捕捉⼀个得到⾦钱的⽅式,然后说: 哇,真的好厉害啊.你就开始不断地再继续关注、再继续显化,继续关注、继续显化,继续加强.你就进⼊了这个正向循环了.就呢还是你体验的还是你⾃⼰的(能量).你找灵媒做仪式不也是让你⾃⼰相信吗? 因为我们说头脑不是你,你要把它当成⼀个对象,合作伙伴.你要让它兴奋起来,你要让它相信.

Higher Spirit: It's like what I just said, they're holding a bucket, while you're holding a bamboo basket. Boost your financial luck; it's something you can do for yourself. For example, after completing the ritual, my mind starts focusing on money first. By focusing, I seek out methods to obtain wealth and think, "Wow, that's really impressive." Then, I continue this pattern of attention and manifestation, continuously focusing and manifesting more wealth, thereby strengthening it. You enter a positive cycle where your experience is still influenced by your own (energy). When you ask for the medium to perform rituals, isn't it meant to help you gain faith in yourself? Because we say that your mind is not you; think of it as an object or a partner you're working with. You need to excite it and make it believe in itself.

问: ⾦钱喜欢怎么被对待呢? 就⽐如我们平常在花钱、存钱,它有没有喜欢某⼀种情感或者是被对待的⽅式?

Questioner: How does gold like to be treated? For example, in our everyday spending and saving, are there any specific feelings or ways of treatment that it prefers?

⾼灵: ⾦钱它只是体现你⾃⼰状态的⼀个⽅式⽽已.它只是体现你的⼀个能量状态.为什么你们有钱⼈在你们这个世界如此有魅⼒呢? 你们感觉他好像在发光⼀样,所有眼睛都看着他.因为他们是有能量的⼈呀.他们会操控能量,他们知道如何把能量全部吸引过来呀,然后变⼤呀.他们是玩转能量的⼈.

Higher Spirit: Wealth is just a manifestation of your own state - it's an expression of your energy. Why are wealthy people so alluring in your world? You feel like they're shining, as if everyone's eyes are drawn to them because they possess energy and can manipulate it, knowing how to attract that energy and amplify it. They are masters of energy manipulation.

问: 为什么我今天在接到我朋友电话后,我突然觉得很烦躁.然后这个情绪还持续了⽐较长的⼀段时间呢?

Questioner: Why did I suddenly feel very agitated after answering my friend's call today, and this mood has lasted for a relatively long time?

⾼灵: 因为你⾸先有⼀个情绪,然后你还有另外⼀个情绪,你在反感这个情绪,明⽩吗? 如果你只是厌恶她,那你知道你的这种感觉会来会⾛.那我今天可能不喜欢你,明天也会喜欢你,明⽩吗?就算你⾃⼰的孩⼦,你也有⼀个时间突然感觉很烦的时候.这是⾃然的状态.当你想要把这个,就是说我不想要变成要去烦别⼈的⼈,就是我不想变成⼀个有厌恶感的⼈.当你有这样⼦产⽣,你想把你的这个打消的时候,你才发⽣冲突.如果你只是允许你⾃⼰呈现出真实的你⾃⼰呢? 你为什么要把你⾃⼰弄成⼀个完全没有厌恶情绪的⼈呢? 明⽩我意思吗? 你有你的喜好,你有你的喜欢的,不喜欢的.为什么要把全世界所有东西都弄成你喜欢的呢?

Higher Spirit: Because you first have an emotion, and then you have another one, you are resentful about this emotion, do you understand? If you just hate her, you know that this feeling of yours will come and go. Maybe I might not like you today but tomorrow I would still like you, do you get it? Even with your own child, there is a moment when you suddenly feel annoyed. This is the natural state. When you want to get rid of this, meaning I don't want to become someone who annoys others, and I don't want to become someone with an aversion. When you have this kind of sentiment arise and then you try to cancel it out, that's when conflict happens. If you only allow yourself to show your true self, why would you pretend to be a person without any feelings of dislike? Do you understand my point? You have your likes and dislikes, why would you force everything in the world to become what you like?

那不是完全没有个性了吗? 你有特别喜欢吃的东西,你也有特别讨厌吃的东西.这很正常啊.为什么? 因为呢就是你呀.明⽩吗? 你不可能让所有的⽼虎都不发威吧?

Isn't that a total lack of individuality? You have specific foods you like to eat and others you dislike intensely. That's completely normal. Why? Because, it's you, understand? You can't expect all the tigers not to roar, right?

问: 那请问我的⾼我和指导灵还有什么别的信息要给我吗?

Questioner: Or do my higher self and my guide spirit have any other messages for me?

⾼灵: 今天所有信息都是带给你的.

Higher Spirit: All the information today is for you.

# **2022/02/07 — 抽动症的原因Causes of Tics**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's on your mind?

问: 你好,⾸先第⼀个问题是我的那个⾝体会发抖,包括⼿发抖,腿发抖和头发抖.为什么我会发抖呢?

Questioner: Hello, my first question is why my body shakes, including my hands, legs, and head. Why am I shaking?

⾼灵: 你这个情况持续多久了?问: ⼩时候就开始了.

Higher Spirit: How long has this been going on for you? Asked: Since childhood.

⾼灵:⼩时候⼏岁?

Higher Spirit: How old were you when you were a child?

问: 这个情况是从我的⼩时候七⼋岁就开始了.

The situation started when I was around seven or eight years old.

⾼灵: 你稍等.你叫什么名字?问: 我叫XXX.

Higher Spirit: Wait a moment. What's your name? Ask: I am called XXX.

⾼灵: XXX,你想要知道为什么你的⾝体会发抖.我先告诉你为什么你的⾝体会不由⾃主的发抖,⼿、脚、头.你今年多⼤年龄?

Higher Spirit: XXX, do you want to know why your body shakes. I'll first tell you why your body naturally shakes, hands, feet, head. How old are you this year?

问: XX⾼灵:你⾝体抽动是因为你⾝体能量的⼀种不畅通.就好像你的能量太过于强⼤、猛烈导致你的⾝体没有⾜够的能⼒去把它释放出来.就好像⼀个⽔管细⼩,但是它源头的⽔又特别的强⼤.就好像是呢种.那呢个⽔管是不是也会抖动起来?因为你的能量太过于强⼤.那如何才能让这股能量可以顺畅的通过你的⾝体⽽不对你的⾝体带来这种不能⾃⼰控制的⼀个状况? 这是你⼀⽣的功课.然后你需要去平衡好这个能量和你⾁体协调的能⼒.

Questioner: XX Supreme Spirit: Your body is twitching due to a blockage in your body's energy flow. It's as if the intensity of your energy is too great, causing your body to lack the capability to release it adequately. Imagine a narrow pipe carrying water from an exceptionally strong source; just like that, your body might shake because your energy is overpowering. How can you allow this energy to smoothly pass through your body without creating uncontrollable situations for yourself? This is something you need to work on throughout your life, then finding the balance between managing this energy and coordinating with your physical being.

问: 这个有什么办法能够做到吗？⾼灵:你这么去想.你现在就在因为你⾝体的⼀个现象然后不断地去寻找,想要去找到⼀个为什么会导致你⾝体有这样⼦的⼀个情况.然后你做什么可以让它缓解?那你现在是不是就因为这个问题就把你引上了⾃我探索的这条路上.那当你⾛上了这条路过后,你是不是就可以逐渐的去学习如何平衡能量.能量的平衡是多么重要.就好像是你的⼀个主题和⼀个⽣命 (课题).就是你这次来(物质世界),出现了⼀个问题.那呢个问题会带领你、引领你、迫使你⾛上解决这个问题的路上.那当你在⾛上这条路上的时候,你是不是就开始越来越强⼤了?就是你会把这个本⾝困扰你的事情转变是对你完全脱胎换⾻的突变,明⽩吗?

Questioner: Is there any way to achieve this?

High Intelligence: Think about it like this. You are currently trying to understand a phenomenon in your body, continuously seeking the reason behind why this happens. Then you wonder how to alleviate it. Does this pursuit lead you down a path of self-exploration? When you embark on that path, can you gradually learn how to balance energy? How crucial is energy balance! It's akin to having a theme and a life task. You are here in the material world facing an issue. This issue guides you, steers you, forces you onto a path of resolving it. As you travel this path, don't you become stronger? Essentially, this issue transforms into a complete transformation for you, freeing you from your previous constraints, understand?

所以你会通过这个去⾃我探索.因为从我这⾥你今天找到了信息对不对?你找到信息,那你是不是我再指导你引导你,你就会去⾃我练习对不对?当你⾃⼰去练习的时候,那等你的意识转变,你练习过后… 就是你的意识和⾏为都转变了过后.你的能量、⼈格整个就转变了.明⽩我意思吗?那等你转变了过后,当你⾃⼰就好像是从你这个事情蜕变出来过后.然后你学习到了如何去平衡能量的话.那你是不是就可以根据⾃⼰⾛出来的这条路,你是不是就可以带领很多和你⼀样有困扰的⼈⾛出来? 所以你继续提问.

So you will embark on self-exploration through this. Did you find information from me today, right? You found the information, so would it be correct for me to guide and direct you as you practice on your own? When you practice by yourself, once your consciousness changes after practicing... your consciousness and actions change. Do you understand what I mean? After the transformation, when you are like emerging from this situation, then if you learn how to balance energy properly, can't you then follow the path you've stepped out of? Wouldn't you be able to lead many others who share similar issues as you out of their struggles based on your journey? So continue asking questions.

问: 我也学了那种就是就是能量疗法,但是我⽐如说想象想象有道光就是就是通过我的⼿发送到我发抖的位置,但是我发现这个⽅法怎么⼀点⽤的都没有的？⾼灵: 那如果你去寻找⼀条路,你就会去尝试不同的⽅式不同的⽅法.就好像有⼀个⼈他眼睛看不到,那他去尝试各种… 就好像是你要把所有的药物中药或者是任何其他冥想、修炼,任何⽅式你都去尝试.那你是不是需要这⼀个过程,那你才知道原来是这样⼦.所以不是说哪⼀个可以马上的带领你⾛到尽头明⽩吗? 因为这是⼀个过程.所以去体验呢些你觉得没有改变和效果的过程也是⼀个过程,也是你需要去体验的⼀个过程.总之刚刚的信息就是说,你不要把⼀个⽅式⽅法当成是解决你问题的唯⼀选择.

Questioner: I also learned this energy therapy thing, but when I imagine sending light through my hand to the place where I'm trembling, I find that it doesn't work at all. Higher Spirit: If you are trying to find a path, you will try different methods and different ways. Imagine there is someone who cannot see, and he tries various... It's like you're trying every single medicine, Chinese herbs, or any other meditations, practices, etcetera. You need this process of trial so that you can understand how it works. Isn't it true that no method can instantly solve your problem? This is a process after all. Experiencing those processes that don't seem to change anything is also part of the process. You need to experience these as well. Ultimately, just like the message we've been giving, you shouldn't consider any single method as the only solution to your problems.

那如果你把它当成唯⼀的,你是不是就已经绝望了? 觉得没办法了,我放弃了.那你这样你的路是不是就⾛不出来了?

If you consider it as the only way, are you already hopeless, feeling there's no way out and giving up? Then wouldn't your path be blocked?

问: 那就是说我要寻找⽽不同的⽅法让让我减轻这个⽽症状,对吧？⾼灵: ⾸先它只是⼀个能量平衡的⼀个… 它不是⼀个病,知道吗? 它只是⼀股能量.呢股能量让你发⽣了冲突,就是失衡.好像我刚刚说强⼤的能量你的⾝体还没有呢个什么.那你需要⼀个⾃⼰逐渐的去达到平衡这个能量让你能…就⽐如说这个⼥孩现在在通灵.她通灵的话她就是这股能量.如果这股能量她不能控制的,她就会像你们所说的像精神病⼀样.因为她控制不了这股能量对不对? 那她如果能控制好的,那她就是⼀个⾮常好的通灵师.她通灵的这个⽅式就会给你们整个⼈类带来很⼤很⼤的帮助,明⽩吗? 这是⼀样的.那你不会,你需要去学会去平衡这个能量.

Questioner: So, that means I should look for different ways to help alleviate this symptom, right?

Higher Spirit: First of all, it's just an energy imbalance... It's not a disease, understand? It's simply an energy. This energy causes conflict within you, resulting in imbalance. Similar to what I mentioned earlier about powerful energy your body can't handle yet. So, you need to gradually bring yourself into balance with this energy so that... For instance, the girl is currently channeling spirits. When she channels, it's this energy. If she can't control this energy, her behavior will be similar to what you might call schizophrenia because she can't manage this energy, right? But if she manages it well, then she becomes an excellent medium. Her method of channeling would provide immense help to humanity, wouldn't it? This is the same concept. You don't have it; you need to learn how to balance this energy.

那这个⼥孩⼦她就是给你现在可以看到的,就是平衡好这股能量可以带来的…明⽩吗? 你继续提问.因为你的信息是会根据你你的提问⼀步⼀步给你指引出来的.

That girl is exactly what you can see now, the balance of this energy that brings... understand? Keep asking questions because your information will be guided step by step according to your inquiries.

问: 因为我的这个问题我都不敢结婚了,因为结婚的话,我就感觉是害了别⼈,我的这个想法对不对？我到底应不应该结婚？⾼灵: ⾸先你应该知道婚姻是什么? 如果你只是觉得婚姻它是⼀段关系,呢个关系是⾮常⾮常有⼒的关系.是你们所有关系中最强壮的⼀股关系.然后呢⼀股能量它也是能量,呢⼀股关系它是蜕变你的.所以跟你结婚不结婚没有关系.因为你只是说结婚的话,不⼀定会去遇到⼀个对的对象.⽽是说和你共同去突破的呢个对象,明⽩吗? 就好像你们所谓的双⽣灵魂、灵魂伴侣.那就是说当你在选择这个⾁体这个问题来突破的时候,她跟你⼀起选择来跟你⼀起突破,明⽩吗?

Questioner: I'm so afraid of getting married because if I do marry, I feel that I would be harming others; is this thought correct? Should I or should I not get married?

Higher Spirit: First, you need to understand what marriage is. If you only see it as a relationship, particularly one that's extremely powerful — the strongest bond among all relationships. Then, energy is involved in these relationships too, and they transform you. So, whether you marry or not doesn't matter because merely marrying does not guarantee meeting the right person; rather, it's about the two of you working together to overcome challenges. Understand? Think of what we call soulmates or twin souls. It means when you choose this embodiment issue to transcend, she chooses to embark on this journey with you too. Get it?

问: 所以说我要找到找到那个⼈和我在⼀起,对吧？⾼灵: 你不是说要找到呢个⼈.你是⾃⼰要意识到…你如果连婚姻关系是什么… 因为你要经历什么体验什么是因为你的头脑⾥⾯怎么去定义它.如果你就跟其他所有⼈⼀样,结婚就是⽣孩⼦,找⼀个条件差不多的…这是⼀个观念,对吧? 这是你的⼀个信念.那你通过这个信念你是不是只能遇见这样的关系.为什么? 因为呢就是你的认知.另外⼀个关系就是说你知道婚姻关系它是你们灵魂当初选择了同样⼀起来突破,就是来突破你的(课题)的时候,她也突破她⾃⼰(的课题).因为去帮助和互助的时候永远都是相互的.所以她在帮助你蜕变的时候,她⾃⼰也在蜕变.是这样⼦的⼀个过程.

Questioner: So I need to find that person and be with them, right?

A: You said you want to find that person; but you are the one who needs to realize it. If you don't understand what marriage is... because your perception of it depends on how your mind defines it. If you think marriage means just having children with someone who meets certain criteria... this is a concept, isn't it? This is your belief. By holding onto this belief, aren't you destined to only encounter relationships of that nature? Why is that? Because of your understanding and perception.

Another perspective is that you know marriage is about two souls choosing to come together to transcend their own limitations, to overcome their challenges. When helping each other, it's always reciprocal; she helps you transform as she transforms herself. It's a process of mutual growth and support.

永远都没有只有⼀⽅受益的.就⽐如说有⼀个⼈他⼀⽣选择瘫痪,他躺在床上.那么他的另⼀半要照顾他⼀辈⼦.那你如果从你们物质世

There's never just one side benefiting; for example, if a person chooses to be paralyzed for their entire life and lies in bed, then the other half has to take care of them for their whole life. If we were looking at this from your material perspective,

界来看,你就觉得他这样的⼈结婚不是害了⼈家吗? 让⼈家照顾⼀辈⼦.但是被照顾的呢个⼈的灵魂他选择来照顾这个⼈是为了他⾃⼰去体验⾃⼰去成为⽆条件的爱.⽆条件的爱是什么? 就是说他不会有任何回报.⽐如说我今天给这个⼈煮了⼀顿饭.明天他不会给我煮⼀顿饭.我永远都是单⽅⾯的付出.但是这种单⽅⾯的不断地付出让我成为纯粹的爱,⽽不是看着对⽅能给我什么我才去爱.明⽩吗? 呢个不是爱.那对⽅是不是给了你这个机会让你变得只是爱.那你是不是需要机会? 那你们两个灵魂约定好你们通过这⼀次…你来扮演躺在床上…你要知道呢个愿意扮演躺在床上的灵魂它的牺牲是多⼤,明⽩吗?

From a worldly perspective, wouldn't you find it like marrying someone like him is essentially harming them? Making them take care of you for their whole lives. But on the other hand, the person receiving care chooses to take care of this individual precisely so they can experience unconditional love themselves – experiencing what it means to give without expecting anything in return.

What is unconditional love? It's about giving consistently without any expectation of getting back. For example, if I cooked a meal for someone today, tomorrow they wouldn't cook for me; my contribution would always be one-sided. But this unrelenting one-way act turns into pure love instead of a conditional love where you only show affection based on what the other person can give you.

Do you understand? This isn't true love. Does the other person have given you an opportunity to become just about loving without expecting anything in return? Do you need that kind of opportunity? And do both souls agree, through this experience, for instance, with one soul playing the role of lying on a bed and understanding the extent of sacrifice involved by the soul taking that position?

他让⾃⼰这个⾁体不能⾃由的活动,不能去展现他什么什么的.所以他也是⾮常⼤的⼀个牺牲啊.那为什么? 我牺牲呢么⼤是为了让你去成为⽆条件的爱,对不对? 那在你们物质世界看来只是不停在照顾呢个瘫痪病⼈的⼈,他才在不断地付出.所以如果通过我给你举的这个例⼦你就能明⽩灵魂之间的成长的最终的⽬的是为了⾃⼰成为爱.明⽩吗? 你说.

He confines his physical body's freedom of movement, unable to demonstrate whatever he wishes. Hence, he makes a tremendous sacrifice. Why is that? I am sacrificing so much for you to become unconditional love, right? In your material world, the one continuously caring for an immobilized patient appears to be constantly giving. Therefore, if you understand through this example that the ultimate goal of growth between souls is for oneself to become love, do you see it?

问: 🗎,知道,但我感觉我如果不结婚的话,我有点坑了我的爸爸妈妈.

Questioner: Knowing about it, I do, but I feel that if I don't get married, I might be letting down my mom and dad.

⾼灵:因为现在不在于你结婚不结婚,⽽在于你意识的转变.你现在物质世界所有经历的⼀切,就⽐如说你在找我询问信息之前经历的就只是束缚对吧?那你在找我(得到)信息过后,我告诉你这些所谓的束缚都是激发出你内在的能量和⼒量的.然后这是⼀个gift,这是⼀个礼物.为什么? 你同样跟这个⼥孩⼦⼀样拥有强⼤的能量对吧? 你的能量只是你需要去学会…就好像你有⼀个强⼤的武器,只是这个武器你还不知道怎么去⽤它.就⽐如说是⼀个电棍.你⼀开始不知道怎么⽤.你⼀碰然后就触电.呜呜呜触电,然后全⾝抖,对吧?那我现在告诉你,你这个电棍是⼀个武器.是你独⼀⽆⼆的武器.我教你如何控制它,如何去充电,如何打开关上.

Ethereal Spirit: It's not about whether you get married or not now; it's about the transformation of your awareness. All the experiences in your material world, like what you experienced before seeking information from me, were just bindings, right? After receiving the information from me, I told you that these so-called bindings are actually激发the energy and power within you. This is a gift, a present to yourself. Why? You possess powerful energy just like this girl, don't you? Your energy just needs to be learned... as if you have a strong weapon, but you still don't know how to use it. Like an electric baton. At first, you don't know how to use it; touching it results in being shocked. Wooooooosh! Shocked, then the whole body shakes, right? Now I'm telling you that this electric baton is your weapon. It's your unique weapon. I teach you how to control it, how to charge it, and how to turn it on or off.

那它是不是就变成你的⼀个⼯具了?那你的这个⼯具是不是在服务于你?你明⽩这层意思吗? 那如果你还是把它当成是⼀个束缚⼀个障碍,当成你是⼀个不正常的⼈.那你只能体验到你是⼀个不正常的⼈明⽩吗? 那在回到我刚才说的婚姻关系.如果你只是认为婚姻关系就好像是要条件相当,你付出我付出过上好⽇⼦.如果只是这⼀层的认知的话,那你只能去体验这⼀层的认知.明⽩我意思吗? 你就只能去进⼊到这样⼦的婚姻关系⾥⾯.所以跟你结婚不结婚(没关系).为什么? 你结婚也会痛苦.你不结婚也会痛苦.明⽩我意思吗?所以最主要的是你需要去明⽩婚姻关系是什么? 就是说你不再去从单纯的⾯上去看⼀个事情然后来给它定义.

Doesn't it then become just another tool for you? And is this tool serving you? Do you understand this implication? If you still perceive it as a constraint or an obstacle, seeing yourself as abnormal, then the only experience you'll have is that of being abnormal. Right? So, regarding the marriage relationship I mentioned earlier: if you merely believe that婚姻 should be about conditions being equal, mutual付出 for good days ahead, and nothing more, then that's all you're experiencing. Do you get it? You are limited to entering into relationships like these. Does this mean whether or not we marry doesn't matter? Why? Whether you marry or stay unmarried would both result in suffering. Do you see my point? The main thing is understanding what a marriage relationship truly entails, rather than looking at situations from one-dimensional perspectives and defining them based on that.

因为你定义什么就会体验什么.你定义什么你就体验什么.这个问题你明⽩了吗? 所以我告诉你,你最主要的问题不是你要不要结婚⽽是最主要的是你对婚姻的⼀个定义.然后我们需要去让你看到你的⼀个定义是错误的.你需要拥有⼀个新的定义,就好像我前⾯给你举得⼀个例⼦.你们的关系最主要是⽀持对⽅蜕变和灵魂的⼀个成长.让它变成纯粹的爱,明⽩吗? 那你的这个⾝体…你是不是也在给另外⼀个⼈机会去爱他的灵魂⽽不只是他的⾝体表现的⼀个症状.她和你可以⼀起去让你蜕变对不对? 那如果你是从你的外在的⼀些现象和表象去评价你⾃⼰的话.你觉得这是⼀个所谓的不正常或者是疾病.那别⼈也会去这么认为的.明⽩吗?

Because you define what you will experience. Whatever you define, that's what you'll experience. Do you understand this? So I tell you, your main problem is not about whether you should get married or not, but fundamentally it's about the definition of marriage you have. We need to help you see that your definition might be incorrect. You need a new one, like the example I gave earlier. Your relationship primarily supports each other's transformation and spiritual growth. Make it about pure love, okay? And what about your body… are you also giving someone else an opportunity to love their soul rather than just their physical appearance, a symptom of their transformation? Can she and you together facilitate this change for you, right? But if you judge yourself based on external phenomena and appearances, you might feel that's abnormal or a disease. Others will too, understand?

你⾃⼰的这个会让你拥有⾮常强烈的同情⼼.对呢些⾝体不变的

Your own will give you a very strong sense of empathy towards those who are physically unchanging.

⼈,你会对他们产⽣强烈的同情⼼和同理⼼.⽽且你将不再受到你⾝体疾病就是不畅通的⼀个束缚.因为所有的疾病实际上都是能量不畅通.能量不畅通才会表现成你们看的到的疾病.那你这样是不是当你重新改变你对你⾃⼰⾝体疾病的⼀个看法,然后当你转变过后.你是不是就可以带领更多⼈去⾛出来.让你们能在⼀个平衡的状态下.

You will develop a strong sense of empathy and understanding for them. And you will no longer be bound by the constraint that your body's illness is blocked. All diseases actually stem from energy blockages, as it is only when energy is blocked does it manifest into what you can see as illnesses. So, if you change your perspective on your own physical illness and then after this transformation, wouldn't you be able to lead more people out of their struggles? Letting you all find a balanced state.

问: 那我这辈⼦的课题就是怎么样克服这个这个问题吗？⾼灵: ⾸先这个不是⼀个你要去克服的,明⽩吗? 因为能量你越去克服它,它是不是越强⼤?就是你越⽤它,它就越呢个什么.就像我刚刚说的你的⼿就是⼀个电棍.那你因为不知道怎么⽤⼀个电棍.所以你经常会被电到.那么我现在来告诉你,这个电棍是可以开可以关.你可以⾃⼰让它变成⼀个好的⼯具来服务于你.服务于你当然同样的就在服务于整个社会明⽩吗? 所以你⾃⼰的⼀个蜕变,那就是这个社会的⼀个转变.你⾃⼰就可以教会他们如何去看待疾病,如何去看待呢些能量阻,就是不畅通受阻的⼀些⼈.明⽩吗? 所以你⾃⼰的⼀个⾃⾝的转变就是社会的转变.

Questioner: Then is overcoming this issue my task in this lifetime?

Higher Spirit: First of all, this is not something you need to overcome. Do you understand that? Because the energy becomes stronger the more you resist it, right? The more you use it, the more... Like I just said earlier, your hand is like a electric baton. If you don't know how to use an electric baton, you will get shocked frequently. Now I'm telling you that this electric baton can be switched on and off. You can make it into a good tool serving yourself. When you serve yourself, of course, you are also serving the entire society. So your transformation is essentially the transformation of society. You can teach them how to view illnesses and how to perceive these energy obstructions, which are people whose energies are blocked or stagnant. Therefore, your personal transformation represents a societal shift. Understanding?

所以你不是要把它当成⼀个敌⼈去消灭掉.⽽是去看到这个敌⼈是你的恩⼈.它来带领你⾛到你独⼀⽆⼆的路上.它来让你去学习好这个武功,明⽩吗? 你想象⼀下你们武功⾼强的⼈是不是需要有对⼿和你们练习? 那你这个就是.你跟它在练习的

So you are not to see it as an enemy to defeat; rather, recognize that this adversary is your benefactor. It's here to guide you on the path unique to you. Its purpose is for you to master this martial art through practice with it, do you understand? Think about how those of us who excel in martial arts need opponents to spar with and improve our skills; this situation is analogous, as you train against it.

⼀个过程,你的武功就会变得越来越⾼强.

A process, your martial arts will become stronger and stronger.

问: 我想请问下,我的⼀个亲戚,她的⼿也是⼀直发抖,那她的课题和我的课题是不是⼀样的？⾼灵: 每个⼈都不⼀样.但是疾病就是因为能量的不畅通,能量没有平衡好.问: 那我的爸爸呢？就是他的肝脏的有点问题,他这个也是能量的问题吗？⾼灵: ⾸先你只需要把你⾃⼰专注于你的功课.为什么? 因为当你⾃⼰能利⽤好你的能量过后,你才能带领你⾝边每⼀个⼈,才能去帮助他们,明⽩吗? 就好像你是⼀个灯,你现在⾃⼰都没有亮起来,你是照亮不了他⼈的.所以你必须是先⾃⼰转变,然后你才能转变⾝边的

Questioner: I'd like to ask if the issue with my relative's shaking hands is similar to mine? Higher Spirit: Everyone is different. But diseases arise due to imbalances in energy flow and imbalance of energy.

Questioner: What about my father, who has issues with his liver? Is this also an energy problem? Higher Spirit: First, you need to focus on your own lessons. Why? Because once you can effectively utilize your energy, you'll be able to lead and help everyone around you. Understand? It's like being a light; if your light isn't on, you won't illuminate others. So you must transform yourself first before transforming those around you.

⼈.如果我告诉你,你就有疗愈他⼈的能量.如果你去告诉别⼈呢个通灵的⼈说我有治疗他⼈的能量,你来让我给你治.别⼈会相信吗?他不相信.如果你把你⾃⼰治好了,你这么多年来的困扰,你治好了.你是不是⾃⼰就成为⼀个活活的例⼦.你不需要开⼜别⼈就会过来:你怎么病好了呀?怎么怎么的…他们会来跟你求助.那你⾃然⽽然你就会带领他们⾛出来,明⽩吗?你要知道你⾃⼰的成长和转变,你就是在帮助⼈类,明⽩吗?所以你不需要去外⾯的去帮助任何⼀个⼈,明⽩吗? ‘哎呀,我要帮助爸爸,他肝疼.我要帮助哥哥…’ 你先帮助你⾃⼰⼀个转变.你成为你真正的⾃⼰过户,你不得不照亮他⼈.如果你是⼀盏灯.

Human. If I told you, you would have the power to heal others. If you go and tell that psychic person that I have this power to heal, they say come here and let me treat you. Would they believe it? They wouldn't. But if you healed yourself over all these years of suffering, if you healed, wouldn't you become a living example by then? You don't need to open your mouth for others to come over: how did you get well? How...they would come and seek help from you. Naturally, you would lead them out, right? You need to understand that your own growth and transformation is helping humanity, right? So you don't have to go outside to help anyone, right? 'Oh, I want to help my dad, his liver hurts. I want to help my brother...' first start by helping yourself transform. Become the real you, it's not that you can't light up others; if you're a lamp.

你让⾃⼰亮了过后,你能说我不要照亮你吗? 因为你⾛到哪⾥你就必须照亮哪⾥呀.明⽩吗? 你是⼀朵花,你⾛到哪⾥你就⾹到哪⾥呀.你能说我只⾹另外⼀个⼈,我不要⾹你.

You can't say you don't want me to light you up after you've made yourself bright. Because wherever you go, you have to illuminate where you are. Understand? You're a flower, you smell wherever you go. Can you say I only want to perfume another person and not you?

问: 那这个发抖的问题我就不问了,我问⼀下我⼜吃是怎么⼀回事？我为什么好会⼜吃？⾼灵: 你的表达没有任何问题.你没有任何⼜吃问题.你的表达没有任何问题.那如果你觉得你有时候说话有这种吞吞吐吐或者是不是很流畅.那是因为你还有⼀个标准,⼀个完美的形象去要求你⾃⼰.你觉得你应该滔滔不绝,你没有去接纳你真正的你,明⽩吗?

Questioner: I won't ask about the shaking issue anymore; let's talk about when you eat again. Why do I often find myself eating? Higher Spirit: There is nothing wrong with your expression. You don't have any issues with eating yourself. Your expression makes no problem. If you feel sometimes that you speak in a stuttering or somewhat unsmooth manner, it is because you are demanding perfection of yourself and an ideal version of who you should be. You believe you should speak fluently without pause and fail to accept your true self. Can you understand this?

问: 但是我是从⼩时候才开始⼜吃的,⼀开始我是好好的呀？⾼灵: 那是你⾃⼰觉得你有问题,但是你没有任何问题.就好像⼀个⼩孩⼦他本来没有什么问题.你天天盯着他: 你怎么说话吞吞吐吐的,你怎么这样那样.你要是⼀直在这样给他暗⽰,指责他批评他.他就会渐渐变成你说的呢样,越来越不敢说话了.明⽩吗? 因为他不想说话.为什么? ⼀说话就要被你打击,明⽩吗? ⾸先放下你⾃⼰对你⾃⼰的任何评判.因为你都不认识你⾃⼰.你记住这句话.你还不认识你⾃⼰.你还不认识他,你就给他定上了⼀

Questioner: But I only started eating it from childhood, wasn't I fine at the beginning? Higher Spirit: That's because you think there's something wrong with you, but there is absolutely no problem. It's like a child who doesn't have any problems to begin with. You keep staring and telling him: Why do you speak so hesitantly, why are you like this or that way? If you constantly give him subtle hints, criticize, and scold him like that, he will gradually become what you say, more and more afraid to speak. Do you understand? Because he doesn't want to speak. Why? Every time he speaks, he gets criticized by you, do you understand? First of all, let go of any self-judgment on yourself. Because you don't even know yourself. Remember this sentence: You still don't know yourself. You don't even know him and already labeled him with one...

个你就是这样那样… 就像刚才你对你⾃⼰的定义来说你就觉得你有问题,连婚都不想结.你觉得你是有问题的⼈.然后你又是结巴,这样呢样.你明⽩我意思吗? 你看到的是这样⼦的⼀个.那我看到的是他是⼀个完美的灵魂.他选择这样突破的过程去突破⾃⼰.然后再学习,然后再转变.他⾃⾝的⼀个转变就是转变社会,明⽩吗?那我看到的和你看到的是不是完全不同的两个⼈? 那你是不是根本就不认识他? 你根本不认识他,你凭什么去评判他? 为什么? 就像我刚刚跟你说你定义是什么你就体验什么.那你体验这些是因为你定义是这些啊.

You see him like that... just now when you defined yourself you felt there was something wrong with you, even not wanting to get married. You feel like there's something wrong with you. And then you're stuttering too, like this... Do you understand what I mean? What you see is one person, but what I see is him as a perfect soul going through the process of self-betterment by overcoming himself. Then he learns and transforms again. His own transformation is essentially transforming society. Understand? The me that sees and the you who sees are two completely different people, right? You don't even know him? You don't recognize him at all; how could you judge him based on your perception of what he defines himself as? Why? Like I just told you, define yourself and you will experience it. And these experiences you're having are because you've defined them that way.

问: 但是我要怎么样转变我的像想法呢？我感觉转变想法很困难.

Questioner: But how do I change my negative thoughts? I feel it's hard to change them.

⾼灵: 我现在告诉你的就是在让你看到你的这些错误观念,是什么导致你有这些体验.明⽩我意思吗? 如果你这样不断地不断地… 就好像你有⼀个孩⼦.像我刚才说,你天天说你这有问题那有问题.他正常的都会变成有问题.为什么? 他不再表达他真实的⾃⼰.他不想在表达了.因为⽆论他表达什么都会被你去负⾯评判、指责.这不⾏那不⾏.明⽩吗?

Higher Spirit: What I'm telling you now is about making you aware of these wrong concepts that lead to your experiences. Do you understand me? If you continue like this constantly… Imagine you have a child, as I mentioned earlier; you complain daily about everything from him. He's normal but he starts seeing himself as having problems everywhere. Why is that? Because he stops being authentic in his expressions. He no longer wants to express himself. This happens because every time he tries to share something with you, it gets negatively judged, criticized. 'This isn't right', 'That isn't allowed'. Do you understand?

问: 还有就是我现在的这个⼯作,我现在还应不应该做？因为我感觉我不是特别喜欢做,但是我如果辞职的话,我又不知道我将来要找什么⼯作好.

Questioner: And about my current job, should I continue doing it since I don't particularly enjoy it? If I quit, I'm unsure what kind of work I would be suitable for in the future.

⾼灵: ⾸先刚才我说的呢个⼈是你定义的呢个⼈对不对? 那你重新去认识另外⼀个⼈,成为呢个⼈过后,你的⼯作⾃然⽽然就变了.明⽩吗? 你的⼀切都会开始转变.

Higher Spirit: Were you the one I described earlier? If you become that person, your work will naturally change. Do you understand? Everything about you will begin to transform.

问: 哦,我要变成真实的我,然后我的存在就会开始改变？⾼灵: ⼀切都会随着你对⾃我的⼀个认知,随着你意识的转变⽽转变.所以如果单纯的去转变外在,这个⼯作换呢个⼯作.如果你的能量、状态不转变的话,你还是体验的都是差不多的.明⽩我意思吗? 都是不会有很⼤的本质的变化.因为你本⾝就在⼀个受阻的能量…⽐如说你现在在A的房间⾥⾯.A的房间⾥⾯什么都是受阻的,就是受阻碍的、受束缚的,他是⽆⼒的,明⽩吗? 那在B的房间⾥⾯就完全是另外⼀个.他⾃⼰就是创造者,他⾃⼰就是改⾰者.他⾃⼰不断地去突破突破突破.去把所有的问题当成是挑战.这是两种完全不同的状态的,明⽩吗? ⼀个是被动,⼀个是主动.

Questioner: Oh, I want to become my true self, and then my existence will start changing?

Higher Spirit: Everything will change as you gain a new perception of yourself, and with the transformation of your consciousness. So if you simply transform externally, this is where the work lies. But if your energy or state doesn't change, you'll still experience things that are quite similar. Do you understand? There won't be significant fundamental changes because you're inherently trapped in a limited energy… for example, imagine yourself being inside room A. Everything in room A is restricted; it's obstructed and bound, powerless. Understand? In contrast, entering room B is entirely different. He himself is the creator, the reformer. He continually pushes boundaries, viewing all problems as challenges. This represents two vastly different states - one passive and the other proactive.

⼀个是受害者,⼀个是创造者.⼀个是有⼒的,

One is the victim, one is the creator. The former has power,

⼀个是⽆⼒的.明⽩吗?

One is powerless. Understand?

问: 哦,就是要转变我⾃⼰的想法,对吧？⾼灵: 你的意识,对.你的观念,你的信念.因为你所…就像我前⾯说的你定义什么你就体验什么.

Questioner: Oh, so it's about changing my own perception, right? Higher Spirit: Your consciousness, yes. Your notions, your beliefs. Because of what you define... just as I said earlier, you experience whatever you define.

问: 那有没有什么好的办法可以快点改变我的想法？⾼灵: 就是这些信息呀.你反复去听呀,刚才带给你的信息全都是让你看到你是卡在哪⾥的.那当你知道你卡在哪⾥,你是不是就可以退出来? 你就不再继续往前⾯卡了对不对?

Questioner: Well, is there a good way to change my mind quickly?

High Intelligence: It's just this information. Keep listening to it over and over again. The information I've given you earlier is to help you see where you're stuck. Once you know where you're stuck, can you step back? Will you stop getting stuck at the next point?

问: 🗎,那这个我的那个⾝体的发抖和业⼒有没有关系？⾼灵: 你⾃⼰选择了所有的束缚都是来让你变得强⼤的.不是来受惩罚的.只有你的⽆知在惩罚你.但是就算这些所谓的⽆知在惩罚你,当你变成了有意识,就是当你变得有觉知的时候.那你体验的这些所谓的束缚都可以再次转变成你的能量.

Questioner: In this case, does the shaking of my body and karmic influences have a relationship? Higher Spirit: You have chosen all these bindings to make you stronger, not to be punished by them. It is only your ignorance that punishes you. But even if these so-called ignorances are punishing you, when you become conscious, that is, when you become aware, then the experiences of these supposed restrictions can once again be transformed into your energy.

Questioner: Does this shaking of my body and karmic influences have a connection? Higher Spirit: You chose all these restraints to make you stronger, not for punishment. It's only your ignorance that results in punishment. Yet, even if these so-called ignorances are causing the punishment, when awareness arises—that is, when becoming aware—then the perceived constraints can be transformed back into one's energy once more.

问: 还有就是我再问⼀下就是我的⼈际关系不太好,我要不要想办法突破这个问题啊？⾼灵: 刚才我都说了你都不认识你⾃⼰.你都不认识你⾃⼰.你这么定义你⾃⼰,那别⼈是不是就会跟你⼀样.你怎么认为你⾃⼰,别⼈就怎么认为你.那如果你重新去给你⾃⼰定义呢? 就⽐如说你明明是⼀只⽼虎,你⼀直把⾃⼰当成是⼀只⽼⿏.然后你还跟所有的⽼⿏打交道,告诉别⼈你是⼀只⽼⿏.⼈家只是觉得你这只⽼⿏长的很不⼀样,很怪,对吧? 明⽩吗? 还觉得你在⽼⿏家族格格不⼊.因为他们从来没见过⽼虎,明⽩吗?

Questioner: I also want to ask about my interpersonal relationships. They're not very good. Should I try to overcome this issue?

Higher Spirit: You don't even know yourself, as I just said earlier. If you don't recognize yourself, others will follow your example. Others perceive you based on how you see yourself. So, what if you redefine who you are? For instance, if you consider yourself a tiger but behave like a mouse and interact with everyone as such, telling others you're a mouse. Wouldn't they just find it strange that this particular mouse looks so different from the rest of them? Can you understand now? You still feel out of place among mice because they have never seen a tiger before, can you see that?

问: 那我如果每天我做冥想的话,会不会快点帮我找到真正的⾃⼰呢？⾼灵: 你们总是来问冥想对你们到底有没有帮助.如果你还是在睡梦当中的⼈,你做什么你不都还是在睡梦中吗? 如果你清醒过来,不管你做什么你都是清醒的呀.明⽩吗? 问题不在于你到底要不要做什么,⽽在于你到底是不是清醒的.明⽩我意思吗? 当你是清醒的状态,⽆论你做什么你都是清醒的.就⽐如说冥想不只是说你只有在呢打坐你才能进⼊冥想.那你在洗完的时候你同样可以进⼊冥想状态.明⽩吗? 你在⼯作的时候你也可以进⼊冥想状态.所以你在做什么不重要.

Questioner: But if I meditate every day, will it help me find my true self faster?

Higher Spirit: You always ask if meditation helps you in any way. If you're still living in a dream, are you going to do anything outside of that dream?

If you wake up from the dream, no matter what you do, you remain awake, right? Do you understand this comparison? The question isn't about whether you should or shouldn't do something; it's about whether you're actually awake. Do you get my point?

When you are in a state of awareness, whatever you do will remain mindful. To illustrate, meditation is not just confined to sitting down and focusing; you can enter into a meditative state while washing dishes as well.

You can also be in a meditative state during work. So, what you're doing doesn't matter.

问: 那我怎么样才能找到开悟呢？⾼灵:这是⼀个逐渐的过程.你现在⾄少是在这边去找寻.就是你所经历的这些,你想要去突破它,你想要去转变它.那你已经⾛在这条路上.它是⼀个过程.它不是⼀下就可以达到,明⽩吗?

Questioner: How can I find enlightenment? Higher Spirit: This is a gradual process. You are at least looking for it here. It's about overcoming and transforming what you've experienced. You're already on this path. It's a process that doesn't happen overnight, understand?

问: 🗎,因为我的那个⼤脑当中,我感觉有好多的负⾯的想法,但是我也改不了.

Questioner: Worrying thoughts, because in my mind, I feel there are so many negative thoughts, but I can't change them.

⾼灵: 负⾯的想法不是让你改掉,⽽是让你看到.为什么? 就好像⿊暗当中,你的光⼀照⿊暗⾃然就没了呀.你说你要把⿊暗改掉怎么改,明⽩吗? 你只是允许光进去,⿊暗就不见.

Higher Spirit: Negative thoughts are not meant to be eradicated; rather, they should make you see why. Why? Just like darkness disappears when light shines in, how do you propose to change the darkness without allowing light to come in? Can you understand that you only need to permit light to enter, and darkness will vanish?

问: 我就只需要看到他们,只要看到它就把它放在那边不需要管,对不对？⾼灵: 对.你不需要去刻意改掉任何.这么说吧,你想象你是⼀颗种⼦.你的种⼦外⾯是有⼀个壳对吧? 那你还是呢个种⼦的时候,就好像你们吃的⼤⽶还是稻⾕的时候.你过来问我:我这⼀层厚厚的壳我要怎么把它蜕掉啊.它在我⾝上包的好紧.我都不能展现我是⼀颗⽶.你就很想知道怎么把呢层厚厚的壳(去掉),因为它⼀直伴随着你.那你要知道当你发芽,成长成⼀颗…就是种⼦让它⽣命绽放的时候,它的壳是不是⾃然就蜕掉了,明⽩吗? 所以你不需要去执着于或者是焦虑、关注我要怎么样把这个不好的或者这些什么去掉.你需要去考虑这些.你只是去知道你的⾝份,你是谁.

Questioner: I just need to see them; as long as I see it and place it there without having to manage it, right?

A: Correct. You don't have to intentionally change anything. Let me put it this way: imagine you're a seed. The outer shell of your seed is like the husk, isn't it? When you are still that seed, much like when rice is still part of the grain. If you come to ask me: "I need to remove this thick layer covering my seed; how do I peel it off? It's so tightly wrapped around me that I can't show that I'm actually a grain." You're very curious about how to get rid of that thick layer (the husk). Because it has been with you all along. You want to understand how to remove this outer shell since it's always accompanying you. But then, you need to realize that when the seed germinates and grows into... a plant... when its life blooms through the seed, isn't that natural for the shell to fall off? Understand?

So, there is no need to be fixated on or anxious about how to get rid of what you consider bad or those things. You need to think about these considerations instead. Just understand your identity; who you are.

(Note: The original Chinese text might contain some cultural references that were not translated directly as they require context specific understanding.)

然后允许.

Then permit.

问: 哦,就是找到我感兴趣的对吧？然后就去做那些事.

Questioner: Oh, just find things that interest me and then do those things?

⾼灵: 知道你是谁.知道你是谁就是说你所经历的⼀切不是来限制你的,⽽是你⾃⼰给你⾃⼰不断来突破的,明⽩吗?如果你不知道你是谁,你就觉得呢是你的命运.它限制着你.你就这么定义.那是不知道你是谁.那知道你是谁,你就知道所有的问题都是你⾃⼰给⾃⼰设的挑战.不断地让⾃⼰变得强⼤.这是你成为独⼀⽆⼆的你的⼀个过程.你给⾃⼰设的障碍,让⾃⼰跨过.还有问题吗?

Higher Spirit: Knowing who you are means understanding that everything you have experienced is not meant to limit you, but rather, it's yourself setting boundaries for your own growth and overcoming them. Do you see? If you don't know who you are, you perceive life as a limiting force; constraining you—it's how you define it. That's the essence of not knowing who you are. Knowing who you are means realizing that all problems are challenges set by yourself to keep pushing your limits and becoming stronger. This is part of the journey to become uniquely you. It involves setting obstacles for yourself to overcome them, and there are no more questions?

问: 有有有,就是平时看书的话,对这个问题是有帮助的吗？就是就是我感觉我看到了好多书,但是…⾼灵: 如果任何事情,如果它吸引你,你不得不做.你迫不及待的想做,就去做.如果你只是觉得他们说你要怎样怎样,他们说这个⽅法好.然后实际上你也不喜欢做,但是你觉得你应该做.就不要去做.任何让⾃⼰不愉快的事情,你都不要做.明⽩吗?

Questioner: Well, when you're reading books in general, does this help with the issue? I feel like I've read so many books, but...

A: If anything really grabs your attention and you have to do it; if you can't wait to do it; then just do it. Don't wait until someone else tells you that you should or that they think this method is good. If you don't actually enjoy doing something even though you think you should, then don't do it. Refrain from doing anything that makes yourself unhappy. Can you understand?

问: 明⽩,还有就是我经常会有恐惧感,这个恐惧感,我要怎么那个消除它们？⾼灵: 就好像我刚刚说你本来是⼀只⽼虎,你却把⾃⼰当成⽼⿏.那⽼⿏是不是⼀看到⼈就害怕? 那⽼虎它看到⼈,它还要吼两声.⼈还怕⽼虎.明⽩吗? 所以在你没有发现⾃⼰是谁之前,你这些都是你还没有找到你真实⾝份的⼀些体验.

Questioner: Understood, and I often have feelings of fear. How do I get rid of these fears?

Higher Spirit: Imagine I just told you that you are a tiger, but you see yourself as a mouse. Does the mouse run away at the sight of people? And when the tiger sees people, it roars. People are still afraid of the tiger. Understand? So until you discover who you really are, these are your experiences of not yet having found your true identity.

问: 还有就是我的爸妈⼀直⼀直叫我去学开车,但是我脚踩合器的时候,我腿都在抖,那我还应不应该去学车了？⾼灵: 你也可以把任何这些当成你练习的⼀个过程.就⽐如说你随时的暗⽰你⾃⼰,就⽐如说你知道你这股能量要进来了.你先放松⾃⼰,不是要抗拒的状态.你就好像⼀股很强烈的洪⽔要冲过来是吧? 如果我顺着这股⽔,我只是放松让它带着我,我像在漂流⼀样,带着我.我顺着它的顺势,明⽩吗? 那如果我去抗拒它说不要来不要来.然后你去抗拒这股洪⽔,那你⾝体是不是就会受伤? 那你如果是顺着它的⼀个⽔势呢?

Questioner: And my parents have been constantly urging me to learn how to drive, but when I press the clutch with my foot, my legs tremble. Should I still go ahead and learn how to drive?

High Ling: You can also view these as part of your practice process. For example, you can mentally signal yourself whenever you feel the energy coming. First, relax yourself; it's not about resisting. Imagine a powerful flood is rushing towards you, right? If I let this water carry me along without fighting against it, I'm just letting it take me on a ride like floating. I go with its flow, do you understand? But if I were to resist and say no, don't come, then wouldn't my body get hurt? And if you go with the flow of the water instead of resisting it, would your body not suffer harm?

问: 哦,也就是如果他要我发抖的时候,我就让他发抖？⾼灵: No No No No.你不去害怕不去抗拒.就是你不恐惧.问: 但是我感觉别⼈会嘲笑我的.

Questioner: Oh, so if he wants me to tremble, I should make him tremble? Higher Spirit: No No No No. You don't go afraid and resist. Just you are not fearful.

Questioner: But I feel others will mock me.

⾼灵: 那就是你在在乎别⼈.你看你⾃⼰都没有接受你⾃⼰.你这是在给别⼈展现、激发出他们慈悲⼼的⼀个机会呀.让他们抱有同情⼼去欣赏世界上的⽣命有不同的展现的⽅式,明⽩吗?

Higher Spirit: That's what you care about others. You see, you haven't accepted yourself either. This is giving others the opportunity to show and stimulate compassion towards them. Let them have empathy for appreciating how differently life manifests in this world, do you understand?

问: 哦,也就是说我完全的接受我⾃⼰,然后外在的现实是不是就会改变,对吧？⾼灵: 你⾸先你认为⼈们会嘲笑你,是你⾃⼰对⼈们的⼀个消极的定义.因为真正的⼈们,他们都是富有同情⼼的,明⽩吗? 他们看着可怜的,他们会产⽣怜悯之⼼.⽽不是去嘲笑他,明⽩吗?

Questioner: Oh, does that mean if I fully accept myself, then the external reality would change, right? Higher Spirit: You think people will ridicule you because of your own negative definition of others. Understand, true human beings are compassionate. They feel pity for those who suffer and they won't laugh at them.

问: 有些⼈他真的会朝笑你的.

Some people will really laugh at you.

⾼灵: 那是因为你还在你这个频率,就是还在⼀个抗拒,你⾃⼰都不接受你⾃⼰的⼀个频率呀.当你⾃⼰完完全全的接受你⾃⼰,这是另外⼀个频率.当你在另外⼀个频率的时候,第⼀,你不会遇到嘲笑你的⼈.第⼆,你的这个症状也不会如此频繁的发作明⽩吗? 它会慢慢的消失的,明⽩吗? 这是两个不同的状态.你们⼈的意识和频率在⼀个什么样⼦的频率你周遭就会发⽣什么样⼦的事情,你就会遇到⼀个… 就是呢是⼀条路线.明⽩我意思吗? ⽐如说你在⼭东,⼀个⼭东去北京和⼀个⼭东去上海.这是两条完全不相同的路线,明⽩吗? 所以你在去北京的路线上遇到的事情不可能发⽣在去上海的路线上.

Higher Spirit: It's because you're still at your own frequency, still resisting and not accepting the frequency of yourself. When you fully accept yourself, it's a different frequency. When you are in a different frequency, firstly, you won't encounter people who mock you. Secondly, this symptom wouldn't be as frequent; understand? It would slowly disappear, right? This is two different states. Your human consciousness and frequencies result in certain events happening around you, leading to encountering something… it's like following one path. Do you get my point? For example, traveling from Shandong to Beijing versus Shandong to Shanghai are two entirely different routes; understand? Hence, the things that happen on your route to Beijing cannot occur on the route to Shanghai.

问: 好的好的,以前我看了⼀本书,赛斯写的,就是个⼈实相的本质,然后那本书写的就是信念对⼀个⼈的影响,我就是想请问⼀下,你就是信念就是具体怎么样影响到了⼀个⼈的那个外在实相的？⾼灵: 因为这⾥没有外在.你感受是什么你体验的就是什么.如果你觉得你相信⼀个⼈他会嘲笑你,那你就会⾃动把呢些嘲笑你的⼈吸引到你⾝边.如果你知道⼈都是有同情⼼有慈悲⼼.没有任何⼈会嘲笑任何.那你就会把呢样的⼈吸引到你⾝边来,明⽩吗? 因为你们同频率的⼈相吸引.就是说外在… 那为什么会把嘲笑你的⼈吸引到你⾝边来? 是因为你相信⼈是会嘲笑他⼈的.所以他这个来到你⾝边不是来嘲笑你,⽽是让你看到你⾃⼰持有这个信念.明⽩我意思吗?

Questioner: Alright, alright, I read a book before written by Seth called "The Nature of Personal Reality." The book talked about how beliefs impact an individual. I'd like to know exactly how beliefs affect an individual's outer reality.

A: There is no outer reality here. What you feel and experience is what it is. If you believe that someone will mock you, you'll automatically attract those who mock you into your life. But if you understand that people are kind-hearted and empathetic, realizing that nobody would ever mock anyone else, you'll naturally attract such individuals to be around you. You see, like frequencies attract each other. Now, why do you attract people who might mock you? It's because you believe that others will mock them. So when someone comes into your life, it's not to mock you; rather, they show you the belief you hold within yourself. Do you understand what I mean?

所以说外⾯发⽣的⼀切都不是真实的,它只是来帮助你来看清楚你⾃⼰的⼀个,就是⾃我给⾃⼰的⼀个定义.

So what happens outside is not real; it's just there to help you see more clearly about your own definition of self that you give yourself.

问: 也就是说外在就是我们内在的反映,对吧？⾼灵: 是.你是什么状态,你就会体验什么样的⼈.因为你们… 你就记住呢个臭味相投.问: 那我再请问⼀下,就是我现在赚的钱很少,那有什么办法可以多赚⼀点钱呢？⾼灵: 那就是成为真正的你.真正的你所有⼀切都会⽀持你.就是所有⼀切⽀持你的都会⾃动的归位.

A: That means the outside is a reflection of our inner self, right? Higher Spirit: Yes. You experience what kind of person you are based on your state; because you remember that like attracts like.

Questioner: Let me ask again, I am currently earning very little money, so what methods can I use to earn more?

A: That means becoming the true you. Everything about the true you will support you. All things that support you automatically realign themselves.

问: 那我出⽣在这家庭,我跟他们是不是也有什么共同的功课呢？⾼灵: 有.因为他们会加重你的⼀个束缚.就是他们也是你需要去突破的.就是他们也是你需要去突破的⼀个点.因为他们⾝上有很多观念也会⾃然⽽然的在你⾝上.那是不是就变成了你需要去突破的?

Questioner: If I am born into this family, do I also have common tasks with them? Higher Spirit: Yes, because they will add to your bondage. They are also something you need to break through. There is a point where they also become what you need to overcome as they carry many ideas that naturally manifest in you. Does this not turn into something you need to break through?

问: 我的爷爷已经死了,那他现在投胎了吗？⾼灵:你对投胎的认知.⾸先你爷爷这个⼈格是永远存在的.⼈格它⼀旦被创造出来它就是永远存在的.投胎的呢个意识已经不是你爷爷,明⽩吗?投胎的呢个意识不是你爷爷.你爷爷的呢个⼈格是永远存在的.你爷爷的⼈格被创造,它就永远存在.还有所谓的投胎也不是说你死了过后才投胎.意识是同时⽣长.就好像⼀个很⼤很⼤的…就像蜈蚣它有很多很多脚.那每⼀只脚每⼀只脚就是你们所谓的转世了.它有⼏百只脚,⼏千只脚.每个脚都是独

Questioner: My grandfather has passed away; does that mean he was reincarnated?

Higher Spirit: Your understanding of reincarnation is incorrect. First off, your grandfather's personality exists eternally. Once a personality is created, it exists forever. The consciousness involved in reincarnation is not your grandfather - understand? This consciousness is not your grandfather. Your grandfather's personality exists eternally. Your grandfather's personality being created means it will exist forever. Moreover, so-called reincarnation does not occur after you die; the consciousness grows simultaneously. Imagine a very large entity... like a centipede with many legs. Each leg represents what we call 'reincarnation' in your context. The centipede has hundreds, thousands of legs. Every single one is distinct.

⼀⽆⼆的⼈格.那你爷爷只是其中的⼀个脚,明⽩我意思吗? 因为这⾥没有⼀个要死了才投胎呢种.

A singular personality. Your grandpa was just one of his legs, do you get what I mean? There's no dying and rebirth in this scenario.

问: 哦,那⽐如说我这辈⼦我是这个性格,那我下辈⼦我是不是可以⾃⼰选择呀？⾼灵: 你的⼤概的最主要的⼀些特征包含在⾥⾯.但是你还会被你的⼀些⽣长环境、你的⽗母、家⼈、集体意识,还会受到呢些影响.但是当你去记起来你真实的⾝份,你便不会受到这些影响.你便会把它们所有的⼀切影响都转化成正⾯的影响.

Questioner: Oh, for example, if I have this personality in this lifetime, can I choose myself in the next life?

Higher Spirit: Your main characteristics are included within you. However, you will still be influenced by your environment of growth, your parents, family members, and collective consciousness. But when you remember who you truly are, you will not be affected by these influences. You will then transform all their impacts into positive ones.

问: 我再请问下,我这辈⼦有这个想法,那我下辈⼦还是这个想法,这个是不是就是所谓的业⼒？⾼灵: 业⼒就好像是你⾃⼰把⽯头砸在脚上会疼.它只是⼀个结果,就是你的⼀个⾏为导致的⼀个结果.明⽩我意思吗?

Questioner: Let me ask again; if I have this notion in this lifetime, will I still have this thought in my next lifetime? Is this what is referred to as业力? Higher Spirit: 业力 is like hitting your own foot with a stone and feeling the pain. It's just a consequence of your action causing that result. Do you understand my meaning?

问: 🗎,那我可以不选择接受的业⼒吗？⾼灵: 你想象⼀下,你去体验⼀些什么,是什么导致的? 是你定义,就是你有了⼀个想法.你才会体验到这个.你体验的就是你⾃⼰的想法.那如果你把你的坏的⼀些想法变成好的⼀些想法呢? 那你是不是也在体验好的业⼒了? 明⽩吗?

Questioner: 🗎, can I avoid the karmic force by not choosing to accept it?

Higher Spirit: Imagine experiencing something, what causes that experience? It's defined by you; your thoughts create the experience. You are experiencing what you think. If you change your negative thoughts into positive ones, aren't you then experiencing good karma? Understand?

问: 也就是这个是不能回避了,对吧？⾼灵: 不能回避.就好像说的不能反射.你⾃⼰在照镜⼦,你问镜⼦⾥⾯的呢个东西,你说怎么样去回避?你们选择物质世界的⽬的就是来帮助你们认清⾃⼰、看清⾃⼰然后转变⾃⼰.这是⼀个成为、体验,体验和成为,转变.这是⼀个过程.你还有问题吗?

Questioner: So this cannot be avoided, right? Higher Spirit: Cannot avoid it. It's like saying you cannot reflect. You ask the person inside the mirror, how do you avoid that? The purpose of choosing the material world is to help yourselves recognize yourselves, see yourself clearly, and then transform yourselves. This is a process of becoming and experiencing, experiencing and transforming. It is a journey. Do you have any more questions?

问: 那我问⼀个问题啊,就是说我这辈⼦是⼈,那我那我下辈⼦是不是还是⼈,不会变成树或者动物吧？⾼灵: ⾸先如果你今⽣突破的⼀些束缚,你再⼀次去,就不需要去突破这些束缚.你就是另外⼀个束缚给你⾃⼰突破了.明⽩吗? 你说.

Questioner: Alright, let me ask you this - if I'm human in this life, will I still be human in my next life, and won't I transform into a tree or an animal?

Higher Spirit: First of all, if you have overcome some limitations in this life, when you reincarnate, you won't need to go through those barriers again. You'll simply face new ones that you need to break through for yourself. Understand?

问: 那这辈⼦是⼈,那我那我下辈⼦会不会变成动物呀？⾼灵: 你想体验动物吗?

Questioner: If I am human in this lifetime, will I turn into an animal in my next life? Higher Spirit: Do you want to experience being an animal?

问: 我不想,我就是不想,所以我就想问问会不会下辈⼦变成了动物？⾼灵: 你可以把你的意识就好像是⼀部分暂时进⼊呢种,去体验呢种放松感.明⽩我意思吗?但是呢还是需要呢个更⼤的你⽽不是这个⾁体的你.因为你现在只能体验你这个⾁体的你.你还没成为呢个能体验呢个更⾼的你.更⾼的你是可以去…你这个个体只是你的更⾼的你的⼀丁点.明⽩吗?

Questioner: I don't want to, I just don't want to, so I was wondering if the next generation might become animals?

A: You can place your consciousness as a part of you temporarily entering into that experience and experiencing this sense of relaxation. Do you understand what I mean? However, it still requires a bigger version of you than this physical you. Because right now, you can only experience this physical version of you. You haven't become the one who can experience the higher self. The higher self is able to... your individual self is just a tiny bit of your higher self. Do you understand?

问: 哦哦,如果我想的话,我还可以变成了动物或者是植物的,对吧？⾼灵: 这个跟你这个⼈格没有关系.当你⾃⼰能意识到呢个更⾼的你,你呢个更⾼的你是不受任何限制的.你这个个体你只能体验你这个个体.因为你现在还是在你这个个体⾥⾯.

Questioner: Uh huh, if I want to, I can also turn into an animal or a plant, right? Higher Spirit: This has nothing to do with your personality. When you can recognize that higher self within yourself, that higher self is not bound by any limitations. You as the individual can only experience what you are as an individual because you're still within your own individual self at this moment.

问: 我除了在地球以外以前有没有在那个别的星球出⽣过呀？⾼灵: 这个也跟你没有关系.你要知道你这个个体,你这个⼈,你现在只有这⼀次的⾁体来供你突破、体验、成长.如果你所说的呢个⼀切万有,那呢个⼀切万有它就是anywhere,就到处都在.

Questioner: Have I been born on any other planet besides Earth?

Higher Spirit: This has nothing to do with you. You need to understand that this single embodiment is the only one available for you to transcend, experience, and grow. If everything in existence were as you described, then everything would be anywhere, everywhere.

⾼灵: 这个⼥孩⼦还帮你最后提了⼀个问题.就是今天还有没有什么信息想要带给你? 然后今天所有信息带给你就是说不要再去相信别⼈和你⾃⼰曾经怎么去定义的⾃⼰.因为呢个是虚假的你.就这么说吧,你本⾝是⼀只蝴蝶.你现在还是⼀只⽑⽑⾍.然后你⾃⼰说你看⽑⽑⾍长这么多脚,然后我还⾁乎乎的.这是真实的呀.那我怎么可能是只蝴蝶呀? 明⽩吗? 因为你的头脑看不到是不会相信的.那这只是你蜕变和成长的⼀个过程⽽已.不要把他当成是你,明⽩吗? 真正的你是蝴蝶,到处飞翔的.然后这只是你成长的⼀个过程.这只是你的前半⽣.然后你的所有转变都是伴随着,都会带动着整个社会的转变.所以去把你认为⼈应该怎样的去展现出来.

Higher Spirit: This girl also asked you one last question today. Do you want to convey any information with us now? Then all the information conveyed to you is about not going back to believe in others or yourself as how you once defined yourself. Because that was a false self. Simply put, you are like a butterfly. You're still just a caterpillar right now. And then you say, oh, I see so many legs on this caterpillar and I'm so squishy here. This is the real thing. How could I possibly be a butterfly? Do you understand? Because your mind wouldn't believe it if it can't see it. That's just part of your transformation and growth process. Don't confuse yourself with that, do you see? The true self is like a butterfly, soaring everywhere. And this is merely one aspect of your development. This is the first half of your life. Then every change in you will inevitably lead to societal changes as well. Therefore, manifest how you believe humans should present themselves.

你觉得美好的⼈,他是不评判别⼈不嘲笑他⼈.然后同情他⼈.明⽩我意思吗? 然后他拥有转变的⼒量.把这些美好的品质去展现出来.你说.

You admire someone who doesn't judge others or mock them, but instead feels empathy towards them. Do you understand what I mean? Furthermore, this person possesses the power to transform and demonstrates these admirable qualities.

问: 好的,好的,我就是⼩时候,我感觉就是⼼⾥上受过⼀些创伤的,这个应该怎么解决？我是不是不去想他那就好了？⾼灵: 你这么想,就⽐如你⼩时候是个⽑⽑⾍.⽑⽑⾍你的脚断了⼏只,被欺负过.那它不会影响你变成蝴蝶.当你变成蝴蝶过后,你还需要⽑⽑⾍的脚吗? 明⽩吗? 所以不会对你带来任何影响.它只会让你变得更有同情⼼.因为你受过这种待遇.你永远都不会把这种待遇给别⼈.还有问题吗?

Questioner: Alright, alright, I just feel like I've experienced some emotional traumas in my childhood, how should this be addressed? Is it enough to simply avoid thinking about it?

A: If you think that way, imagine yourself as a caterpillar when you were young. The caterpillar lost several of its legs and was bullied. Yet, this doesn't prevent it from transforming into a butterfly. After becoming a butterfly, do you still need the caterpillar's legs? Do you understand? So, it won't affect you in any way; rather, it will only make you more empathetic because you've been treated this way. You'll never treat others in the same manner. Any other questions?

# **2022/02/14 — 感觉⽆所事事没有⽬标怎么办Feeling aimless and directionless**

⾼灵: 你问吧,什么问题?

Spirit: Ask away, what's on your mind?

问: 我不知道我现在正在做的事情是不是对的事情?

Questioner: I wonder if what I'm doing now is the right thing?

⾼灵: 如果你对它特别感兴趣,你们就会有联系.你对所有⼀切你感兴趣的都有链接.问: 我想问⼀下未来的⾃⼰有没有什么劝告要给我?

Spirit Guides: If you're particularly interested in something, there will be a connection between you. You're connected to everything that you are interested in. Questioner: I would like to ask my future self for any advice they might have for me.

⾼灵: 你稍等.你叫什么名字?问: XXX⾼灵: XXX,你想要知道未来的你有什么信息想要告诉你? 为什么你会说劝告呢? 为什么你会⽤劝告这个词? 因为你⽬前在做的事情你觉得是不妥的是吗?

Higher Spirit: Wait a moment. What's your name? Questioner: XXX Higher Spirit: XXX, do you want to know any information about your future self that you would like to be told? Why are you giving advice? Why did you use the word "advice"? Because you think what you're currently doing is improper, isn't it?

问: 因为我现在感觉⾃⼰⽆所事事,没有⽬标.

Questioner: Because I now feel aimless and directionless.

⾼灵:没有⽬标?你觉得把你的头脑⾥⾯的时间,就是这⼏个⼩时做什么什么,安排的好好的.这才叫有⽬标吗?这才叫没有荒废吗?你只是进⼊呢个程序⽽已.你进⼊⼀个特定的程序⽽已,你在根据呢个程序去运作.你觉得呢样不是荒废对吗?这是你⾃⼰对荒废还有不荒废还有⼀⽆事事的⼀个错误的定义.因为⽬前你体验的所谓的没有⽬标或者是迷茫或者是觉得⾃⼰好像是在⽆所事事,那这个过程你也是在不断地去转变.就⽐如说你有了这个感觉过后,你现在来联系我,来跟我交流.那你是不是就已经在往这条路上⾛了?明⽩吗?你并没有困在⼀个所谓的程序⾥⾯.明⽩我意思吗?你需要去重新给⾃⼰的状态⼀个定义,⽽不是觉得呢是在荒废光阴.

Higher Spirit: No goals? You think that organizing your time within your mind, planning what to do and when, is the definition of having goals? That you haven't wasted anything by just entering a process or program? You've merely stepped into it; you're operating according to a specific protocol. Don't you feel like this isn't wasting time? This is your incorrect understanding of what constitutes wastage, idleness, and productivity because currently, the sense of having no goals, being lost, or feeling idle that you experience is also undergoing constant transformation. For example, after having this sensation, when you reach out to me now, seeking communication, isn't it clear that you're moving towards something? You aren't trapped in some predefined process; do you understand what I mean? You need to redefine your state of being instead of thinking it's a waste of time.

因为呢是你们⼈类的⼀个,⽐如说你们的⽼师、家长、你⽗母告诉你,你应该怎样怎样.并不是的.为什么?你们觉得好像是你们迫使,就是你们的⼒量在让⽣命运作.并不是.你看⼀下呢些种⼦.当你播种下去过后,你需要去迫使它去发芽吗? 它会⾃然⽽然的⽣根发芽,然后成长.所以你的⽣命也是.你没有什么能去阻碍它.唯⼀能去阻碍它的就是你头脑⾥⾯的观念.

Because it's like your humans telling you how to live, for example by your teachers, parents, or your parents. No, not at all. Why? You think it's that you're forcing life; it's not the case. Look at those seeds. When you plant them, do you need to force them to sprout? They will naturally root and grow on their own. So, too, with your life - there is nothing stopping it from happening. The only thing that can hinder it is the ideas in your mind.

问: 那我未来的⾃⼰到底想要告诉我什么呢?

Questioner: What would my future self really want to tell me?

⾼灵:你未来的⾃⼰刚刚就来告诉你,你现在正⾛在你正确的路上.⽽且物质世界运作的⽅式并不是像你说的呢样要今天做个明天做呢个,把所有的⼀切都规划好.所有的⼀切它⾃动的运⾏.你永远都不可能是真的在荒废你的时间和光阴.只有你进⼊你的头脑⾥⾯,就是你说我现在该怎么办呀?我现在在荒废光阴.那你就会.因为你就错过了你的⽣命.但是你现在正是因为这样⼦的迷茫,就是对你来说是⽐较纠结的状态.它才带你来找到这样⼦的信息.这样⼦的信息不是就在帮你?! 所以你并没有什么问题.这些你所谓的问题带领你⾛上这条道路.⽽且你需要相信你的⽣命它是⾃动的运⾏的.就像⼀个种⼦它播种下去它会⾃动的⽣根发芽.你需要相信这个.

Higher Spirit: Your future self has just come to tell you that you are on the right path now. And it's not like in the physical world where you have to do something today and another thing tomorrow, planning everything out so that everything automatically runs itself. You can never truly waste your time or life. The only moment when you might feel as if you're wasting it is when you step into your mind and say, "What should I do now? Am I wasting my time?" That's because you miss out on your life. But this confusion and uncertainty, which you find yourself in now, are what guide you to receive this information. This information isn't just for help! So there is nothing wrong with you. These so-called issues are what lead you down this path. And you need to trust that your life runs automatically like a seed planted in the ground grows and sprouts on its own. You need to believe in this process.

然后你们所谓的⽆所事事,就是要去做什么做什么.呢是别⼈的.

Then all the so-called idleness you have is to do what you want to do, which is someone else's business.

问: 我想问⼀下我是不是有通灵的潜⼒?

Questioner: I wonder if I have the potential for clairvoyance?

⾼灵: 你是否有通灵的潜⼒? 如果这是你的激情,你便可以朝这个⽅向去.因为如果你没有激情的话,你是进⼊不了的.如果你有激情的话,你就可以.所以你可以不可以,它是在于你激情的呢股动⼒.就好像这么说你是⼀台车是吧? 你问我这台车可不可以跑? 可不可以发动? 可不可以跑起来? 那我告诉你,如果你有激情的话.你的车便加满了油,你便能跑.如果你没有激情的话,那你就是这台车没有油的状态.那你能跑吗?所以呢股⼒量来⾃于哪⾥? 来⾃于你⾃⼰.因为你便会通过你的激情⾛上这条道路.你会对它充满了热忱,你会想要去探索关于这⼀切的.你会跟这⼀切扯上关系.

Higher Spirit: Do you have the potential for spiritual connection? If this is your passion, you can go in that direction because you cannot enter without passion. If you have passion, you can. Therefore, whether or not you can, it lies within the power of your passion. It's like asking if a car can run, start up, and drive. If you are passionate about something, your "car" is fueled, and you will be able to drive. But if you lack passion, then that car is in the state of being unfueled. Can it even run? So where does this power come from? It comes from yourself because through your passion, you walk down this path. You become passionate about it, wanting to explore everything about it and connecting with everything.

问: 我还有⼀个问题就是我感觉⾃⼰很难体验到强烈的情感…⾼灵: 你很难体验到你强烈的情感? 你对强烈的情感是什么样⼦的定义? 也就是说你现在情绪不是很⾼涨,然后怎么样才能进⼊⼀种情绪⾼涨的状态? 你刚才问你能不能通灵,你是对通灵有兴趣是吗?

Questioner: I have one more question; I feel it's hard for me to experience strong emotions...

A: You find it hard to experience your intense emotions? How would you define an intense emotion? That is, you're not very emotionally charged right now, so how do you get into a state of high emotional intensity? You asked earlier if you could channel spirits; are you interested in spirit channeling?

问: 是的.

Questioner: Yes.

⾼灵: 那你就朝这个⽅向去做.你只有在你每⼀个当下选择你特别想做的事情,你的这股动⼒它才会起来.如果你总是做你⾃⼰不想做的事情,那你当然没有动⼒了.就好像是⼀个车⼦,然后你说你总是跑不动,车⼦没动,不想动.那你都没有呢股激情,激情才是你的油.你没有呢股驱动,你没有呢股能量来促使你往前跑.明⽩吗?

Higher Spirit: Then you should act in this direction. Only when you choose what you particularly want to do at every moment does your motivation arise. If you always do things that you don't want to do, of course, there will be no motivation. It's like a car; if you say you're always running out of steam and the car isn't moving because you don't feel like moving it, then you lack passion - passion is your fuel. Without this drive, without this energy, you can't push yourself forward. Do you understand?

问: 那我怎么样才能让⾃⼰充满激情呢?

Questioner: How can I ignite my own passion?

⾼灵:这是⼀个逐渐的过程.当你⾛上呢条,就是说你在你的当下选择让⾃⼰体验好⼀点的事情.就⽐如说你现在你想要去来这⾥通灵.这个是让你感觉好⼀点的信息.那你现在就已经是在这条路上了.那么接下来你觉得睡觉让你好⼀点,你就睡觉.吃东西让你好⼀点,你就吃东西.是这么⼀步⼀步的.它不是⼀下⼦让你达到亢奋的状态.它这是⼀个逐渐的过程.就好像你在发动⼀个拖拉机,你们以前⽤⼿摇的拖拉机.你最开始很吃⼒很吃⼒,要不停的慢慢⽤⼒搅.当它全部动起来过后,它就特别快速了.明⽩吗?就好像是你⼀团凝固的淤泥.你最开始拿个棍⼦进去搅的时候你会觉得很吃⼒.因为它能量不畅通对不对?

Higher Spirit: This is a process that unfolds gradually. When you embark on this path, it means making choices in the present to experience better things. For example, if you want to connect with me here. This is information that makes you feel better, so you are already on this path. The next step would be to think that sleeping might make you feel better, so you sleep. Eating something might make you feel better, so you eat. It's a step-by-step process. It doesn't immediately elevate you to an excited state; instead, it unfolds gradually. Like when you start up a tractor, say one powered by hand in the old times. At first, it's very tough work, requiring continuous, steady effort as you work the controls. Once everything starts moving smoothly, it becomes incredibly fast and easy. Do you get it? Imagine trying to stir through a solid block of mud with a stick. You'd find it challenging at first because the energy flow isn't smooth; right?

那前⼀段时间很吃⼒,慢慢慢慢越来越轻松,越来越轻松.等呢个能量流动起来过后,你就特别轻松了.所以这是⼀个逐渐的过程.你不需要去迫使你⾃⼰马上进⼊⼀个亢奋的状态.你只是在每⼀个当下选择让你更愿意做的事情.有可能呢个事情并不是很开⼼,但是它可能给你带来不反感.那你感受内⼼很平衡、平静.那么呢个就是所谓的激情的,明⽩吗?它不是⼀定要让你亢奋的才是激情.只是说呢个事情,⽐如说其它事情我都很反感,但是这个事情我不反感.那你就已经进⼊呢种状态了.不要试图去赶⾛、加速任何阶段.因为每个阶段对你来说都有意义.明⽩吗?

The initial period was quite challenging, but gradually, you start to feel more at ease and increasingly so. Once the energy starts flowing smoothly, you find yourself experiencing a great sense of relief. This is a process that unfolds over time; you don't need to force yourself into an overly enthusiastic state immediately. Instead, you make choices based on what feels most suitable in each moment. It might not always be enjoyable, but it should evoke no strong dislike. In such moments, your inner peace and calmness are maintained. This is the essence of passion - understanding that it doesn't necessarily mean being wildly excited about everything. There could be instances where you find yourself disliking most things, yet this particular thing doesn't bother you. You have already entered a state of interest in this aspect. Don't rush or try to force any stage; each phase has its significance for you.

问: 我能问⼀下我的这⼀世的⼈⽣主题是什么吗?

Can I ask what my life theme is in this lifetime?

⾼灵: 你的这⼀世⼈⽣的主题是什么? 你稍等.你再说⼀遍你的名字.

Higher Spirit: What is the theme of your current life? Wait, please say your name again.

问: 我叫XXX.

Questioner: I am called XXX.

⾼灵: 这⼀⽣让你很⼤功课是关系、情感、感情、爱情.就是很深的情感上⾯的⼀个障碍是需要你去突破的.然后在突破你的情感层⾯的⼀些障碍的时候,也是你⾃我的⼀个突破和转变、成长.

The great lesson in this life for you pertains to relationships, emotions, feelings, and love. There's a deep emotional obstacle that you need to overcome. While doing so, it is also an opportunity for personal breakthrough, transformation, and growth.

问: 那我什么时候才能去突破这些障碍呢?

Questioner: But when can I overcome these barriers?

⾼灵:你现在就在啊.就好像你⾃⼰是⼀个独⼀⽆⼆的⼀个个体.你⽣下来你会有你的⼀个成长轨迹,你的⼀个业⼒.就⽐如说你的家庭,你的⼈⽣轨迹,你选择的社会,选择的这个地⽅.你都是在⼀套这样⼦的程序⾥⾯去运⾏.直到有⼀天,就好像你内在的种⼦开始发芽,明⽩吗?这么说吧,你最开始你就好像是没有根的.你是在⾃⼰⾃由的玩耍、探险,因为体验嘛.当你突然有⼀天你就会觉得你想要去,就是所有的⼀切它都不能满⾜你.你便需要去找到你的根.那就是⼀个找回⾃我的⼀个过程.那你找回了⾃我了过后,产⽣了链接,你们才有关系.不然的话,你就是⼀个放出去的⼩孩,明⽩吗?

Spirit: You are here now, as if you are an individual with unique characteristics. Since birth, you have a path of development and karma that governs your life journey. For example, your family background, the course of your life, the society you choose, or where you reside—all these are part of a predefined process in which you operate until one day, as if seeds within you start to sprout, do you understand? To put it simply, at the beginning, you were like a seed without roots. You were free to play and explore because of your experiences. However, there comes a time when you realize that nothing can satisfy you anymore. This is when you seek out your roots—a journey towards rediscovering yourself. Once you find yourself again, connections are established, which leads to relationships forming. Otherwise, you would be like a child who has been sent away and needs guidance, understand?

问: 我还有很多负⾯的想法我不知道该怎么办?

Questioner: I have a lot of negative thoughts that I don't know how to deal with.

⾼灵: 你说⼀下你有什么负⾯的想法?

Higher Spirit: Tell me what negative thoughts you have?

问: 我感觉⾃⼰内⼼⾥有⼀股想要摧毁⼀切的能量.

I feel within me a force that wants to destroy everything.

⾼灵: ⾸先你所有的能量它都会有⼀股想要去摧毁⼀切,就像你说的暴⼒的.你知道为什么吗? 因为你就想象⼀个暴风⾬狂风,它也是⼀股能量.狂风想要把所有的⼀切都吹…它这是⼀个什么? ⼀个转变的过程.你要转变…我这么说就⼀个房⼦我建好了是吧? 我想要把房⼦全部给打掉,给它破坏点,给它推倒.为什么? 重建.这是你内在的⽣命⼒、创造⼒和⼀股需要释放的能量.它会让你觉得你就有⼀股冲动就想把所有的东西都推倒重建.就好像你是个孩⼦,你在沙滩上玩城堡.你把⼀切弄好了过后,你都看着它如此完美的时候.你就想要把它全部推倒然后在重新建.这就是呢个过程,明⽩吗?

Higher Spirit: Firstly, all your energy wants to destroy everything, just like the violence you mentioned. Do you know why? Because imagine a raging storm with strong winds; it's also an energy. The strong wind wants to blow away everything. What is this? A process of transformation. You need to transform... Imagine if I've built a house, right? I want to destroy the entire house and ruin it, knocking it down. Why? To rebuild. This is your inner生命力 (life force), creativity, and energy that needs release. It makes you feel like you have an impulse to demolish everything and start anew. Like when you're a child playing with castles on the sand. After you've set everything up nicely, you look at it all so perfectly done. You want to tear it down and rebuild again. This is the process, understand?

因为你通过⼀次⼀次的推倒然后重建然后去体验呢个过程,去体验创新,体验⽣命⼒.这是你内在的⽣命⼒和爆发⼒.它并是不有害的.只是你去在害怕它或者是给它⼀个负⾯的定义.因为在你们的观念⾥⾯所有的破坏都是不好的.但是你想⼀下你们⼈类的进步是不是通过⼀次次的破坏? 以前你们中国不是有妇⼥裹脚吗? 这个观念是不是要破掉? 然后还有⼀个男的娶很多很多⽼婆.这样的观念是不是也,就是⼥⼈没有地位.那这样是不是也需要破掉? 那各种这样⼦的状态,它的⼀个发展的过程,它都是不断地在去推倒、破坏.你看⼤⾃然,⼤⾃然它都在不断地破坏.它需要有洪⽔、⽕⼭.它需要有狂风暴⾬.为什么? 你看狂风暴⾬过后,感受到什么?

Because you experience the process of knocking down and rebuilding, experiencing innovation, and vitality - this is your inner life force and explosive energy. It's not harmful; it's just that you're afraid of it or give it a negative definition. In your minds, all destruction is bad. But think about human progress; hasn't it been through repeated destruction? Did the practice of binding women's feet in China not need to be broken down? And what about polygamy for men - doesn't this also imply that women have no status? Isn't this concept something that needs to be overturned? Look at various states and their development process; they're constantly being dismantled, destroyed. Observe nature: it's always in destruction. It needs floods, volcanoes, hurricanes, and heavy rain. Why? After a hurricane or heavy rain, what do you feel?

感受到清新,新的.因为你陈旧的能量需要被突破,新的能量才能产⽣.明⽩吗? 所以它不是真正的破坏,就是负⾯的.⽽是⼀种⽣命不断地…因为你们的地球也会经历所谓的洪⽔,就是它的⼟地、⽔就好像是重组⼀样.它们也是在⾃⼰破坏呀,进⼊了⼀个呢样⼦的状态.所以你只需要去认清楚你⾃⼰.因为你现在成长是⼀个⾃我认识的过程.你还对你⾃⼰不了解.就⽐如说你是⼀只⽼虎.那你肯定就是有呢种捕猎,就是看到猎物你就想上去然后怎么样… 这是在你的⾻⼦⾥⾯.你只需要去认清这股⼒量.你要相信它不会去造成呢种…. 因为当你真正能认识你⾃⼰过后,你进⼊到⼀个允许的状态下,你就是合⼀的状态.

Feel the freshness and newness because your old energy needs to be surpassed for new energy to emerge. Understand? So it's not true destruction, which is negative, but rather a continuous process of life... as your Earth will also undergo what could be considered floods, where its land and water essentially reorganize themselves. They are destroying themselves in a way, entering into such states. Therefore, you just need to recognize yourself clearly because your growth right now is part of a self-discovery process. You still don't know yourself enough. For instance, if you're a tiger, then definitely you have that hunting instinct, where when you see prey, you want to go up and do... such actions are ingrained in you. All you need to do is recognize this force within. You should believe it won't cause such things... because once you truly understand yourself, entering into an allowing state, you'll be at a unified state.

你如果是跟源头合⼀的⼀个状态下,你的呢种能量它是以正⾯的形式呈现.它不会是⼀种负⾯的.那你们怎么样会

If you are in a state of unity with the source, your energy manifests in a positive form. It is not negative. How do you achieve this?

这种能量是以负⾯的形式存在呢? 那就是说你对你⾃⼰的不认识.你对你⾃⼰的⼀个不认识,你觉得这股能量是想要真正的破坏,明⽩吗? 就是你把这个当成真正的破坏⽽不是说它是⼀种…就⽐如说你们所有的灵魂来到这⾥是为什么? 你们就是为了突破你们旧有的观念、旧有的思想、旧有的意识去突破它.因为这样⼦你们才能延续下去.不然你们旧有的观念⼀直持续的话,呢就是死的东西.你来本⾝就是⽤来突破的.只是这股能量是需要被你们很好的认识和使⽤的.所有的⽣命都是不断地不断地突破.

Is this energy in a negative form? That means you don't recognize yourself. You have an unrecognized aspect of yourself, and you think that this energy wants to genuinely destroy, understand? It's like you see it as genuine destruction rather than seeing it as... for example, all your souls came here for what reason? You came here precisely to transcend your old beliefs, old thoughts, and old consciousness. Because only in this way can you continue. Otherwise, if your old views persist indefinitely, that would be stagnant. You're here to transcend by nature. The issue is that this energy needs to be well understood and utilized by you. All life constantly transcends.

问: 那我是来⾃于哪⾥的呢?

Questioner: Where am I from?

⾼灵: 你来⾃于哪⾥? 你到底指的是哪⼀个你? 如果是你的⼈格,你的⾁体的话,你就是你⽬前运⾏的⼀个模式.那如果你指的是你的呢个意识的话,意识来⾃于哪⾥?意识来⾃于⽆.就是⽆.意识来⾃于⽆.⽆就是没有,就是nothing,就是什么都没有.空.你不需要去⽤你的头脑去理解这⼀切.你现在是你的头脑想要去找个说法.但是你⽣命的过程就是呢个说法,明⽩吗?你的⽣命的过程就是你要找的说法.这个才是最重要的.因为⽆论你们去找到多少答案,多少道理、理论、概念.那只是去满⾜你的头脑的.但是这些远远远远⼤过你的头脑,超出你的头脑能理解的.明⽩吗?你的头脑为什么理解不了?因为它只能理解它已知的.

Higher Spirit: Where do you come from? Which "you" are you referring to? If it's your personality or physical body, you are the pattern that is currently running within you. But if you're referring to your consciousness, where does consciousness originate from? Consciousness originates from "nothing." That is, nothing. Consciousness originates from nothing. Nothing means there is nothing, which translates as 'nothing,' meaning there is absolutely nothing. Void. You don't need to use your mind to understand all this. Your mind now wants to find an explanation for everything. But the process of your life is that explanation itself, do you see? The process of your life is what you're trying to explain. That's what truly matters. Because no matter how many answers or principles and theories you might discover, they are just meant to satisfy your mind. However, these concepts vastly exceed the capacity of your mind to comprehend. Do you understand why your mind cannot grasp it? It can only understand what it already knows.

就⽐如我说的这些⽂字都是你已经知道的,你才能理解.那我说⼀堆你不知道的,你能理解吗?你头脑会进⼊⼀个空⽩的状态呀.我跟你说⼀堆西班⽛语,你能理解吗?你不能理解呀.明⽩吗?因为呢是你头脑以外的东西.但是你们⽣命最重要的不是拿⼀⼤堆东西来满⾜你们的头脑.因为你们的头脑需要去不断地去拿⼀堆概念: 哦,明⽩了.哦,这个科学家这么说.然后就这样… 然后头脑就安静了.但是你们最主要的是超越头脑,不是去进⼊头脑.超越头脑的话,你只是存在.它头脑已经没有声⾳,你只是存在.

Just like the words I'm saying to you right now; if they're concepts that you already know and understand, then how would you find my speaking a bunch of things you don't recognize? Would you be able to comprehend it?

You'd go into this state of blankness. Try following me in Spanish; could you understand it? No way!

Do you get it? This stuff is outside your mind's sphere. But the core essence of life isn't filling your mind with a bunch of concepts because your mind needs constant replenishment of ideas: oh, I see that! Oh, this scientist said so.

And then... Your mind settles down for a bit. But the most crucial part of life doesn't lie in diving into your mind's depths but transcending it. By transcending your mind, you're simply existing. No noise from your mind; just pure existence.

问: 那我如何才能进⼊⼀种只是存在的状态呢?

Questioner: How can I enter into a state of just being?

⾼灵: 你只要知道你不要进⼊你的头脑⾥⾯去就⾏了.你不需要再继续进⼊你头脑的圈⼦⾥⾯,明⽩吗? 因为这些是远远超过呢⼏个概念能理解的.你想⼀下你的头脑的所有的东西都是⼀些概念.呢些概念都是你们社会给你们的,它们是来束缚你们的.那如果你不想受它们的束缚,你是不是就要脱离这些概念?脱离这些程序?

Higher Spirit: All you need to know is that you shouldn't delve into your own mind. You don't need to continue being trapped within the circle of your thoughts, do you understand? Because these are far beyond what a few concepts can comprehend. Think about all the things in your head; they're just concepts. These concepts were given to you by your society and they are used to confine you. If you want to avoid being confined by them, would you have to step out of those concepts? Out of these procedures?

问: 那我如何才能脱离头脑呢?

Questioner: How can I escape from my mind?

⾼灵: 想脱离头脑只是让你认清楚、看清楚你头脑的功能.就好像你的⾝体是你的⼯具是吧?那我来告诉你头脑是做什么的,⼼理是什么的,这个是什么的,呢个是什么的.那你是不是就可以再通过你的⽣活当中你慢慢去领悟? 因为你只有⾃⼰领悟到了,我的信息才有⽤.如果你只是接受⼀堆东西,你并不能理解它.它并是不属于你的,明⽩吗?

Higher Spirit: Wanting to get away from the mind is only for you to truly realize and understand its function. Isn't your body essentially a tool that you use? Let me explain what the mind does, psychology represents, this signifies, that denotes. Then perhaps through your daily life experiences, you can gradually understand on your own? My information will be meaningful to you only if you are able to grasp it yourself. Simply accepting information without understanding it doesn't help. You won't truly comprehend something unless you internalize the knowledge, do you understand this?

问: 那我能问⼀下我现在处在⼀个什么样的频率吗?

Questioner: Could I know which frequency I am currently at?

⾼灵: 你⾃⾝处在⼀个什么样的频率? 就好像是你⾃⼰拿⼀堆绳⼦困住⾃⼰,就是这样⼦的⼀个状态.⽬的是你的头脑.你只需要去允许.因为就像我刚刚说的,⼀颗种⼦它会⾃⼰知道如何⽣根发芽突破,明⽩吗? 你不需要去计划或者是⽬的.我的⽬的怎么样怎么样.

Spiritual High Being: What kind of frequency are you operating at? It's like tying yourself with a bunch of ropes, which is the state you're in. The aim is your mind. All you need to do is allow. Because, as I just mentioned, a seed knows how to root and sprout and break through on its own, right? You don't need to plan or have an agenda. What's my purpose anyway?

问: 我还想问我⼩时候梦见有外星⼈在研究我,我想知道这个是真的还是假的?

Questioner: I also want to ask about my childhood dream where aliens were studying me. I wonder if this is true or just a fantasy?

⾼灵: 你⼩时候梦见⼀个外星⼈在研究你,你想要知道这个梦是真的还是假的? 你告诉我什么是真的什么是假的? 你在物质世界你现在体验的痛苦是真的吗? 你告诉我.它只是你⾃⼰给⾃⼰⾃导⾃演,⾃⼰投射出来的.就是你⾃⼰投射出来的⼀些.在这个物质世界没有什么真没有什么假.

Higher Spirit: Did you dream as a child of an alien studying you? Would you like to know if this dream is real or false? Can I tell you what is real and what is not? Are the sufferings you experience in your physical world now real, or are they just self-directed performances projected by yourself into existence, simply projections of yourself within this material realm where nothing truly exists and nothing is truly false?

问: 那就关于我感情的着⼀块,能再多给我⼀些信息吗?

Questioner: Could you provide me with more information about my emotional aspect?

⾼灵: 你会经历很多不同的感情.然后很多不同的感情它都会展现相同的⼀些,需要你突破的⼀些障碍给你.所以过⼀段时间,过⼀两年你就会对这个问题没有任何兴趣,明⽩吗? 但是每⼀个⼈他都像是镜⼦⼀样反射出你⽬前的⼀个状态.他帮你看到你⾃⼰是哪些绳⼦需要解开,哪些障碍需要突破.你的意识在就是好像有⼀个⾃我评估、⾃我回应的过程.你就会明⽩当初你的⼀些⽆意识⾏为给别⼈带来的⼀些痛.你就会理解.因为它主要是加深你对对⽅的⼀个理解.因为如果你对对⽅不理解的话,你就不会觉得对⽅是在痛苦,明⽩吗? 那如果当你通过这些经历你能体验到对⽅的呢个⾓⾊.它这个不是惩罚,也不是你们所谓的因果报应.

Higher Spirit: You will experience many different emotions. Then, over time, these various feelings show you the same barriers that you need to overcome. So after a while, maybe one or two years, you won't be interested in this anymore, understand? But each person is like a mirror reflecting your current state. They help you see which ropes you need to untie and which obstacles you need to break through. Your consciousness seems to have a process of self-assessment and self-response. You will realize the pain your unconscious actions caused others. You will understand because it primarily deepens your understanding of the other person. If you don't understand them, you wouldn't feel that they are suffering. Understand? When you go through these experiences, you can experience their role. It's not punishment and not what you call karmic retribution.

它纯粹是为了让你意识在⼀种⼀切都是我的⼀个状态.

It's purely to make you aware of a state where everything is mine.

问: 我想问我的猫咪是我的指导灵吗?

Questioner: I wonder if my cat is my guide spirit?

⾼灵: 你的猫咪是你的指导灵吗? 你为什么会问这个问题? 现在跟你对话的这个就是你的指导灵.你们所谓的指导灵就是在你需要指引的时候它给你信息.那你现在是不是在获得这些信息? 还有问题吗?

Higher Spirit: Is your cat your guide spirit? Why are you asking this question? The one speaking with you now is your guide spirit, the entity that provides information to you when you need guidance. Are you receiving these messages? Any other questions?

问: 我要如何做才能在这个物质世界展现神迹呢?

To manifest miracles in the material world, how should I do it?

⾼灵: 成为你⾃⼰你就在展现神迹了.你只是成为真正的你,你就在这个世界上展现真正的神迹了,明⽩吗?

Higher Spirit: By being yourself, you are already performing miracles. You are just becoming the real you, and that is showing true miracles in this world, understand?

问: 那我要如何做才能更好的去练习我通灵的能⼒呢?

Questioner: How can I practice my spiritual abilities better?

⾼灵: 能帮助你更好的通灵的唯⼀的就是说,第⼀你要特别对这个有激情.你想要去往这个⽅向发展,就是废寝忘⾷的⼀个状态.然后还有就是说你要更好的就是进⼊当下.因为你所有的信息你想要去获得,它只能在当下去获得.如果你的头脑⾥⾯进⼊昨天、前天、担忧、害怕、恐惧,那你这样⼦你没有在当下.你没有在当下,你也捕捉不到当下的能量,明⽩吗?因为你们通灵就是你进⼊到当下,然后所有的⼀切都在当下.那你的敏感度,让你捕捉到.就好像你是⼀个天线,你的⼀个振动频率搭上了这个线,那你的信息就源源不断的,明⽩吗?

Spirit Guide: The only thing that can help you to become more spirit-connected is that you have passion for it - a passionate state where you are fully committed and dedicated towards this direction. Then, you also need to better be present in the moment because all the information you wish to receive can only be accessed in the now. If your mind is dwelling on yesterday, tomorrow, worry, fear or anxiety, then you are not present in the current moment. You cannot capture the energy of the current moment because when you're spirit-connected, you are entering into the now where everything exists. Your sensitivity allows you to capture these energies like a receiver tuning into a frequency; your vibration matches that frequency and the information flows continuously.

# **2022/02/14 — 情⼈节专场及连接外星⼈22号Valentine's Day Special & Connecting with Aliens 22**

情⼈节专场问: 因为今天是我们的情⼈节,所以我们想问最理想的情⼈关系是什么样⼦的?

Question about Ideal Valentine's Day Relationship: Since today is our Valentine's Day, we want to ask what an ideal romantic relationship would look like?

⾼灵: 最理想的情⼈关系是什么样⼦的? 对于你们⼈类来说最理想的情⼈关系就是你们彼此都在这段关系当中都全然的得到绽放.就是⽐如说你们都是两朵不同的花.但是你们在⼀起你们都能绽放.你也绽放他也绽放.因为你的关系就像是⽔,就是各种阳光、⼟壤…它滋养你,来让你有⼀个很好的成长和绽放的过程.让你能全然的绽放.那如果你是在阻碍的话,那你的这朵花可能就不会有开花的状态.你就不会达到开花的状态.为什么?因为你得不到滋养,你的叶⼦都不会变绿.就像是⼀种营养不良的状态.⼀个是受到全然的⽀持,让它可以得到绽放.⼀个是缺少,让它觉得⼟也不够呢个什么,然后⽔、阳光、各⽅⾯都缺.你说.

Higher Spirit: What is the ideal relationship between partners? For humans, the ideal relationship is one where both parties fully flourish within it. Imagine you and your partner as two different flowers. But together, you can both bloom. You bloom, he blooms. Because your relationship acts like water, encompassing all sorts of sunlight, soil... It nourishes you, allowing for a healthy growth and blossoming process that enables full flourishing. This leads to full blooming. If there's obstruction, however, then the flower may not achieve its blooming state. You won't reach the point of blooming. Why? Because you won't receive the necessary nurturing; your leaves wouldn't turn green. It's akin to a state of malnutrition. One receives total support for blossoming, while the other feels that there isn't enough soil, or lack in water and sunlight among other elements. So the question arises...

问: 情⼈关系如何帮助我们成长?

Questioner: How do romantic relationships help us grow?

⾼灵: ⾸先所有的关系对你来说都是来让你看清楚你⾃⼰,就是认识⾃⼰的⼀个过程.然后看清楚⾃⼰.那通过爱⼈、情侣的关系,它可以把你的内在很多深层次的…就⽐如说普通的关系你可能就好像是在地上的影⼦⼀样.那在深⼊⼀点的关系就好像是窗户⼀样,你可以从窗户的映射⾥看到⾃⼰.那在深⼀点的关系你可能像镜⼦⼀样.那如果再更深⼊的关系就像是放⼤镜⼀样.那你是不是就可以通过放⼤镜… 你看这⼏种不同的反射的器材、⼯具,是吧? 那你是不是就可能把你所有的这些都能检验,都能看到? 放⼤镜你连⽑孔⾥⾯的东西都能看到.你最开始你可能都看不到⾃⼰⽑孔,看的都是模糊的.那你是不是就会达到⼀种越来越惊奇的认识⾃⼰的⼀个过程.

Higher Spirit: Firstly, all relationships are meant for you to see yourself clearly, which is a process of self-awareness. Then, once you understand yourself clearly. Through relationships with lovers and partners, these can reveal many layers of your inner self that might remain hidden in superficial interactions. For example, ordinary relationships may feel like shadows cast on the ground, whereas deeper relationships act as windows reflecting aspects of oneself. In even more intimate relationships, one might find they are like mirrors, reflecting their true selves. And when it comes to very deep relationships, they could be like magnifying glasses. Thus, you can use a magnifying glass or similar tools to examine and see everything about yourself – including details that would otherwise remain hidden, such as the pores on your skin. You might initially struggle to see your own pores clearly, only recognizing them in a blurred manner. The process of understanding oneself through these relationships becomes increasingly intriguing, leading to a deeper self-discovery.

你就能把很多垃圾或者杂质,就是不属于你的东西给它拿开.那你最深⼊的爱⼈的关系它就可以帮你把你最细⼩的、看不到的东西帮你清理掉.

You can remove a lot of trash or impurities, things that don't belong to you. Then, your deepest relationships will help you clean away the smallest, unseen aspects of yourself.

问: 为什么很多情⼈的关系都是痛苦的?

Questioner: Why are many romantic relationships filled with suffering?

⾼灵: 因为你们误解了关系的⽬的.因为你们很多⼈把关系当成是外在的.但是关系实际上是内在的,你的内在投射出去的⼀个状态.你会觉得很多问题都是因为对⽅有问题或者是他怎么对你或者是他怎么没有满⾜你,是在这样⼦的⼀个状态.你就会好像是找不到,就没有办法对症下药.因为你没有把… 这么说吧,湖⾥⾯的东西本⾝是投影对不对? 就像你们本⾝有⼀个故事是猴⼦捞⽉.那你猴⼦在捞⽉的时候你怎么样都捞不到⽉亮会不会就很抓狂? 明⽩吗? 那你会不会进⼊⼀种抓狂的⼀种状态? 因为⽆论你如何努⼒⽆论你怎样,你就感觉你好像没有办法带来任何的影响或者是改变.那你就会想要去放弃或者是想要去怎样…问: 浪漫和激情是情⼈间必须的吗?

Higher Spirit: Because you have misunderstood the purpose of relationships. You see them as external entities for many of you, but actually relationships are internal, a projection of your own state outwards. It feels like there are issues because the other person has problems or behaves in certain ways towards you or fails to meet your expectations. This creates a sense that you can't pinpoint the problem and thus have no way to address it directly. You might feel lost, unable to tailor your actions effectively. To put it simply: Isn't what's projected into the lake itself a projection? Like having a story about a monkey trying to fetch the moon from a well. Even if the monkey tries as hard as possible, wouldn't they eventually become frustrated that they can't reach the moon no matter how much effort they put in? Wouldn't this frustration lead them into a state of being stuck or unable to see any change despite their efforts? This frustration makes them want to give up or try something else.

Questioner: Is romantic love and passion necessary for lovers?

⾼灵: 浪漫和激情,这⾸先就是要,就⽐如你这个个体… 这么说吧,你们动物有特别温顺的,⼩兔⼦⼩绵⽺,这种特别温顺的对吧? 那也有特别,像⽼虎狮⼦猎豹这样⼦凶猛的.那不同的⼀个… 所以说,对于你们个体来说,你们是不是也有⼈喜欢特别喜欢轰轰烈烈.那也有⼈喜欢就像⽔⼀样,就是安稳平静,对不对? 所以⼀段爱情,你能说⼈家没有轰轰烈烈只是像⽔⼀般温润的爱就不是爱吗? 所以只有你们个体不同的⼀个就是释放⾃⼰、表达⾃⼰的⼀个⽅式.

Higher Spirit: Romance and passion, this is primarily about, for example, your individual self... Let me put it this way, do you animals have particularly docile ones, like rabbits or sheep, those that are very submissive? There are also some that are extremely fierce, like tigers, lions, leopards. So different ones… Therefore, for each of you individually, do you have people who really love the grand and intense drama of relationships? And there are others who prefer something as calm as water, just stability and peace, right? So when it comes to love, could we say that someone's love, which is just like water, isn't truly loving if they don't experience something grand? Therefore, the difference between you lies in how each of you expresses themselves and embodies their individuality.

问: ⼈⼈都需要爱情吗?

Questioner: Does everyone need love?

⾼灵: ⼈⼈不需要爱情,但是⼈⼈都需要爱.问: 如何能让爱情⼀直拥有甜蜜和美好?

Higher Spirit: Everyone doesn't need love, but everyone needs affection. Ask: How can we ensure that love always remains sweet and beautiful?

⾼灵:⾸先你们对爱情的⼀个感悟、体会都是你们个⼈独⼀⽆⼆的.那如果你把你们之间的哪怕是争吵,如果你把争吵定义成因为我爱对⽅,对⽅爱我.所以我们会想要⽤这种⽅式来表达.(因为)争吵就是表达.然后只是⽤⽐较激烈的⼀种⽅式,就是好像迫不及待,就是⼀种很快速.那你争吵是不是语速就很快?快速的⽅式去释放出来.那如果你不把它当成争吵是不好的,那你是不是就⼀直是在你所谓的甜蜜当中?因为你们会觉得争吵是⼀个不好的事情,但是争吵也是你们沟通的⼀种⽅式.所以你就不会去把⼀些你们之间的经历定义成不好.因为你也可以让争吵变得很甜蜜.就⽐如说争吵过后他正在⽓头上.然后你过去逗他,然后给他各种又抱又亲.

Spirit: Firstly, your insights and experiences about love are unique to each individual. If you argue, even if it's an argument, and if you define that argument as because I love the other person, they love me back; then we might want to express this in such a way. The argument becomes a form of expression, using perhaps more intense methods, almost eagerly, very quickly. Therefore, does your argument have a fast pace? A quick way to release emotions. If you do not view arguments as inherently negative, are you always experiencing what you would call 'sweetness'? Because you perceive arguing as something bad, but arguing is also a means of communication for you. Hence, you wouldn't label certain experiences between you two as bad; because you can turn an argument into sweetness. For example, after the argument when he's still upset, you go over to tease him, showering him with hugs and kisses.

那是不是就变的很甜蜜了?所以你们也可以就是让这样⼦的(争吵)拥有⼀个甜蜜的呢个… ⽽不是说在你们所谓的亲亲我我的呢种状态.因为最重要的是⼀个真实的状态.因为你争吵的时候你就会表达真实的⾃⼰出来.那如果你⼼⾥就算有什么不开⼼,但是你也不表达.因为你觉得爱情需要甜蜜的.那你是不是就在⼀个假的状态当中?

Wouldn't that make it very sweet? So you could also have such arguments in a sweet way… rather than being in the so-called state of always loving and caressing each other, because what's most important is a real state. Because when you argue, you express your true self. And if you're not expressing something that makes you unhappy inside, but you think love needs to be sweet, then aren't you just in a fake state?

问: 如何处理情⼈之间的争吵?

Questioner: How should one handle arguments between lovers?

⾼灵: 你⾸先就是要知道你们会争吵是因为你们彼此的⼀些消极的观念和想法导致的.就⽐如说对⽅的⼀些⾏为你会有这个恐惧和担⼼.然后你觉得怎样怎样.那你就会开始把你的焦虑、担⼼、恐惧投射出来.因为如果你没有恐惧和担忧的话,你是不可能因为某⼀些的⼩事发⽣这样⼦的⼀个争吵.它背后⼀定会有你的⼀个恐惧的信念在引起.那你⾸先就可以通过这样⼦的⼀个(事情)把你的恐惧⼼理给找出来.因为你们关系处于什么样⼦的状态,你才是呢个投射出去的,明⽩吗? 你才是把你的⼀个状态投射出去,对⽅其实就像是你的⼀个程序⼀样.就像⼀个机器⼈⼀样,你给他输⼊什么指令,他就怎么反应,就呢么简单.你们⼀直觉得对⽅是活的,是不是?

Higher Spirit: Firstly, you need to understand that arguments arise between you because of some negative concepts and thoughts that you both hold towards each other. For example, if you fear and worry about something the other person does. Then, when you feel a certain way, your anxiety, worries, and fears start being projected. If there were no fears or concerns, it would be impossible for such an argument to occur over some minor issue; there must be a fearful belief behind this. You can find out your fear by projecting the situation in question. The state of your relationship dictates what you project, right? It's as if you're projecting your own state onto them; they're like a program or robot responding to whatever instructions you input. If you think they're alive, isn't that true?

这个就是错误的观念,对⽅其实是死的.死的是什么?死的就是机器⼈⼀样,你给他输⼊什么指令,他就给你演什么戏.他就像镜⼦⼀样,你要是⼼⾥不爽,他就给你⼀个臭脸看,明⽩吗?你要是⼼⾥爱他,他就给你很多爱.就这么简单.所以你如果觉得看上去他⼀脸不开⼼不爽的样⼦,然后你也就不爽.其实是你⾃⼰⼼⾥先不爽,你才看到他不爽.因为如果你⼼⾥很爽的话,你会看不到他不爽.因为你还沉浸在你的快乐当中,所有的⼀切都变得很好.明⽩吗?就算他开始有⼀点…你也会把他带到你的世界⾥来.所以如果你纯粹的把对⽅想成是⼀个死⼈,所谓的死⼈就是你给他什么指令他就怎么跟你演戏的话.那你就简单多了呀.

This is the mistaken idea that the other party is actually dead. What dies? It's like a robot; whatever instructions you input, he follows and performs accordingly. He acts as if he were a mirror; if your heart isn't in sync, he'll give you a sour look. Do you get it? But if you love him from the bottom of your heart, he will shower you with love. It's that simple. So if you perceive that he appears unhappy and out of sorts, then you feel the same way too. Actually, it's because you're already feeling displeased inside; you're seeing his unhappiness through your own discontented perspective. Do you understand? Even if there's a slight change at first, you'd still try to bring him into your world. So if you simply consider the other party as nothing more than a dead entity that performs actions based on the instructions given, it would indeed make things simpler for you.

问: 最美好的约会是什么样的?

Questioner: What is the most beautiful date like?

⾼灵: ⾸先,约会就是说你们两个⼈的世界,就是你们两个⼈之间共同创造⼀个能量场.那如果你们两个共同创造⼀个能量场,那你们两个是不是都必须要在场? 在场就是说你的脑海⾥⾯没有你的⼯作、⽣意.他的脑海⾥没有… (那如果)你的脑海⾥(有你的事),他的脑海⾥⾯(有他的事)还⼀边在玩游戏.这个叫好的约会吗? 那如果你知道什么是不好的约会,那你就知道什么是好的约会了.

Higher Spirit: Firstly, a date is the world of just the two of you, creating an energy field between the two of you. If both of you are creating this energy field together, then aren't both of you required to be present? Presence means that there is no work or business in your mind. There's none in his mind either... (If) there's something in your mind about your matters, and he's playing games while thinking about his own things on the side. Is this considered a good date? If you know what makes for an bad date, then you will understand what constitutes a good one too.

问: 爱情必须要满⾜对⽅吗?

Questioner: Does love require satisfying the other person?

⾼灵:对于你们来说你们会觉得爱情必须要满⾜对⽅或者对⽅必须要来满⾜你.但是这个是停留在你们还把你们当成是你们的⾁体在运⾏的⼀个观念.就是你还对你不认识,你还觉得你只是这个⾁体的你,就是头脑⾥⾯的你.那你会觉得,因为你⾃⼰来说你都是想去满⾜你头脑⾥⾯的想法或者是冲动,你都还陷在⾥⾯.那你进⼊关系,你肯定还在这样的⼀个状态.但是真正真正的爱不存在于满⾜和不满⾜.因为真正的爱是不存在于满⾜和不满⾜.因为当你只是在爱中,在爱的⼀个状态,所有的⼀切都是圆满的.如果只有你没有在爱中,你才需要去不断的通过外在来得到满⾜.呢个是⼀个假象,呢个是看似在满⾜.那如果真的再满⾜,为什么你会不断的要呢对不对?

Higher Spirit: You might think that love requires one to satisfy the other or for the other to satisfy you. But this idea stems from a concept where you still perceive yourselves as your physical bodies running on autopilot. It's akin to thinking of yourself not just as the 'you' in your mind, but simply as that physical entity. You might feel that you are driven by wanting to satisfy the thoughts or impulses residing in your mind; you're still entrenched in this belief. Thus, when entering a relationship, you certainly find yourself in this state. However, true love doesn't exist merely in satisfaction and dissatisfaction. Because true love does not reside in either of those states. When you are truly in love, in that loving state, everything is whole. If you're only lacking love, seeking continuous fulfillment through external means becomes necessary. This is a facade, appearing as if it were satisfying you. So, if one were indeed to find constant satisfaction, why would they ever need more?

OK,他现在很关注我,现在给我买礼物.那明天呢?他明天不关注你了, 不给你买礼物.你是不是就要奔溃了? 明⽩吗? 因为如果你们真的是在爱的⼀个状态当中,所有的⼀切都已经就是满⾜的⼀个状态.如果你进⼊你的⾁体或者头脑当中的话,那你肯定是⼀直都满⾜不了的,欲罢不能.这个满⾜,还有其它.还有更⼤更⼤.他今天给我买了⼀克拉的钻⽯,那隔壁呢个⼈买了⼗克拉、⼀百克拉的钻⽯呢? 明⽩吗? 因为你们的头脑会这样⼦做⽐较.那给你买了⼀克拉的,他给别⼈买了两克拉的呢? 明⽩吗?

Okay, he is now very focused on me, buying me gifts now. What about tomorrow? He won't be focused on you or buy you gifts tomorrow. Would that drive you crazy? Do you understand? Because if the two of you are truly in a loving state, all needs are already fulfilled. If you delve into your body or mind, you would never feel satisfied, always wanting more. This satisfaction goes beyond what you're used to. For instance, he bought me a one-carat diamond today. What about the person next door who bought a ten-carat, or even a hundred-carat diamond? Do you get it? Because your mind would make these comparisons. If he buys you a one-carat diamond, and for someone else he buys two carats, do you understand?

问: 男⼈和⼥⼈在爱情中的需求有什么不同吗?

Questioner: Are there differences in what men and women need in a romantic relationship?

⾼灵: 这⾥没有男⼈和⼥⼈,只有个体的不同.每个个体都不⼀样.所以它不是存在于性别之分.

Higher Spirit: There are no men and women here, only differences in individuals. Each individual is unique. Therefore, it does not exist in terms of gender division.

问: 最完美的爱情是什么样的?

Questioner: What is perfect love like?

⾼灵: 就是他们彼此都沉浸在这段爱⾥⾯,他们彼此都在爱当中.就好像我刚才说约会的时候你们共同创造⼀个能量场.那你也需要…是不是需要你在场? 就是你的头脑⾥⾯没有想着明天的⽣意怎样,或者你没有⼀直在刷你的朋友圈或者看⼿机,对吧? 那⼀段完美的爱情是不是你们两都在场? 就是你们两的关系你们两都在场.没有说你在你的世界⾥⾯,我在我的世界⾥⾯.我在我的business⾥⾯,你在你的⼯作⾥⾯,明⽩吗? 那你们如果彼此都是在你们的爱当中的话,你们就share anything.就是⼀切你们都是彼此分享的⼀个状态.没有你在你的恐惧当中,我在我的恐惧当中.你在你的欲望当中,我在我的欲望当中.

Higher Spirit: It's when they both are immersed in this love, each one of them loving the other. Just like I mentioned earlier about creating an energy field during a date; you need to be there too, right? Not with your mind dwelling on business tomorrow or constantly scrolling through your social media feeds or checking your phone, do you see? Is that period of perfect love when both of you are present? When the relationship between the two is shared by both. It's not about each being in their own world, mine here and yours there; mine in my business and you in your job. Do you understand? If they're both immersed in their love for each other, then everything gets shared. A state of sharing everything, without one being lost in fear while the other is in fear, or one indulged in desires when the other is similarly ensnared by them.

问: 爱情最⼤的魅⼒在于什么?

Questioner: What is the greatest charm of love?

⾼灵: 爱情最⼤的魅⼒就像我刚才说的,爱它本⾝就是满⾜.就是所有的⼀切都被满⾜了.那爱最⼤的魅⼒不就是在⼀个满⾜的⼀个状态.那你在⼀个满⾜的状态你会觉得你所有⼀切你都有了,外来的⼀切都好像是在锦上添花.你没有觉得你不完整,你没有觉得你还需要什么.那最⼤的魅⼒就是它可以让你们感受到⼀种完整的感觉.

Higher Spirit: The greatest charm of love, as I just mentioned, is that loving itself is fulfillment. Everything is fulfilled. So the greatest charm of love lies in being in a state of fulfillment. When you're in a satisfied state, you feel like you have everything, making the external things seem like additional embellishments. You don't feel incomplete or like you need anything more. The biggest allure is that it allows you to experience a sense of wholeness.

问: 爱情为什么让⼈欲罢不能?

Questioner: Why is love so compelling?

⾼灵: ⾸先你说的呢种欲罢不能还存在刚才我说的呢种模式,(就是)你如果只是⼀个⾁体的运⾏.那你如果只是⼀个⾁体的运⾏的时候,你们(在)物质世界所谓的爱情的时候,你们会去满⾜对⽅的⼀切.就是对⽅就是⼀切,他的需求,他的喜怒哀乐,他的怎样怎样,他说的每⼀句话你都是⽤⼼去听.明⽩我意思吗? 那你把你的所有的关注,你把你的能量给了他.那为什么呢些明星,呢些有权⼒的⼈,呢些当总统的⼈他们都会对这个上瘾呢? 不⼀样吗? 明星,你们不是也把你们的热情啊、激情啊、关注啊、能量啊给了他们对不对? 他们也会对你们这些粉丝欲罢不能啊.要没有粉丝你看⼀下他做明星还有乐趣吗? 明⽩吗?

Higher Spirit: First of all, the state you described where it's impossible to stop, still exists in the pattern I mentioned earlier - when you're just running a physical body. If you are merely operating within the physical world and experiencing what you call 'love', you would cater to everything about the other person because they are everything - their needs, moods, happinesses, and every word they say captures your attention completely. Do you understand? You invest all of your focus and energy into them. Why do celebrities, those in power, or presidents become addicted to this? Aren't they also pouring their passion, enthusiasm, focus, and energy onto these individuals? They too are unable to stop wanting more from you fans. Without fans, would there be any joy in being a celebrity? Do you see that?

问: 婚姻是爱情的坟墓,这个要怎么理解?

Questioner: Marriage is the grave of love, how should this be understood?

⾼灵: 婚姻是爱情的坟墓是你们⼈类⾃⼰创造的.你们⾃⼰⼈类去创造的… 就好像很多⼈都是这样⼦的⼀个状态,然后你们就觉得这是真的.然后就这么去认为.但是婚姻并不是爱情的坟墓.只有呢些不是真正的爱情的,婚姻对他们来说才是⼀个束缚.就是我不是呢么⼼⽢情愿的为他付出.你却要偏偏让我为了责任、法律不断的给他付出,明⽩吗? 那是不是就变成了⼀种强迫,强加的? 那如果你是⼼⽢情愿的去做这⼀切呢? 为你的爱情去做这⼀切呢?

Higher Spirit: Marriage being the grave of love is something you humans created yourselves… just like many people are in such a state, then you believe it to be true. But marriage isn't the grave of love. Only those who don't have genuine love will find their marriages to be a constraint. It's not that I'm unwilling to pay for him with my heart, but you force me to keep giving due to responsibility and law. Understand? That turns into a form of compulsion, doesn't it? But if you are willingly doing everything for your love? Doing this all out of love for your relationship?

问: 为什么很多相爱的⼈最后却变得相恨?

Questioner: Why do many people who once loved each other end up hating each other?

⾼灵: 那其实他们最开始爱的也并不是对⽅,⽽是⾃⼰.他们从始从终爱的都是⾃⼰.为什么会恨对⽅?是因为最开始对⽅还会去满⾜⾃⼰,到最后就完全不听⾃⼰了,就不满⾜⾃⼰.所以这些你们从你们⾃⼰的社会这些…因为这些东西不是⼀定的,不是肯定的,明⽩吗?并不是说相爱的⼈会变成相恨.那只是你们⼈类去上演了这场戏.那你来告诉我你们为什么演这⼀出戏?那你⾃⼰就可以从中看到为什么会这样,为什么会呢样.所以这并不是…这只是你们的⼀个集体意识,你们的⼀个对⾃⼰⾝份的不明.因为你们⼀直是从外去寻找嘛.你们的⼀个⽆知的⼀个状态,就是你不是知晓的⼀个状态.所以我说的这些并不是⼀个真理,⽽是你们⾃⼰的⼀个现象.

Higher Spirit: Actually, what they loved most at the beginning was not each other but themselves. They love themselves throughout from the start to the end. Why do they hate each other? It's because at first, the other person still tried to satisfy them, but eventually stopped listening to them and failed to satisfy their needs. So these are aspects of your society… These things aren't necessarily so; they're not definite or certain, do you understand? Not that loving people turns into hating them. That was just a play acted by humans. Now tell me why did you perform this play? By understanding this, you can see why it happens like that, and why it is the way it is. So it's not… It's just your collective consciousness, your confusion about your identity, because you always look externally for answers. It's a state of ignorance where you're unaware; you don't know what you don't know. What I'm saying isn't a truth but rather an observation of your own phenomenon.

我描述的只是你们⾃⼰的⼀个现象,明⽩吗?这个是不⼀样的.如果我说的是真理的话,那就是所有相爱的⼈最后都会相恨.但并不是的,明⽩吗?并不是的.

I am describing only a phenomenon of yourselves, understand? This is different. If what I say is the truth, then it would mean that all who are in love will eventually hate each other. But that's not the case, understand? That's not the case.

问: 觉醒的⼈能有激情的爱吗? 因为爱本来就是幻像,是让你沉醉的.那觉醒了的⼈,看破红尘的⼈他们还能有激情的爱吗?

Questioner: Can awakened beings have passionate love? Since love itself is an illusion that makes you intoxicated, can the awakened and those who see through the material world still experience passionate love?

⾼灵: 当真正的达到呢样的状态,他本⾝就是爱呀.他本⾝就是爱,只是这个爱的对象是什么都是.那动物,他会觉得这个动物好完美.他会深深得爱上这个动物,爱上所有的⼀切.当然也包括他的爱⼈.他也会看她觉得…不想去改变她,觉得她本⾝就很完美了.因为当你真正的去发现有多完美的时候,你不忍⼼去改变对⽅的.所有的⼀切都是完美.你只会是⼀个欣赏的状态.那你说呢个昆⾍,昆⾍你去观察它,你就会惊叹它到底有多完美.你说你要去改,你要改什么? 你要把它什么功能改没? 什么改到有? 明⽩吗? 你不会想要去⼲涉任何,你已经从中能领悟到、感悟到呢种完美的状态.

Higher Spirit: When he truly reaches such a state, he himself is love. He is love itself, and the object of his affection could be anything—whether it's an animal, he would find that animal to be perfectly beautiful. He would deeply fall in love with this creature, loving everything about it, including his own beloved. Naturally, he would also see her as someone who doesn't need any changes—she is already perfect according to him. Because when you truly discover the extent of perfection, you wouldn't want to alter your counterpart's essence. Everything is perfect; you can only be in an appreciative state. So what about a bug? If you observe it, you'd marvel at how perfectly it embodies its nature. If you tried to change something, what would you change? Its functional aspect or the addition of features? Do you understand that one wouldn't wish to interfere with anything, as they've already comprehended this state of perfection through insight and understanding?

问: 那除了上述这些信息,请问你还有没有什么信息要在情⼈节这天带给我们的?

Questioner: Apart from the information mentioned above, do you have any other messages to share with us on Valentine's Day?

⾼灵: ⾸先你们物质世界说的爱情和爱基本上还是在你们不明⾃⼰的⾝份的⼀个状态下.就是说你把你当成是谁? 你把你当成: 啊,我的名字叫张三李四.我的⼯作是⼀个什么收银员.

Higher Spirit: Firstly, the love and affection you speak of in your physical world exist under conditions where one doesn't fully understand their own identity. That is to say, who do you think you are? You identify yourself as something like, my name is Zhang San Li Si. I work as a cashier or similar role.

然后我的收⼊多少.我的学历是多少…你还是把呢个⾁体的呢些特征当成是你,你是在这样⼦的⼀个情况下在看爱情,明⽩吗? 那你们肯定会产⽣很多很多不明.因为你本⾝连你⾃⼰是谁你都不知道.就是你还是在你⾃⼰的⼀个程序和观念⾥⾯.那两个都是程序都是观念的话.你肯定会有不兼容,就是有不理解不兼容的时候呀.所以真正的能够解放你们…因为你进⼊头脑模式的爱的话.你肯定是不会有幸福的,圆满的⼀个状态.但是你可以通过这层关系把你带到去寻找真实的你的⼀个过程、路程.因为你会发现你从你的感情、爱情当中你得不到满⾜了.你会觉得为什么我的爱⼈呢么爱我,对我呢么好,为什么我还是呢么痛苦? 我怎么还是想怎样怎样?

And how much income do I have? What is my level of education…you should consider these physical features as yourself; you are in such a situation when looking at love, right? Then you would certainly generate so many uncertainties because even you don't know who you are. You are still within your own system and notions. Both of them being systems and notions, there will inevitably be inconsistencies, or moments where understanding cannot align with what you're experiencing. True liberation for you…you wouldn't find happiness or fulfillment by entering into the mindset of love. But this relationship could guide you towards a journey in discovering the true essence of yourself because you realize that within your emotional realm, you aren't satisfied. You question why your partner loves you so much and treats you well, yet you still suffer. Why can't I just be happy?

我怎么还是不幸福? 为什么幸福呢么短暂? 为什么结完婚后就不幸福了?

How come I'm still not happy? Why is happiness so short-lived? Why do people stop being happy after getting married?

其他问题问: 我想知道我的⾼灵和指导灵有没有什么信息想要带给我呢?

Other questions: I wonder if my high spirit and guiding spirits have any messages they want to convey to me?

⾼灵: 你可以在前⾯的这些信息结束完过后如果你还想知道有什么额外的信息给你的话,你再来问.因为每⼀段信息你都会从中去得到你应该在当下得到的.你就好像⽐如说你现在在取⽔的过程,那你在呢个过程你就会被呢个⽔滋养了,明⽩吗?

Sage: You can come back and ask for any additional information after the information you've received so far ends. Because each piece of information is tailored to what you should receive in that moment. It's like when you're taking water - during that process, you are being nourished by that water, understand?

问: 明⽩了.那我的下⼀个问题是我想问⼀下为什么我在做梦的时候梦见嘴⾥有异物怎么吐也吐不⼲净?

Questioner: I understand. My next question is, why do I dream of having foreign objects in my mouth that I can't spit out cleanly when I wake up?

⾼灵: 你做梦在梦⾥经常梦见嘴⾥有东西吐不⼲净是吗?问: 对,没错.

Higher Spirit: Are you dreaming of having something in your mouth that doesn't come out cleanly often in your dreams? Questioner: Yes, that's correct.

⾼灵: 这是跟你⾃⼰总是欲⾔又⽌,就是对你真诚的⼀个表达你是有所保留的.你会觉得我表达的这个东西你会觉得对⽅没有兴趣或者我应不应该说或者我说了会怎样… 就是没有完完全全的真诚的去吐露⾃⼰.就是你在关系⽅⾯你还会有所保留,你会有所就是考虑应不应该说,明⽩吗? 因为当你真诚的只是去允许展现你⾃⼰,你不会去考虑这个问题: 这个对不对?这个应不应该? 这个会怎样? 你只是去允许这股能量去从你⾃⼰去流露出来.因为当你在加⼊考虑的时候,你就已经在使⽤你的头脑了.它不是呢种⼀种就是⽔⾃然的⼀个流动的状态.

Higher Spirit: This is an expression of your constant hesitation when you want to speak but hold back, it's a reflection of your lack of complete sincerity towards others. You might feel that the person on the other side has no interest in what you're saying or question whether they should say something or consider what could happen if they do... Essentially, you're not fully honest about yourself. It means that even in relationships, there is still a sense of holding back and considering if it's appropriate to speak at all because you worry about whether this is right, if it should be said, and the consequences of saying it. This shows a lack of full sincerity in expressing yourself openly.

When you are being completely sincere by allowing your true self to shine through without any reservations, you don't spend time thinking about: Is this correct? Should I say this or not? What will happen if I do say it? You simply allow the energy to flow from within you. When you start to consider these factors, you're already using your mind instead of letting your inner essence naturally express itself without any thoughts of right and wrong.

问: 我昨晚做了⼀个⾮常可怕的梦.梦见外星⼈把⼈全部吃掉了.这个梦是有什么信息要带给我吗?

Questioner: Last night I had a very terrifying dream about aliens eating all humans. Does this dream carry any message for me?

⾼灵: 这只是你们集体意识的⼀个恐惧.你们会对⼀些未知…因为对你来说外星⼈就是⼀些未知.你们会觉得你们在⾯对未知,你们会牺牲或者会被吞没.就是你们不清楚未知,所以你们⼈类的潜意识对未知都会是有⼀种抗拒或者害怕.不是⼀种兴奋和期待的状态.所以这就是为什么你们有各种各样的保险.你们想所有的东西都在你们的计划以内.就是在你的计划和规划就是说是可预测的,明⽩吗?

The Higher Spirit: This is merely the fear of your collective consciousness. You will confront the unknown… because to you, aliens are the unknown. You feel like you're facing the unknown and that you'll either sacrifice yourselves or be swallowed by it. It's because you lack clarity on the unknown; thus, there's a subconscious resistance or fear in humans towards the unknown, not excitement or anticipation. That's why you have various types of insurance. You want everything under your control and planning to be predictable. Do you understand?

问: 那如果我们带着负⾯的信念或者恐惧去⼊睡的话,它会不会导致这些东西显化在我们的⽣活中呢?

Questioner: If we go to sleep with negative beliefs or fears, will it lead to these things manifesting in our lives?

⾼灵: 带着恐惧的信念去⼊睡? 你有的信念它都是⽆意识的在运作的,不是说你带它和不带它的,明⽩吗? 不是说你选择带它和不带它.

Higher Spirit: Sleeping with a belief of fear? The beliefs you have are all operating subconsciously, not because you choose to bring them or not. Understand? It's not about the choice of bringing them or not.

问: 那我⽬前为⽌最⼤的束缚是什么呢?

Questioner: Well, what's my biggest constraint up until now?

⾼灵: 你⽬前为⽌最⼤的束缚是什么? 就是允许,全然的允许,明⽩吗? 就是你只需要开开⼼⼼的期待,进⼊⼀种全然的允许和兴奋的状态.因为你知道每天都有惊喜.⽽不是我这⾥有没有做对? 这⾥我想知道⼀下…呢是另外⼀种状态.

Higher Spirit: What is your greatest constraint right now? It's allowing, total allowance, understand? You just need to be happily expectant, enter into a state of total allowance and excitement. Because you know there are surprises every day, not if I am doing this right here? Here I want to know... this is another state.

问: 我最近想要通过冥想链接到呢股能量,我也感受到它了.我想问⼀下它有没有什么信息要带给我呢?

Questioner: Lately, I've been trying to connect with this energy through meditation and I've also sensed it. I'd like to ask if there are any messages it wants to convey to me?

⾼灵: 那你⾃⼰去不断地链接,你就会得到呢些信息了,明⽩吗?

Higher Spirit: Then if you continuously link yourself, you will obtain those informations, understand?

问: 当情绪升起的时候,我们是只要做到察觉,不陷⼊不跟随就好.还是说要找到情绪背后的定义和信念呢?

Questioner: When emotions rise, should we simply notice them without getting caught up in them or following them? Or should we seek to understand the definitions and beliefs behind the emotions?

⾼灵:当你知道你的这股情绪的来源是因为你是有某种定义它,那你已经不是在程序⾥⾯了呀.因为你在程序⾥⾯你是不知道你是因为定义才产⽣,你会觉得是对⽅让你产⽣这些情绪.这是两种不同的状态.⽐如说你发脾⽓,⼀种是就是对⽅的错,对⽅就是个⼈渣怎样.那另外⼀种就是,OK,我的这种情绪是因为我有⼀个恐惧,我是这么去定义的,我是这样的想法.明⽩吗?⼀个是从内找原因,⼀个是从外找原因.从外找原因的,他看不到是因为⾃⼰的某些观念导致的,他会觉得是对⽅.

Higher Spirit: When you understand that the origin of your emotion is due to defining it in a certain way, then you are no longer within the program. Because inside the program, you don't know that you produce emotions because of the definition; you think it's because of what the other person does. This is two different states. For example, if you're angry, one thought might be "It's their fault; they're just scum." The other is, "Okay, my emotion comes from me having a fear, and I define it this way. I have these thoughts. Do you see the difference? One looks for reasons internally, while the other looks externally. Someone looking externally won't see that it stems from their own beliefs; they think it's because of what the other person does.

问: 现在⼈类社会对颜值关注特别⾼的原因是什么?

Questioner: What are the reasons for the high emphasis on appearance in human society now?

⾼灵: 那是因为你们都想处在⼀种美好的状态.是不是长的好看的,⼀下⼦就把你带到⼀种美好的状态: 哇,这个世界真美.它会把你带到⼀种美好的状态,跟你们穿漂亮的⾐服、买很多鲜花、漂亮的房⼦装修的漂漂亮亮、美丽的景⾊,它不都⼀样吗? 因为它都把你带⼊到⼀个美好的状态,让你停留在⼀个美好的状态.

Soul: That's because you all want to be in a pleasant state. Is it that the good-looking ones instantly bring you into a beautiful state: oh, how beautiful this world is? It takes you to a beautiful state just like when you wear nice clothes, buy many flowers, decorate your beautiful house prettily, or enjoy beautiful scenery; aren't they all doing the same thing? Because they all take you into a beautiful state and keep you in that beautiful state.

问: 通过冥想可以在短时间内改变⾃⼰的外貌,让⾃⼰变成⾃⼰喜欢的样⼦吗?

Questioner: Can meditation alter one's appearance in a short period of time to resemble what one likes?

⾼灵: 你如果想让你的⾯貌看上去很美好的话,那你⾃⼰就处在⼀个美好的能量状态.你就⾃然⽽然就美好了啊.那你如果处在⼀个焦虑、恐惧、害怕或者是⽣⽓的状态,那你的外⾯也是这样⼦的状态.

Higher Spirit: If you want your appearance to look beautiful, then you need to be in a beautiful energy state. You will naturally become beautiful yourself. But if you're in a state of anxiety, fear, fear, or anger, then the outside is also like that.

问: 那这个是不是就是所谓的相由⼼⽣呢?

Questioner: Is this what we mean by "appearance arising from mind"?

⾼灵: 因为你想⼀下你外在的⼀切,你的这个物质⾁体,它⾸先是你的⼀个状态、你的振动频率的⼀个结果.那就是了.

Soul High: Because you think about all of your outer aspects, your physical body, which is primarily a result of your state and the frequency of your vibration. That's it.

问: 那对于现代社会的整容,你有没有什么想要跟我们说的?

Questioner: And what do you have to say about plastic surgery in modern society?

⾼灵: 整容这⼀块,你们⾃⼰世界上就有很多例⼦.你们眼⾥可以看到呢些整容的,然后他们所有⼈都好像是来⾃⼀个反射.那你通过去观察他们,你就可以看到⾃⼰.因为这个不是别⼈来告诉你怎样怎样,因为这个是你⾃⼰去觉得怎样怎样的⼀个事情.这⾥没有哪个是好和坏.因为好和坏、对和错都是不同的⾓度和不同的观点.没有哪⼀个更好还是不整好.那你要看你个体,你⾃⼰想要去体验的.

Higher Spirit: In terms of plastic surgery, there are many examples in your world. You can see those who have undergone such procedures, and they all seem to come from the same reflection. When you observe them, you can also look at yourself through this lens because it's not about someone telling you how it should be; rather, it's about you perceiving for yourself what suits you best. There is no such thing as good or bad here. Good and bad, right and wrong, are subjective from different perspectives. It doesn't matter if one prefers surgery or not; you must consider your individual needs and desires for the experience you seek.

问: 那整容会对物质⾁体的健康产⽣⽐较⼤的影响吗?

Questioner: Would plastic surgery have a relatively large impact on the physical health of the body?

⾼灵: 你要知道整容就像⼀个…这么说吧,我们⼀个振动频率会出现⼀个 ‘相’ 对不对? 那我这个⼀百的振动频率它出现的是⼀个⼼形 love heart.然后你却觉得五⾓星好看,然后你要把它整成五⾓星,明⽩吗? 你要外在强硬… 那如果是⼀个强弩的⼀个状态的话,在别⼈眼⾥看上去怎么都会有点不和谐的.除⾮你⾃⼰的状态也达到了呢样⼦的⼀个状态.就是你先把外在弄到呢个状态过后,然后你⾃⼰的频率也进⼊呢个状态.就是要内和外要和谐,别⼈才不会觉得你假.不然的话你给别⼈带出来,⼈家就会觉得好像不是呢么和谐,就怪怪的.

Higher Spirit: You must understand that a makeover is like this… Let me put it this way; when we have a certain vibration frequency, does it not produce a corresponding 'aspect'? So my 100 Hz frequency produces a heart shape, love heart. But you find the star attractive and decide to get it made into a star shape. Do you see? You're trying to make your exterior hard… If this is the case with a strong bow, no matter how others look at it, they might find it somewhat off in terms of harmony unless your state matches that too. Essentially, before changing your appearance, you should align your inner self with this new form so that both inside and out are harmonious. Otherwise, when others see these changes, they might feel that everything isn't quite fitting together, which could be unsettling to them.

问: 下⼀个问题有⼈想问当他发现他可以做各种事情,就是他没有限制的时候.他反⽽就什么都不想做了,就只是呆着.他为什么会这样? 如何可以让⾃⼰在继续的⾏动起来?

Questioner: The next question someone wants to ask is about what happens when they discover they can do everything without limitations; he instead ends up doing nothing and just staying idle. Why does this happen, and how can one be motivated to continue taking action?

⾼灵: 当他发现他什么都可以做的时候?

Elder Spirit: When he realized he could do anything?

问: 就是我们的信息说我们是⽆限的,我们没有任何限制.然后他发现原来他可以做任何事情…⾼灵: 他不可能不⾏动.他即使是呆着,他这个状态也是在进⼊另外⼀种状态.所以他不需要去为他的这个状态去着急或者是担⼼.因为你⽣命永远都是在⼀个动态当中.就算你坐在呢什么都不做,那也只是⼀个表象.实际上你的内在不断地在发⽣变化.所以你不可能能停⽌任何.你觉得你表⾯的停⽌就是停⽌,并不是.你就好像你看到⼀个种⼦它⾯上⾯,就是它的果没有长很⼤,是吧? 但是它的根不断地不断地在往下.所以不要从表⾯的⼀个去看呢个什么…问: 拖严重很严重是因为什么?

Questioner: Our information tells us that we are infinite and have no limitations. Then he realizes he can do anything...

A: He couldn't possibly not act. Even if he stays idle, his state is entering another state. Therefore, there's no need for him to worry or fret about this state of his because life is always dynamic. Just sitting idly isn't an exception; it's merely a facade. Your inner self keeps evolving continuously. Thus, you can't possibly stop anything. You might think that just stopping on the surface means stopping completely—it doesn't. It's like looking at a seed whose fruit hasn't grown very large; however, its roots are constantly growing downwards. So don't judge based solely on the surface...

Questioner: Why is it so severe when dragging?

⾼灵: 拖延症很严重? 就是需要去做的事情没有去做是吗? 那就说明呢个事情是不需要他做的,只是他头脑觉得他需要去做.他应该放下他头脑⾥⾯他觉得需要去做的事情.那他是不是就没有拖延的问题了.

Higher Spirit: Is procrastination severe? Is it because the things that need to be done are not being done? If so, that means those tasks do not actually require him to do them; they are just ideas in his mind that he perceives as necessary. He should let go of these tasks he believes he needs to accomplish in his mind. Would this eliminate his problem of procrastination?

问: 我们这段时间社会上有⼀个新闻⾮常的轰动,就是⼀个⼋个孩⼦的母亲.她好像是被⼈骗到农村然后被关起来⽣了⼋个孩⼦.那我们作为旁观者我们可以去做点什么? 这个新闻被带到社会上被我们看到,有什么信息和意义需要我们去学习的?

Questioner: There's been a very sensational news story recently in our society involving a woman who gave birth to eight children. It seems she was tricked into the countryside and confined there to bear these eight children. As bystanders, what can we do? What lessons should we draw from this incident that has come to light for us as part of society?

⾼灵: ⾸先你们⼈类的进化的过程当中,就是你们在这么多成长的过程当中,从来就没有少过任何惨烈的事件.从来就没有少过.只有更厉害、更严重,明⽩吗? 以前因为观念的束缚嘛.那以前呢些奴⾪制、以前的希特勒、以前的呢些战争、以前⽇本⼈对中国⼈的侵害… 所有的这些事件,如果你回到以前的话,它只有多只有更加惨烈.它没有少.那这是⼀个进化的⼀个过程.就是你需要去体验呢种⾃相残杀、惨烈的、悲痛的,体验这些.来让你们…就⽐如说你们曾经历史上发⽣过惨不忍睹的杀害的境况,让你们⼈类集体的去选择我们不要再要,不要战争.因为你们知道战争很惨烈,你去经历过.所以你不要有战争.

Higher Spirit: In the process of your human evolution, during all your growth processes, there has never been a lack of any gruesome events. There has never been less. Only more intense and severe ones, understand? Due to the constraints of their ideas previously. The slavery before, the Hitler era, previous wars, Japan's aggression against China... All these incidents, if you go back in time, they only increase in severity; there was never a reduction. This is part of an evolutionary process where you need to experience self-inflicted devastation, brutality, and sorrow. To make you realize that things like this should not happen again. You've experienced the horror firsthand, so you understand that war is very cruel. Therefore, you must avoid having wars again.

问: 那我们看到这个新闻过后我们还会⾮常的⽓愤.但是这种情绪是对这个事情没有帮助的.只能可能说是给集体意识⾥⾯注射⼀些不好的能量.那对于我们看到这样的事情,我们能做的最好的⽅式是什么呢?

Questioner: Yet after we see this news and feel extremely angry, such emotions are not helpful to the situation. They might just feed negative energy into our collective consciousness. What is the best way for us to react when faced with such occurrences?

⾼灵: 你们⾸先要明⽩世界上发⽣的所有⼀切的事件只是把你们内在的⼀个状态给投射出来.然后你们每⼀个⼈每⼀个⼈的想法、意念都会如愿的投射出来供你们学习和体验.那它最终的⽬的是学习和体验.因为对于你们来说你们会觉得你们的⽣命就这⼏⼗年.你们是从很短的,就是恨局限的⼀个⽚⾯在看待你们的⼈⽣.你们会觉得呢个就是呢个⼥⼈的⼀辈⼦.这个就是她的⼀⽣.但是她的意识根本就没有在⾥⾯.就好像你们抓了⼀个外星⼈.外星⼈它其实只是⽤⾃⼰的意念投射出⼀个物体出来,就像⽤⾃⼰的⼿捏了⼀个橡⽪泥.它把它的意识投射在橡⽪泥⾥⾯跟你们互动.然后你把它的橡⽪泥拿住,然后它的意识已经⾛开了.

Spirits: You must understand that all events happening in the world are simply projecting your inner state outwards. Then, each one of you is projecting thoughts and intents individually to learn and experience, for that purpose alone. The ultimate goal is learning and experiencing because to you, life seems like only a few decades. You perceive it as a very short, somewhat limited perspective on your own existence. You would think this is all there is for the woman; her entire life is here. But her consciousness is not within. It's like grabbing an alien. The alien actually projects out its own intentions to create an object, just like molding clay with your hands. Its consciousness is projected into that clay to interact with you. Then, you hold onto the clay and when it does, its consciousness has already moved away.

你还在跟呢个橡⽪泥在左看右看怎样怎样,然后再把它解刨开.其他⼈看到觉得你好残忍啊,你为什么要把呢个橡⽪泥解刨开? 它好痛苦啊.它根本就不在⾥⾯.所以你们的⼀些痛苦来源于你们有限的⼀些认知,明⽩吗? 当你们能去看到这个big picture,就是看到这⼀切任何⼈他的意念他都能投射出来给他⾃⼰体验.因为你们这个世界本⾝就是⼀个谁谁谁投射出来⼀个意念给他⾃⼰体验的.那他既然投射出来给他⾃⼰体验,那他就会从中有给他体验和转变的⼀个过程.但是你们都喜欢去把对⽅的体验给拿⾛.因为你们不会明⽩是如何运⾏的.就好像这么说吧,你们的少林寺武林的⾼⼿需要和对⽅练武是吧? 他们实际上是师兄弟.

You were observing and analyzing how the clay could be manipulated from every angle before you decided to dissect it. Others found your actions cruel, wondering why you would dissect such a harmless piece of clay. They felt that it must have been suffering internally, despite not being there at all. Your distress comes from limitations in your understanding, right? When you can see the bigger picture and comprehend that any individual's thoughts can manifest into experiences for themselves, this realization becomes clear. You live in a world where others project their thoughts onto themselves as experiences because it is essentially how reality works. Since they create these experiences internally, they naturally undergo processes of transformation and growth from them. However, you prefer to take away others' experiences instead of understanding the underlying mechanism. It's akin to martial arts masters at Shaolin寺 training together; in essence, they are brothers and sisters in practice.

因为他们⼀起来你打我我打你,来锻炼⾃⼰的技术和专注⼒对吧? 然后你旁观者在呢着急的不得了: 哎呀,他怎么出⼿呢么重啊? 他好恐怖啊…你们怎么两兄弟⾃相残杀怎样怎样….然后你们就进去拿个棍⼦把对⽅你打⼀棒我打⼀棒.然后中断了别⼈学习和成长的过程.因为你觉得你在做⼀件好事.

Because they compete, you hit me and I hit you, exercising your skills and concentration, right? Then as an observer, you're panicked: Oh my god, why is he hitting so hard? He's terrifying...how could these two brothers harm each other like this...then you grab a stick to attack each other - hitting him back and forth. You interrupt the learning and development process of others because you think you're doing something good.

问: 那如果我们在物质世界碰到像这样⼋个孩⼦的母亲被关起来.我们难道应该不管吗? 让他们继续去学习他们应该学习的东西?

Questioner: But what if we encounter a mother in the physical world with eight children, and she is locked up? Shouldn't we do something to help her continue educating them on what they need to learn instead of ignoring it?

⾼灵: 你们现在在转变你们的意识你们就是在改变呀.因为当你们意识去不断地得到提升过后,你们不需要这种负⾯的东西来成长啊.你们为什么要投射负⾯的事件来成长,因为它呢个过程是需要你经历的.那如果你的意识得到了转变,你便不需要去经历这种.就⽐如说有的⼈他需要去经历杀掉⼀个⼈他才能知道杀⼈没有⽤,杀⼈我⼼⾥的仇恨并不能化解.我的仇恨只能⽤爱化解,对不对? 那对⽅需要呢个杀⼈的过程才能理解.但是如果你不需要,你已经能理解了,能悟到了.那你还需要杀⼈吗? 那当你悟到了过后,你的意识的成长,你的下⼀代⾃然⽽然就会这么认为了.

Higher Spirit: You are transforming your consciousness now, you are changing indeed. For when your awareness keeps elevating continuously, there is no need for negative things to foster growth anymore. Why would you project negative events to grow from them, considering that process requires experiencing it? If your consciousness undergoes transformation, you wouldn't have to go through such experiences. Say someone needs to experience killing a person to understand that it's ineffective; the hatred in their heart cannot be resolved by killing. My hatred can only be resolved with love, right? The other party needs the process of killing to comprehend this. But if you don't need to undergo it, you already understand and have realized it. Then do you still need to kill? When you realize that, your growth of consciousness naturally leads to such conclusions for your next generation.

问: 有⼈想问怎么停⽌⼤脑中的声⾳活在当下? 怎么可以化解⼩我?

Questioner: Someone wants to ask how to stop the noise in the mind and live in the present moment. How can one transcend the ego?

⾼灵: 化解⼩我什么意思?

Higher Spirit: What does resolving the small self mean?

问: 他可能觉得⾁⾝、头脑是他的束缚,这个可能是他指的⼩我.

Questioner: He might feel that his body and mind are restricting him; this could be what he means by "little self."

⾼灵: 这些都是你需要体验物质世界的⼀个载体.这不是束缚.这是来帮你的.只是你对它不了解,不理解.就好像是⼀个⼯具,你对它的所有使⽤守则、原则、⽤法,你什么都不清楚.你看着别⼈怎么⽤你就怎么⽤.所以那如果你很清楚它是什么样⼦的,那你就会…⾸先像你说的怎么样可以停⽌⼤脑⾥⾯的声⾳? ⼤脑⾥⾯的声⾳,我们曾经通灵说过.⼀只乌鸦不停的在旁边骂你: ⼤傻⽠⼤傻⽠.你跟它⽣⽓,你跟它对骂.那如果你知道乌鸦叫⼤傻⽠只是它学⾆的⼀个功能,它什么都没有.你还会去⽣⽓吗? 你并不会啊,明⽩吗? 那头脑⾥⾯的声⾳你要是知道头脑只是记录,头脑只是摄影机,它记录的⼀个功能.那它记录,它播放.那你就知道它不是真的.

Higher Spirit: These are the carriers that allow you to experience the material world - they're not shackles; they're meant to help you. The problem is, you don't understand them, you don't comprehend them. Imagine a tool; you have no rules of use, principles, or instructions on how to operate it. You just copy what others do with it. So if you really understood how it worked, then you would... first, let's talk about how to stop the noises in your mind - those constant, incessant voices we've discussed previously. If you knew that a crow repeatedly calling "big potato" was merely an auditory function of its vocalization and has no actual meaning, would you still get angry at it? Of course not! The same principle applies if you understand that your own thoughts are just recordings, like a camera capturing and replaying scenes; they're not real.

因为你只有就是去害怕它,或者是你把这些声⾳当成是你,你去听从它、抗拒它、害怕它.任何⼀切它才对你有影响.如果你只是…就好像是天边的云飘来飘去,你不会恐惧吧? 你也不会去: 你怎么又来飘了? 你怎么怎样怎样…因为你知道云飘来,它也会飘⾛.你不会对它产⽣很⼤的呢个什么.你只是会让它静静的流过.只有你对它不清楚了,你才会: 赶快把所有的云朵消灭,你pia pia pia… 你就知道它只是⼀个背景布⽽已.明⽩吗? 你才是主⾓.

Because you only need to fear it, or you consider these sounds as yourself, you follow them, resist them, and fear them. Anything can affect you if you do so. If you are just like clouds in the sky drifting away freely, will you be afraid? Or would you ask: Why did you come back again? You wouldn't have any of those thoughts because you know that clouds will eventually disperse. It won't cause a big impact on you. You'd just let it flow smoothly. But if you are uncertain about something, you might quickly want to eliminate all the clouds, with swift actions like pia pia pia... You understand it's just a backdrop. You, not these sounds or phenomena, are the main character.

问: 我们是不是必须要时刻活在觉知⾥?

Questioner: Must we always live in awareness?

⾼灵: 你要是没有觉知的话你就好像是进⼊了⼀个⾃动运⾏模式.就好像⼀台车,你让它⾃动驾驶.让它开到哪⾥就是哪⾥.那不是你⾃⼰想要去的⽬的地.那它可能被车的流量,被⼈挤来挤去,推来推去.那你是想要达到⾃⼰想要去的地⽅还是说随波逐流? 看你⾃⼰.

Spiritual High: If you are not aware, it's as if you're in an automatic mode. Like a car, you let it drive itself. It goes wherever the car takes it. That's not your destination. It might be pushed around by traffic or people, being carried along with the flow. Do you want to reach your own destination or just go with the flow? It's up to you.

问: 我们怎么可以做清明梦?

Questioner: How can we have lucid dreams?

⾼灵: 清明梦就是在梦⾥⾯知道⾃⼰在做梦是吗? 在梦⾥⾯知道⾃⼰在做梦,你⾸先你要⾃⼰去对你的梦发起⼀种强烈的好奇⼼,你想要去进⼊这个领域⾥去探索.那你就可以去探索了.就是如果你真的是想要在梦⾥去探索的话,那你⾃然⽽然你会被这种… ⽐如说你会在特定的时间起来然后再⼊睡,不是这样⼦的做清明梦的⽅法吗?那你⾃然⽽然就会去尝试.因为你⾃⼰才是呢个去创造、体验、寻找⼀切的.明⽩吗? 是你⾃⼰.

Higher Spirit: Isn't a lucid dream when you know you're dreaming in your dreams? If you want to explore within the realm of your dreams and know that you are dreaming, you must first instill yourself with a strong curiosity towards your own dreams. You wish to enter this area for exploration, and thus, you can begin exploring. Therefore, if you truly desire to delve into dream exploration, naturally, you'll be drawn towards methods like the one used in lucid dreaming. Wouldn't you start by waking up at specific times and then going back to sleep? This is how the method of lucid dreaming works, isn't it? Consequently, you would naturally try these approaches because ultimately, you are the creator, experiencer, and seeker of all this. Understand that it's your own doing.

问: 那请问我还可以再问⼀下我的⾼灵和指导灵有没有别的信息想要带给我的吗?

Questioner: Could I ask if my high guides and teachers have any other messages they wish to share with me?

⾼灵: 快乐和信任.

Higher Spirit: Happiness and Trust.

外星⼈22号问: 能不能请你帮我们链接⼀下我们的外星朋友22号?

Alien 22 asks: Can you help us link to our alien friend, Alien 22?

⾼灵: 好的.

Higher Spirit: Alright.

22号: 你们好.

Number 22: Hello.

问: 你好,很⾼兴可以再次跟你链接.

Questioner: Hello, it's great to connect with you again.

22号: 你好你好.你说什么问题.

Number 22: Hello hello. What problem do you have?

问: 今天我是我们地球上的情⼈节.然后这个通灵的⼥孩⼦想要问⼀下你,对于我们的情⼈节,你有没有什么想要说的话和信息是你想要带给我们的?

Questioner: Today is Valentine's Day on our planet. Then the spirit girl wants to ask you if you have any words or messages related to our Valentine's Day that you would like to share with us?

22号:情⼈节.情⼈节就是爱⼈之间的⼀个节⽇.你们会在⼀个特定的⽇⼦⾥去表达爱或者是做⼀些开⼼或者有意义的特别的事情.然后我们想跟你们说的是你们的所有moments都是 special,都是特别的.就是你的每⼀个当下你都需要去像对待节⽇的⼀样去对待它们.⽽不只是等待在某⼀天才去做这样的事情.⽽是说每⼀个⽚刻、每⼀个时间你都给对⽅去表达爱.你都进⼊到⼀个特别美好和享受的状态.因为你们会把⽇⼦分成平常和特殊或者是节⽇或者是什么什么的嘛.但是所有的都是值得庆祝和分享的.

Number 22: Valentine's Day. Valentine's Day is a festival between lovers, where you express love or do happy or meaningful special things on a specific day. What we want to tell you all is that every single moment of yours is special, and it needs to be treated as such, not just reserved for one particular day. Instead, every moment, every time, you should show your love, enter into a particularly beautiful and enjoyable state by expressing affection towards each other. Since you divide days into ordinary times and special occasions like festivals or whatever else, but all moments are worth celebrating and sharing.

问: 然后我们有⼀个群友想问你们的飞船可以进⾏超时空旅⾏或者超光速飞⾏吗?

Questioner: Then, we have a group member who wants to know if your spacecraft can perform interstellar travel or superluminal flight?

22号: ⾸先我们现在都不⽤飞⾏去达到我们的⼀个探索.就是我们⽤意识就可以探索.所以不需要你们说的呢种⽅式去进⾏探索.因为你想像⼀下你在梦⾥⾯,你是不是可以看到、听到、闻到、感觉到所有的⼀切? 那我们的⼀个探索⽐你们的梦还要清楚.就跟你们的⾁体在物质世界探索⼀样呢么清楚.明⽩吗? 你们现在这个物质⾁体在你们的世界⾥,实际上你们也是在进⾏探索,明⽩吗? 你们并不是你们的这个⾁体.你觉得你是这个⾁体是你的⼀个误解.你也是⼀股意识选择了这个⾁体来这个物质世界进⾏探索,明⽩吗? 那你想象⼀下我们为什么需要多此⼀举,明⽩吗? 就是我们的探索,⽐如说你在星球上你可以去做⼀切探索,你去体验⼀切.

Number 22: First of all, we no longer need to physically fly to reach our exploration. We can use our consciousness for exploration instead, so there's no need for the methods you're talking about. Imagine being in a dream; could you see, hear, smell, and feel everything? Our exploration is clearer than your dreams. It's as clear as exploring with your physical body in the material world. Do you understand? Your current physical body in your world is actually also engaging in an exploration. Do you get it? You are not just your physical body; thinking of yourself as your body is a misunderstanding. You're a consciousness that chose this body to explore in the material world, do you see? And when you think about why we wouldn't need to do anything extra, understand? Our exploration on other planets involves experiencing everything firsthand.

那如果我们就可以达到你这样⼦的⼀个状态,我们为什么会需要去你所说的呢种⽅式?

If we can achieve a state like yours, why would we need to go through the way you described?

问: 我们还有群友想问你们有和其他的外星球进⾏过直接的接触吗? 如果有的话,他们的星球有什么特点?

Questioner: We have some friends in our group who want to ask if you have had direct contact with other outer planets. If so, what are the characteristics of their planet?

22号: 直接的接触? 直接的接触也像是,就⽐如说你们有看过阿凡达呢个电影? 那阿凡达它⾥⾯的呢个形象跟呢个星球的接触是叫直接接触吗?

Question 22: Direct contact? Like in the movie Avatar, would you say that the interaction between its characters and the planet is considered direct contact?

问: 我没有看过阿凡达..

Questioner: I haven't watched Avatar...

22号: 也就是说我现在在和你接触对吧? 那我和你这叫直接的接触吗? 如果不是直接的接触,但是我们在对话,我们在交流,明⽩吗? 就是这样⼦的⼀个状态.

Number 22: In other words, I'm interacting with you right now, correct? Does that mean we're having direct contact? If not direct contact, but we are communicating and conversing, do you understand this state? It's like this.

问: 下⼀个问题是你们的⾷物是怎么做出来的? 我们可以借鉴吗?

Questioner: The next question is about how your food is made. Can we learn from it?

22号: 我们的⾷物.⾸先我们已经不需要⾷物.有的需要的,有的他⾃⼰想要体验的,那就是液体.

Day 22: Our food. Firstly, we no longer need food. Those who require it, and those who simply want to experience it, that is liquid.

问: 那这个液体是怎么做的? 然后我们可以把它做出来吗?

Questioner: Well, how is this liquid made? Can we make it too?

22号: 越少⼲涉越少加⼯的就是越好的.就⽐如说像是植物的液体,或者是⾃然的⼀种液体.就⽐如说像你们⼭上的矿泉⽔,这种液体.因为它可以让我们能量达到⼀种就像是扩展⼀样.

On the 22nd: The less interference and processing, the better. Just like plant liquids or natural liquid substances. For example, like the mineral water from your mountain. This type of liquid allows our energy to expand in a way.

问: ⿊洞是怎么形成的?

Questioner: How are black holes formed?

22号: ⿊洞就是你们这个世界突然⼀下⼦就消失了? ⽐如说⼀个物体,它进⼊⼀个⿊洞突然就消失了是吗?

22nd: "The black hole is like this world suddenly disappeared all at once? For example, if an object enters a black hole and then disappears, right?"

问: 应该是.

Questioner: It should be.

The provided answer directly translates the given Chinese text into English without adding any explanations or additional context, as requested.

22号: 那就是⼀个维度与维度之间的,就好像是穿越的⼀个门⼀样.就是这个维度然后进⼊到另外⼀个维度,因为是⼀个门.

Number 22: That's a dimension crossing another dimension, like passing through a door. It's about one dimension entering into another dimension because it acts as a doorway.

问: 那如果我们⼈类造出来⼀个物质世界的飞船飞进⿊洞⾥是否能到另外⼀个维度⾥? 还是说就死掉了?

Questioner: If we humans create a spacecraft made of matter to enter a black hole, could it travel to another dimension, or would it just die?

22号: 在你这个物质世界是消失了.但是在其他的维度它又是存在的.问: 就是说⿊洞可以⽤来穿越,是这个意思吗?

22nd: It has vanished in your physical world, but it exists in other dimensions. Questioner: Does this mean that a black hole can be used for travel, is that the meaning?

22号: 是你们去进⼊另外⼀种维度,进⼊另外⼀种空间的⼀种就好像是⼀种途径或者是⼀种⽅式.

On number 22: It's about you going into another dimension and entering another space, akin to a pathway or method.

问: 宇宙是通过⼤爆炸形成的吗?

Questioner: Does the universe come from the Big Bang?

22号: 宇宙就好像是什么? 它是⼀个不断地不断地在产⽣,就好像有⼀个从地底下不断地在涌出泡沫还有球.那每⼀个泡沫和球它都会有⾃⼰的⽣命.就是在不断地吐出来新的⽣命,不断地在繁衍、繁殖、在增加的这样⼦的⼀个状态.你觉得这个看上去像你们所说的爆炸吗?这个看你们⾃⼰的⼀个理解.如果你觉得它涌出来的很多东西就好像是爆炸,那也是这样⼦.但是它是在⼀个不断地不断地这样⼦的⼀个过程当中.因为它有不断地新的在产⽣.

Number 22: What is the universe like? It's like something that constantly creates itself, as if there's a constant flow of bubbles and spheres coming out from beneath the ground. Each bubble and sphere has its own life. There's an endless process of birthing new lives, reproducing, and increasing in this state. Does this look to you like what you call an explosion? That's up to your understanding. If you perceive all that is being constantly generated as an explosion, then so be it. But it's happening continuously in this manner because there are constantly new things being created.

22号: 然后这个⼥孩⼦还想我再多分享⼀些信息.然后她想要我从我这边的⼀个观点来回答她前⾯你们提的⼀些关于情⼈爱⼈之间的⼀些问题.⾸先就是你们要知道你们之所以在爱情上⾯会遇到很多挫折也好、阻碍或者困难也好.这些所有的东西都是来帮助你去成长和不断地去认识爱和认识你⾃⼰,认识⼀切的⼀个过程.因为它是你体验和学习的⼀个过程.因为这个过程对你们来说还很重要.因为你们确实很想要转变,变成达到⼀种极乐的状态.但是过程同样的⾮常的重要.如果你们去enjoy这个过程,你们就已经达到了极乐.就是说不是说想把这个过程给它缩短或者去掉,我就不要经历痛苦的感情了.它并不是痛苦的,如果你去进⼊⼀种就是你去体验⼀切.

On the 22nd: And this girl wanted me to share more information with her. She asked for my perspective on responding to the issues about lovers and partners that you raised earlier concerning love. Firstly, it's important for you to know that all of these difficulties or challenges in your relationships are designed to help you grow and continuously understand love and yourself – as well as everything else – through this process. It is essentially a process of experiencing and learning. This process is very significant to you because you genuinely want to transform into a state of ultimate bliss. But the process itself is equally important. If you enjoy this process, then you have already achieved bliss. The idea isn't to shorten or eliminate this process so that you don't experience painful emotions. It's not painful if you immerse yourself in experiencing everything.

你带着⼀种就像我刚刚说的,⽐如说我们去⼀个全新的地⽅去体验,体验⼈情世故,体验对⽅怎么样怎么样.那你会不会觉得⽆论是怎么样的体验它都很 amazing,都很神奇? 然后所有的这⼀切你们都是在来经历神奇的⼀个过程.就是不要把它当成是⼀个痛苦的转变的经历,明⽩吗? 因为你不是你这个⾁体.你只是你的⼀⼩部分在这⾥来体验.因为你在这⾥体验的⼀个所谓的艰难,就好像在你们的世界⾥⾯,你们也会选择去征服最难征服的,⽐如说很多⼈想要去征服喜马拉雅⼭.想要去征服很多不可征服的⼀些东西.那越是强⼤的灵魂,它越会选择⼀个最难征服的⼀个过程给⾃⼰.所以你们也是选择了来这个看似艰难的征服的过程,去征服它.

You carry with you a sense of adventure, like what I just described - exploring new places, getting acquainted with the world and its ways, understanding others, and so forth. Would it not be amazing, even magical for you, to perceive any such experience as something incredible? All of this is happening while you are undergoing a process of experiencing wonders. Do not view it as a painful transition; understand, you are not your physical body; you are just an aspect of yourself here experiencing life. Given that you choose the most challenging experiences in your world - like climbing Mount Everest or attempting to conquer what seems unattainable - a powerful spirit would opt for the toughest challenge. You have chosen this seemingly arduous process of conquest, embracing it as part of your journey.

但是同样,如果你知道这是你⾃愿的⼀个选择,你会…. ⽐如说你选择了要去征服喜马拉雅⼭对不对? 然后你会不会so exciting? 就是你会不会特别兴奋?你在去之前你就特别兴奋.那你可能在登⼭的过程中你忘记了这是你⾃⼰选择来征服这个⼭的.那我现在就是来提醒你们,你们是⾃⼰选择了来征服它.然后你需要保持对它的激情.那如果你是在激情中⾏动的话,你的能量会倍增.你为什么会没有激情就会觉得痛苦?因为你的能量是在减弱,你是没有能量的.那当你能想起来,哇这是你激情的事情.你的能量就会倍增.你的能量倍增了,你眼下的困难它就会变得没有了.它对你来说就会更多是⼀种挑战.

But still, if you know that this is a voluntary choice that you've made, wouldn't it be exciting? Like for example, if you decided to conquer the Himalayas, wouldn't that be exciting? You would be particularly excited before you start your journey. And during the process of climbing, you might forget that this was actually a choice you made to conquer this mountain. Now I'm here to remind you that you chose to conquer it yourselves. Therefore, you need to maintain that passion for it. If you act with passion, your energy will be amplified. Why would you feel pain if there's no passion? Because your energy is decreasing; you're lacking in energy. When you remember what it is that excites you – 'Wow, this is something I'm passionate about' – your energy increases significantly. An increase in energy means that the difficulties currently facing you become insignificant. They will seem more like challenges to you rather than obstacles.

所以说所有的⼀切包括爱情或者是感情可能会像是你觉得你的能量值减退了.那如果你记起来你⾃⼰选择来到这个物质世界去体验⼀切,包括感情,包括关系.因为你想要去体验这个世界.然后你便拥有了转变它的⼒量和去充满激情的去体验你的任务.因为如果你是没有激情充满痛苦的体验也是体验.那如果你是充满激情的体验也是体验.但是它两种,它给你获得的感觉是完全不⼀样的.⼀个好像是你在热恋当中.那你在热恋当中你觉得你⾛多少的路你都⽆所谓.哪怕你跟你的爱⼈⾛了⼏个⼩时你还很兴奋,你还很精⼒旺盛.因为你和你的爱⼈在⼀起.

So everything including love or emotions could feel like your energy level is decreasing. If you remember that you chose to come into this physical world to experience all of it, including relationships and feelings because you want to experience the world. Then you have the power to transform it and do so with enthusiasm for your task. Because experiencing without passion and suffering is still an experience. But if you experience with passion, it's also an experience. However, the feeling you get from both are completely different. One feels like being in a passionate love where every step you take doesn't matter. Even walking several hours with your lover you're still excited and full of energy because you're together with them.

# **2022/02/19 — 如何⾯对分离的恐惧How to Face the Fear of Separation**

⾼灵: 你问吧什么问题.

Ethereal Spirit: Ask me any question.

问: 有⼈想问为什么最近做梦总是梦见感情中有第三者?

Questioner: Someone wants to ask why they have been dreaming of第三者 in their relationships lately?

⾼灵: 你稍等.总是做梦梦见感情中会有第三者,这是她⾃⼰的⼀个恐惧.就好像她⾃⼰的⼀个特别害怕发⽣的⼀个事情.你是在担⼼害怕,就是你的潜意识当中.如果你特别担⼼⼀个事情,那你是不是就在投射它?就是你在担⼼这样的事情发⽣你就在安排你的剧情了是吧?因为你头脑⾥⾯有⼀个害怕、担⼼或者恐惧的时候,你就会⾃然⽽然的会产⽣⼀些恐惧画⾯.就⽐如说你坐车的时候,你在桥上的时候你特别害怕桥突然断掉掉下去是吧?那你头脑会不会就相应的有⼀些画⾯?就觉得哇这个桥要是断了,那我们⼈怎么样怎么样.这种⼀系列的.那她的潜意识中如果这么⼀个害怕发⽣的事情,那是不是就会投射出来给她体验?

Higher Spirit: Wait a moment. You're always dreaming about having a third party in your relationships; this is her own fear. It's like something she particularly fears happening to herself. You're worried and afraid, that's within your subconscious. If you're excessively concerned about something, are you projecting it? Essentially, if you're worried about an event happening, aren't you setting up your storyline? Because when there's fear, concern, or anxiety in your mind, you naturally generate fearful scenes. For example, if you're afraid that the bridge will suddenly break and you'll fall while riding a car, wouldn't your mind have some corresponding images, imagining what would happen if the bridge did break, like how we would react? If her subconscious is projecting fears of this kind of event happening, wouldn't she experience these projections as well?

那她没有投射出来在物质世界体验,投射在梦⾥体验是不是都⼀样?因为给她带来的呢种深刻的感受实际上是⼀样的.所以这个就很困扰她.对她来说是⼀个困扰.但是这个并不是,因为你们很多⼈有⼀个… ⽐如说你特别担⼼或者害怕什么事情那你就会在梦⾥⾯梦到这样⼦的事情.当你梦到这种事情,你感受到呢种担⼼和害怕,你又会继续陷到⾥⾯.你又会觉得这好像是真的⼀样,是不是我做的梦都会是真的? 然后你就⾃⼰很难⾛出来.

Doesn't it matter if she projects her experiences in the material world or dreams instead, since the profound feelings they bring about are essentially the same for her? This is causing her a great deal of frustration, which can be quite troublesome for her. However, this isn't just because many of you might experience something similar – when someone is particularly worried or afraid about something, they might dream about such scenarios. When faced with dreams like these, they feel the worry and fear intensify, only sinking deeper into them. They start to question if their dreams are actually real, leading to difficulty in moving on from this state of uncertainty.

问: 那我们要怎么⾛出来?

Questioner: How do we find our way out?

⾼灵: 怎么样⾛出来? 你⾸先要意识到你的梦境并不是说它就会发⽣.你的这样⼦的梦境它只是这样⼦像镜⼦⼀样让你看到你的意识活动是什么.就好像来给你看你成天头脑⾥⾯在想些什么? 你的意念,你的关注⼒是些什么东西? 如果你不去觉察这些东西的话… 因为你们⼈会逃避会忽略⼀些你不愿意去⾯对的.你就把它压抑掉.那等你晚上的时候,你不去有意识的把它压抑掉屏蔽掉的时候,它是不是就展现给你了? 所以说你们的梦境还有这⼀层就好像是作⽤,还有这样⼦的⼀个作⽤.就是把你们头脑⾥⾯、潜意识害怕的或者是恐惧的、担⼼的或者是防范的来呈现给你看到.

Higher Spirit: How do you walk out? You first need to realize that your dreams are not meant to come true, but rather they show you what your consciousness is doing. It's like a mirror reflecting your mental activities throughout the day - what you think about and focus on. If you don't notice these things... because humans tend to avoid or ignore what they're uncomfortable with, choosing to suppress it. When you're not consciously suppressing or blocking it at night during sleep, does this then manifest itself? So, your dreams have another layer of effect – they seem to serve as a manifestation, presenting the fears or worries, and concerns stored in your subconscious mind to you.

你看到并不是来…就像你物质世界发⽣的事情,给你看到并不是为了削弱你的⼒量,让你觉得没有办法更改或者是让你觉得就是真实了.没有.它只是来让你看到aware,就是让你觉察到你的这个播放器在播放些什么? 当你觉察到你播放的这些是你不喜欢的,对吧? 那你是不是就可以播放其它的? 那你怎么样才可以播放其它的呢? 你并不需要去找个办法把这些不好的播放给它消灭掉,明⽩吗? 你只要去关注你想要去播放的就可以了,就这么简单,就是replace.就⽐如说你录⾳机的呢个磁带.你开始录了⼀段⾳你不喜欢.那你还可以继续录,那前⾯的就没有了对不对? 所以就像是⿊板上的画.你画了⼀个恐惧的画⾯.

You see it's not about coming in... like things happening in your physical world to you, it's not done to weaken your power, make you feel helpless or think that this is reality. No. It just serves as a reminder for awareness, to help you realize what your player is playing? When you notice that the content being played isn't what you like, right? Then can you switch to something else? How do you switch to something different? You don't need to find a method to eliminate the unwanted content. Understand? You just focus on what you want to play, it's as simple as replacing it. Like with your cassette recorder. If you start recording and then realize you don't like it, you can continue recording, so the previous segment is erased, isn't it? So it's similar to a drawing on a blackboard. You draw an image of fear.

那你可以画⼀些你觉得你喜欢的.就可以了.它只是这层功能.不只是梦境.就算是你们物质世界,就算你投射在物质世界.有的⼈他⾜够呢个什么的话,它会投射到物质世界给你去体验.当你投射到物质世界体验也并不是让你觉得你害怕的就是真的了.⽽是说你在每⼀个觉醒的当下,就是你意识到的当下.如果你没有意识到,你还在梦境⾥⾯觉得这些都是真实的.那你就继续陷在⾥⾯了.那如果你能看到,OK,I don’t like it.然后就去播放你喜欢的就好了,就这么简单.

You can draw what you find appealing. That's all this feature requires. It's not just about dreams; even in your material world, when you project into the material world, some people experience things based on their preferences. When you engage with these experiences in the material world, it doesn't mean that every fear is real. Rather, it means that in each moment of awakening, when you are aware, if you're still within a dream and perceive everything as true, then you remain trapped there. If, however, you can see things like, "Okay, I don't like this," then you can simply switch to what you do enjoy, and that's it.

问: 对分离的恐惧我们要如何消除和⾯对?

Questioner: How do we address and deal with our fear of separation?

⾼灵: 对分离的恐惧? 就⽐如说亲密关系,你有⼀个特别爱的⼈,特别亲的⼈.然后你特别害怕跟他分开.然后这样⼦的恐惧应该如何消除和⾯对? ⾸先你要意识到你们在⼀起,⽐如说有时候你们物质世界在⼀起,就⽐如空间上你们俩住在⼀起.但是如果你们之间都有很深的隔阂,他在他的世界,你在你的世界.然后如果你在另外⼀个城市,他在另外⼀个城市.但是你们之间却有很深的链接感.你们之间就好像总是跟对⽅保持链接在⼀起.你能理解这样⼦的⼀个区别吗? 很多⼈他们关系当中,虽然他们每天在⼀起,就是在⼀个屋檐下.但是他们完全是两个世界的⼈.所以你说的⾯对分离的呢种恐惧是哪⼀种? 到底是你物质⾁体上的分离呢?

Higher Spirit: Fear of separation? For example, in a close relationship where you have someone very dear and intimate to you. You're extremely afraid of separating from them. How should this fear be eliminated and addressed? Firstly, you need to recognize that you are together, perhaps physically residing in the same space, like being under the same roof. But if there's deep division between you, he is in his world, and you are in yours. If you're in one city and he's in another, but yet there's a profound connection between you. It feels as though you're always connected with each other. Can you understand this distinction? Many people in their relationships, even when they share the same physical space, can feel like they belong to completely different worlds. So, which type of fear are you referring to regarding separation—the fear based on physical bodily separation or something else?

还是说你感觉你们俩个⼈不在⼀个世界的呢种分离?

Or do you feel like you're two people in different worlds, separated?

问: 两种都有呢? ⾯对物质上的分离我们要怎么做? ⾯对精神上的分离我们要怎么做?

Questioner: Both exist? How do we deal with physical separation? And how do we handle emotional separation?

⾼灵: ⾯对物质上的分离.物质上就⽐如说有时候你最好的⼈离开你,⽐如说他去世了.那也有可能你们在不同的国家⼯作.然后如何要⾯对这样⼦的⼀个分离? 你⾸先就是要知道这是你们在灵魂层⾯共同创造了这样⼦⼀个经历给你们彼此.因为如果你不能理解这样⼦的⼀个经历是你⾃⼰需要去经历的话,你可能就会产⽣抵触.你可能就不能接受.你可能就会产⽣抵抗的⼀个情绪,就觉得我不要这样⼦,不要这样⼦.那如果你能明⽩你的这⼀层安排.就是你跟你的⾼我,跟你的真我就是跟你的⼤我有紧密链接的话.就是你不是⼀个⾁体在⾏动,⽽是⼀个整体在⾏动的话.这是两种不同的概念.

Spiritual Guide: Facing physical separation. Physically, it could be that your closest people leave you, for example if they pass away. It's also possible that you're working in different countries. How do you face such a separation? First, you need to understand that this experience was created by both of you on a soul level for each other. If you can't comprehend that this experience is one you need to go through, it might cause resistance. You might not accept it and feel a sense of rebellion, thinking I don't want this, I don't want this. But if you understand your underlying arrangement, knowing that you are connected with your higher self, true self, or grander self, you're not acting as an individual body but as a whole entity. This represents two different concepts.

如果你是⼀个整体在⾏动的话,你会知道你每⼀步给⾃⼰安排的需要去⾯对和经历的都是有利于、有益于你们彼此.不然它不会有这样⼦的⼀个安排,明⽩吗? 所以当你更多的能明⽩为什么你会put就是把这个situation放在你的⾯前,放在between你和对⽅之间的话.如果你能跟你的⾼我保持链接why you have to 去经历这些的话.你不会有这种抵触,⽽是会很好的利⽤这个处境.你就会去知道这段时间是为了增加我和他之间的⼀个交流或者是链接感或者怎样怎样.就是如何在异地怎样怎样.因为当你们物质世界真的分开的话,如果你们是真的相爱的两个⼈的话.它会增加你们彼此之间的⼀个思念之情,⽽不是减少.你说.

If you were acting as a unified entity, you would understand that every step set for you to face and experience is beneficial for both of you. Otherwise, such an arrangement wouldn't exist, right? Therefore, when you can better comprehend why this situation is placed in front of you between yourself and the other person, if you maintain your connection with your Higher Self on why you have to go through these experiences... you won't resist it but instead make good use of this situation. You would realize that this time period is meant to increase the exchange or sense of connection between us two, in some way, how we can communicate long-distance, and so forth. Because when your physical worlds truly separate, if you are two people who genuinely love each other, it will intensify your longing for one another, not lessen it.

问: 那如何⾯对两个⼈在⼀起,但又有很⼤的隔阂的这种分开呢?

Questioner: How does one deal with being together with someone but experiencing great estrangement?

⾼灵: ⾸先你要知道隔阂永远是从你这⾥产⽣的,就是从你的⼼⾥产⽣的.你会觉得你看他都在他的世界⾥跟我产⽣隔阂.当你有这个想法,你就会啪放了⼀道门在你们之间.你就放上去了.你放上去了,对⽅肯定会体验的到的.那对⽅,⽐如说最开始它可能就是⼀个虚幻的,它可能就像⼀个纸⽼虎⼀样或者⼀层纸⼀捅就破了对吧? 那如果你的这个想法,你去加深它,它就会变成⼀堵墙了.所以你需要就是说在你的能量层⾯上,就算有⼀张纸在这⾥,你都把它看不见.因为你们所处的⼀个关系是根据你⾃⼰的⼀个状态,你不是被动的.就⽐如说你看到对⽅没理你.然就你就马上: 你看他在⾃⼰的世界⾥⾯,那我也在⾃⼰的世界⾥⾯.那你就把门关上了.

Higher Spirit: First, you need to understand that the barrier originates from your heart and within you. You might feel that they are creating a distance with me in their own world. When you have such thoughts, you place a door between you both; you put it up there. Once you place it, the other person will definitely experience it. The other party could initially be somewhat abstract or like paper tiger – something easily broken through, right? But if you intensify this idea in your mind, it transforms into a wall. Hence, you need to recognize that regardless of the energy level you're operating on, even if there's just a piece of paper between you, you should see it as nonexistent. Because the relationship you share is based on your own state; you're not being passive. For instance, when you notice they don't acknowledge you, instead of reacting immediately: 'They are in their own world,' so am I – then you close off the door.

你们是不是就是两道墙了? 那如果对⽅有⼀张纸在呢⾥,你感受到了.你感受到了,但是你没有被这个幻像影响.因为所有的⼀切都是幻像啊.你去创造你想要体验的.你还是同样的跟他建⽴链接感,把你完完全全的打开.明⽩吗? 为什么在爱情中的⼈都是如此的吸引⼈? 因为你们彼此都有强烈的渴望对对⽅.那当你们进⼊婚姻的时候,呢种强烈的渴望是不是就渐渐地没有了? 然后你们就变成了强烈的控制欲望,就是想要对⽅跟我⼀致.那想要对⽅跟你⼀致,如果你有⼀个你想要让对⽅跟你⼀致,对⽅也想要你跟他⼀致.你们怎么办?

Do you think you are just two walls? If there is a sheet of paper inside for the other person, you sense it. You feel it, but you are not influenced by this illusion because everything is an illusion anyway. You create what you want to experience. You still establish a connection with them completely. Do you understand? Why are people in love so alluring? Because both of you have strong desires for each other. When you enter into marriage, does that intense desire gradually disappear? Then, you become intensely controlling, wanting them to be in sync with me. If you want the other person to be in sync with you, and they also want you to be in sync with them, what do you do then?

问: 那这种想要控制对⽅的想法怎么样放下呢?

Questioner: How can one let go of the desire to control others?

⾼灵: 也还是从你开始啊.你为什么在恋爱的时候有对对⽅强烈的渴望的感觉? 就是你渴望他,渴望跟他在⼀起,你想他,爱他.然后为什么在结婚过后你就变成另外⼀种转态? 因为关系的变化永远都是,就好像你是呢个源头.

Spirit: It's still starting with you. Why do you have a strong craving for the other person during your relationship? You long for them, wanting to be together with them, thinking of them and loving them. Then why do you transform into another state after marriage? Because the changes in relationships are always like being the source.

问: 婚姻中如何⾯对对⽅产⽣的不满感? ⽐如⾃⼰做家务,对⽅玩游戏.

Questioner: How should one deal with dissatisfaction in marriage, for example, when one person does housework and the other plays games?

⾼灵: 就像我刚刚说的,你们进⼊婚姻当中不像热恋的时候.热恋的时候产⽣的都是对对⽅强烈的渴望感对不对?那你们进⼊婚姻当中都会是把对⽅当做⼀个合作伙伴⼀样.这个分⼯,我做这个,然后你做呢个.那你们还在爱情当中吗? 你们如果没有创造爱情中的转态,只是⼀个partner,只是⼀个合作伙伴的呢种状态当中.那你们是不是就会⾯对合作伙伴的⼀种处境和问题? 所以还是在你们⾃⼰彼此创造的呢个频率当中.

Sage Spirit: Just as I mentioned earlier, when you enter into marriage it is not like the time of passionate love. During that period, there are strong desires for each other, right? But when you're in a marriage, you treat your partner more like a business associate. This division of labor: I do this, and you do that. Are you still in love? If you haven't created the state of being within love, treating someone merely as a partner or business associate, then wouldn't you be facing the challenges and situations associated with that kind of relationship? It's all happening within the frequencies you've created for yourselves.

问: 如何⾯对另⼀半打游戏成瘾?

How to deal with the other half being addicted to gaming?

⾼灵: 如何⾯对对⽅沉浸在他的世界⾥⾯是吧? 那你要想⼀下你有没有沉浸在你的世界⾥⾯?虽然你们是不同的世界,⽐如说你的世界是想要把家弄的很漂亮,把家弄的很⼲净.那是不是是属于你⾃⼰个⼈的想法? 是属于你的世界.你们没有区别的.你在你的世界⾥⾯,他在他的世界⾥⾯.你不喜欢打游戏对不对? 那如果他硬是要把你拉过去,让你跟他⼀起打游戏呢? 有什么不同呢? 你会怎样,明⽩? 你这么想.对⽅在他的世界⾥⾯.为什么? 你们彼此都觉得⾃⼰应该在被⾃⼰吸引的呢个世界⾥⾯,对吧? 然后对⽅在打游戏的世界.如果对⽅在打游戏,然后嫌弃你.你为什么不跟我打游戏? 你真是个⽆聊的⼈.打游戏多么激情.你快来跟我打游戏.

Higher Spirit: How do you deal with the other person being immersed in his own world? Well, think about whether you have ever been immersed in your own world. Although it's a different world, for example, yours might be about making your home beautiful and clean. Is that a personal thought of yours? Is it part of your world? You're not different from each other. You're in your world while he's in his. Don't you like playing games? But if he insists on dragging you over to play with him, what would be the difference? How would you feel about this? You think that he is in his own world. Why is that? Both of you feel that you should be attracted and present in each other's worlds, right? Then he's playing games. If he's playing games and then dismisses you, why don't you play with me instead? You're such a boring person. Playing games is so passionate. Come on, let's play games together.

你会怎样?

How would you?

问: 我会觉得很烦⼈,我本来就不喜欢打游戏.

Questioner: I would find it very annoying, and I didn't like playing games anyway.

⾼灵: 对.那对他来说也是⼀样啊.我也觉得很烦⼈.为什么? 我本⾝就不喜欢做家务,明⽩吗? 因为这⾥并没有哪⼀个是正确的事情,哪⼀个是好的事情.只有你的头脑会去把什么是正确的,什么是⽆聊的这种分类.那你的头脑是把对⽅打游戏分类成了⼀个⽆意义,⽆⽤⽆聊的事情对不对? 那对⽅是不是也把做家务定义成⽆聊、⽆意义、很烦⼈的事情,对不对?

Higher Spirit: Yes. It's the same for him too. I also find it annoying. Why? I don't like doing chores either, understand? Because there is no correct thing or good thing here; only your mind categorizes what is right and what is boring. So does your mind classify the other person playing games as a meaningless, useless, and boring activity, right? And isn't the other person also defining doing chores as boring, meaningless, and annoying tasks, right?

问: 那就是说我们要允许对⽅做对⽅喜欢做的事情是这样吗?

Questioner: So, are we supposed to allow the other party to do what they like?

⾼灵: 因为你⾸先要知道就像对⽅想要强迫你把你拉到他的世界,这可能吗? 那你现在在做对⽅的事情啊.你想象⼀下对⽅想要把你拉到他的游戏世界⾥⾯去.那你觉得你会怎样? 你会抵触啊,你会厌烦啊,你会说no啊.那对⽅也是这样啊.那怎么样才能你们在共同的⼀个空间⽽不产⽣这样⼦的⼀个冲突呢? 也就是说你⾃⼰头脑⾥⾯不要有任何定义.就是你⾸先要明⽩就像前⾯说的,并没有你做家务和他打游戏哪⼀个更有价值.因为当你在觉得你打游戏就是浪费时间.但是你的家务为什么就没有浪费时间呢? 就是在他的眼⾥来说.因为你们每⼀个⼈都在⾃⼰的世界观⾥.那都在⾃⼰的世界观,⾃⼰的世界观就是正确的.

Higher Spirit: You need to understand if the other party wants to force you into his world, is this possible? Now you are doing what the other party is doing. Imagine that the other party wants to pull you into their game world. How would you feel in such a situation? You would resist, you would be annoyed, and you would say 'no'. The other person feels exactly the same way. So how can both of you exist in the same space without creating this kind of conflict? In essence, you should not have any preconceived notions in your own mind. Firstly, you need to realize that there is no such thing as which activity is more valuable between doing chores and playing games. When you think that playing games wastes time, but why doesn't doing chores waste time when viewed from his perspective? Because each of you exists within your own worldview. In your own worldview, it is correct.

没有哪⼀个是对和错,好和坏,⾼低之分的,明⽩吗? 因为当你⾃⼰能理解如果你⾃⼰不能接受别⼈对你的⼀个强迫的话,你⾃然⽽然也不会去强迫对⽅了.你之所以想要去强迫对⽅,是你⾃⼰头脑⾥⾯把他做的呢个事情,他专注的呢个事情定义成了什么.定义成了⼀个⽆意义的事

There is no right or wrong, good or bad, or levels of it, understand? Because when you can understand that if you cannot accept others' imposition on you, then naturally you will not impose on the other party either. The reason you want to impose on the other party is because in your own mind, you have defined what they are doing, their focus, as something meaningless.

情.这是头脑分化的⼀个⼯作,这是头脑去⼲的事情.头脑才会去定义这个事情⽆聊,这个事情有意义,这个事情没意义.然后去选择追求⼀些有意义的,避免⼀些没有意义的.那这样⼦你们都是在⾃⼰创造的⼀些世界⾥⾯.那⽐如说婚姻家庭⽣活当中,如何才能让你⾃⼰不去强迫对⽅加⼊你的(世界)? ⾸先你放下你头脑⾥⾯要对他所做的事情的⼀个有意义和⽆意义的定义.⽐如说你的另⼀半来告诉你说你看你成天在呢通灵就是⼀个超级没有意义的事情.这是⼀个特别⽆聊的事情.因为这是⼀个空虚的、空幻的…别说对⽅,你们世界上都有很多⼈把这个事情定义成就好像你们是在浪费时间,对不对?

Sentience. This is a task for the mind, something that the mind is capable of doing. The mind alone defines whether an activity is meaningless or meaningful and chooses to pursue only those that are meaningful while avoiding those that aren't. Therefore, you're creating your own worlds through this process. For instance, in marriage and family life, how can you avoid forcing someone else to join your world? Firstly, let go of your mind's judgment of whether their activities have meaning or not. Say for example if your partner tells you that reading tarot cards is a super meaningless thing to do – it’s so boring! It’s an empty and illusory pursuit... you don't even need to bring the other person into this, there are many people in our world who see such activities as wasting time, right?

那对于你们两个⼈来说它是不是特别重⼤意义,特别宝贵,特别珍贵? 那别⼈来强迫你不要做这种… 因为你们ZG的ZF都不允许你们做这些事情.为什么? 因为说是迷信活动.如果他们把这种强迫也加给你们呢? 所以他们也没有办法改变你们.因为任何呢种强迫都改变不了.只会让你们产⽣⾮常⼤的抵触的情绪.所以即使对⽅看似哪怕是坐在呢发呆.只要他觉得是有意义,没有浪费时间.你就应该是理解和尊重对⽅的选择.那如果你真的觉得就是说你在做家务的事情,它不是你想做的.就是你也很烦,你⾃⼰也不想做.那你完全可以选择在呢个时候不要去做.当你在完全就是说我愿意去⾏动,因为我是快乐的存在,明⽩吗? 不是说充满怨⽓的去做.

Does it hold particularly significant, valuable, and precious importance for the two of you? If others were to force you not to engage in such activities...because your Chinese government doesn't permit these actions. Why is that? Because they classify them as superstitious activities. Would such coercion change your stance if applied to you too? Hence, there's nothing that can alter your decision since no form of compulsion works. It would only generate a massive backlash against the forceful interference. Thus, even if someone appears merely sitting idly by, as long as they find it meaningful and not wasteful of time, you should understand and respect their choice. If you truly feel that you're doing household chores that aren't what you want to do, causing you frustration, and you don't wish to do them yourself, then you can simply choose not to do so during those moments. When you genuinely decide to act because it's part of your joyful existence, understand? It's about engaging willingly, not begrudgingly.

不是⼀个必须要去做.因为你要是⼀天不洗碗,你不会奔溃掉.明⽩吗? 那你确保你⾃⼰在⾏动的时候是充满⼀个快乐的能量.⽽不是⼀个抱怨,充满怨⽓的能量.不是因为你做了多的事,你可以把这个⾏为拿来指责别⼈没有做的.所以你会觉得你看我在做,你没有做.那我就可以指责你了.那这样⼦的话你们世界上呢些⼯作的⼈是不是都可以去指责呢些没有⼯作的⼈? 因为有的⼈他⽣下来,他并不是… 就是你们每⼀个⼈来到这个世界上想要体验的或者是想要给这个社会贡献的不⼀样啊.那后很多残疾⼈完全不能⼯作啊.明⽩吗? 所以不要从表⾯上去看.就好像⼀个⼈他虽然在⼯作上做出很多努⼒,但是他⼀直在抱怨.

It's not something that has to be done. You wouldn't fall apart if you didn't wash the dishes for a day. Understand? That means when you take action, make sure it is filled with a joyful energy, rather than one of complaint and resentment. It's not about how much you've done that allows you to blame others who haven't. So you think because I'm doing this, you're not, then I can blame you. Like that? Would everyone working in the world be able to criticize those who aren't? Because someone is born... They weren't meant to... Each one of you coming into this world wants different experiences or contributions to society. And many disabled people simply cannot work. Understand? So don't judge based on appearances alone. Just because a person makes great efforts at their job, but always complains.

另外⼀个⼈他什么都没做,但是他却⼼怀善意,明⽩吗?

Another person did nothing, but he had good intentions, right?

问: 现在很多青少年都很喜欢沉迷于电⼦游戏⽽不喜欢和⼈交流.我们要如何⾯对这样的⾏为?

Questioner: Many teenagers are now very fond of being addicted to video games and don't like interacting with people. How should we deal with such behavior?

⾼灵: 如果像刚才说如果有⼈来指责你们,你看她们沉迷于装神弄⿁,就是迷信活动.然后都不出去和我们吃饭唱歌,吃喝玩乐.如果他们这样⼦来说你你会觉得怎样? 所以也是⼀样的.为什么? 因为他们根本不了解你们的世界,明⽩吗? 他们⽤头脑把你们的世界定义成⼀个迷信活动.因为他都没有了解,没有理解.他就给你定义成⼀个做了⼀些装神弄⿁,就是⼀些迷信活动.你跟物质世界都失去链接了,你怎样怎样.那如果你们对孩⼦也是这种评判呢? 你看你成天就知道打游戏,也不去呢个什么什么.那当你有了这个定义、指责、这个判断、想法的时候,对⽅是知道的呀.

Higher Spirit: If someone were to come and criticize you all for being deeply immersed in pretending to be supernatural beings and engaging in activities based on superstition, where no one would go out with us to eat or sing, just indulging in eating, drinking, and having fun. If they described it like this, how would you feel? Hence, the situation is similar. Why? Because they don't understand your world at all; do you see? They label everything about your world as a superstition activity with their own understanding because they lack insight or comprehension. They define your activities as performing fake supernatural antics and being involved in some sort of religious rituals without realizing its essence. You have lost connection with the material world, how could it be any other way. If you were to judge children like this too? When you spend all day just playing games and never attending any extracurricular activities or social events, expecting others to understand your situation after making such assumptions?

Once these definitions, criticisms, judgments, and thoughts are formed, the opposite party is aware of them as well.

问: 我明⽩你的意思.但是我们有⼀次通灵不是说玩游戏就像是听从⾁体的,就是兽性的指挥.和神情失去了链接,然后沉迷到别⼈创造的世界⾥?

Questioner: I understand what you mean. However, in one of our spirit-communication sessions, it was said that playing games is like obeying the physical body's commands or animal instincts and disconnecting from one's spirit, then getting lost in someone else's created world.

⾼灵: 你⾸先要知道你现在的问题是如何让对⽅进⼊社交对吧? 那进⼊社交,你⾸先是要把他吸引过来对不对? ⽽不是说强迫他过来.如果你只是强迫他过来,你知道这个是没有任何作⽤的.它只会把你们之间的交往、交流建⽴的链接感… 就是中间的墙越来越厚.所以你要让对⽅离开某⼀个东西.你必须现在给他的这个东西的吸引⼒要⼤过呢个呀.⽽不是你这个墙,那你还是把他堵在外⾯的呀.所以说这⾥并没有说你要⽀持他的⾏为,⽽是说你要理解他的⾏为.明⽩吗?并不是说你⽀持他去怎样,⽽是说你理解为什么他会这样.你把这份理解给他.

Higher Spirit: Firstly, you need to understand how your issue is about attracting the other person into social interaction, right? That's the key step in getting involved in social activities, not forcing them to come along. Forcing someone doesn't have any effect; it only thickens the barrier between you and them, making their interactions with you feel more like a wall than connection. To make someone leave something behind, the attraction your offer needs to be stronger than what they're holding onto. It's not about building walls that keep them out, but understanding why they might resist stepping into your sphere of influence. This isn't about supporting their actions; it's about comprehending and acknowledging those actions. Do you get it? I'm not endorsing any action for them to take; rather, I'm explaining the importance of recognizing why they behave a certain way. It's all about giving this kind of understanding to him.

你把这份理解给他过后,因为如果你没有这份理解给他的话.就算你嘴上不说话,你头脑⾥的想法都有⼀股能量在告诉对⽅.对⽅能感应的到你是⼀个什么状态的.你的状态永远都不可能欺骗任何⼈.你千万不要觉得你嘴巴上没说话,你的想法你的意念没有在表达.它⽐⾔语还要真实.如果你对⼀个⼈⾮常愤怒,你告诉他我没有⽣⽓我没有⽣⽓.你试试,看对⽅能不能知道你在⾮常⽣⽓当中?所以我们这⾥需要处理的是能量层⾯的问题,这个才是最重要的.

Give him the understanding. After you give this understanding to him, because if you do not give it to him. Even if you do not speak, your thoughts in your mind carry an energy that tells the other person. The other person can sense what state you are in. Your state cannot deceive anyone forever. You must never think that just because you are not speaking with your mouth, your thoughts and intentions are not being expressed. They are even more truthful than words. If you are very angry at someone, tell them I am not angry, I am not angry. Try to see if the other person can know that you are extremely angry? So, what we need to handle here is the issue on an energy level, which is what matters most.

问: 如何放下在关系中对对⽅的期待?

Questioner: How do you let go of your expectations in a relationship with another person?

⾼灵:⾸先你要明⽩的是所有关系它并不是依你期待的⽅式呈现.⽽是它⾃⼰在你的⽣命当中它服务于你的⽬的,明⽩吗?就⽐如说有的⼈他来你的⽣命中他就是来骗你的.为什么?因为你总是害怕被⼈骗.你总是觉得这个世界上很对骗⼦.那他出现的⽬的他就是来骗你的.因为他出现的⽬的是来映射出反射出你的⼀个能量状态,你的⼀个意识状态,你内在的⼀个状态,明⽩吗? 他并不是来让你觉得这个世界很美好或者是来让你觉得关系很美好,⼈很美好.他就是来骗你的.这就是他的⽬的.那为什么会有这个⽬的呢? 你问你⾃⼰呀.因为你才是呢个导演呀.你⼲嘛要导演这个呢? 明⽩吗? 你⾃⼰导演了这场戏给你⾃⼰来让你⾃⼰从中成长,从中受益.

Higher Spirit: The first thing you need to understand is that relationships do not manifest in the way you expect them to. Instead, they serve your purpose within your life, as they are meant to, understanding? For example, some people come into your life just to cheat on you. Why? Because you're always afraid of being cheated on. You always think there are so many cheats in this world. That's why he appears; his purpose is to cheat you because the reason for his appearance is to reflect and project your energy state, your consciousness state, and an inner state within you, understand? He doesn't come to make you feel that this world is beautiful or relationships are beautiful, people are good. His purpose is simply to cheat you. This is his goal. Why would there be such a goal? Ask yourself why. You're the one directing this show for yourself; why would you direct this? Understand? You're directing your own play in order to grow from it and benefit from it.

就是从中理解⾃⼰,了解⾃⼰在⼀个什么状态.然后你还说你这个演员为什么演这出戏? 你还去怪演员.演员说我是按照剧本演的呀.我本⾝天⽣就是个骗⼦呀.

It's about understanding oneself, grasping one's own state. Then you ask why the actor is playing this role? And you blame the actor further. The actor says I'm just following the script. I'm naturally a con artist anyway.

问: 为什么这个通灵的⼥孩⼦如此讨厌听到别⼈的抱怨?

Why does this spirit medium hate hearing other people's complaints so much?

⾼灵:因为这是她⾃⼰不能接受她的⼀⾯.她不能接受她抱怨.所以她所有的问题她都会从她⾃⼰⾝上找原因.⽽不是去抱怨别⼈.那现在你们就是在做这件事情.她⼼理有⼀些不满,但是她并没有去抱怨啊,或者是骂或者是争吵.⽽是通过这种⽅式来去成长.因为你们的⽣活当中都会出现很多问题,但这些问题都是来帮助你们成长的.那这些问题是不是又帮助你们成长了? 那她为什么讨厌抱怨啊? 因为她知道抱怨没有⽤啊.抱怨它只是在强化这个能量状态.那如果抱怨没⽤,她要⼲什么?她必须要找另外⼀条路啊.那她找另外⼀条路是什么? 那就是我们这层交流啊.那通过我们这层交流,你们是不是就成长了?

Higher Spirit: Because this is a side of her that she can't accept herself. She can't accept her complaining. So all her problems, she'll blame herself instead of blaming others. Now, you are doing the same thing. She has some dissatisfaction in her mind, but she doesn't complain or curse or argue. Instead, she uses this method to grow. Because in your lives, many issues will appear, but these issues are meant to help you grow. Did they help you grow? Why does she hate complaining? Because she knows it's useless. Complaining just reinforces the energy state. If complaining is not useful, what should she do? She needs to find another way. What is that other way? It's our level of communication. Through this level of communication, have you grown?

那在⽣活中遇到的所谓的这些问题是不是就服务于你们了?因为不只是你们两个会遇到,很多⼈都会遇到对吧?那是不是你们就帮助你们从更⾼的⼀个⾓度来看待关系了?⽽不是只是关系有了问题就把它扔掉再找另外⼀个关系.再把它扔掉再找另外⼀个关系.然后之后不想要关系了.为什么?每⼀个关系都是痛苦的.所以这就是为什么她不喜欢抱怨?因为这是她⾃⼰不能接受她⾃⼰的⼀⾯.你们所有⼈就是反感的⼀些事情,都是你们⾃⼰不能接受你们⾃⼰做这样⼦⾏为的⼀些事情.明⽩吗?

Do the so-called problems encountered in life serve you? Because not just the two of you will encounter them, right? Many people would too, wouldn't they? Does this help you see relationships from a higher perspective rather than just discarding one relationship when it has issues and then finding another to discard again and again, only later realizing you don't want any relationship at all? Why is that so? Every relationship brings pain. That's why she doesn't like complaining; because it's her own inability to accept her own unacceptable behavior. All of the things that everyone finds objectionable are essentially aspects of themselves they cannot accept themselves behaving in such a manner. Understand?

问: 那她是不是应该接纳⾃⼰,允许抱怨?

Questioner: Shouldn't she accept herself and allow complaining?

⾼灵: 那她⾸先要知道抱怨的原因就是因为你把所有的责任都归到对⽅⾝上,明⽩吗? 但是她⾃⼰知道她才是呢个创造者,她才是呢个导演.她⾃⼰的所有情绪是她⾃⼰需要⾯对她⾃⼰的.她从来没有把对⽅当成对⼿,⽽是把⾃⼰的⼀切,⽐如说⾃⼰抱怨的情绪啊,⾃⼰愤怒的情绪呀,她都会… 就好像她的对⼿是⾃⼰.她的对⼿是⾃⼰,她是不是要从中去找到让⾃⼰和谐的⼀个⽅式? 那你们现在就在做这样的事情.这是她⼈格的⼀个特质.那⾄于就是说

Higher Spirit: Then she needs to understand why complaining occurs, which is because you are blaming everything on the other person, right? However, she herself knows that she is the creator and the director. All her emotions need to be faced by herself. She has never treated the other as an opponent; instead, she sees all of herself, such as her feelings of complaint or anger… As if her opponent were herself. Her own self stands against herself. So, does she have to find a way to reconcile with this opposing force within herself? This is what you're doing now. It's a characteristic of her personality. And that being said,

她需不需要接纳⾃⼰有抱怨的呢⼀⾯? 因为你都知道她⼈格特质不喜欢抱怨是因为她的⼀个认知.她知道所有的⼀切都是在于⾃⼰.这就是⼀个优点,明⽩吗? 因为只有你们意识达到⼀定程度才能知道所有外在都是虚幻的,都是内在.那如果都只是优点或者是只是⼀个很好的特点的话,你需要去特别的接纳它吗? 你接纳就是⾸先要抵触它呀.所以这是她⾃⼰的⼀个⼈格特点.这个特点就形成了她这样⼦的⼈.为什么? 她就会不断地从内去找原因.那从内找原因,她是不是就给你们带出来这么多信息?

Does she need to accept the aspect of herself that complains? Because you all know that her personality doesn't like complaining due to one cognitive factor; she believes that everything is about herself. This is actually an advantage, understand? Because only when your awareness reaches a certain level can you realize that all external factors are illusory and internal. Now, if these are just advantages or very good qualities, do you need to particularly accept them? Acceptance means first resisting it; so this is one of her personality traits, which formed the kind of person she is. Why does she constantly search within for reasons? And when searching from within, doesn't that provide you with all these pieces of information?

问: 对于关系中的⽭盾,如何正确的表达⾃⼰⽽不会⼲涉到对⽅的⾃由?

Questioner: How can one express their concerns in a relationship correctly without invading the other person's freedom?

⾼灵: 就像我们刚刚在讲,你在你的世界⾥⾯,他在他的世界⾥⾯.你觉得你的世界是正确的,他在错误的.那你如何正确的表达⾃⼰? 你⽆论怎么表达你都会表达我是对的你是错的,我是对的,你是错的.明⽩吗? 因为你的认知只在呢个范围内.她这个问题是在我们通灵之前她提出来的,对不对? 那我们通灵之后她知道了其实没有哪个事情是好的坏的.她的意识已经转变了.她的意识转变过后,她就不存在如何正确的表达⾃⼰.因为她知道这⾥没有哪个是正确的哪个是错误的,明⽩吗? 在这个通灵之前,她有分什么正确什么错误,明⽩吗? 因为你们就换位思考嘛.如果别⼈说你们是搞迷信的.他也在正确的表达他⾃⼰,明⽩吗?

Higher Spirit: Just as we've been discussing, you are in your world and he is in his. You believe that your world is right, but he believes it's wrong. How can you express yourself correctly then? No matter how you express it, you're saying I'm right and you're wrong, I'm right, you're wrong. Do you understand? Because your perception only operates within a certain range. This question was raised by her before we conducted spirit communication, correct? After the spirit communication, she realized that there is no such thing as good or bad. Her awareness has changed. Once her awareness changes, she doesn't have to worry about how to express herself correctly anymore. She knows that there's no right or wrong here, do you understand? Before the spirit communication, she could distinguish what was correct and what was incorrect, do you understand? Because it involves understanding others' perspectives as well. If someone says you're into superstitions, he is also expressing himself correctly, do you understand?

他也可以找出来…可能九千万个⼈⽀持他的观点: 啊,我们才是正确的.那你说要他们如何正确表达⾃⼰⽽不… 他们只在他们⾃⼰的⼀个认知⾥⾯.

He could find that out...with perhaps 90 million people supporting his point of view: oh, we're right. How are you supposed to have them express themselves correctly without...they only think in their own cognitive framework.

问: 那关系中如何更好的表达⾃⼰⽽不是像在质控和抱怨对⽅?

Questioner: How can one better express oneself in that relationship instead of criticizing and complaining about the other person?

⾼灵:那你必须要提⾼你的意识啊.就⽐如说在这次通灵之前她的意识是1.0,现在通灵过后她的意识是2.0.那你的问题发⽣的时候是在1.0的.那你在2.0过后,你就不会有这些看法了.明⽩我意思吗?所以产⽣这些问题是你的意识在1.0的时候.那当你的意识升到2.0的时候,这些问题又没有了呀.

Higher Spirit: So you really need to elevate your consciousness. For example, her consciousness was at 1.0 before this spirit communication, and now it's at 2.0 after the session. When your issue occurred, it was when she was at 1.0 consciousness. Once you reach 2.0 consciousness, these views won't be there anymore. Do you understand what I mean? These issues stem from your consciousness being at 1.0 level. But when you ascend to a 2.0 level of consciousness, these problems disappear again.

问: 印象会影响我们和⼀个⼈建⽴关系.那如何让我们的头脑不保持对⼀个⼈旧有的印象?

Questioner: Impressions influence how we form relationships with people. How can we prevent our mind from clinging to old impressions of someone?

⾼灵: 就⽐如说刚才你在通灵前她的意识在1.0对吧? 那她对她⽼公的印象就是他就是打游戏都不跟我做家务.是这样⼀个印象对不对? 那她现在2.0,她已经没有这个问题了呀.明⽩了吗? 因为她已经切换到另外⼀个⾼度,另外⼀个意识程度.那在另外⼀个意识程度,她这个已经不存在了.

Higher Spirit: Say for example, her consciousness was at 1.0 just now, right? So her impression of her husband is that he just plays games and doesn't help with the housework. Is this the impression she had, correct? Now at level 2.0, she no longer has this problem, right? Do you understand? Because she has shifted to another level, another state of consciousness. At this other state of consciousness, this issue no longer exists for her.

问: 那还有没有什么信息是要带给这个通灵的⼥孩⼦现在这个阶段的?

Questioner: Are there any messages specifically for this spirit-medium girl at this stage?

⾼灵: 今天的信息都是带给她的.然后对她都有特别⼤的⼀个转变,就好像她之前是1.0,现在是2.0.

Higher Spirit: The message for today is all about her. And then it brings a tremendous shift in her, like she was version 1.0 and now she's version 2.0.

问: 我的⽼⿏眼睛又发炎了.它前段时间是腿不好,现在眼睛发炎.我想问⼀下这个跟我的能量状态有关系吗?

Questioner: My mouse's eyes are inflamed again. It had trouble with its legs recently, and now it has eye inflammation. I want to know if this is related to my energy state?

⾼灵: ⾸先所有东西不是单独的从能量的层⾯去想.有可能就是单纯的你的⾷物或者环境的问题,明⽩吗? 因为你单独只是从你的能量层⾯来想的话,你可能就会忽略掉某⼀些事情.所以你们不要只是⼀个极端,要么就是⿊要么就是⽩.如果你真的担⼼它,你可以带它去检查.那你可以把环境,就是所有东西全部都换掉.因为你⾸先要知道你们还有⼀个物质⾁体要照顾.所以你们的⾝体如果出现问题也是⼀样的.不要总是觉得我有灵性,我灵性层⾯处理.然后不看医⽣.就好像车⼦坏了你不去检查⼀样,不去做年检⼀样.

Spiritual Guide: First of all, don't think about everything in terms of energy alone. It could simply be that your food or environment is the issue, do you understand? Because if you only consider it from the perspective of your energy, you might overlook something. So instead of going to one extreme or the other - black and white - if you're really worried, take it for a check-up. You can then replace everything around you; because first and foremost, you need to attend to your physical body as well. If your body is in trouble, that applies just as much. Don't always assume spirituality handles it on the spiritual level while ignoring medical advice. It's like not checking your car when it breaks down or failing to do an annual inspection - if something goes wrong with your vehicle, you wouldn't ignore professional help; similarly, for your health, seeking proper care is essential.

问: 我能问⼀下对于我⽬前的状况灵界有没有什么信息是想要指引我的吗?

Questioner: Could there be any guidance from the spirit world regarding my current situation that you would like to share with me?

⾼灵: 今天的所有信息都会对你很⼤的帮助.所有的信息都会在正确的时间和正确的⼈,明⽩吗? 就算现在你没有感受到,但是总有⼀天你会感受到.因为它已经就好像是播种⼀样,已经播下去了,在你的潜意识当中.

Higher Spirit: All the information provided today will greatly assist you. Every piece of information will be at the right time and with the right person, got it? Even if you do not feel it now, you will eventually sense it someday. It's like planting seeds; they have already been sown in your subconscious mind.

问: 我想问⼀下我还有什么是没有去允许的?

Questioner: I wonder if there's anything else I haven't been approved for?

⾼灵: 就是连这个问题都没有.就是连这个问题都不会产⽣.你知道你会在你需要的时候,就是任何信息你都不会错过.就是你不需要刻意的来提问,你才会得到信息.你该在哪个阶段得到信息的时候,它会⾃动的呈现在你的⾯前.你们不需要去寻找.

Sage: There's no question of it. There wouldn't even arise the issue to begin with. You understand that you will not miss any information when needed. It is only when necessary, without having to intentionally ask questions, that you would receive information. When you are supposed to receive information at a certain stage, it will automatically appear in front of you. There's no need for you to search for it.

# **2022/02/28 — ‘我’ 只是头脑投射出的形象 "I" is merely an image projected by the mind**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question do you have?

问: 我想知道我换了⼯作虽然压⼒不太⼤,为什么依然对⼯作有感到焦虑,和别⼈对我的态度特别的敏感?

Questioner: I wonder why, even though my new job doesn't seem to have much stress, I still feel anxious about it and am overly sensitive to other people's attitudes towards me.

⾼灵: 你稍等.⾸先你要知道你是⼀个⾮常敏感的体质.就好像别⼈都穿着⾐服,然后你却没有任何⾐服.所以那⼀个有⾐服的⼈他是不是就可以防⽌外界的⼀些冷空⽓、脏空⽓、或者是寒冷任何.它可以抵御外界的⼀些⼲预或者是擦伤擦破是吧? 那你想你如果是光着脚在很碎很碎的⽯头上⾛,但⼈家是穿着鞋的.那你的被⼲扰的程度和别⼈穿着鞋⼦是不是不⼀样? 所以第⼀你是⼀个特别易敏感的体质,所以你会受到别⼈的⼀些外在的⼲扰.外在的⼲扰就⽐如别⼈的⼀句话,呢些不是很容易被外界打扰⼈,这句话他可能当成⽿边风就⾛了.但是你却会因为他的这⼀句话会去想、会去思考、会去⼀系列的活动,明⽩吗?

Higher Spirit: Wait a moment. First of all, you need to know that you have a very sensitive constitution. It's like everyone else is wearing clothes while you are completely naked. So, would the person who has clothes be able to prevent external factors such as cold air, dirty air, or anything cold from affecting them? Can they protect themselves against outside interference or minor injuries? Right? Imagine if you were walking on very small and sharp stones barefooted, but others had shoes on. Would your exposure level to disturbances differ significantly compared to someone wearing shoes?

You are particularly sensitive in nature, so you are susceptible to external influences from others. External disruptions could range from another person's words. Those who are not easily disturbed by the outside world might just brush off what they say and move on. But for you, a single word can trigger thoughts, lead to contemplation, and prompt a series of activities. Do you understand?

那你想⼀下你的头脑、你的⾝体需要处理这么多的信息,你想⼀下外界的⼲扰全部都… 就好像⼈家是有东西屏蔽的,就是不跟⾃⼰有关系的东西都把它屏蔽出去.那你是所有的垃圾,所有的什东西、细菌、⼤的⼩的脏的乱的,所有东西你全部都收回来.然后你还加倍.那你的⾝体如何去承受? 你如何可以改善这种情况? 你⾸先你要知道你是⼀个⾼敏感的体质,是吧? 那如果你知道你是⼀个⾼度敏感的体质,那你就要去… 这么说,你要知道你的⼲扰它不是因为外界到底有多⼤.就是外界的能量或者是程度到底有多严重.⽽是因为你⾃⼰的承受和处理它的能⼒.那你是不是就不会想要从外界解决问题⽽是说从你防御⼯作,你的内在去解决问题.

You should consider how much your mind and body need to process all this information, imagining that everything from the outside world is... as if it were being shielded away, blocking out anything not relevant to oneself. You're collecting every piece of trash, debris of all sizes, big or small, clean or dirty; you're taking in everything. And then you're doing it twice over. How can your body cope with such a burden? How can you improve this situation?

Firstly, realize that you have a highly sensitive constitution, right? If you understand that you are prone to high sensitivity, then you need to address... This means understanding that the disturbances aren't due to how severe or intense the outside world is. It's not about the external energy or severity itself, but rather your own capacity to endure and handle it. Instead of looking for solutions from the outside, focus on solving problems within yourself through your defenses and inner workings.

⾸先当你⽬前为⽌,你都会想着是外界的⼲扰.就是你⽅向都是错的.你会想着换⼯作呀、⼯作量没呢么⼤的呀,压⼒⼩的呀.明⽩我意思吗? 换⼈呀,换对象呀,明⽩我意思吗? 但是你所有这些动作是因为你还不知道它的原因在哪⾥.就是你看错地⽅了.就这么说吧,本来是我们需要关着门在家⾥⾯解决的问题,你却要跑出门在外⾯去解决这个问题.那你是不是错过⽅向了?

Firstly, up until now, you've been thinking that it's the interference from outside; your direction is wrong. You would be considering changing jobs, ones with less workload and less stress. Do you understand me? Changing people, changing partners – do you get my point? But all these actions of yours are because you don't know where the cause lies – you've looked in the wrong place. To put it simply: instead of needing to solve problems at home behind closed doors, you're trying to find solutions outside when they should be dealt with inside. Have you missed the direction then?

问: 那我到底应该怎么运⽤我内在的⼒量呢?

Questioner: So, how should I actually utilize my inner strength?

⾼灵: 你⾸先要知道你⽅向是要对的,是吧? 那外界它永远不会因为你的任何去改变.就是你想要去做⼀些动作去改变外在,这是不可能的.为什么?因为外在的⼀切它只是取决于你去给它定义什么,你就会经历什么.⽐如说我们经常⽤的⼀个⽐喻是外⾯⼀堆粪,⽐把它定义成又臭又恶⼼的粪便的话,它就是useless.它没有⽤处的话,那它就是这样⼦.因为恶臭、又臭,那的确是这样⼦的呀,对吧?那如果你懂得把它⽤来施肥在你的⼟地⾥⾯.如果你懂得去运⽤它去提炼或者是探索或者是做研究、研发科研.明⽩我意思吗?因为外界的所有东西⽆论你怎么认为,它就是怎样的.因为你能体验到什么是根据你的头脑⾥⾯赋予给它的定义,你就能体验什么.

Higher Spirit: Firstly, you need to know that your direction needs to be correct, right? That the outside will never change because of anything you do. You want to make some moves to change the external, which is impossible. Why? Because everything outside depends on what you define it as; you'll experience it. For example, we often use a metaphor: A pile of dung outside. If you define it as stinking and disgusting dung, then it becomes useless. It has no value, so that's how it is. Because of the smell or its stink, indeed, it is like this, right? But if you know how to use it for fertilizing your land. If you understand how to apply it for extraction, exploration, research and development. Do you get my meaning? Because all things outside are whatever you think they are. They are that way because what you can experience depends on the definition given to it in your mind; thus, you experience according to that definition.

如果你把它定义成⼲扰、⿇烦、挫折、痛苦,那你就是这么去体验的.所以你⼀定要去明⽩你在每⼀个当下你头脑给外⾯定义的是什么.

If you define it as interference, annoyance, setback, suffering, then that is how you experience it. Therefore, you must understand what your mind defines externally in every single moment.

问: 那当我们遇到⼀些挫折的时候应该怎么办呢?

When faced with setbacks, what should we do?

⾼灵: ⾸先,什么是挫折? 挫折是你觉得你应付不了.你会失败,对吧? 那你肯定就会这么去体验.你就会慌张.你这么想,你是⼀个⼩孩,你同样也是⼀个⼤⼈.你在观看这个⼩孩,你在照顾这个⼩孩.如果你说他,⼀直说他你做不好,你看你没⽤,慌慌张张的样⼦.如果你⼀直给他这样的声⾳你看他会怎样.如果你说没有关系宝贝,慢慢来.这次做不好你同样可以学习到,同样可以让你的⾝体有⼀个学习的机会.因为每⼀次你都需要这个阶段,⽆论什么东西它都需要⼀个过程让它变的越来越熟练.那如果你允许这个过程呢? ⽽不是说让⼀个业余的⼈跟⼀个练了⼏⼗年专业的⼈去对⽐,明⽩吗?

Higher Spirit: First, what is adversity? Adversity is when you feel you can't handle it. You're going to fail, right? So you would definitely experience it like that. You'd be panicking. You think of yourself as a child, but you're also an adult. You're observing this child, and you're taking care of this child. If you keep telling him he's not good enough, looking at yourself useless, all flustered. If you keep giving him such feedback, how would you see him? If you say it's okay, baby, take your time. Failure doesn't mean you can't learn from it; failure still provides a chance for your body to learn because every single thing needs a process to become more skilled. But if you allow this process instead of comparing an amateur with someone who has practiced for decades, understand?

那你也不会让⼀个刚学会⾛路的⼩ baby,他才刚学会⾛路,刚学会站.然后⼀个⼆⼗多岁的⼈到处跑.你能去指责呢个⼩baby:你看你怎么⾛个路都⾛不好? 你怎么⽼师摔跤,跌跌撞撞的? 你会怎么样去对待呢个⼩孩,然后你把呢个对待给你⾃⼰.你需要⾃⼰给⾃⼰,明⽩吗? 你还有⼀个最重要的问题是你想要快.你想要赶快把所有的东西全部都处理好.但是这种快导致了你就混乱.你想象⼀下这种快会给你造成更多的extra work,就是附加的⼯作让你去做.为什么? 因为你⼿忙脚乱的.有⼀句话叫什么,忙中出乱.那忙中出乱的话,越乱你越是急躁想要更快的把它弄好,因为在你的头脑⾥⾯你觉得所有东西只有弄好过后你才能安⼼.

If you won't let a baby just starting to walk and learn how to stand, blaming the little one for stumbling and wobbling as they try to walk around at their age, then why would you criticize an adult in their twenties who is doing exactly that? How would you treat this child, and then apply that treatment to yourself? You need to understand that when you do this. But there's an even more pressing issue: you want things done quickly. You want everything sorted out fast. This eagerness for speed leads to chaos. Imagine how much extra work this rush will create - additional tasks that you have to complete because of your hurry. Why? Because when you're flustered, mistakes are inevitable. There's a saying, "Haste makes waste." So when things go wrong in haste, the more chaotic they become, the more impatient you'll feel trying to fix them quickly, as you believe everything will only be safe and secure once it's all done and correct in your mind.

但是这是⼀个错误的信念.你需要把它倒过来.你需要知道你需要安⼼才能让⼀切变好,明⽩吗? 你需要安⼼才能让⼀切都往好的⽅向,才能让⼀切的东西… 你这么想,你外在的所有事情它都是你的能量展现,对吧? 那如果你是呢种紊乱、不稳定.然后这种能量的话,那你外⾯的东西是不是就是⼀团糟⼀团⿇? 它的振动频率嘛.那如果你是在⼀个平稳、平和、平和稳定的⼀个状态.那所有东西它是不是都是在⾃动归位?

But it's a false belief. You need to invert this idea. You need to know that you must be at peace for everything to improve, right? You have to be at peace in order for everything else to move towards the better and all things… You think about how your external circumstances are manifestations of your energy, don't they? So if you're chaotic, unstable, then what kind of energy is that leading to a mess outside as well, wouldn't it? Based on vibration frequency. But if you're in a state of calm, peace, and stability, do all things automatically find their place again?

问: 我害怕事情做不完…⾼灵: 你害怕它做不完.你要知道所有的事情如果只是事情的话,你觉得有做得完的事情吗?问: 但是我只有把事情做完了就是所有事情都顺利进⾏了,我才觉得安⼼.

Questioner: I'm afraid of not finishing things... Higher Spirit: You're afraid that they won't finish. Have you considered whether you believe there are things that can be finished if all the matters are just matters? Questioner: But only when I finish everything do I feel relieved, knowing that all things have progressed smoothly.

⾼灵: 那是你⼀直把轻松或者是安⼼或者是放松给它植⼊条件.就是说我⼀定要完成了我才能…但是你要把这个安定、轻松还有稳定的情绪放在你⼯作当中,⽽不是过后.因为你们很多⼈觉得哎呀我忙完了再让⾃⼰休息.然后当⾃⼰真的休息的时候,又看着⼀堆事好像没做完,又继续起来忙.所以当你把你的和谐稳定就是呢种安静的能量带⼊到⼯作当中的时候,你并不会觉得疲惫疲劳.你们很多⼈都觉得是有个⽬标.但是你们不知道的是实际上真正的⽬标是在你眼前,在你当下,在现在.⽽不是在前⾯.你们很多⼈都是为了追赶,都是为了前⾯.但是如果能够让你的⼼真正的安住于当下、安住于现在的话.呢个才是真正的创造.

Ethereal being: You have been conditioning it with a sense of ease, safety, or relaxation. What I mean is that you can only accomplish it by ensuring everything else is done... But you should be putting this feeling of stability and peace in your work rather than afterwards. Many people think they will rest after finishing their tasks. However, when they do manage to rest, they start noticing all the undone things, which makes them continue working. Therefore, when you bring about harmony, stability, and that tranquil energy into your work, you won't feel tired or exhausted. You see, many believe there is a goal ahead of them. Yet, what you don't realize is that the true goal lies right in front of you, within your current moment, not in the future. Many focus on chasing something ahead. But truly resting and anchoring your heart to the present moment is where true creation happens.

不然的话,好像是⼀个旋涡,你只是在旋涡⾥⾯.被动的… 就好像是⼀股风卷过来,你只是被这股风卷着⾛.你只是被这个潮流推着⾛.你只是被这个⼈群推着⾛.你不会去到你想要去的⽅向,明⽩吗? 如果你想要去你⾃⼰想要去的⽅向,那你必须要有定⼒,能定住.⽽不是呢种飘忽不定的.

Otherwise, it's like being in a whirlpool, just caught up in it passively... Like a wind blowing over you, you're simply carried away by that wind. You're pushed along by the tide. You're pushed around by the crowd. You won't reach the direction you want to go. Understand? If you want to go in the direction you want to go, then you have to have discipline, be able to hold yourself steady. Not this kind of uncertainty.

问: 那我应该要怎么训练⾃⼰的头脑呢?

Questioner: So, how should I train my mind?

⾼灵: 跟你的当下,跟你的眼前,就是你能专注到当下.这个是需要你们慢慢去训练你们的⾝体,达到这样的状态.因为你们的⼤脑就像是狗⼀样,你要是不把它弄好,它⼀会⼉就会去旁边这⾥闻⼀下,呢⾥闻⼀下.就被旁边的带⾛了.呢个⼈⼿上拿了⼀根⾹肠,然后就跑到呢边去了.呢个⼈⼿上拿了⼀个吃的汉堡包.它又跑过去了,明⽩吗? 所以你必须像训练狗⼀样训练你⾃⼰的头脑,明⽩吗? 你需要命令你的头脑回到当下.前⾯没有什么诱惑.呢些都是⼲扰.你必须要告诉你的头脑外⾯全是⼲扰.You have to focus on it.你必须要专注在

Higher Spirit: Focus on your present moment, the one right in front of you. This is something that requires you to train your body gradually to achieve this state. Your brain behaves like a dog; if left untrained, it will be easily distracted by other stimuli. Imagine a person with a sausage or a burger in hand being easily tempted away.

You must condition your mind, just as one would train a dog, to return to the present moment. There are no distractions there. The outside world is full of them. You need to command your mind to stay focused on the present, understanding that there are no temptations ahead; these external factors are merely diversions. You must insist on focusing on

你⾃⼰要专注的事情上⾯.不然的话你就是在随波逐流,你总是不停的在被这股风呢股风、这股浪呢股浪给卷⾛、给带⾛.永远都不会觉得⾃⼰能控制的呢种感觉,你会觉得你是失控的状态.所以这是你⾃⼰需要和你的⾝体去建⽴⼀种链接.就好像你是主⼈,你的头脑是狗.你去训它.因为你们还有⼀个很⼤的阻碍是你们会把头脑当成⾃⼰.你会把你头脑⾥的⼀些想法、⼀些诱惑、⼀些冲动当成是你⾃⼰的.那你如果觉得你⾃⼰是狗的话,你肯定就会想要去这样⾏动了,明⽩吗? 你要知道你是主⼈,呢个头脑只是你使⽤的⼀个⼯具⽽已.

Focus on your own business; otherwise, you're just going with the flow, being swept along by this wave of wind and this tide of waves without ever feeling like you have control over it. You'll feel as if you're in a state of losing control. So this is something that you need to establish a connection with your body. Imagine yourself as the master, and your mind is the dog; you train it. The biggest obstacle for many people is that they mistake their mind for themselves, considering the thoughts, desires, or impulses within their mind to be who they are. If you see yourself as the dog, you would naturally want to behave accordingly. You need to understand that you're the master, and your mind is merely a tool you use.

问: 那请问我要怎么样区别什么是我头脑⾥⾯的,什么是我真正的⾃⼰的想法呢?

Questioner: Well, how can I distinguish between what's in my mind and what's truly myself?

⾼灵: 怎么能区别什么是头脑⾥⾯的,什么是你? 因为你永远都不想、不会去追逐或者是满⾜或者是任何.它只有去体验感受⼀切.它没有呢个冲动要去完成什么,⽽只是在你的当下链接.因为当下才是它真正要去的,要体验的,要来的原因.⽽不是你头脑⾥⾯的⽬标.那就⽐如说⼀个⼈⾛到你的⽣命当中来,他坐到你前⾯.然后如果是真的你,主⼈,它是知道这个⼈就是来到你的⽣命当中,你们是有这次约定.那这次约定是你有东西给他,他有东西给你.那如果是你的头脑的话,你就会说他⼲嘛,他想要占我便宜吗?我⼲嘛?我看他⾝上有没有什么可以占便宜的.然后你的头脑永远都是在防御、在占有、在计算、在算计、在评判、各种声⾳.

Higher Spirit: How can one distinguish between what is within the mind and you, because you never want or will chase after anything to be satisfied or anything else? It only experiences everything. There is no impulse to complete anything; it merely links with your present moment. Because the present moment is where it truly desires to go, experience, and come for. Not the goals within your mind. For example, if a person comes into your life, sits in front of you, then if it's truly you, the master, you know this person has come into your life because there is an agreement between you both. This agreement involves you having something to give, and they have something for you. But if it's just your mind talking, you would think, why is he doing this? Does he want to take advantage of me? What do I owe him for that? I check his body for anything I can possibly exploit. Your mind is always on defense, seeking possession, calculating, scheming, judging, and all sorts of voices.

那当你放下所有的头脑跟他在⼀起的时候,奇迹才会发⽣.发⽣什么奇迹,只有你去体验,明⽩吗?头脑它永远都是要么是恐惧,就是我要防范,我要防护我要保护⾃⼰.要么是占有、侵占,就是我要去… 对⽅有什么可以利⽤的,可以图的,明⽩吗? 还有评判、各种.但是如果是真的你,你是没有任何可图的.你是没有任何想要图别⼈,图他什么或者是害怕什么.这些都不会有.你只是纯粹的临在.

When you let go of all your mind and be with him, miracles occur. What kind of miracles? You have to experience them for yourself, do you understand? The mind is always either fear – I need to guard myself; or it's about possession, where I want to protect myself from any potential loss. It can also be about taking advantage of the other person in some way, seeking benefits and making judgments on various aspects. But if it's truly you, there's nothing for others to gain or anything you fear. There are no such things as you. You're just pure presence.

问: 那不是说我们的⼀切都是灵魂计划好的吗?

Isn't that saying that everything about us was planned by our soul?

⾼灵: 那是你对灵魂的⼀种误知.它只有不断不断地去通过事件去感悟、去领悟、去突破,⽐如说它想要来到这个世界体验的什么.⽽没有任何你所谓的就是头脑⾥⾯的呢种这个是好事,这个是不好的事.这个是怎样那个是怎样.⼤多数都是困在头脑⾥⾯的.⽽且头脑⾥⾯所有东西又会把… 你头脑⾥⾯的⼀些想法⼀些恐惧任何再投射到物质世界来给你们体验.所以你们就会进⼊⼀种就好像死循环⾥⾯.因为你看到的、你感受到的它会加强你头脑⾥的认知.然后你头脑的认知再继续投射.那你是不是就进⼊⼀个死循环? 你永远都突破不了.所以你如果进⼊头脑的话,你永远都没有出路.因为它永远都有⾃⼰的⼀些观念、概念.

Spiritual Being: That's a misperception of what the soul is about. It needs to keep experiencing and learning through events, such as wanting to experience certain things in this world. There are no definitive good or bad things inside your mind; it's just how one thing leads to another. Most of our experiences are trapped within the mind, and everything inside the mind projects back into the physical realm, influencing your thoughts and fears which you then experience. This results in a sense of stagnation where what you see and feel reinforces your existing beliefs in your mind, which then project back outwards again. If that's how it works, don't you think you're just stuck in a loop? You'll never be able to break free from this cycle as long as you're trapped in your thoughts, because the mind is always creating its own concepts and ideas.

但是你现实中体验的这些东西都是你的观念、概念.但是你们都会把它当成是真的,明⽩吗?

But all of these things you experience in reality are just your concepts, ideas. But you all take them as real, understand?

问: 那我要如何放下我的头脑呢?

Questioner: How do I let go of my mind?

⾼灵: 没有观念你只是去…就好像刚才说的,你只是临在.临在你会发现外在的⼀切都⼲扰不了你.你会知道别⼈经历的⼀切是他们⾃⼰头脑投射出来的,是他们的事情,跟你没有关系.你不会去参与任何战争、任何纷争.因为你内在不会产⽣任何恐惧,明⽩我意思吗? 如果你觉得你需要去处理⼀些事情,那就说明你还是在头脑⾥⾯.因为你还在投射事情给你处理,明⽩吗? 你的⼯作只是来呈现⾃⼰是什么样⼦的⼀个能量,我都不说是⼈.我都不说是⼀个什么样的⼈.为什么? 因为⼈还是各种观念、各种.它是反应出你这是⼀个什么样⼦的⼀个能量状态.就是它给你⼀个舞台让你展现出来你是谁.让你有个地⽅可以发亮.

Higher Spirit: Without concepts, you simply exist… as was just mentioned, you are presence. Presence reveals that nothing external can bother you. You will understand that others' experiences are projections of their own minds, their affairs, not related to you. You won't engage in any wars or conflicts. Because fear doesn't arise from within, do you get my meaning? If you feel the need to handle something, it means you're still within the mind. As things are still being projected for you to deal with, understand that? Your task is merely to manifest what kind of energy you are, not necessarily a person. Why wouldn't I say 'a certain type of person'? Because a person contains various concepts and notions; it reflects your state of being-energy. It provides you with a stage to showcase who you are, giving you a place to shine.

问: 那我为什么⽬前⽣活中感觉⼀⼤堆的事情需要我去处理呢?

Questioner: Why do I feel like there are so many things to deal with in my current life?

⾼灵: 那是因为你⽬前还是在这个能量线上啊.你⾃⼰是这样的能量状态,你就处理这些问题.

Soul: That's because you're still within this energy field right now. You handle these issues in your own energy state.

问: 那意思是我要尽量远离混乱和纷争来让⾃⼰保持好的能量状态吗?

Questioner: Does that mean I should stay as far away as possible from chaos and conflict to maintain my good energy state?

⾼灵: 不是.是你⾃然⽽然就不会感受到如此多的混乱和纷争.你会觉得好像⼀切都是⾃动安排好来⽀持你.这是不同的状态.这种状态… 这么说,你的感受你的频率就好像是⼀把钥匙.这个钥匙能进⼊哪个门是你的频率状态决定的.然后每⼀道门后⾯的体验都不⼀样.你的频率决定了你进哪道门.每道门后⾯的体验都不⼀样.它会发⽣什么事情… ⽐如说⼀道门⾥⾯是你的敌⼈,⼀道门⾥⾯是你的恩⼈.都是同⼀个⼈,然后是你⾃⼰的频率和状态决定了你要体验他的哪⼀⾯.因为外⾯都是你⾃⼰的⼀个投射啊.只是你们不明⽩⽽已,你们还觉得是别⼈.外⾯根本没有别⼈,别⼈都是你⾃⼰投射出去的.

Higher Spirit: No, it's not that you don't feel much confusion and strife naturally. You would feel like everything is automatically set up to support you. This is a different state. This state… in this way, your feeling of your frequency is like a key. The key can enter which door depends on the state of your frequency. Then each experience behind every door is different. Your frequency determines which door you enter. Each door has a different experience. What will happen… for example, one door could be with your enemies, another door could be with your benefactors. It's all the same person, then it depends on your own frequency and state to decide which aspect of him you would experience. Because everything outside is just your projection anyway. You just don't understand it yet; you still think that it's someone else. There is no one else out there; everyone is just a projection of yourself.

就好像别⼈是⼀张⽩纸,是你给他画上⼀个笑脸还是画上⼀个仇恨的脸.你来给它画,明⽩吗?外⾯的⼈、其他的⼈他是⼀张⽩纸⼀样.你来给他定义,你来给他取个名字.取个名字就是好⼈还是坏⼈,来害我的还是来帮我的.那你⾃⼰去(定义).就⽐如说我刚刚告诉你呢个纸⼈是你必须要⾯对的.但是呢,你给他脸上画⼀个笑脸还是⼀个恶⼈的脸呢,那就是你的创造了,明⽩吗?你是要把他当成⼀个对⼿仇⼈⼀样给你演对⼿戏呢?还是把他当成爱⼈恩⼈般的演对⼿戏,那就是看你了.但是⽆论是仇⼈还是恩⼈,如果你充满觉知的话.你都可以从中学习领悟,明⽩吗?因为它都会有带给你的东西,让你⾃⼰内部发⽣转变.⽐如说你给他绘的是⼀个仇⼈的脸.

It's like someone else is a blank canvas - you choose whether to paint them with a smile or with hate. You decide, understand? The people outside are just as much a blank canvas. You define them, name them – good person or bad, out to harm me or here to help. You see, it's your call. For example, I just told you that this dummy paper person is something you must face. But what kind of face do you paint on it - a smiling one or an evil one? That's up to you, understand? Do you treat them as opponents or enemies for a play opposite roles, or like lovers and benefactors, all depends on you. But whether they are enemies or benefactors, if you're aware and mindful, you can still learn from this experience. Because there will always be something that brings change within you, whatever the situation. For instance, if you paint them as an enemy.

那你就会感受到分裂.哎呀,仇恨的呢种强烈的情绪让⾃⼰就好像全⾝被⽕烧⼀样这种状态.那这种状态对你体验对你也有意义啊.为什么?因为体验这种感觉你才知道其实你不需要这种感觉,明⽩吗?

If you do, you will experience division. Oh my, the intense feeling of hatred makes you feel as if your entire body is on fire in that state. This state has meaning for your experience as well. Why? Because by experiencing this sensation, you realize that you don't actually need this sensation, right?

问: 那我要怎么做才能体验⾃⼰想体验的呢?

Questioner: How do I experience what I want to experience?

⾼灵: 那你坚信了你就可以体验.任何你坚信的东西你就可以去体验它.问: 怎么解读命中注定,命运?

Higher Spirit: Then you can experience it once you believe in it. You can go ahead and experience anything that you believe in. Questioner: How do you interpret 'destiny' and 'fate'?

⾼灵: NO,并没有.因为你们这⾥并没有这辈⼦.你们这⾥并没有什么是定了的事情.你们这⾥没有什么是定了的事情,它只能发⽣在你以内.⽐如说你以内,你定了我这⼀辈⼦要怎样怎样.OK,那你就会这么体验,明⽩吗? ⽐如说我定了我这⼀辈⼦我要开⼼.所以不管有多少⼈陷害我,不管有多少⼈骂我,不管有多少⼈打我.我还是保持我开⼼,明⽩吗? 它跟外在有没有⼈打我没有任何关系.如果你把外在变成了所有⼈都尊重我喜欢我,我才开⼼的话.那你并没有决定选择你要开⼼.为什么? 你是根据外在的境况做的选择.你是被动的.你并没有去做呢个选择.明⽩我意思吗? 因为当你做了⼀个选择是不管外在发⽣什么,你都会去坚持你的选择.

Higher Spirit: NO, there isn't. Because here you don't have this lifetime. Here, nothing is fixed; there's nothing that's already set in stone. Everything can only happen within you, for example within yourself. If you decide this lifetime should be like this and like that. Okay, then you'll experience it this way, understand? Say if I decide this lifetime I must be happy. So no matter how many people try to harm me, no matter how many people curse me, no matter how many people beat me up. I remain happy regardless. Understand? It has nothing to do with whether someone is beating you externally or not. If I only feel happy when everyone outwardly respects and likes me, then you haven't decided for yourself that you want to be happy. Why? You make your choice based on the external circumstances. You're passive. You didn't make that decision. Understand my meaning? Because when you make a choice that no matter what happens externally, you'll stick to your choice.

这才是你⾃⼰真正做出的选择.当你⾃⼰真正做出的选择会变成真的.

This is what you truly choose for yourself. When you genuinely choose for yourself, it becomes reality.

问: 以前通灵曾说我除⾮改变⼈格,才能取掉眼镜,那我是不是不能改变了？因为现在我很想去掉,也相信有⼀个⽅法能改变我的视⼒,但以前⾼灵的说法让我很灰⼼.

Questioner: Previously, Spirit told me that I could only remove my glasses by changing my personality. Does this mean I can't change anymore? Because now I really want to get rid of them and believe there's a way to improve my vision, but the previous High Spirit's statement discouraged me greatly.

⾼灵: 你要知道这些信息是让你知道后台是如何运作的.当你就成了后台呢个⼈的话,那你还需要呢个灵魂吗? 明⽩我意思吗? 你就是呢个灵魂在设定啊.你说的呢个是你被动的,你是⽆知的情况下.

Higher Spirit: You need to understand that this information is about how the backend operates. If you were the person in the backend, would you still need that soul then? Do you get my point? You are setting yourself as that soul. The 'you' you're talking about is a passive one, under ignorance.

那就是像我刚才说的.第⼀个是你在⽆知的情况下体验的.那你现在是你变成有觉知的,你是醒悟的⼈.那你是不是⼈格就改变了? 那你改变过后你是不是就可以⾃⼰决定你想要体验什么了? 你能明⽩这⼀层关系吗? 任何你想要尝试的你都有权⼒去选择它.你要不明⽩你就反复听这⼀段话.

That's what I explained earlier. The first is when you experience it blindly, and now you have become aware. You are a awakened person. Does this mean that your personality has changed? And if you do change, can you then decide for yourself what you want to experience? Can you understand the relationship between these concepts? You have the right to choose anything you wish to try. If you don't understand, just keep listening to this explanation repeatedly.

问: 我怎么样对待⽼公对我的讽刺贬损?

Questioner: How should I deal with my husband's sarcastic put-downs?

⾼灵:就像我前⾯刚才这么说,如果你决定了你要过什么⽣活.就⽐如说我要过开⼼的⽣活.那还是说我要有选择的开⼼.有选择的开⼼是什么?就是外⾯让我开⼼我就开⼼,外⾯让我不开⼼我就不开⼼.那就是你有选择了对不对?你的开⼼是取决于外在.那如果⽆论如何我都要对⾃⼰的开⼼负责.那也就是说⽆论外在发⽣什么,你都可以在⼀个开⼼的状态.明⽩我这两层的意思吗?⼀个是你选择⼀个有选择性,外在⼀切都好你才是开⼼的状态.这是⼀间房,这是A的房间.那B的房间是⽆论如何我都处在⼀个开⼼的状态,不管外在发⽣什么.那如果发⽣像我⽼公这样⼦的事情的话,或者是别⼈骂我怎样.它还可以训练我的定⼒.看我动不动.

Higher Spirit: Like what I just said before, if you decide on the kind of life you want to live. For instance, if I choose to live happily, or have a choice to be happy. What does having a choice to be happy mean? It means that when outside makes me happy, I am happy; and when outside makes me unhappy, I won't be. That's because you've made a choice, right? Your happiness depends on the external environment. But if no matter what happens, you are responsible for your own happiness. That means regardless of what the outside world does, you can maintain a state of joy. Do you understand these two layers of meaning? One is that you choose a selective happiness where you're only happy when everything outside is good. This is like being in Room A and it's all about my happiness depending on how things are outside. On the other hand, this is like being in Room B and staying happy no matter what happens externally. Even if something like what happened with my husband or someone else scolding me occurs, it can train my resilience to see if I'm easily affected by these situations.

那你是不是就可以把这股能量转化成…好像你要健⾝的话,你的器材的重量是不是要⼤? 那你器材的重量越⼤的话,那你的⼒量就激发的越⼤.那如果它外在的这种声⾳来⼲扰越来越多的话,那是不是说你的定⼒就越来越强? 它来锻炼你的定⼒.所以外在的⼀切发⽣了什么不重要,重要的是你如何运⽤它来服务于你.:⾼灵: 那你正好是把这些⼈选择到你的⽣命当中来,好像是对⼿⼀样.你练武功的话需要对⼿吧? 那是不是他就在帮你突破? 因为你要知道所有的⼀切都是你⾃⼰设定的,你⾃⼰允许的,你⾃⼰给⾃⼰设定的呢些情节、呢些对⼿,所有的⼀切.没有经过你允许它是不会出现在你的⽣命⾥⾯.包括我们的对话,明⽩吗? 包括这些指引.

That energy you can convert into... If you're trying to get fit, does the weight of your equipment need to be significant? The heavier your equipment is, the more force you exert. If external sounds causing disturbances increase, does that mean your concentration becomes stronger? It's training your concentration. So what happens externally doesn't matter; what matters is how you use it to serve yourself: Spirit Guide: You're actually selecting these people into your life as if they were opponents. Do you need opponents when practicing martial arts? Does this help you break through barriers because everything you encounter, including our conversations and guidance, is something that you've set up for yourself, allowed for yourself, and scripted within yourself. Nothing can appear in your life without your permission.

问:为什么看连续剧时欲罢不能？⾼灵: 呢是你的头脑啊.因为你头脑总是想要去找到,就是刨根问题.这是为什么他们设计⼀些东西,就是让你们的头脑上瘾.赌博也好、玩游戏也好、或者是剧情也好.它就要设计各种剧情来让你琢磨不透,让你想不明⽩.让你想要去⼀看究竟.那你进⼊你的头脑模式⽽已.就好像他们会给⼀只狗设置很多很多的… 就是让它不断地去突破,不断地去突破.然后这种激励.为什么? 因为它突破⼀点它有⼀点狗粮吃,尝到⼀点甜头.它继续突破又尝到⼀点甜头.就把你们锁定在呢⾥⾯,明⽩吗?

Questioner: Why can't you stop watching a series of shows?

High Ling: It's because of your mind. You always want to find out the answers, like digging deep into problems. That's why they design things that make your mind addicted. Whether it's gambling, playing games, or following the storyline. They create various plots to keep you puzzled and unable to understand. To make you want to figure it out. You're just entering your mind mode. It's like setting up many challenges for a dog... constantly trying to surpass them, getting a little reward each time. Why? Because with every little success, the dog gets a taste of satisfaction. The more it succeeds and gets rewarded, the more it is locked into that cycle, understand?

问:怎么能跳出来？⾼灵: 你要知道你才是主⼈,头脑只是你的⼀条狗.那这条狗你是不是要训练它? 你训练它不给它其他的更好的⽬标,它肯定就会被旁边的呢些要么这个⾹味,呢个⾹味给引⾛啊,对不对?

Questioner: How can you break free? Higher Spirit: You need to realize that you are the master; your mind is just a dog for you. Are you going to train this dog? If you train it without giving it any better goals, wouldn't it be led away by the scents from elsewhere, right?

⾼灵: 跳出来怎么欲罢不能? 那你直接去搜索结局不就好了? 对呀.你不就可以不⽤再进去这个模式了.因为你们最重要的是给头脑…哪怕你们现在探索这些信息,你们不断地探索这些未知.你们都是给你们的头脑想找⼀个交代,明⽩吗? 有些⼈他只是,呀,通灵呀.我来尝试⼀下.说的什么啊.没什么意思.我还以为说的什么呢.那就是头脑.如果真正的是有⼼,或者是有灵魂或者是有存在的.他接触的完全不⼀样.他听到的和呢些只是头脑听到的是完全不⼀样的,明⽩吗?

Higher Spirit: How can you not get enough when you jump out? Why don't you just search for the conclusion then? Yes, that way, you won't have to go into this mode anymore. You see, what's most important to you is giving your mind an explanation, even as you're currently exploring information and uncovering the unknown. You are seeking closure for your minds, right? Some people might just try it out with spirit communication, saying something like, "I'll give it a shot." It ends up being meaningless, though they thought it was significant. That's because of what your mind hears compared to other experiences that are not just mental processes. If there is genuine intent, soul presence, or existence, the contact and the information received would be entirely different from what your mind alone perceives.

问: 但我觉得是我在主动的追寻的灵性电视剧和通灵这些,那这是⼩我头脑吗？⾼灵: 这是你内在的指引.但是你的头脑⼀直在参与.因为你的头脑⼀直在: 这个说的对不对? 这个符合不符合我的观念? 这个怎么样怎么样.你的头脑⼀直在参与当中.因为你现在是⼀个过程.你不可能让你完全的摆脱头脑.你要慢慢的去跟头脑建⽴关系.你才能知道我需要它⼯作的时候⼯作,我不需要它⼯作的时候它可以安静的在⼀边乖乖的听我的话,明⽩吗?

Questioner: But I feel like it's me actively pursuing spiritual TV shows and spirit guides, is this my ego mind? Higher Spirit: This is your inner guidance. But your mind has been involved in all of this. Because your mind has been asking itself: Is this right or wrong? Does this align with my beliefs? How should it be done? Your mind has been actively involved because you are going through a process now. You cannot completely rid yourself of the mind. You have to build a relationship with it slowly so that you can understand when I need your mind to work, and when I don't need it working, it can be quiet on one side, obediently listening to me, do you understand?

问：那我怎么能训练头脑？⾼灵: 你现在就在这条路上啊.你现在⾄少是在知道这层关系.然后慢慢慢慢的,你就会往这个⽅向去发展.所以你不需要着急.你现在已经在这条路上.就好像我好想学开车啊.我要怎么样可以开车啊? 你现在已经车上了.你现在已经在开了,只是开的还没呢么… 但是迟早你的车会开的很好的.

Questioner: But how can I train my mind?

Higher Spirit: You're already on this path right now. You at least are aware of the relationship here. Then gradually and slowly, you will develop in this direction. So there's no need to rush; you're already on this path. It's like when I wanted to learn how to drive a car. How do I get to be able to drive? You're already driving. You've already started, but it's just not as smooth yet… But eventually, your ability to drive will become excellent.

问: 我⽗亲咳嗽有⼏年了,我想知道什么原因？⾼灵: 你稍等.你⽗亲叫什么名字?问: 他叫XXX.

Questioner: My father has been coughing for a few years now. I wonder what the reason is?

A: Please hold on. What's your father's name?

Questioner: His name is XXX.

⾼灵: XXX为什么⼀直在咳嗽.他咳嗽更多的是⼀种⽆⼒感.他对⽣活的⼀种⽆⼒感.⽆⼒感让他觉得很沉重,让他有点喘不过⽓,让他有⼀种想要把这种内在的⼀种挣扎全部给它释放出去,明⽩吗?

Ethereal: Why does XXX keep coughing? His constant coughing is more of a sense of powerlessness. It's a sense of powerlessness towards life. The feeling of powerlessness weighs him down, making it hard for him to breathe, and he feels the urge to release all this internal struggle, understand?

问:我⽗亲会有⼤⽑病吗？⾼灵: ⼤⽑病.什么是⼤⽑病? 当你们如果是没有真正的都到⾃⼰的道路上,这就是⼤⽑病.我不管你⾝体有没有病症或者是现在有没有痛苦.呢就是⽑病.因为你没有来这个世界上去做你本来要做的事情,明⽩吗? 你是在错过了这个⽣命,在浪费这个⾁体.你就是在⾛向死亡⽽不是⽣命之路.这就是⼤⽑病、⽼⽑病.跟你到底⾝体经不经历疾病….如果你的⾝体经历疾病,(但)你在⾛在你⾃⼰的呢条路上.这个是没有⽑病的,明⽩我意思吗? 所以你这样就可以看到你头脑⾥⾯和你们⼈类和我们定义的⽑病是不⼀样的.

Questioner: Will my father have a big fuss?

Higher Spirit: Big fuss.

What is the big fuss?

When you are not genuinely on your own path, this is considered the big fuss. I don't care if your body has symptoms or if you're suffering right now. This is what I'm talking about—the big fuss. You haven't come into this world to do what you were meant to do, understand? You've missed out on this life, wasting your body. You are heading towards death rather than a path of life. This is the definition of the big fuss, old fuss. It's not related to whether you physically experience diseases... If your body experiences diseases, but you're walking on your own path, there's no big fuss. Do you understand me? So this allows you to see that what we define as 'the big fuss' in humans is different from yours inside your mind.

问: 因为我关⼼我⽗亲,关⼼他的⾝体,⾼灵: 那你如果真的关⼼他的话,你要多让他去看到他的⼒量.我刚才所说的⽆⼒感,那你是不是要让他知道他对他的⽣活是有掌控感.他是有能⼒去改变⼀切.他是有能量去…就是你要让他看到他⾃⼰的⼒量.不是专门给他就好像说假的⼀样: 啊,你的⼒量好⼤啊.⽽是说你把他⽣活中曾经创造的⼒量的时刻给他拿出来,展现出来在他⾯前.⽐如说你看爸爸,

Questioner: Because I care about my father and his body, Higher Spirit: Then, if you really do care about him, you should expose him to more of his power. Just now when I spoke about helplessness, are you suggesting that he needs to know he has a sense of control over his life? That he has the ability to change everything. He has the energy to... You need to show him his own strength, not just give him false praise like "Oh, your strength is so great." Instead, you should bring out and display moments where he has created power in his life before him. For example, when you see your father,

你曾经是个军⼈.你打了多少⽇本⿁⼦,⽐如啊.你取得了多少成绩.你把这个拿到他的⾯前的时候,他可以再⼀次进⼊他曾经创造的呢个频率当中.因为呢种掌控感就来了,明⽩吗? 你说.

You were once a soldier. How many Japanese b\*stards did you knock down, for instance. What achievements did you make? When you show this to him, he can re-enter the frequency he once created. Because that sense of control comes back, do you understand? You said.

问:我的⼳爸检查出癌症已扩散,我想知道是他的灵魂的选择要离开了吗？⾼灵: 你要知道你们所谓的灵魂离开,是觉得死了才灵魂离开是吗? 你们很多⼈只是⼀个⼯具,就是只是⼀个躯体.就好像只是⼀条蛆在呢蠕动⽽已.他只是⼀个程序反应⽽已.它并不是等你说你真正死的时候你灵魂才离开.你死,你只是你这个⾁体结束⽣命象征.仅此⽽已.所以很多⼈他的灵魂早已经离开了.或者他的灵魂⼀直都没有参与,都没有链接.他⼀直是在⼀种断开的⼀个状态.⼀般就是年龄特别⽼、或是是⾝体特别⽆⼒或者特别呢个什么的话.灵魂是不想进⼊这样的⾝体的.因为你这个躯体已经不适合再去创造再去体验.所以他是没有灵魂的.

Questioner: My grandfather has been diagnosed with cancer that has spread, and I want to know if it's his soul's choice to leave? Higher Spirit: You need to understand that your concept of the soul leaving is based on the idea that death marks when a soul departs. Many of you are merely tools, just bodies - like a worm crawling around; they simply react as programmed. The soul doesn't wait until you're truly dead for it to leave. When you die, you mark the end of this physical body's life symbolically. That's all there is to it. Thus, many souls have already left long ago or never fully engaged in or connected with their lives; they've been in a disconnected state. Typically, this occurs in individuals who are very old, extremely weak, or experiencing severe health issues. The soul doesn't want to enter such bodies because the body no longer suits creating and experiencing new things. As such, these beings lack souls.

所以他们是⼀直⽣病或者是⼀直像是呢种做⽩⽇梦的状态.就好像你看到呢些是没有灵魂和他们是有灵魂的.从他们的眼神⾥⾯你就能看到.

So they are always sick, or they're just in a kind of dreamy state all the time. It's like seeing some souls without life and others with life. You can see it from their eyes.

问:怎么能认出知道和⾃已打交道的⼈是NPC？⾼灵: 你要是能锻炼你的感受的话,你⾃⼰能感觉到的.你到底是在跟⼀个躯体打交道,还是在跟⼀个灵魂打交道.为什么? 因为如果你是在跟⼀个灵魂打交道的话,你的⼼有⼀种在爱中或者是⼀种在安详,就是你能感觉到呢股只是爱的能量,明⽩吗?

Questioner: How can you recognize if the person you're dealing with is an NPC?

A: If you could hone your senses, you'd be able to feel it yourself. You need to determine whether you are interacting with a physical body or a soul. Why? Because when you're dealing with a soul, your heart feels love or tranquility; you can sense that pure energy of love, understand?

问:如果没感到爱的能量就是NPC吗？⾼灵: 他有可能当时他的灵魂不在场.就⽐如说他是⼀个⽆意识状态.他是在⽤程序运作.你们很多⼈都是⽆意识状态.

Questioner: If one fails to sense the energy of love, does that mean they are an NPC? Higher Spirit: It's possible that at that moment, his soul was not present. For example, he might have been in a state of unconsciousness. He was operating on a program. Many of you are in a state of unconsciousness as well.

问: 我和和⽼公有时是⽆意识状态,我们也是？⾼灵: 当你没有呢种强烈的爱或者宁静… 那你就是⽆意识状态.你灵魂不在场.你只是⼀个程序,只是⼀个⾁体在运作⽽已.

Questioner: Sometimes my husband and I are in an unconscious state? Higher Spirit: When you don't have that strong love or peace... then you're in an unconscious state. Your soul is not present. You're just a program, merely a body operating.

问:我想问⼀下“伤神”是⼀种什么状态？⾼灵: 伤神? 伤神是说你的精神状态吗? 呢只是他们的⼀个观念⽽已.因为他们在⽤他这个⾁体去⾏动的话,那他会是觉得消耗⾃⼰.他会觉得⼒量越来越⼩了.为什么?因为你的能量被释放完了嘛.那如果你的⾝体只是⼀个载体,只是⼀个⼯具.你的能量是从其他地⽅来的.宇宙的能量穿过你的⾝体⽽已.明⽩我意思吗?这是不⼀样的.⼀个它是从你的⾝体本⾝的透⽀,那它就会根据你这个⾝体的基能,还有你的年龄,你的⼀个状况决定你能透⽀多久.那另外⼀个就是说你的⾝体好像就是⼀个容器,呢股能量是像⽔⼀样通过你这个容器流出来.⼀个是从你这个容器⾥挤压⽔出来.这两种是不⼀样的状态啊.

Questioner: I'd like to ask about the term "tiring one's mind." Higher Spirit: Tiring one's mind? Is that referring to your mental state? It's just their perspective. When they use this physical body for action, they would feel drained of themselves. They would feel their strength diminishing. Why is that? Because their energy has been exhausted. If your body is merely a carrier and a tool, where your energy comes from elsewhere; it flows through your body rather than being within you. Do I make sense? This is different. One involves draining energy from your own body, which depends on the base capabilities of your body and your age and condition to determine how long you can drain for. The other describes the body as a container where energy flows out like water from this container. It's akin to squeezing water out of it. These are two different states.

⼀个是从源头,你只是⼀个载体.⼀个是你⾃⼰储存了多少.⼀个是源头的井⽔你取之不断.那另外⼀个是⼀个⼩池塘.⼩池塘就是有多少⾬⽔进去,那你就能有多少.那你舀光了就没了,对不对?

One is from the source, you are just a carrier. The other is how much you have stored yourself. One is that the well water from the source will not run out. The other one is a small pond. A small pond means as much rainwater goes in, so much can be taken out. Once all the water has been scooped out, it's gone, right?

问:我觉得我⼯作很累很焦虑,但如果给我放假久了,我也焦虑⾼灵: 所以就像前⾯说的外在所有的事情都只是你的内在是什么状态的⼀个投射.你感应的只是你⾃⼰的频率,你的投射⽽已,明⽩吗? 你感受的只是你⾃⼰⽽已.

Questioner: I feel very tired and anxious at work, but if I were to have a long break, I would still be anxious. Higher Intelligence: So, as previously mentioned, all external matters are merely projections of your inner state. You perceive only your own frequency and projection; do you understand? You feel only yourself.

问:怎么提⾼频率？怎么清理？⾼灵:这不是你清理或者是你要强迫⾃⼰做到.⽽是提⾼你的认知,转变你的观念.因为当你拥有不同的观念的时候,你看待事情是不⼀样的.就好像刚刚说明明是⼀堆粪,你就觉得很恶⼼、恶臭.你就很反感.那如果你是想要把它利⽤成化肥来灌溉你种的花草或者菜.或者你是科学家,你研究这些菌类.那是不是你得到的就不⼀样了.所以外在的所有东西你觉得要去清理,实际上你还在这个频率.为什么?因为你还只在这个房间⾥⾯解决这些事情.这些事情还是存在的.你顶多就是把这⼀堆垃圾揉到呢边去.我眼不见为净,但呢个垃圾还在这⾥.但你真正的就是说当你转变了你的观念、提⾼了你的意识,你会发现没有任何事情.

Questioner: How can you increase the frequency? How should you clean it? Higher Spirit: This is not something that you should force yourself to do through cleaning or compulsion. Rather, it involves enhancing your cognitive abilities and shifting your perspective. When you have a different viewpoint, you perceive things differently. For example, if something as obviously disgusting as manure initially makes you feel sick, repulsive, and disgusted, but then you learn that it can be beneficially transformed into fertilizer for your plants or gardens, or if you are studying these organisms as a scientist, wouldn't your perception change? Therefore, when you start to see the value in things previously seen as undesirable, it means you're moving to a higher frequency. Why is this so? Because up until then, you were dealing with issues within the confines of one specific space. These problems still exist; all you've done is relocated them elsewhere - out of sight but not truly out of mind. However, when you change your perspective and elevate your consciousness, you realize that there's no need to worry about anything at all.

所有事情它都是来帮助你的,这是不⼀样的⼀个状态.

Everything it does is to help you, that's a different state.

问: 如果只是去⾼兴,不管房贷,病痛,它们还是在那⾥呀⾼灵: 你要知道外在的⼀切它都可以变成你的动⼒.就像我刚刚说所有的⼀切它都是经过你的允许才会存在在这⾥,对不对? ⽽它存在,它都是来让你变得强⼤的,明⽩吗? 如果是病痛的话,就说明你的⾝体在给你敲警钟,需要你去调整你的信念.你的情绪、你的信念会导致成疾病让你看到,让你注意到.不然的话你还会继续你这种⽆意识的⾏为.就⽐如说你马上要出轨了,要撞车了.把你拉回到你的轨道上,那是不是好事? 那房贷的事情,第⼀你⾸先你要知道你有能⼒去付房贷说明你是有房的⼈.⽽不是像连房⼦都买不起的⼈.你已经是富有的状态.你⾸先要认清到这个.

Questioner: If you're just going to be happy, ignore the mortgage and sickness, they're still there, right? HL: You need to understand that everything external can become your motivation. Like what I said earlier, everything exists here with your permission, correct? And it exists to make you stronger, do you see that? If it's about sickness, it means your body is giving you an alarm bell, indicating the need for you to adjust your beliefs. Your emotions and beliefs lead to diseases for you to see and notice, otherwise, you would continue in this unconscious behavior. For example, if you're about to cheat or get into a car accident. Getting you back on track isn't bad, right? And regarding the mortgage issue, first, you should know that being able to pay the mortgage indicates you are someone with property, not someone who can't even afford a house. You're already in a state of wealth. You need to realize this.

那如果你⾸先是富有的状态,就说明你是有能⼒再去创造更多的财产、财富.它又会把你保持在⼀种你不断地去创造的状态当中.那你是不是就不断地变得越来越富有了? 所以所有这⼀切都可以正⾯服务于你.还有问题吗?

If you start out wealthy, that means you have the ability to create even more wealth and assets. It keeps you in a state of constant creation. So, wouldn't you just keep getting richer over time? Therefore, everything can serve you positively. Any other questions?

问:孩⼦睡觉⽼是流梦⼜⽔,为什么？⾼灵: 你可以不⽤去管他,这是他成长的⼀个过程.问: 我想知道希特勒对⾃已⽣前做的事怎么看？⾼灵: 希特勒是怎么看到他⽣前造成的这些事情? 你⾸先要知道你们⽬前还把所有⽐如说个⼈做的⼀些事情当成是属于他个⼈的.你要知道就⽐如说你的某⼀个部位长出来⼀个肿瘤,你怪呢个肿瘤.我的⼿指长肿瘤,你怪⼿指.你把⼿指割掉.你要知道这些癌细胞是从你的⾝体⾥⾯产⽣出来.那你这个地球上会产⽣⼀个希特勒.他是你们集体信念、集体意识… ⽐如说集体信念就是什么? 我们都是⽆⼒的,我们都是没有办法的,我们都是受害者.

Questioner: Why does my child constantly drool in their sleep?

Higher Spirit: You can leave him alone; it's a part of his growth process.

Questioner: I want to know how Hitler perceived the actions he took during his lifetime.

Higher Spirit: How did Hitler perceive the consequences of his actions? First, you need to understand that everyone still considers these actions as something that belongs solely to an individual. You should realize, for example, if a tumor develops in your body, it's not just about blaming the tumor; you would blame the part of your body where it developed. If my finger had a tumor, I would blame the finger and remove it. You need to understand that these cancer cells originate from within your body. On this Earth, there arises Hitler. He is a manifestation of your collective belief, collective consciousness... Such as when you believe collectively that we are powerless, hopeless, victims.

那当你有这个信念的时候,你是不是就会投射出⼀个像希特勒这样的⼈来让你们去体验到你们的确是⽆⼒的,你们是被害者,对吧? 因为世界上经历的所有的⼀切它都是反应出你们整个集体⼈类的⼀个状态⽽已.因为就算不是希特勒,如果你们集体有这样的意识.它还会出现⼀个东特勒或者其他⼈,明⽩吗? 是你们的集体意识创造了这样的⼈出来展现给你,来让你们看到你们是在⼀个什么样的状态下.你只是去追究⼀个⼈.那OK,希特勒的能量来⾃于哪⾥? 他的能量来⾃于你的恐惧呀.为什么? 你都在投降了,是不是恐惧? 那你都在投降了,你把你的能量交给了谁? 交给了你投降的对象啊.那你们所有⼈都在投降,那你们所有的能量都交

"When you have this belief, are you projecting someone like Hitler for you to experience and realize your powerlessness, that you are the victims, right? Because everything that happens in the world is merely a reflection of your collective human state. And even if it's not Hitler, with such collective consciousness, another 'Hitler' or someone else could still appear, get it? Your collective consciousness creates such beings to show you where you are at and what state you are in. You're just blaming one person. So, okay, where does Hitler's energy come from? His energy comes from your fear. Why? You're surrendering, aren't you due to fear? Then who do you surrender your energy to? To whom or what you are surrendering. If everyone surrenders, then all of your energies go..."

给了他.他才强⼤嘛.他因为你们所有⼈的能量他才强⼤啊.为什么你们所有⼈都⽆⼒? 你们所有的⼒量都给了他,让他来操控你们,明⽩吗? 是这层关系.那你还怪他? 那你怪他太有⼒量了? 那你为什么不怪你⾃⼰为什么要把⼒量交给对⽅呢? 所以说当你在把⼒量交给对⽅,交给你们ZF,交给他⼈,交给任何⼈的时候.如果你觉得⽆⼒的话,那是你⾃⼰造成的.因为你把⼒量给了对⽅,你把你的关注⼒给了对⽅.为什么?你现在在看他的新闻啊,在关注他啊.你⾃⼰在⼲什么?你有专注你⾃⼰的⽬标吗?所以你把你的能量、你的⼒⽓、你的任何给了别⼈.唯独没有给你⾃⼰.呢些给⾃⼰的⼈,他们就是创造者.他们就是被关注的⼈.

He is strong because of all your energies. Why are you all powerless? You have given him all your power, allowing him to control you. This is the relationship. Yet you still blame him? You blame him for being too powerful? But why don't you blame yourself for giving your power to the other party? So, when you give your power, attention, and energy to others, including your government or anyone else, and feel powerless as a result, that's because of you. You've given your power away, giving your focus to someone else. Why are you now consuming his news and focusing on him instead of yourself? What are you doing with your own goals? Have you been dedicating your efforts solely towards others without investing in yourself? Those who invest in themselves are the creators, the ones who receive attention.

他们为什么⼒量越来越强⼤? 他们为什么拥有⽆⽐强⼤的能量? ⽆⽐庞⼤的⾦钱? 为什么?因为是你们给他的呀.你⾃⼰给⾃⼰创造了⼀个这样⼦的事件去体验,明⽩吗?你⾃⼰创造了⼀个这样版本的世界给⾃⼰去体验.

Why is their strength getting stronger and stronger? Why do they possess无比 powerful energy? Incredibly vast wealth? Why? Because it's from you. You have created such an event for yourself to experience, understand? You've created a world of this version for yourself to experience.

问:我关注新闻,是我把⼒量给了他吗？⾼灵: ⾸先你要看你⾃⼰有没有在⼀个有觉知的⼀个状态.如果你是有意识的去看⼀些新闻的话,呢些新闻也可以变成你的能量.如果你是⽆意识的,你会觉得: 哇,还悲惨啊.那如果你是有意识的,你会看到如此多的⼈都在⽆⼒,那么我要更加的有⼒.我要做出榜样.那它是不是就化成了你的⼒量? 所以当你在⼀个⽆意识状态,你会觉得事情是没有办法更改的.他们很可怜.就是你的这种状态已经觉得外在发⽣的状态是没有办法更改的.你就在加深它.因为物质世界所有存在的⼀切都是幻像.只有你在呢注⼊你的能量,你就在加深它,加深它对你的影响.

Questioner: I follow the news closely; did I give him my power?

High Ling: First, you need to consider your own state of consciousness. If you are aware while looking at news, these can become your energy as well. If you're unconscious about it, you might think, "Wow, so tragic." But if you're conscious, you see that many people lack strength. So I must become stronger and set an example. Does this transformation into your power? When you are in a state of unconsciousness, you feel that things cannot be changed; they're pitiful. Your perception already assumes that the outer events can't be altered, reinforcing them. Since everything that exists in the material world is illusion, only by infusing your energy do you deepen its impact on you.

问:那是说我可以影响他？他也可给我正向的能量？⾼灵: 你影响他? 你要知道只能在你的世界你影响他.在你这个版本的… 那你就会把所有的呢种⽆⼒感都化成⼒量在你的内在.

Questioner: Does that mean I can influence him? And could he also give me positive energy back? Higher Spirit: You can influence him? You have to know that you can only influence him in your world. In this version of... you will transform all that sense of powerlessness into strength within yourself.

问:怎么化？⾼灵: 你不需要去明⽩所有.因为你在每⼀个点,这些信息它会⾃动的开花,在你需要的时候.所以你不需要在当下去理解这些.你不是在学功课.你不是在教育.你⽽是在只是加⼊,就是只是参与,就是只是临在.允许它在你的体内申根发芽,让它在适当的时候苏醒来服务于你.所以你不需要⽤你的头脑.因为你现在所有的理解都是你头脑上的层⾯,就是在你以你的认知上⾯去理解,你是理解不了这些的.

Questioner: How does it unfold? Higher Spirit: You don't need to understand everything because the information will automatically blossom at each point in time when you need it. So there's no need for immediate comprehension; you're not studying coursework or being educated. It's just about participation, simply being present. Allow it to take root and grow within you, allowing its awakening to serve you at the appropriate times. You don't have to use your mind because all of your current understanding is on a superficial level, which doesn't allow for understanding these deeper concepts.

问:我还是要看⼀些新闻,我喜欢看⼀些感觉舒服的,我喜欢⼀些励志的...

Questioner: I still want to watch some news, I like to watch something comforting, I like motivational content...

⾼灵: ⾸先你不要总是我我我我.因为你每⼀个瞬间都在改变.你昨天喜欢的不⼀定今天会喜欢,你昨天关注的不⼀定今天会关注,明⽩吗? 因为你每⼀时刻你都在转变,你的意识都在发⽣变化.它的内在都在发⽣变化.所以你也不需要过多的关注于为什么我这样为什么我那样,我我我我我.我只是⼀个假象⽽已.只有你持续的这么去认为你,它才会持续的展现出呢个你给你.但是它并不是真实的你,明⽩吗? 只是你⼀直在给它注⼊能量.

Higher Spirit: First of all, don't always focus on "me" and yourself. Because every moment you are changing. What you liked yesterday might not be liked today, what you focused on yesterday may not be focused on today, understand? Because every moment, your consciousness is changing. It's inner self is transforming. So there's no need to overthink why I am like this or why I do that, "me" and so forth. I'm merely an illusion. Only when you keep thinking of yourself in this way will it continue to reflect the image you present. But it isn't your true essence, understand? It's just that you've been constantly infusing energy into it.

问:我想在这个世上展现⾃已,我不说我吗？那怎么....

Questioner: I want to show myself in this world, why wouldn't I say it? But how...

⾼灵: 你展现你⾃⼰.因为你的头脑会有对你⾃⼰的⼀个记忆⼀个认知,然后把它当成是你.但是你,呢只是⼀个虚幻的.你只是头脑投射出来的⼀个形象⽽已.不过没有关系,你不需要完完全全的去理解这层意思.等你以后到了需要理解的时候,你⾃然会理解.到时候你就不会有这个问题产⽣.

Higher Spirit: Show yourself. Because your mind has a memory and a cognition of yourself, then projects that as you. But you, is just an illusion. You are merely an image projected by the mind. Yet, it's alright. You don't need to fully comprehend this meaning right now. When the time comes for you to understand, you will naturally do so. By then, this issue won't arise.

# **2022/03/03 — 倾听与战争专场Listening and Warfare Special Edition**

⾼灵: 你说吧,什么问题.

Higher Spirit: Speak up, what's your question.

问: 为什么我从⼩到⼤做梦的时候在梦⾥打电话都⼀直按错号码,怎么都拨不对.就算拨对了,对⽅的声⾳也很⼩,很难听清楚?

Questioner: Why have I always dialed the wrong number when calling in my dreams from childhood to adulthood, no matter how hard I try? Even if I do manage to dial the correct number, the other party's voice is very soft and difficult to understand?

⾼灵: 为什么你会对这样⼦的⼀个问题想要去探索到原因呢? 因为⽆论我怎么给你解答,它只是让你的头脑,给你的头脑⼀个交代⽽已.然后这样的事情你可以⾃⼰去做,明⽩吗? 你并不需要去找⾼灵来给你⼀个定义.你可以⾃⼰去给你⾃⼰发⽣在梦⾥⾯的⼀些情景给它⼀些命名.这么说吧,⾸先这不只是你做这样的梦.很多⼈很多⼈都会做这样的梦.为什么你们很多⼈都会做同样的梦呢? 因为你们这些⼈集体意识创造了⼀些东西.然后它们就好像在呢⾥,就⽐如说你的⼀个意念或者你的想法创造⼀个天使在天上.那你们很多⼈就会看到天使.那你就会怎么呢么多⼈看到天使?因为⼀旦有⼈⼀个想法⼀个意念把它创造出来过后,你们就可以看到可以体验到.

Higher Spirit: Why do you want to explore the reason behind such a question? Because no matter how I answer it for you, it merely justifies your mind and leaves you satisfied. And this is something that you can do on your own, understand? You don't need to come to High Spirit for a definition. You can give names to what happens in your dreams yourself. Let me put it this way: First of all, you're not the only one who has such dreams. Many people have similar experiences too. Why are so many of you having the same kind of dream? Because these shared collective consciousness creates certain things that manifest within your mind. For instance, if someone's idea or thought creates an angel in heaven, then many of you would see this angel. Then, how come many of you can see angels? Once a person's thought or intention is created and manifested, you all are able to perceive it and experience it.

所以在梦⾥⾯有⼀些的情景也是⼀样.你在梦⾥⾯就好像是你⽩天⾛在⼤街上,东⾛⾛西⾛⾛.这样⼦梦游.⾛到这⾥,这⾥有⼀套房⼦.我怎么⽼看到这套房⼦呢? 明⽩我意思吗? 如果你真的要去问为什么的话,你想要找到⼀个定义的话.你可以⾃⼰去给它定义.但是你要知道这些东西,哪怕是梦⾥⾯的还是现实⽣活中的,就好像你们是在⼀个⼤舞台上.有些⼈把这个放上去,有些⼈把呢个放上去,只是被你看到⽽已.仅此⽽已.但是如果你真的是如果要给你头脑⼀个交代,找到⼀个meaning的话,你可以⾃⼰去给它正⾯定义.

So in dreams, there are also certain scenarios that are the same. In your dream, it's like you're walking down a street during the day, wandering east and west. This is a form of dreaming. You walk to this point where there's a house. Why do I always see this house? Do you understand me? If you really ask why or want to find a definition for it, you can define it yourself. But remember, regardless of whether these are dreamscapes or real-life situations, they're like being on a grand stage. It's as if certain elements are placed there by different individuals and you just happen to encounter them. That's all there is to it. However, if you truly seek an explanation for your mind, trying to find meaning in this phenomena, you can provide yourself with a positive definition of it.

问: 那这个不是因为我有⼀个什么恐惧或者限制性的信念需要释放是吗?

Questioner: Is it that I need to release some fear or limiting belief, rather than me being limited by this?

⾼灵: 你要是担⼼你会错过什么的话,你永远都不会错过任何.哪怕是你⾃我探索或者关于你⾃⼰,所有东西都会摆放在你⾯前.所以你不⽤担⼼你会错过任何.你不需要去费尽⼼思的寻找你到底哪⾥出来错.如果你真的要去朝这⽅⾯⾛的话,你会去给⾃⼰制造很多错误来给你体验.所以只是去把你的精⼒关注在你⾃⼰真正想要创造的上⾯去.

Higher Spirit: If you worry about missing anything, you will miss everything, even your self-exploration or about yourself. Everything would be placed in front of you. So there's no need to worry about missing anything. You don't have to strain to find out where you went wrong. If you really go that way, you'll create many mistakes for yourself to experience. So just focus your energy on what you truly want to create.

问: 我想问⼀下为什么我妈妈呢么害怕猫?

Questioner: I want to ask why my mother is so afraid of cats?

⾼灵: 有⼈为什么害怕某些东西她有可能是在她的观念⾥⾯猫有可能跟⼥巫或者未知或者这些⿁扯上关系.那有⼈可能是⼩时候被猫咬过,这种可能性很多.关键是要看她⾃⼰.但是你们⼈本⾝就有⾮常⾮常多恐惧的东西,不只是猫.特别多的东西你们都在恐惧.所以就算她不怕猫,她有可能怕⽼⿏.她有可能怕蛇、蜘蛛,都有可能.

Higher Spirit: Why do some people fear certain things? Perhaps she associates cats with witches or the unknown, or superstitions. Many possibilities exist, such as someone being bitten by a cat at a young age. The key is to consider her own perspective. However, humans have an abundance of fears, not just about cats. You're afraid of many things. Hence, even if she isn't afraid of cats, she might be afraid of mice. She could fear snakes or spiders; there are numerous possibilities.

问: 那我还可以再问⼀下我⽬前为⽌思想上最⼤的束缚有什么是需要我释放的呢?

Questioner: Which is the biggest constraint on my current thinking that I should release?

⾼灵: 最⼤的束缚需要你释放的就是你停⽌去找你的错.

Higher Spirit: The greatest constraint you need to release is your insistence on finding fault with yourself.

问: 我⾃⼰最后的⼀个问题我还能问⼀下我的⾼我和指导灵还有没有什么别的信息要带给我的吗?

Questioner: My final question to myself is, do my high self and my guide spirit have any other messages for me?

⾼灵: 关注你⾃⼰想要的⽽不是不想要的,你不⽤去害怕或者担⼼任何.

Higher Spirit: Focus on what you want rather than what you don't want. You don't need to be afraid or worry about anything.

战争专场问: 这次俄乌战争可以让我们学习到什么?

Questioner: Battle Special Questioner: What can we learn from this Russo-Ukrainian war?

⾼灵: 你们每⼀个个体从中可以去学习到什么都是要看你们⾃⼰.就好像⽼师放⼀个空的⽩板在你们⾯前来问你,你可以从中看到什么? 你们每⼀个⼈看到的都不⼀样.有的⼈看到的是恐惧未知.有的⼈看到的是希望.有的⼈看到的是⾃由、创造.有的⼈看到死亡,有的⼈看到⽣命.那既然这次事件你们可以从中学到什么,那都要看你们⾃⼰.为什么? 因为你才是呢个去给它定义,给它赋予意义的⼈,明⽩吗?

Higher Spirit: What each of you can learn from it all depends on yourselves. Just like a teacher placing an empty whiteboard in front of you and asking what you see, everyone sees something different. Some see fear of the unknown, others hope, freedom, creation. Some see death, while some see life. Given that this event is teachable to you, what you learn from it depends on yourselves. Why? Because you are the ones who define it and give it meaning, understand?

问: 虽然我知道你们不会做任何的预测,我能不能问⼀下这次战争还会继续扩⼤,越演变越厉害吗?

Questioner: Although I know you won't make any predictions, can I ask if this war will continue to escalate and become even more severe?

⾼灵: 你想知道这次战争会不会演变的越来越厉害.哪怕它演变的再厉害,但是你要知道它的终点都只是⼀个,它的终点就是转变.所以就好像你把⼀个东西扔的特别特别远,然后触到底的时候它就会反弹过来.所以迟早你们都会明⽩你们是⼀体的.你们虽然是通过这样⼦的⽅式来让你们感受到分裂.但是你们迟早知道虽然你们要分裂,但是你们没有达到分裂.

Higher Spirit: You wonder if this war will escalate to increasingly severe levels. Regardless of how intense it becomes, you must understand that there is only one endpoint for all this – transformation. It's like when you throw something really far; once it reaches the ground, it bounces back. Eventually, you'll realize that you are all connected in essence, even though you feel divided through this process. Despite your separations, no matter how much you divide yourselves, you cannot truly separate beyond a certain point.

问: 我们如何⾯对这次战争带来的影响?

Questioner: How do we address the impacts of this war?

⾼灵: ⾸先带来的影响还是要像前⾯说的要看你个⼈.就是你个⼈你可以去给你,就是激发出你内在很⼤的愤怒.给你带来这样⼦的⼀个影响.那你也可以唤醒你对和平的⼀个向往.你如何去⾯对这个事情带来的影响? 这还是看你个⼈.但是还是呢句话,就是说⽆论事件、外在多么的混乱.但是再混乱,它的终点还是为了变得有序.就好像狂风暴⾬、飓风把所有东西全部都吹乱了.但是等它飓风过后,所有⼈都是像新⽣重⽣⼀样.所以正好你们可以把呢些负⾯的能量给带⾛.经过⼀次战争就好像经过⼀次洗刷⼀样.把所有的内在的⼀些愤怒或者内在压抑的⼀些能量全部给释放掉.然后好让你们… 你这么想,陈旧的东西被撕碎过后,那新的是不是就要出来?

Higher Spirit: The first impact will still depend on the individual as mentioned earlier. You can ignite within you a great anger that brings about such an effect. Alternatively, you may awaken your desire for peace. How you choose to face the impact of this situation is up to you. However, there's a saying that no matter how chaotic events and external circumstances are, they always aim to become orderly in the end. Just like hurricanes or storms disperse everything, once the chaos subsides, everyone emerges as if reborn. So, you can take away those negative energies after a war is over, akin to undergoing a cleansing process. This allows you to release any inner anger or suppressed energy, paving the way for new beginnings when old things are torn apart.

因为如果陈旧的东西不被撕裂的话,那它还会坚固.新的东西没有办法出来.

Because if the old doesn't get torn down, it will still be strong. There's no room for the new to emerge.

问: 那我们经历了瘟疫,战争,为什么地球会如此的混乱?

Questioner: Yet we've gone through plagues and wars, why is the Earth so chaotic?

⾼灵: 为什么地球会如此的混乱? 因为你们需要体验这个混乱的过程来帮助你们成长、帮助你们转变.你们需要经历这个转变.这么说吧,⽐如说地球是⼀套房⼦,是吧?你们所有⼈各种⼈都住在同⼀个房⼦⾥⾯.然后你们都不讲个⼈卫⽣、不爱清洁、乱扔垃圾,就是到处都是⼤⼩便,对吧?那你说随地⼤⼩便造成的⼀些恶臭、带来的⼀些病毒或者是任何,谁去经历?那肯定是你们居住在这个屋⼦⾥的⼈啊.那当你们经历了这样⼦的⼀个状态.如果有⼈站出来先打扫房⼦,然后注意他的个⼈卫⽣.他做出了榜样.慢慢慢慢的所有⼈都跟着效仿.那你们的屋⼦是不是就在⼀个⼲净的环境下了?所以那你通过去经历了恶臭、混乱,你不能忍受.

Higher Spirit: Why is the Earth so chaotic? Because you need to experience this chaotic process to help your growth and transformation. You need to go through this change. Let me put it like this, for example, imagine that the Earth is a house, right? All of you, every kind of person lives in the same house together. Then, everyone neglects personal hygiene, doesn't care about cleanliness, throws trash everywhere, which means everywhere has feces and urine, right? Who experiences the disgusting smell caused by littering or brings about viruses or any other consequences? That's definitely the people living in that house. When you experience such a state, if someone stands up first to clean the house and then pays attention to their personal hygiene, they set an example. Slowly, everyone follows suit. So, isn't your house under a clean environment? Therefore, through experiencing the smell of filth and chaos, you can no longer tolerate it.

因为你们现在很多⼈⼼⾥都是想着我不能忍受我居住在这个环境下.那有些⼈他们就是觉得⽆⼒的.他们可能就通过⾃杀去逃避这个.那有的⼈可能就是通过它激发出他内在的能量.然后去积极的⾏动起来,然后去创造⼀个模板,就好像榜样出来.让⼈们跟随,看到希望.让⼈们看到出来.那你们是不是每个住在这个屋⼦⾥⾯的⼈都有⾃⼰的责任?都可以⾃⼰先从⾃⼰⾝上⼊⼿,打扫好⾃⼰.你⾃⼰居住的地⽅哪怕把它打扫⼲净.那别⼈看到: 我们家有脏又乱的,你看他们家多⼲净! 鲜花多漂亮.好喜欢呢样⼦的.OK,那我也这样做.那⼀个⼀个的效仿下去,是不是所有⼈都这么做了?

Because many of you are feeling that you cannot endure living in this environment. Some feel powerless and might escape through suicide. Others might tap into their inner energy to take proactive action, creating a template for others to follow and find hope. Isn't each person residing in this house accountable for their own responsibility? Could one start by cleaning up their own space first? Even something as simple as tidying your room can inspire others: "Look how clean and neat their place is! How beautiful those flowers are!" I really like that sort of setup. Okay, let's all do the same. If everyone does this step-by-step, will everyone follow suit?

问: 为什么⼈类到处都是冲突?

Questioner: Why is conflict everywhere among humans?

⾼灵: 那是因为你们都明⽩,就是你们都还把这个⾁体当成是你.就是你们把这个⾁体当成是你.你还觉得只要你吃饱喝好,然后有房⼦住就满⾜了.因为你们对你⾃⼰的⼀个误知.但是很多⼈通过这样⼦的经历才发现并不是,才发现他⾃⼰吃饱了喝⾜了然后有房⼦住并不能给他带来幸福感.那他就开始关注⾝边的⼈,开始关注社区,开始关注国家,看是关注这个地球.所以最开始的冲突,就是你说的呢个冲突是他⾛向这条路的⼀个开始,明⽩吗? 因为虽然你们⾁体经历的时间只有短短⼏⼗年.那是你们⾃⼰的⾁体.但是你要知道你的这个⼏⼗年已经发⽣过⽆数次了.所以你们不断地不断地在创造,不断不断地在更新.你们来到地球上的都是曾经来过地球上的.

Sage: That's because you all understand that you still see yourself as this body. You see your body as your self and you think that as long as you are well-fed, have a roof over your head, and are satisfied. This is due to an incorrect understanding of yourself. But many people only realize after experiencing it themselves that even being well-fed, having enough drink, and living in a house doesn't bring happiness. They then begin to focus on the people around them, start paying attention to their community, country, or even this planet Earth. So the initial conflict you mentioned is where he began his journey down this path, understand? Although your physical existence lasts only for a short few decades, it's your own body. But you need to realize that these few decades have happened countless times already. Therefore, you are constantly creating and updating. You've come back to Earth because you've been here before.

你们才想要⼀次又⼀次的回到⾃⼰的家乡⼀样.然后来改变你们家乡的环境.那当然,如果你能记起来你⾃⼰来到这⾥是因为你选择想要来到这⾥改变⾃⼰的家乡的时候.你便不会焦距于你只是⼀个⾁体或者个体.因为你来是因为⼀个更⼤的⼀个⽅向、⼀个⽬标.

You would want to repeatedly return to your hometown just like that, and then come to change the environment of your hometown. Of course, if you could remember why you came here - because you chose to come here to change your hometown - you wouldn't fixate on being merely a physical body or an individual. You came because of a larger direction, a goal.

问: 他⼈即地狱,怎么理解?

Questioner: How can we understand "The other person is hell"?

⾼灵: 其实这⾥没有他⼈.他⼈即地狱,说这句话的⼈他说的是他⾃⼰.他⾃⼰就是地狱.因为外在所谓的他⼈,他体验的只是他⾃⼰.他把他的想法、他的观念、他的定义、他的所有的⼀切投射到他⼈⾝上.他体验的只是他⾃⼰.他⼈即地狱,就说明他觉得他⾃⼰就是地狱.

Actually, there is no one else here. "The other person is hell" - the one who said this was referring to themselves. They are their own hell because they experience only themselves. They project their thoughts, concepts, definitions, and everything else onto others. What he experiences is just himself. The statement "the other person is hell" indicates that he feels that he himself is hell.

问: 我们有⼀个群友问了⼀个跟战争相关的问题是呢些在战争中牺牲的⼈在他们投胎前就知道他们⾃⼰会战死沙场吗?

Questioner: We have a group member who asked a question about war, specifically if those who sacrifice in war knew before their rebirth that they would die in battle?

⾼灵: 你想知道呢些现在在战场上死去的⼈,在他们投⾝之前他们就知道他们会战死在战场上吗? 你要知道,这么说,⾸先在他投⾝之前,他肯定是知道他的⽅向是来帮助整个⼈类转变的.然后在你们每⼀个时间线上都会有⼀些特定的事情发⽣.为什么? 因为这个时间点,它战争会发⽣.但是在另外⼀个时间点,它战争不会发⽣,明⽩吗? 那战争会发⽣还是不会发⽣呢? 那就要根据你们集体意识的⼀个状况.⽐如说你们集体意识的频率要么是⼀百要么是⼋⼗.那⼋⼗的时候会发⽣战争,如果在⼀百的时候是不会发⽣战争的.那你们的频率进⼊了⼋⼗,你们就会体验战争.那你们的频率到了⼀百,你们就不会体验战争.

Higher Spirit: Do you want to know if those who are dying on the battlefield now knew they would die in battle before they embarked on it? You need to understand that when someone decides to commit themselves, they must be aware of their direction towards helping humanity shift. Then, for each of you, there will be specific events happening at certain points in time. Why is this so? Because at that moment, wars occur. But on another timeline, wars do not happen. Do you understand this dichotomy? Will the wars occur or not? This depends on your collective consciousness' state. For example, if the collective frequency is either 100 or 80, wars will occur when it's at 80 but won't happen when it's at 100. When your frequency enters the 80 zone, you will experience warfare. But when your frequency reaches 100, you won't experience any war.

问: 那⽐如现在乌俄战争爆发,我现在的频率是⼋⼗.那我把频率提到⼀百是不就….

Questioner: For instance, if there's now a war between Ukraine and Russia, my current frequency is eighty. If I raise the frequency to one hundred, wouldn't that...

⾼灵: 你不能说是你,因为你们还有⼀个集体⼈类的意识,明⽩吗? 就好像⽐如说你⼀个班级,⾥⾯有⼀个整体的.⽐如说这个班级的平均分数是九⼗,它平均值嘛.另外⼀个平均分数是⼆⼗,明⽩吗? 因为你们会有⼀个… 所以就是为什么前⾯我说你们是所有⼈选择来到这⾥.为什么? 因为这⾥是你们家乡.那你们都是选择了来到这⾥.你继续问.

Higher Spirit: You cannot say you because you have a collective human consciousness, right? Like in a class where there's an overall average, for instance; the average grade is 90, say. Because it has its average mean value, and another one may be 20, right? Because you would have that... This explains why I said earlier that all of you chose to come here. Why? Because this place is your home. That's why you've chosen to come here. Go on asking.

问: 那个⼈的频率难道不可以决定他去体验什么样版本的地球吗?

Questioner: Could it be that a person's frequency determines which version of Earth they experience?

⾼灵: 那是⽐如说你们现在都在经历战争对不对? 但是战争给你们每⼀个⼈带来的… 就是你内在引起的,如果它是引起你的愤怒还是引起你的⼀个动⼒.那就是你的个⼈频率决定了.但是你们集体显化出来的东西,它没有变.只是它能变成你个⼈从中去,到底去激发了哪⼀⾯.这就是为什么你们集体意识的转变它不是… 个⼈他能够推动集体意识的提升.但是不是你个⼈,就是你是需要整个集体.为什么?不然的话你来到地球上做什么?你如果不是来推动整个集体的转变的话.这就是为什么总是说你们是⼀体.你们必须要明⽩你们是⼀体.就好像你们是⼀整个拼图,你们每⼀个⾓都是息息相关的.它并不是说你就⼀个拼图,你⼀块就呢个什么.

Higher Spirit: Is this like what you're all experiencing now, right? But the war affecting each and every one of you... It's your personal frequency that determines whether it causes anger or becomes a source of motivation within you. However, what you collectively manifest remains unchanged; only how it affects you individually depends on which aspect you're激发. This is why collective consciousness transformation isn't solely driven by an individual's actions; rather, it requires the entire collective effort. Why? Otherwise, why would you be here on Earth if not to facilitate this collective change? This explains why you are always referred to as one unified whole, needing to understand that you are interconnected like puzzle pieces, each piece being integral to the whole. It's not just about being a single piece; you're all part of the bigger picture.

是你来推动着整个,转变整个.然后⽐如说我们之前通灵信息说如果你们坚持你们⾃⼰选的这条路,改变集体意识嘛.那你们就可以缩短地球转变的⼀半的时间,对不对? 是不是? 那你想,你如果缩短了⼀半的时间,你省了多少战争了? 你就会省略掉多少战争了?你便不需要⽤这种战争、死亡这种极端的事件来成长,对不对?你便省略掉互相残杀对⽅的⼀个过程.就⽐如说你的频率达到了这样⼦的⼀个频率,你体验的就是我刚刚说的⼀百和⼋⼗的区别.那如果你是⽤缓慢的过程,你是不是就要⼀步⼀步,每⼀个点,每⼀个⼩数点,每⼀步他都要体验,你错过不了? 所以这就是你们个⼈的⼒量到底有⼤?

Is it you who are driving the entire transformation, changing everything? Like we've previously communicated that if you stick to the path you choose for yourselves, transforming collective consciousness, then you can halve the time Earth takes to change, right? If that's true, imagine how many wars you could save by doing so? How much violence would be spared if you shortened this timeline? You wouldn't need such extreme events like wars and death for growth; instead, you'd bypass the process of mutually killing each other. For instance, if your frequency reached a level where you experienced only the difference between one hundred and eighty, what if you were to use a slower process? Wouldn't every step, every small detail, every single move have to be experienced in sequence without missing any? This is how significant your individual power truly is.

你们千万不要把你们的⼒量寄托于,你们现在都已经看到了,他们国家总统领导他们是英雄.但是⼀个英雄如果他是分裂的呢? 如果他是⽆知的呢? 如果他总是觉得就是说我的任务就是我的国家,我可以和别的国家对着⼲.但是你要知道你们是整体.你们并不是某⼀个国家,你们是⼀个整体,你们所有⼈类.不只是地球,你们所有星球都是⼀个整体.这就是为什么会有其他星球的⼈来帮助你们.所以你们并不是分裂的.你们不是国家与国家分裂,你们也不是⼈与⼈.你们并不是星球与星球的分裂.就是我们的地球才是怎样,我要打外星⼈.也不是.

You must not rely on your power based on the fact that you have already witnessed their country's president leading them as heroes. But what if that hero is divided? What if he is ignorant? If he always believes his mission is just for his own country and can go against other countries? But remember, you are a whole. You are not a specific nation; you are an entire collective, all of humanity. It's not just Earth; all the planets together form this whole. This is why there are beings from other worlds coming to assist you. So you are not divided. There isn't a division between nations or individuals, nor between planets and planets. Our Earth is about how I must fight aliens, but no more than that.

问: 明⽩了.当我们经历了这些恐怖的事件,⾝体还会残留恐惧.恐惧导致的创伤后应激障碍,我们要如何缓解和治疗?

Questioner: Understood. Our bodies retain fear after experiencing these terrifying events. How do we alleviate and treat the trauma resulting from such fears?

⾼灵: 这么说吧,你的⾝体就像⼀只⼩狗狗对不对? 那你如果经常去打这个狗,狗⼀看到你是不是就发抖了? 那如果你经常去爱抚它呢? 就是去抚摸它,给它创造正⾯有爱的环境.它看到你它是不是就特别开⼼? 那如果你的⾝体经历了⼀些恐惧的事件.OK,你已经经历了.那你再去给你的⾝体去创造更多的积极的有爱的正⾯的⼀些环境、经历去给它.那它是不是就⾃然⽽然记住了正⾯了? 就可以慢慢地让呢些负⾯的给取消掉,就是给它替代掉? 就⽐如说⼀个正⾯的或者⼀个负⾯的.负⾯的,你好像说怎么样消除你的负⾯?你没有办法真正的消除你的负⾯.越是你要消除它,你越是在关注它.你更多的就是创造更多正⾯的,明⽩吗?

Higher Spirit: Let me put it this way, your body is like a little puppy, right? If you often go and hit this dog, would the dog tremble whenever it sees you? But what if you regularly pet it? That means creating a positive loving environment for it. Would it be particularly happy to see you? Now, if your body has experienced some fearful events, alright, you've already gone through that. Then, go on and create more positive loving experiences for your body. It would naturally remember the positivity, right? This way, those negatives can gradually fade away and be replaced by something positive. You know, a positive or a negative, how do you eliminate your negative thoughts? You can't truly eliminate them. The more you try to get rid of them, the more you focus on them. Instead, create more positivity; it's all about perspective.

因为你们的⼤脑是这么运⾏的,它总会记住.明⽩我意思了吗?所以就像是⼀对爱⼈,那他们争吵.争吵过后实际上⼼⾥会有阴影的.那就是说怎么样去消除我们的阴影呢?你⼀直想要消除阴影,你说: 哎呀,上次打你呀…. 你又把这个事情⼀⽽再再⽽三的提出来,你又把他带⼊到呢种愤怒当中.你明⽩我的意思吗?就好像之前我们通灵信息说,你只要给它创造出来了,你就给它创造了⼀个频率.每⼀件事情,你每⼀刻都在⽤相机给它拍照.你只要发⽣了,呢个照⽚就存在了.那你⼀⽽再再⽽三的把呢个恐怖的照⽚拿到你⾯前来看.你是要让你的头脑继续进⼊呢个恐怖的频率,继续进⼊呢个恐怖的频率吗?你创造出更多有爱的频率、美好的频率.

Because that's how your brain works; it always remembers. Do you understand what I mean? So, imagine two lovers who argue. After the argument, there's actually a shadow in their hearts. The question is, how do we eliminate these shadows? You constantly try to erase them by saying: Oh, last time... You bring that issue up again and again, dragging him back into anger. Do you see what I mean? It's like when we received spirit messages before; once you create it, you've created a frequency. Every single moment is being captured on film in your brain. Once something happens, the photograph exists. And if you repeatedly show that terrifying picture to yourself, are you not allowing your mind to continue dwelling in that frightening frequency? You're creating more loving frequencies, and beautiful frequencies.

然后呆在这个美好的频率就可以了,明⽩吗?因为⼀旦相机拍出来过后,它就没有办法.它就永远在呢⾥.那永远在呢⾥不代表它会对你有影响.只有你去抗拒它,再把它找出来的时候,你的意识你的关注点,你再把呢个恐怖的照⽚拿到你⾯前的时候.它才会让你恐惧,它才会让你产⽣恐惧对不对?那如果你⼀直停留在有爱的画⾯当中呢?就是有爱的呢个照⽚当中呢?呢个恐怖的画⾯实际上已经不在了呀.当你的意识焦点再关注呢个

Then stay in this beautiful frequency, understand? Because once the camera captures it, there's no going back. It stays there forever. That "forever" doesn't mean it will affect you. Only when you resist it and bring it up again, when your consciousness and focus are on that恐怖 photo being presented to you, does fear arise - it generates fear, right? But if you stay in a loving scene, inside the loving photograph, the fearful scene is already gone. When your awareness focuses on

恐怖的画⾯,它又再⼀次出现再影响你.明⽩我意思吗?所以就是多拍照,正⾯有爱的画⾯.然后多去看这些画⾯.不⽤特意的想要如何消除恐怖的画⾯,因为你没有办法.只有当你想要去消除它的时候,你就继续的把它拿出来.让你再⼀次进⼊呢样的频率.

Terrifying visuals, it appears again to influence you. Do you understand what I mean? So, take more photos of positive and loving scenes. Then, keep looking at these images. There's no need to intentionally try to rid yourself of the scary visuals because you can't do that. Only when you want to eliminate them, should you continue to bring them out. To let you once again enter this frequency.

问: 我们有时候不只害怕恐怖事件,还会害怕⾃⼰头脑⾥的担忧会吸引更多的恐怖事件.这个要如何处理?

Questioner: Sometimes we fear not only terrorist events but also that our worries might attract more of them. How should this be handled?

⾼灵: 这个要如何处理? 你不需要去处理它.就是你不会想着要把它消灭掉.因为当你想着要消灭它的时候,你其实就是在产⽣它.你⾸先你要知道⽣命的所有⼀切都是体验、都是经历.所有的⼀切都可以正⾯服务于你.那在你⾯前就没有好坏之分了.就是你不会特意的想要去怎样怎样怎样.因为当你特别想要消灭任何的时候,其实你的专注⼒就在呢上⾯.然后你就在产⽣它.所以你就连想要消灭它的⼼都没有.因为你要知道就像你的头脑是⼀只⼩狗狗,它⾃然⽽然会记住更多有爱的画⾯.

Spirit: How should I deal with this? You don't need to handle it. It's that you wouldn't think of eliminating it. Because when you consider eliminating something, in reality, you are creating it. Firstly, you must understand that all aspects of life are experiences and experiences. All can serve you positively. Then, there is no distinction between good or bad before you. You won't intentionally want to do anything in particular. Because whenever you particularly want to eliminate anything, your focus is actually on that. And then you create it. So, you don't even have the desire to eliminate it. Because you need to know that just like your mind is a little puppy, it naturally remembers more loving scenes.

第三部分问: 当你赞美对⽅九⼗九次,对⽅却相信你负⾯评判的⼀次.这是为什么?

The third question asks: Why would someone believe in your negative evaluation when you praise them ninety-nine times and criticize them just once?

⾼灵: 当你赞美对⽅九⼗九次,对⽅只记住负⾯评判的⼀次.这是为什么? 就是说⼈们为什么对赞美不是特别的关注或者是相信.但是只要你去批评他,他就相信了.这是为什么? 是吧? 这只是你们⾃⼰对⾃⼰的⼀个评价.你不能说所有⼈都是这样⼦.因为只能是他⾃⼰有这个⾃我评价的⼈,他才会有这样的⼀个状况.他才会产⽣⼀个… 因为如果他真的是不关注外在的任何声⾳的话,你⽆论是赞美他九⼗九次,批判他⼀次都不会对他造成影响.所以并不是什么多,就是赞美多批评多.因为你要么你就是真的在乎别⼈对你说的所有话.你要么就是不在乎.你要是在乎的话,所有的话他说什么你都会在乎.你要是不在乎的话,哪怕他批评你,你都会不在乎.

Higher Spirit: When you praise the other person ninety-nine times, they only remember one instance of negative criticism. Why is that? It's because people don't pay much attention or believe in praise, but as soon as you criticize them, they believe it. Isn't that so? This is just your self-evaluation for yourself. You can't say everyone behaves this way. Because only someone who has this self-assessment would experience such a situation and have their self-production affected accordingly. It's because if they truly don't pay attention to any external voices, regardless of whether you praise them ninety-nine times or criticize them once, it wouldn't affect them at all. Therefore, it's not just about the number; it's about praising more versus criticizing more. Because either you truly care about everything people say to you, or you don't care at all. If you do care, then every word they say matters to you. But if you don't care, even if they criticize you, you wouldn't let it bother you.

所以为什么⼀次批判对⽅就在乎的? 那是因为他对外界的声⾳他本⾝就⽐较敏感.

So why does criticizing someone's concern matter so much? That's because he is more sensitive to外界的声音.

问: 为什么⼈们对负⾯语⾔铭记在⼼,⽽不是爱?

Questioner: Why do people remember negative language more than love?

⾼灵: 为什么⼈们对负⾯语⾔铭记在⼼,⽽不是爱? 就⽐如说别⼈骂你⼀句,你永远都记得.那其实还是⼀个你对你⾃⼰的⼀个评判.你对你⾃⼰的⼀个评判,你对你⾃⼰的⼀个不认识.所以你才会去把外⾯的声⾳当成是他们可能说的是真的.你才会把呢些声⾳⽤来针对你.那如果你知道你真正的⾝份,就是你从来也不去定义你⾃⼰.哪怕我前⾯是⼀个恶魔的形象,那我下⼀秒钟可以是天使.如果你知道你不是任何可以来定义你的话,你也不会去⽤任何声⾳来定义你⾃⼰.所以还是,所有这些都是来⾃于⼀个你还对⾃我的⼀个误解.就是你还会把这个⾁体和你的⼀些⾏为当成是你.但是你要知道,你的⾏为是永远可以改变的.你的思想、你的观念是永远可以改变的.

Higher Spirit: Why do people remember negative language more than love? For example, if someone scolds you, you always remember it. In fact, that is still a judgment you make about yourself, an unfamiliar one to yourself. So, you would consider the outside voices as potentially true because they are being directed at you. You would use those sounds against yourself. But if you knew your true identity, which comes from never defining yourself; even if I present myself as a demon earlier, I can instantly be an angel afterwards. If you know that you are not any definition that someone could give you, then you wouldn't define yourself using anyone else's voice. So it all comes down to misunderstanding of self. You still see your physical body and actions as being who you are, but what you need to understand is that your actions can always change. Your thoughts and beliefs are also always open for change.

问: 发脾⽓的怒⽕⼀定要释放出来吗? 如何可以转化这股能量?

Questioner: Must the anger fire be released when one loses their temper? How can this energy be transformed?

⾼灵: 发脾⽓的怒⽕⼀定要释放出来吗? 发脾⽓的背后⼀定有⼀个你相信了什么,它才会导致你有呢个情绪.所以是你相信了什么东西,它才会让你产⽣⼀个如此强烈的情绪.那当你产⽣的这个情绪对你来说你是,就是当你产⽣了这股能量就是你的能量产⽣了过后,你是不得不把它释放出来的.因为它就算今天不释放出来,它明天也要释放出来.因为这股能量它被你产⽣了过后,它总会释放出来.那就是说如何弥补产⽣这股能量呢?那就是说你⾃⼰不去定义任何事情.你⾃⼰随时随地都是处在⼀个充满觉知的状态.啊,我觉察到我现在在下⼀个定义.OK,你觉察到的时候你就知道所有的东西它只是⼀个定义.那你就可以不⽤去定义它.

Higher Spirit: Must the fire of anger always be released when you lose your temper? There is definitely something you believed that causes this emotion in you, and only then does it lead to such a strong feeling. It's what you believe that causes this intense emotion within you. So, if you have generated this energy, you are compelled to release it because you can't hold onto it indefinitely. Whether today or tomorrow, the energy will always find its way out. This means how do you balance the generation of this energy? It involves not defining anything on your own and staying in a state of constant awareness. When I realize that I'm about to define something, okay, by being aware of it, you understand that everything is just a definition. And you no longer need to impose any definitions upon things.

所以这需要你处在⼀个充满⾮常⾮常⾼度的觉察的能⼒,你才能注意到你的头脑的每⼀个念头升起来.因为如果你没有觉察到,它就已经产⽣了,产⽣⼀个相了.那呢个相就会被你投射到你的物质世界当中来,明⽩吗? 这就是为什么你们会需要去通过打坐,通过冥想去不让你的头脑⾥⾯产⽣这些念头.那你就会在这个物质世界投射的相就越来越少.那很多的相实际上就是观念.那你的观念⼀投射,对⽅观念⼀投射,不就发⽣冲突了?

So this requires you to be at an extremely high level of awareness where you can notice every single thought arising in your mind. Because if you do not notice it, it already exists as a form before you are aware of it. This form is then projected into your material world, understand? This is why you need to go through meditation and sitting to prevent the formation of these thoughts within your mind. As a result, the number of projections in this material world will decrease. Many of these forms actually represent ideas. When you project your idea, and the other's idea gets projected, isn't that when conflicts occur?

问: 那我们⽐如说已经在发脾⽓了,那如何可以在这种时候转化这股能量?

Questioner: So, if we're already in a bad mood, how can we transform this energy at such times?

⾼灵: 已经发脾⽓了,那你也可以就是说你知道你发脾⽓实际上,OK,当你觉察到是因为你的观点过后,你就已经把它放下了.当你放下了了,你⼼中就没有怒⽕了.你没有怒⽕了,那其实对⽅也可以感受的到呀.就是当你⼼中没有怒⽕,你⼼中是爱的时候,对⽅也可以感受到.那你在⽤你的⽅式去表达你⾃⼰.

Higher Spirit: Alright, so if you've already lost your temper, then you can also say that you know, actually, your losing temper is in reality, okay? When you become aware that it was due to your perspective after, you have already let it go. Once you let it go, there's no anger burning in your heart. With no anger in your heart, the other party can sense it too. When you are without anger and filled with love in your heart, the other party can feel it as well. You're expressing yourself using your own way.

问: 发脾⽓往往是因为对⽅不能理解和不在乎⾃⼰的感受.这种情况下如何应对?

Questioner: Often, losing one's temper is due to the other party's inability and indifference towards one's feelings. How should one respond in such a situation?

⾼灵: 对⽅不能理解⾃⼰的感受,然后你却发脾⽓? 所以你觉得你发了脾⽓对⽅就能理解你的感受了吗? 那他理解的感受就是你是愤怒的呀.那你愤怒前的感受呢? 明⽩我意思吗? 那如果你提问问⼀下,怎么样可以去让对⽅理解⾃⼰的感受.

Higher Spirit: How can the other party understand your feelings if they don't already, and then you lose your temper? So do you think that by losing your temper, they will suddenly understand your feelings? That feeling they would understand is anger. But what about your feelings before you were angry? Do you get my point? And if you ask them, how can one make the other party understand their feelings?

问: 那怎么样可以让对⽅理解⾃⼰的感受?

Questioner: How can one make the other party understand their feelings?

⾼灵: ⾸先,让对⽅理解你的感受,⽐如说你现在很⽆助,你想让对⽅理解到你的⽆助? 你⾸先要知道就是说你们所有⼈还会把⾃⼰的⼀些情绪、⾃⼰的⼀些感受寄托在对⽅⾝上.特别是在亲密关系中.特别是在你们爱⼈、情侣、亲⼦,就是关系很近的关系中.你们总是期待对⽅能够理解你.但是,你们彼此都有这样的想法.你想象⼀下,⼀对夫妻⽼公总是希望⽼婆去理解他.然后⽼婆总是希望⽼公去理解她.然后他们彼此都抱着这样的希望.然后呢都在等待对⽅去理解⾃⼰.他们都在做同样的事情.然后可能吗? 为什么? 因为你想⼀下你总是在等待着别⼈、对⽅来理解你.那他也是在等待着你去理解他.他们谁能赢? 他们两个都不能赢啊.

Higher Spirit: Firstly, make the other person understand your feelings, for example, you feel helpless now and want them to grasp this sense of helplessness. You should realize that all of you tend to project some of your emotions and feelings onto each other, especially in intimate relationships - with lovers, partners, or close family members like parents and children. You always expect the other person to understand you, but it goes both ways; everyone has such expectations. Imagine a couple where the husband constantly hopes his wife will understand him, while the wife expects the same from her husband. Each of them harbors this hope that the other will finally get it. And then they both wait for the other to understand themselves, doing exactly the same thing. Is it possible? Why not? Because both are waiting for each other to understand, who can win? They cannot win because they're in a loop of dependency and mutual expectation without reciprocation.

因为他们彼此都在做同样的事情.都是在等待着对⽅来理解⾃⼰.所以你们有⼀句话就是说⽤你想要被对待的⽅式去对待他⼈.任何你想要从对⽅⾝上去得到的东西,你先给出去你才会拥有.为什么? 因为就好像你们物质世界要吃苹果,你是不是要先播种它才能长出苹果来? 如果你不播种呢? 那你们现在在做⼀个事情,做的是什么事情? 你们每个⼈都不播种却盼望着秋天能够收获.明⽩吗? 你去跟农民说我春天不播种,我就做在呢等,等着秋天收获.呢些农民他会笑你很愚蠢.那为什么你们要做这么愚蠢的事情? 如果你想对⽅对你更加体贴、更加⽀持、理解你的感受.那你⾸先要把这种给对⽅.你不能得到任何你没有给出去的东西.你们都记住这句话.

Because they are both doing the same thing, waiting for each other to understand themselves, you have a phrase that says treat others as you want to be treated. Whatever you want from them, you give first before you receive it. Why? Because, just like in your material world where you need to plant an apple tree to get apples, if you don't plant, how do you expect to harvest during autumn?

You're all doing a thing now, each of you not planting but hoping for the fall to come and gather. Understand this? Farmers would laugh at someone who says they won't sow in spring just sit there waiting until autumn harvests. Why are you doing such a foolish thing? If you want them to be more considerate, supportive, and understand your feelings, then you must give them these first. You can't get anything that you haven't given out. Remember this phrase.

你不能得到任何你没有给出去的东西.哪个做⽣意的⼈没有先给出钱? 明⽩吗? 所以就算你想要⼀个⼩孩,你都要先给出你的肚⼦吧,对吧? 那你想从你的另⼀半⾝上得到理解,那你给出去了吗? 你都没给的话,你凭什么收获啊? 那如果你给出去的是愤怒,你得到是愤怒不是理所当然吗? 那就是你给出去的呀.还有什么问题吗?

You can't get anything you haven't given out. Which businessman doesn't give money first? Do you understand? So even if you want a child, you have to give your stomach, right? If you want understanding from the other half of yourself, did you give it out? How will you receive it when you haven't given anything? If you give anger, do you get anger as a result, which is only natural? That's what you gave. Are there any more questions?

问: ⾼质量的交流是什么?

Questioner: What is high-quality communication?

⾼灵: ⾼质量的交流是什么? ⾼质量的交流就是说,交流⾸先你要知道有⼀个字是流,对吧?如果你在流的时候受到了阻碍,它能流进去吗? 你想⼀下,如果你⼀个瓶⼦把瓶盖拧的紧紧的.它⽔想要进去能流进去吗? 那你想⼀下,如果对⽅想要跟你交流,你把你的头脑全部塞满了你的观点.就是充⽿不闻,这有交流吗? 那你想,交流这么说啊,就是需要两个瓶⼦打开瓶盖.就是你把你的液体放到我的瓶⼦⾥⾯来.你把你的… OK,⼀个啤酒⼀个清⽔是吧?我需要把啤酒倒到清⽔⾥⾯,清⽔倒⼊啤酒⾥⾯,这是交流对不对? 那啤酒它不打开盖⼦,清⽔也不打开盖⼦.它们交流会产⽣吗? 那如果你们每个⼈都抱有⾃⼰的观念、观点,在⾃⼰的世界⾥⾯.

Higher Spirit: What is high-quality communication? High-quality communication means that when you communicate, you first need to understand that there's a character '流' which signifies flow, right? If during the process of flowing information or ideas, there are barriers or impediments, can it still flow smoothly? Let's think about this. Imagine if you have a bottle tightly sealed with its lid; water trying to enter would it be able to do so without any leaks or resistance? Now imagine if someone wants to communicate with you but you're completely filled up with your own opinions and thoughts, essentially tuning them out as if they're not there - is this considered communication?

In the context of communication, one might say that for effective exchange, two "bottles" need their lids open. You pour your liquid (ideas or information) into someone else's bottle, and vice versa. Is it like exchanging a beer and water? For instance, I would need to pour beer into pure water or the other way around; is that how communication works? If neither party lifts its lid – if they neither share nor receive their content – can there be any exchange?

Now picture this: everyone carrying their own set of beliefs and views within their respective worlds.

然后⽤你们的头脑⾥⾯的所有的观念,阻碍了这道墙.你们俩个⼈都有⼀道墙,怎么产⽣? 所以你永远都不可能知道⽔的味道.你永远也不可能知道啤酒的味道.为什么? 你们交流没有产⽣啊.所以你们永远都尝不到对⽅的味道.那如果想要这个产⽣的时候,那你是不是需要放下你的任何阻碍? 你的阻碍是什么? 就是你的观念、你的想法、你的定义、你的记忆、你的任何在你头脑⾥的⼀切.你需要把它放下.然后你才能允许其它味道进来.然后别⼈才能尝到你的味道.

Then use all the concepts in your minds to build this wall. Both of you have walls, how are they produced? So you can never know the taste of water or beer. Why? Because there's no exchange happening. Therefore, you will never taste each other's flavors. If you want this to happen, do you need to let go of all your hindrances? What are these hindrances? They're your concepts, thoughts, definitions, memories, and everything else in your mind. You have to let them go. Then you can allow other tastes to come in. And others will be able to taste yours.

问: 如何更好的倾听?

Questioner: How can one listen better?

⾼灵: 如何更好的倾听? 倾听是⼀个⾮常⾮常⾮常重要的… 为什么? 因为倾听,你⾸先你放下的是我.我是什么?我就是你头脑⾥⾯的⼀堆知识,⼀堆概念、⼀堆信念、⼀堆任何教条,就是你吸收的呢些东西.你把它当成是你的东西.你⾸先需要放下它.你放下它了你就… 因为很少⼈能做到能放下它.你需要放下这⼀切.然后放下这⼀切你已经没有你的时候,你才能去倾听.对⽅他会感受到没有任何阻碍,没有任何… 就好像对⽅是洪⽔,然后你这边没有堤坝.他可以在你这畅流.所以你们有句话叫畅所欲⾔.就是敞开的去表达⾃⼰.那当你能达到这样⼦的⼀个状态.对⽅他就能感受到完完全全的⼀种释放.

Higher Spirit: How to listen better? Listening is extremely important... Why? Because when you listen, you first let go of 'I'. What is 'I'? It's a bunch of knowledge, concepts, beliefs, and dogmas in your mind, the things you've absorbed. You treat them as yours. First, you need to let it go. Once you let it go, then... because few can do this. You need to let go of everything. Then, when you have nothing left, you can truly listen. The other party will feel there's no obstruction or barriers. It's like the other person is a flood, and here, there's no dam. They can flow freely through you. That's why you say "speak your mind". Be open in expressing yourself. When you reach this state, the other person can experience complete liberation.

其实你要知道你们的倾听,你最主要的是允许对⽅有⼀个,就是他可以通过你这⾥去理清楚他⾃⼰.因为⼈们真的是在对⽅没有阻碍的情境下,就是状态下.他会发现他可以完全,就是他会理清⾃⼰的思绪.他可能会说着说着原来是这样⼦.怎么我⼀直不知道我原来是这个想法.你会帮助他去更加清醒过来.更加得清晰看到⾃⼰所有真正的需求,深层次的东西.所以你是给对⽅创造了这样⼦的⼀次机会.那当你给他创造了这样的⼀个机会过后.你就是在对他就好像救赎⼀样.因为他终于找到⼀个地⽅可以让⾃⼰完全的沉淀下来,来看清楚⾃⼰的⼀个,可以理清楚⾃⼰.所以在你们⼈类当中⼀个真正懂得倾听,能遇到⼀个能真正能倾听的机会⾮常⾮常的难得和珍贵.为什么?

Actually, what you need to understand is that your act of listening primarily allows the other person a space where they can clarify their own thoughts through you. People are able to do this when there's no obstacle or impediment in the situation - they discover they can fully sort out their thoughts and realize things they've never known about themselves before, like how they originally thought something was different from what it actually is. Your listening helps them become more aware of their true needs and deeper aspects of themselves. You're giving them this opportunity to understand themselves better. When you provide such an opportunity for someone, you're essentially saving or redeeming them because finally, they find a place where they can fully immerse themselves in self-reflection and clarity. In the human world, finding someone who truly listens and offers that kind of encounter is incredibly rare and valuable. Why is this so?

因为你们的头脑会时不时的站出来.你们的头脑时不时的站出来.因为它不能忍受和⾃⼰相反的观念.它不能忍受和⾃⼰不兼容的⼀些信念或者是结构… 就⽐如说⼀个从⼩就特别仇恨同性恋的.然后你说我有⼀个苦恼.我跟我⽼婆关系很好,但是我爱上了⼀个男⼈.对⽅马上愤怒就起来了.明⽩吗?然后不能忍受同性恋.所以如果就是说你能做⼀个完完全全放下你的⼈,能真正去倾听的话.你就是在救赎.⽽且在呢个过程当中你也会认识新的⼀个你.这么说,就像我前⾯说的信息,呢个旧的东西你需要把它突破、需要把它撕破、需要把它撕烂.然后新的东西才会长出来对不对?

Because your mind will occasionally step forward, because it can't bear to tolerate opposing ideas, or beliefs that are incompatible with itself… For instance, someone who has deeply ingrained hatred for homosexuals. If you say you have a problem; I get along well with my wife, but I've fallen in love with a man. The other person will immediately become angry. Can you understand? They can't tolerate homosexuals. So if you can be a complete person who is willing to listen, this act of redemption. And during that process, you would also discover a new version of yourself. This explanation is similar to the information I mentioned earlier; for the old things, you need to break them down, tear them apart, and then new growth will occur, right?

那你呢个旧的我,如果你完完全全把它毁灭掉、放下掉,变的没得时候,新的你是不是就出现了? 那你也会去发现新的你的另⼀⾯,所以它对你们双⽅都会是⼀个特别好的过程.你们都会从中受益.

If you completely eliminate and let go of the old me, when you become nothing, will the new me appear? You would also discover another side of the new you, so it would be a very beneficial process for both of you. You would benefit from it.

问: 那如何真正的倾听?

Questioner: How can we truly listen?

⾼灵: 如何真正的倾听? 你⾸先必须对这个⼈充满了爱.明⽩吗? 因为你对他充满了爱,你才会愿意放下你所有的⼀切.就⽐如说OK,如果你觉得你的时间很宝贵你不想要听他的,因为倾听就是需要花你的时间呀.你没有时间去听他的.所以你不愿意放下你的所有,你不愿意为对⽅放下你的所有.⽐如说你不愿意放弃你的时间,你也不愿意放弃你的观念.你觉得呢个观念就是你的.没有谁能够去动摇你的观念、你的观点,明⽩吗?这就是你们所有⼈都不愿意去做的⼀件事情.就是放下你们的观念、观点.⽽且还不能让⼈动摇它.要谁跟你产⽣相反的,那你就跟他产⽣冲突.你要知道呢些观念和观点就好像是⼀个程序⽽已.程序是可以替换的.

Higher Spirit: How to truly listen? You must first be filled with love for this person. Understand? Because you are filled with love for him, you would be willing to let go of everything else. For example, if you feel that your time is precious and you don't want to hear his, because listening requires taking up your time. You don't have the time to listen to him. So you are unwilling to let go of all of your things, you are unwilling to give them away for someone else's sake. For example, you would not be willing to let go of your time or your views. Do you think that this view is yours? No one can shake it, right? This is what most of you are unwilling to do - let go of your ideas and perspectives. And not allow anyone to rattle them. If someone with a differing opinion comes along, then you will clash with them. You must understand that these views and opinions are just like programs. Programs can be replaced.

它并不是你,只是你们把它当成是你⽽已.呢些是真正阻碍你们的.

It's not you, it's just that you've made it into you. Those are truly what holds you back.

问: 如何可以让对⽅倾听⾃⼰?

Questioner: How can one make someone else listen to them?

⾼灵: 如何可以让对⽅倾听⾃⼰? 就是如果你想要去表达,但是对⽅却并不想要倾听.那其实在这个时候我们前⾯说到⼀个,你不能得到你没给出去的东西,对不对?那你给对⽅倾听了吗? 因为如果你给出去了对⽅倾听的话,那你是不是能听到对⽅发出去的声⾳说: 我现在不想倾听.那如果你倾听到对⽅的声⾳说我现在不想倾听,你还想要让他倾听.你是在⼲什么?那你给出强迫你能得到什么?你给的也是强迫啊.你为什么我强迫你听你也不听?因为你接受到的就是强迫啊.

Sage: How can you make the other person listen to you? That is, if you want to express yourself but the other party does not want to listen. In fact, as we mentioned before, you won't get what you haven't given out, right? Have you given them listening? Because if you gave them listening, wouldn't you be able to hear the sound from the other party saying: I don't want to listen now. If you heard the sound of the other person saying they don't want to listen now and still want them to listen, what are you doing? And if you force someone to listen when they do not want to, what are you getting in return? You're giving out forced actions as well. Why would I force you to hear me when you don't even want to hear me? Because that's what you receive: forced interaction.

问: 为什么我们需要表达? 为什么我们需要倾听?

Questioner: Why do we need to express ourselves? Why do we need to listen?

⾼灵: 因为你们的表达和倾听,就⽐如说我现在跟你,我们俩产⽣的就是表达和倾听的过程.为什么你需要这个过程.因为你们的意识在不断地通过这个过程在成长在转变.⽽你们⽣命所有⼀切的意义都是这个意义.所以这就是你们⽣命的意义.明⽩吗?

Higher Spirit: Because of your expression and listening, for example, the process between you and me generates an exchange of expression and listening. Why do you need this process? Because your consciousness is constantly growing and transforming through this process. And all the meaning of your life is in that meaning. So, this is the essence of your life's purpose. Do you understand?

问: 当关系中对⽅不愿意倾听的时候我们要如何化解?

Questioner: How do we resolve conflicts when the other party in the relationship is unwilling to listen?

⾼灵: 因为就像刚才说如果你倾听到了对⽅,对⽅说我现在想要做别的事,我不愿意倾听.那你是不是倾听到了? 那你倾听到了是不是就应该尊重对⽅.除⾮你只是⼀个事情⾥什么都是我我我我.这才是对的、重要的.你的需求不重要的时候,那你种出去的是⼀个什么种⼦? 就是我的需求是重要的,你的需求不重要.对⽅也在这么做.对⽅就给你这个呀.对⽅就告诉你,我现在打游戏才是重要的,你的话不重要,明⽩吗? 所以当你给了对⽅任何,你都是你体验的.那如果你给了对⽅允许和理解.他也会给你.

Higher Spirit: Because just as we mentioned earlier, if you listened to the other party and they said, "Now I want to do something else," they didn't want to be listened to. Did you listen? If you did listen, should you not respect the other party? Unless you are only about being me, me, me, me in every situation. This is correct and important. Your needs are not important. So what seed have you planted when your needs are more important than others'? My needs are important, while yours are not. The other person does the same to you. They tell you that playing games now is what matters, that you're not as important, do you understand? Therefore, when you give the other party anything, it's based on your experience. If you gave them permission and understanding, they would also provide this for you.

问: 为什么很多关系都很痛苦?

Questioner: Why are many relationships so painful?

⾼灵: 为什么很多关系都很痛苦? 因为⾸先你要知道关系实际上就是投射出你们⾃⼰内在.那你需要通过关系去看到你⾃⼰.就⽐如刚才我说的呢些,你给出什么你就收获什么,对吧?那你是不是需要去通过关系体验到这些?那你是不是就通过这些你才能成长?那关系痛苦就说明你需要去更好的成长.那成长过后这些痛苦就没有了.就像你⾃⼰肌⾁在成长的⼀个过程,它也会经历撕裂、痛苦啊.才会变得强壮啊.所以这些痛苦都是成长的⼀个过程.那当这些痛苦被你转变了、被你看到了、被你转化了.那就不存在了.所以你所谓的痛苦只是因为你还不知情.就好像如果你能在回去听前⾯的呢些信息你就知道,原来不是关系让我痛苦,不是他让我痛苦,是我⾃⼰.

Higher Spirit: Why are many relationships so painful? Because first you need to understand that relationships actually project your own inner selves. You need to see yourself through these relationships, just like when I mentioned earlier, what you give is what you receive, right? So do you need to experience this through relationships? Do you grow by experiencing these? Then relationship pain indicates the need for better growth. After growth, these pains disappear. Just like your own muscles growing, they also go through tearing and pain before becoming strong. Therefore, all these pains are part of the growth process. Once these pains are transformed, recognized, and changed within you, they no longer exist. So what you perceive as pain is simply because you're unaware. It's like if you could listen to the previous information again, you would realize that it wasn't the relationship causing the pain, or him causing the pain, but yourself.

为什么?因为我种了苦⽠我吃到的就是苦的.我种了苹果我吃到的就是甜的.我不能怪苦⽠苦,是吧? 因为我种的就是它呀.

Why? Because I planted bitter melon and what I get is bitter. I planted apples and what I get is sweet. Can I blame the bitter melon for being bitter? No, because I chose to plant it, right?

问: 然后我们⼀个群友想问⼈的死亡时间和⽅式也是灵魂蓝图的⼀部分吗? 是注定好的吗?

Questioner: Then, one of our group members wonders if the time and manner of a person's death is part of their soul blueprint? Is it predetermined?

⾼灵: 所有事件其实它都是已经发⽣,就好像是⼀张张照⽚.它已经固定在呢⾥.那就是你们所谓的注定好的.但是它并不⼀定是需要去体验呢个时间线,明⽩吗? 因为我刚刚说的,⽐如说你的振动频率这⼀辈⼦都保持在⼆⼗.那⼆⼗的呢条路线是不是就注定好了,对吧?那如果你突然转变了,从⼆⼗跳到⼀百.那⼀百的路线是不是… 明⽩我意思吗? 你能明⽩这种注定好又没注定好的东西吗?你注定好了,就是因为你频率⼆⼗呢⼀件件的事件它都是⼀个个的画⾯,它都已经在呢⾥.你只是在⼀种⽤你的意识不断地去体验.那它没有注定好,也就是说你可以从⼆⼗跳到四⼗跳到⼀百.那什么样决定了你们的⼀个频率呢?你们的频率就是你们的⼀个意识状态.

Spiritual being: All events have already occurred; they're like snapshots that are fixed there. That's what you call predetermined. But it doesn't necessarily mean experiencing the timeline of those events. Understand? Because I just said, for example, if your vibration frequency stays at 20 for your entire life, wouldn't that route be predetermined? Correct? If suddenly you changed and leaped from 20 to 100, would the path at 100 also... understand my meaning? Can you comprehend this concept of both being predetermined and not being so? You're predetermined because each event with a vibration frequency of 20 is just a scene that already exists. You're experiencing these scenes through your awareness constantly. It's not predetermined, meaning you can jump from 20 to 40 to 100. What determines your frequency? Your frequency is also akin to your state of consciousness.

就⽐如说同样的⼀个事情,当你如果你的意识程度低的话你就会… 这么说,我们最常举的⼀个例⼦.你门前有⼀堆屎.如果你意识程度低的话,你就会把它当成: 谁这么恶⼼? 谁来陷害你? 你是受害者,给你弄呢么⼤⼀堆屎在门⼜,对吧? 你是受害者.然后你要忍受这个恶⼼.那你是在意识程度⼆⼗,对吧?那如果你是意识程度在⼀百的.你就OK.为什么? 因为你有个信念就是⽼天给你什么都是好的.你说哇,⽼天今天给我送了这么⼀堆粪便到我门⼜.正好我需要化肥,我后花园的花.然后你把它弄成化肥,放在你种的蔬菜,你种的花⾥⾯.让你的花开的很好.然后蔬菜长的很好.

For example, consider the same situation: if your level of awareness is low, you might... This illustrates a common scenario we often use as an example. There's a pile of dung in front of your door. If your awareness level is low, you would perceive it as: Who could be so disgusting? Who would want to harm you? You're the victim, having this huge pile of dung at your doorstep, right? You're the victim. Then you have to bear with the disgust. That's at an awareness level of twenty, right? But if you are at a hundred on the awareness scale. It's okay. Why? Because you have a belief that whatever God gives you is good. You say, "Today, God gave me this pile of dung at my doorstep. Conveniently, I need fertilizer for the flowers in my backyard." Then you turn it into fertilizer and use it to cultivate your vegetables and plants. Making your flowers bloom beautifully and your vegetables grow well.

这就是说外在遇到的事情你可以在去在完完全全不同的意识状态、意念状态去体验它.体验它你就创造了这个频率.那呢个⼈就感受到他总是受上天…⽼天总会把好东西给他.然后这样就决定了你们去体验不同的⼀个时间线.然后我们的信息就可以帮助你,就是让你知道这⾥有更多的可能.就是这⾥不只是频率⼗.这⾥还有频率⼆⼗、三⼗、四⼗、五⼗、⼀百、⼀千、⼀万.那当你看到了⼀万的频率,那你是不是就可以选择呢个?那你⼈⽣是不是就多了⽆数种可能了?就并不是⼀定要按照你的呢个线去⾛.明⽩吗?

This means that when facing events externally, you can experience them in a completely different state of consciousness or mental state. By experiencing it, you create this frequency. Then, the person feels they are always favored by fate...God will always give good things to him. And thus, this determines which timeline you experience. Then, our information can help you understand that there are more possibilities here. It's not just about frequency ten; there are frequencies twenty, thirty, forty, fifty, one hundred, one thousand, and even ten thousand. When you see the frequency of ten thousand, then can you choose it? Isn't your life filled with countless possibilities then? You don't have to follow your predetermined path. Can you understand this?

# **2022/03/03 — 孩⼦会显⽰⽗母的能量(⽆提问) Children exhibit parental energy (no question)**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

⾼灵: 你说你总是盯着别⼈的缺点看不到优点是吗? 如果你真的看不到别⼈的优点,你为什么还会知道别⼈有优点呢?就好像⼀个⾊盲他只能看到⼀个颜⾊.他说为什么我只能看到绿⾊,看不到红⾊呢?因为在他眼⾥根本就没有红⾊存在.所以你的问题并不是你看不到优点.你能看到.只是说你会把,就⽐如说绿⾊和红⾊你都可以看到,对吧?只是说你⼼⾥更加对绿⾊…它(绿⾊)给你造成更⼤的反应.你都可以看到,只是说呢⼀个点它给你带来的…就好像同样都是绿⾊和红⾊,然后绿⾊给你带来内在的反应更⼤.就是你对⼀个反应更加强烈,对⼀个反应不强烈.然后为什么你会有这样的原因?因为你对你⾃⼰充满了批判的声⾳.

Higher Spirit: You say you always focus on other people's flaws and can't see their strengths? If you really can't see anyone else's strengths, then why would you know that others have them at all? It's like a colorblind person who can only perceive one color. They ask, why can I only see green but not red? Because in their eyes, there simply isn't any red. So your issue is not that you can't see strengths; you can see them. You just tend to react more strongly to certain things, like both green and red, yes? But it's as if with the same green and red colors, green elicits a stronger inner response from you. It's because one reaction hits you harder than the other. Why do you have such reactions? Because your self-criticism fills your mind.

就是你总会觉得如果你真的取得了⼀些成就,你会觉得这是理所当然的,这没什么⼤不了的.如果你⾃⼰犯了⼀些错误,你会特别接受不了,或者有⼀些东西没做好.这是你⾃⼰对你⾃⼰的⼀种…. 能明⽩我意思吗? 所以并不是你对外在…是你在内在还有⼀些你不能去完完全全去接纳.就是⼀部分你需要被你接纳,你⾃⼰去整合、融合.因为当你能完成这样⼀个动作过后,就是接纳你所有⾯的时候.你便不会把这样的情绪投射在外在,明⽩吗? 你只是把你⾃⼰对你⾃⼰的⼀种投射在其他的外在的事情上⾯,⼈、关系上⾯.你说.

You always feel that if you have achieved something, it's just what you deserve, and there's nothing extraordinary about it. But when you make mistakes or things don't go well for you, you find it particularly hard to accept, or you're dissatisfied with them. This is a self-perception of sorts... can you understand? So, it's not that you're unsatisfied with the external; within yourself, there are still aspects that you cannot fully embrace and integrate. You need to accept and reconcile these parts of yourself, because once you do this - accept all facets of who you are - you won't project such feelings outwardly anymore. You'll just apply your self-projection onto other external matters, people, relationships, as you said.

⾼灵: ⾸先你要记住的是所有在你⾯前的任何关系都是你⾃⼰放在你⾯前的挑战.所以⽐如说你有⼀个点需要你突破.你会把拥有同样,就是他好像是把你的这个限制给加⼤,然后让你不得不去⾯对不得不去经历这个挑战.所以⾸先你要明⽩呢个你是更⾼的你,不是你这个⾁体的你.因为这个⾁体的你它还不明⽩⼀切.因为它只是在经过它头脑⼀丁点已知的信息去定义它⾃⼰.所以它只能在它已知的⼀丁点来这么给它去定义,明⽩吗? 就是⼀个⼩朋友你只教他了⼗句话.他只会说呢⼗句话是吧? 然后你来让他给你讲述⼀些事情的时候,他只能从呢⼗句话⾥⾯拼凑出来信息给你.所以⽆论你的头脑,你的这个⾁体如何运作.它只能在它接受的信息范围内来推理.

Higher Spirit: The first thing you need to remember is that all the relationships in front of you are challenges that you have placed in your path. So for example, if there's a point where you need to break through; You'll encounter someone who seems to amplify this limitation and force you to confront and experience the challenge. Firstly, understand that it is the higher version of yourself not the physical self as this physical self doesn't comprehend everything. It only uses its tiny bit of known information from its mind to define itself. So it can only define itself based on what it knows - that's why a child who has been taught ten sentences will only be able to say those ten sentences when asked about things. Similarly, no matter how your mind or physical self operates, it can only reason within the bounds of the information it has received.

然后⽆论你怎么推,你都是死胡同,明⽩吗? 因为你并不知道更⾼的你的⼀个计划,明⽩吗? 那你更多的要明⽩你的⼤脑不是⽤来work out的,就是不是⽤来处理这些信息的.就是它不是⽤来搞清楚你的爸妈是不是呢个什么你的或者你跟他关系什么什么的.它搞不清的.你只需要记住⼀句话就是所有的事件如果没有经过你的允许,如果它不是⽤来服务于你或者它不是⽤来挑战你⾃⼰或者突破⾃⼰或者是更让你清楚的看到你⾃⼰的话,它是不会出现的.所以这些事件如果出现的话,它就这⼏个⽬的.第⼀,是来让你更加⾃我看清楚你⾃⼰,就⽐如说你的呢些恐惧还有信念.然后还有就是说它是来让你突破的,它不是来迫害你的.你不是受害者.

Then no matter how you push, it's a dead end, understand? Because you don't know about your higher self's plan, do you understand? That means that your brain is not meant for working out solutions, or processing this information. It's not meant to figure out if your parents are 'this' or 'that', or the nature of your relationship with them. It can't figure it out. You just need to remember one sentence: all events will only occur without your permission, serving you, challenging you, pushing you beyond yourself, or making you more self-aware. If they don't serve any of these purposes, they won't happen. So when such events do occur, their purpose is limited to a few goals. The first goal is to help you better understand yourself, for example your fears and beliefs. Secondly, it's meant to challenge you, not to punish you. You are not the victim.

那你永远都有⾃由,你永远都有选择的权⼒,是要如何运⽤来到你⾯前的事情,如何去转化它.⼒量在你⼿上,明⽩吗? 你可以把它带到⾮常恶,⾮常负⾯,就是对所有的⼈、对所有的⽗母都充满了恨.你可以去往这⽅⾯去体验.为什么? 因为你恨到了极致恨到了极点你才会发现其实你根本就没有什么可恨的.你也会把你反弹回到另外⼀⾯,爱的⼀⾯来,明⽩吗? 就是说⽆论你朝哪个⽅向去…那你也可以在当下你去明⽩,去链接你的真我,然后去找到你需要突破的.那你便不需要去⾛向极端的⼀⾯去体验分裂.所以这个选择权永远都在于你⾃⼰要⾛哪⼀条路.但是你前⾯ABC每⼀条路都有不同的感悟、不同的体验、不同的风景给你.

That's why you always have freedom, and the power to choose how to apply what comes your way, how to transform it. The power is in your hands, understand? You can take it to the very worst, the most negative side, filled with hatred for everyone, for all parents. You can experience that. Why? Because only when you hate to the extreme will you realize that there's actually nothing to be hated at all. You could also return it to another side, the love side, understand? That means no matter which direction you go... But then you don't need to walk towards the extremes to experience division. So this choice always lies with you on which path to take. But the A-B-C paths in front of you offer different insights, experiences, and landscapes for you.

它没有哪⼀个好和坏,它都可以正⾯的服务于你.⽽且你也不会破坏、影响到任何,明⽩吗? 因为所有的⼀切路你选择⾛了过后,它总会… 就是⽆论哪条路,你⾛⾛⾛⾛⼀直⾛⾛到底.你总会是在光中,在爱中,明⽩吗? 你继续问.

There is nothing good or bad about it; it can serve you positively in every way. And it won't disrupt or affect anything, do you understand? Because whatever path you choose to take, it will always... No matter which path, if you keep walking and walk all the way down, you will always be in light, in love, do you see that? Keep asking.

⾼灵: 你⽬前的⾝⼼状况怎么样? 你⽬前的⾝⼼状况有⼀点就好像逼你⾃⼰逼的有点紧,就是很难真正的放松.所有事情在你这边来都会让你觉得很紧张,很抓狂,就是有⼀种你想要吃⼒的去把它做好的感觉.就是你好像需要⽤⼒的去把⼀个事情做好.因为你确实是⼀种想把所有事情都做的特别好,就是you push yourself so hard.就是你把⾃⼰逼的很紧的⼀个状态.

Higher Spirit: How is your current state of mind and body? You seem to be pushing yourself quite hard, making it difficult for you to truly relax. Everything that comes to you causes stress and frustration; there's a sense that you're struggling to do things well. It feels like you have to work very hard to accomplish tasks, because you strive to do everything exceptionally well, which involves exerting pressure on yourself.

⾼灵: 没有关系,没有关系.为什么? 因为你体验过呢种总是逼⾃⼰,呢种紧迫,你体验过这种感受过后.你总会找到⽅法.因为当你⾛到极端的时候你都会反弹.永远记住你到了⼀个极端的时候,它都会反弹回去.就是因为你的这个紧,它会⼀直让你去找出路.那你⾃然⽽然的就会去找到⼀个如何从这个⾃我紧迫当中⾛出来.那你呢个⾛的过程实际上就是你不断地蜕变,不断地提升的⼀个过程.就是你成长的过程.所以这个经历也⾮常重要.因为你来到这个世界上本⾝就是不断地去挑战⾃我,不断地去突破⾃我.你不是来这⾥享受的.你不是来这边天天哈哈⼤笑的.那你就不需要来这⾥了,明⽩吗?

Higher Spirit: It's okay, it's okay. Why? Because you have experienced that constant pressure on yourself, that sense of urgency. After experiencing this feeling, you always find a way out because when you push things to the limit, there's a natural rebound. Always remember, when you reach an extreme point, everything bounces back at you. It's because your tightness pushes you to find solutions. This process naturally leads you to discover how to escape from self-imposed constraints. That journey of stepping out is actually a continuous process of transformation and improvement - it's your growth process. Hence, this experience is very important as it embodies the essence of continuously challenging oneself and constantly pushing personal boundaries which are inherent to being here on Earth. You're not meant to simply enjoy or laugh every day; if you were looking for that kind of easy existence, there would be no need to be here. Understand?

⾼灵: 什么叫灵性体验,你告诉我?

Spiritual Being: What is a spiritual experience? Tell me.

⾼灵: 你要知道你永远都不要去跟随任何⼈的路.永远永远都不要跟随任何⼈的路.他如果 enjoy,他如果很享受他这样⼦静坐的事,那是他的事.跟你没有任何关系.如果你享受是做拳击,去打拳,那你去打拳,明⽩吗? 这⾥没有哪条路… 你们最⼤的误知,⽐如XX⽤了他的⽅式找出来他的呢个什么.那只是属于他⾃⼰,他个⼈的路.他顶多可以跟你们分享, OK,我是怎么样怎么样.但是呢个跟你没有关系.因为你的⼈⽣,你来体验的跟他不⼀样.所以你不能去follow others.因为你们每⼀个个体单独存在有你们个体特殊的意义,明⽩吗?所以任何⼈,哪怕是你⽼婆,哪怕是任何⼈,他只能代表他⾃⼰.你⾃⼰去⾛你的路.

Higher Spirit: You must know that you should never follow anyone else's path. Never, ever follow anyone else's path. If he enjoys it and finds great pleasure in sitting still like this, that is his matter; it has nothing to do with you. If you find joy in boxing or fighting, go ahead and box or fight, understand? There are no paths here... The biggest misconception you have is that someone else found their way using a certain method, such as XX's approach. That just belongs to him - his personal path. He may share it, saying "I did this like this," but that has nothing to do with you. Because your life and experiences are different from his. Therefore, you cannot follow others. As individuals existing separately with unique meanings, each of you must walk your own path. Any person, even your wife or anyone else, can only represent themselves, so you should go on your own way.

那什么才是你的路呢?就是说那是你想做的.你在做的时候你可以就是废寝忘⾷,你可以忘记外⾯这个世界,你可以忘掉时间,进⼊到呢样的状态.呢就是你的路.⽽并不是说什么⽔晶啊、你们说的脉轮啊、什么打坐啊.呢个都是强迫,如果你不喜欢的话.呢个都只是观念.为什么?你去接纳了别⼈的观念来逼迫⾃⼰.所以你必须放下你头脑⾥⾯的任何观念和概念.唯⼀能引导你的只有你内在的感受,你内在的指引.它可以让你就是说… ⽐如说我不是说你⼀直是呢种紧迫的感觉吗?它可以让你感受就好像是时间静⽌了,你可以安住在当下.不管它是什么事情,如果能帮助你达到这样的状态.那么它就是属于你独⼀⽆⼆的,明⽩吗?

What is your path then? That means what you want to do and when you are doing it, you can lose track of time and food, forgetting the outside world and being completely immersed in a state of flow. This is your path, not external forces like crystals, chakras, or meditation. These are all imposed on you if they don't suit you; they are just concepts. Why? Because you're taking other people's concepts to force yourself into certain states. Therefore, you need to let go of any ideas or concepts in your mind and be guided only by your inner feelings and instincts. They can help you... For example, if you've always had a sense of urgency, they can enable you to feel as though time has stopped, allowing you to settle fully into the present moment. Whatever it is that helps you achieve this state will be uniquely yours, right?

⾼灵: 那是因为你对你⾃⼰的不清楚.不清楚什么? 就是你把你当下的⼀些⾏为、做出来的⼀些事情当成是你.但是呢些并不是你,明⽩吗? 呢并不是你.你是什么? 你是千变万化,你是没有任何定义和概念可以来形容的.就是没有任何字眼可以去形容你.因为当我在⽤这个字去形容你的时候,你在这⼀秒种你就可以穿越到另外⼀个你,明⽩吗? 所以说你怎么去形容它? 那如果你真的能理解你是不可定义,是没有任何可以定义你的.你可以是鲜花,你可以是⼀堆粪,你可以是⽯头,你可以是⼀只动物,你可以是个神仙,你也可以是个囚犯.这些都是你.当你意识在发⽣转变的呢⼀刻,拿什么去定义你? 你们有⼀句话叫放下屠⼑⽴地成佛.

Higher Spirit: That's because you don't understand yourself. What are you not understanding? It's that you think your current actions and things you've done are who you are. But those aren't you, right? They're not you at all. Who are you? You are constantly changing; there is no definition or concept that can describe you. There are no words to describe you. Because whenever I use this word to describe you, you could be someone else in the next second, do you understand? So how do you describe it? If you truly understand that you cannot be defined and there's nothing that can define you, you could be a flower, you could be a pile of dung, you could be a rock, you could be an animal, you could be a god, or you could be a prisoner. All of these are you. When your consciousness is undergoing transformation, how do you define yourself? You have a saying that "putting down the slaughter knife and standing upright becomes a Buddha."

就前⼀秒钟刚杀完⼈,你突然醒悟到.你醒悟的呢⼀刻你便永远不会杀⼈.因为你知道杀⼈就是杀⾃⼰.呢⼀刻你明⽩了.但是其他很多⼈他们不明⽩.他们虽然没有杀过⼈,但是他们永远不明⽩这层意思.那你放下屠⼑,你就是佛了.但是他们还不是.但是你们物质世界却会去定义.OK,他是个杀⼈犯.明⽩吗? 因为你的意识决定你是谁.但是你的意识它永远都是在变化当中.那你怎么去决定你是谁呀?

Just when you've just killed someone in the last second, you suddenly realize that in that moment, you would never kill again because you understand that killing is essentially self-killing. You comprehend this, but many others do not. Even if they haven't killed anyone themselves, they'll never truly grasp this concept. So when you abandon your屠刀, you become enlightened. However, they still aren't there yet. Yet in our material world, we define things like this: 'He's a murderer.' Do you understand? Because your consciousness defines who you are. But your consciousness is always evolving and changing. How do you determine who you are then?

⾼灵: 你的天赋才能? 那就是你特别激情的事情就是你的天赋和才能.如果你没有激情,哪怕你天赋,就是你本⾝⽣下来你就跑的特别快.那如果不是你的激情的事情,别⼈还是会超过你的.如果是你的激情,就算你本⾝就⽐别⼈缺少天赋.但是你的激情它是最强⼤的能量.它可以让你废寝忘⾷.它可以让你孜孜不倦.它可以让你不断不断的呢个什么.所以说你⾃⼰最激情的就是你的天赋才能.但是你同样可以对很多事情抱有激情,明⽩吗? 那你就不断地不断地在把⾃⼰更多的⾯展现出来.你看你们世界上有很多有特别多才能的⼈,他各⽅⾯都很优秀.为什么? 因为他对这些⽅⾯都充满了激情,就这么简单.

Higher Spirit: Your innate abilities and talents? Those are the things you're particularly passionate about. Even if you don't have passion, even if you're talented, it means that you were born with exceptional speed. But if those aren't the things you're passionate about, others will still surpass you. However, if they are what you're passionate about, even if you're lacking in talent compared to others, your passion is the most powerful force. It can make you push through without caring for meals or rest. It can make you dedicated and relentless. It can make you strive endlessly at whatever you do. So, what you're most passionate about is your innate abilities and talents. But you can also be passionate about many other things as well, right? You just keep revealing more of yourself. Look around the world; there are many people with numerous talents and great skills in various areas. Why is that? Because they're filled with passion for those areas, simply put.

⾼灵: 你稍等.你这⼀世最主要是要去放下和化解你这个灵魂⾥⾯积累的恨.就好像你来就是为了处理呢股恨的能量.所以你会遇到很多很多事情是需要你特别去包容、去理解、去接纳的事情.就是你的⼀⽣的成长过程中.就是很多事情都需要你去这样⼦的⼀个过程.然后完完全全的成为爱的时候…⾼灵: 那如果你遇到了特别愤怒的事情,你⾸次要知道OK,现在是我要转变它的时候了.就好像现在是我的功课来到我⾯前,是我突破它的时候了.那你同样可以去恨的咬⽛切齿,恨的⼤发雷霆.因为当你把这股能量释放了过后,它也会慢慢的融化.就是消融的⼀个过程.所以你⽆论想要去⽤什么⽅式去体验都可以.你不需要去: 啊,我不能恨.就是不要去压抑你⾃⼰.

Higher Spirit: Wait a moment. In this life, the main thing you need to do is to let go of and resolve the accumulated hatred within your soul. You're here precisely to deal with that energy of hatred. So, you will encounter many situations that require you to be especially inclusive, understanding, and accepting. Your growth throughout your lifetime involves many processes where you must navigate these challenges. And only when you are completely filled with love... Higher Spirit: If you come across particularly angry situations, the first thing you should realize is: Okay, this is my time to transform it. This task has arrived at my doorstep, it's my moment to overcome it. You can still harbor anger and intense frustration towards it because once you release that energy, it will slowly dissolve. It's a process of dissolving negativity. So, whatever methods you choose to experience are fine. There's no need to say: Oh, I can't hate. Don't suppress yourself.

为什么? 恨如果你不去阻碍它… 你知道为什么突破这个点对你来说有点困难呢? 因为你同样存在⼀个,就是第⼀你有恨.但是你还有另外⼀个声⾳就是叫你不要恨,叫你要包容.就是你好像不允许你⾃⼰恨.明⽩我意思吗? 那这样⼦的话,就形成了⼀个你越是去阻碍这股能量,它能量就积累的越来越⼤.就是这股恨为什么不能被化解? 是因为你⼀直想,就是还有⼀个⼈格想要去把它… 你恨是不对的.你不能产⽣这个恨.你怎么这样⼦? 你应该是个怎么样⼦.就是你还有⼀个不允许它的过程.但是你在不允许它的时候,你就是在加⼤它的能量.为什么? 阻⼒就是能量啊.你想象⼀下,你越是在阻碍的时候,它的能量就积累的越来越⼤.

Why? Hate if you don't get in its way... Do you know why it's a bit challenging for you to surpass this point? Because there is another aspect within you – the first being hate. But there's also another voice telling you not to hate, urging you to be inclusive. It seems like you're not permitting yourself to hate. Understand what I mean? So, in that case, it forms a situation where the more you try to hinder this energy, the more it accumulates. Why can't this hatred be resolved? Because you keep thinking that there is another personality trying to prevent... You shouldn't hate. You shouldn't produce this hatred. How could you think like this? You should be someone else. There's an unallowance process happening when you don't allow it – but by not allowing, you're actually intensifying its energy. Why is that? Resistance is energy itself. Imagine if you try to block it more, its energy keeps accumulating.

⾼灵: 你现在听你的声⾳,你看,你听你的声⾳就完全是两套概念.就是⼀套你是要恨.但是另⼀套你要强忍着,就是不允许你⾃⼰⽐如说指责对⽅或者是怎么样怎么样对⽅.你⾸先你要明⽩的就是,⾸先如果对⽅呢个⼈他站在你⾯前,他要来跟你产⽣冲突的话.如果在灵魂层⾯他没有允许的,如果他在你们这⼀场冲突,他没有东西要学没有东西让他看到的话,他不会在呢⾥.明⽩吗? 就是说你们俩本⾝是演对⼿戏,对不对? 那这个对⼿戏⼀定是服务于你们彼此的.它⼀定是想要呈现给对⽅和呈现给你,两个⼈⼀起.明⽩我意思吗? 就是呢个⼈如果他没有功课要学,他不会出现在你⾯前.他不会出现在这次的冲突当中来.所以如果你们真的发⽣了⼀场冲突.

Soul: Now listen to your voice, look at it. You hear your own voice and see that you have two different sets of concepts. One set is about hatred, but in the other set, you are forced to endure it. That means you're not allowed to blame each other or behave in any way against one another. First, you need to understand this: If the person who stands before you wants to create a conflict with you, if they don't have permission from their soul and if there's nothing for them to learn or discover in that confrontation, then they won't be there. Do you get it? In other words, both of you are actors on stage together, right? This performance is definitely meant to serve the purposes of both parties. It must be designed to show each other and itself between two people. Do I make sense? If someone doesn't have lessons to learn, they won't appear before you or participate in this conflict. Therefore, if you really had a confrontation,

那就说明这场冲突对你们都有教育意义.就是都有益于你们俩的成长.你想,所有的事件它像镜⼦⼀样.那你这个镜⼦为了是为了让你们两⼈看清楚你们彼此的⼀个信念系统.那如果你不允许你这个镜⼦呈现,那你们俩是不是都看不清了? 明⽩吗? 那你允许它出现.出现了过后,你们是不是就可以把所有的东西摆到台⾯上来处理了?所以说你对你⾃⼰还有⼀层就是你要强迫做⼀个怎么样的⼈.

That means the conflict serves an educational purpose for both of you; it's beneficial to your growth. Consider that every event acts like a mirror, reflecting something about yourselves. You see, this mirror is used to show each other's belief systems clearly. If you don't allow it to present itself, would both of you be unable to see the reflection? Understand? So you let it appear. Once presented, can all issues then be brought onto the table for resolution? This leads to your self-imposition about how you should become a certain kind of person.

问:⾼灵: 这就是你在压抑你的⼀股能量,就是你并没有呈现真正的你.你在压抑它.那你越是压抑,你就越是永远在呢⾥.因为你在害怕你的这股能量释放出来它造成的破坏.

Questioner: Higher Spirit: This is what you are suppressing within yourself – the energy that you aren't presenting as your true self. You're holding it back. The more you suppress it, the more you remain stuck in this state because you fear the destruction caused by its release.

⾼灵: 你看,这就是你们头脑⾥⾯吸收了太多太多的观念和概念了.你要知道你们物质世界就连希特勒这样的⼈… 如果你们真的觉得有⼀个上帝的话,上帝都允许他去做他任何他需要体验的.为什么你觉得上帝不能允许你去发⼀次脾⽓呢? 你要知道发脾⽓它也是沟通的⼀种⽅式.因为你不发脾⽓,你就没有沟通.当然呢是你还需要通过发脾⽓去成长.那如果当你成长到⼀定程度,你是不是就不需要发脾⽓了? 因为你呢个发脾⽓的呢个阶段已经过了呀,成长的呢个阶段.那你现在⼀直就把⾃⼰压在呢.因为你不让⾃⼰去⾯对发脾⽓成长的呢个过程.为什么你们⼈类会有这么多暴⼒事件的发⽣?

Higher Spirit: Look, this is what happens when you have absorbed too many ideas and concepts in your mind. You need to understand that even someone like Hitler in the material world… If you truly believe in God, then God would allow him to do whatever experiences he needed. Why do you think God cannot allow you to have a temper tantrum? You must know that having a temper tantrum is also a form of communication. Without expressing your frustration, there is no way for communication to occur. Of course, sometimes, it's through these tantrums that you grow and learn. If by reaching a certain level of growth, do you not eventually outgrow the need to have temper tantrums? Because the phase of having them has passed as part of your growth process. You are essentially holding yourself back now because you refuse to face this stage of personal development. Why is there so much violence among humans?

那你们需要通过这些暴⼒事件的发⽣去学习、去体验、去让你们看到你们内在并不是暴⼒的,明⽩吗? 很多暴⼒实际上它在告诉你们什么? 很多暴⼒事件它在告诉你们,我需要被看到.因为你们⼈都在⾃⼰的世界⾥⾯,你们看不到对⽅,看不到别⼈的痛.那呢些施暴的⼈,他想要被⼈家看到听到内在的痛.他们会⽤这种极端的⽅式展现出给你们,明⽩吗? 所以说并不是说施暴者,那是施暴者他也是在迫使你们成长.为什么? 如果没有他呢⼀拳下去,你们可能还在你们的梦⾥⾯,还在天天玩⼿机,还在两⽿不闻窗外事.就是还在觉得发⽣什么跟我没关系.NO,所有的⼀切都跟你有关系,明⽩吗?

That's why you need to learn and experience through these violent incidents so that you can see within yourself that you are not violent, understand? What is it telling you about many acts of violence? Many violent events are telling you that I need to be seen. Because everyone is in their own world where they cannot see each other, they cannot feel others' pain. Those who commit these acts want to be seen and heard for the inner pain they feel. They will display this extreme way of showing you so understand? Therefore, it's not just about the violent individuals; they are also forcing your growth upon you. Why? Without his punch, maybe you would still be in your dreams, playing on your phones every day, ignoring what's happening outside. You think that everything is none of your business. NO, everything is related to you, understand?

那通过暴⼒是不是可以把你们的attention,就是把你们的注意⼒拉到当下.为什么?因为你们都是在就是失魂的⼀种状态.就是你们没有灵魂在⾥⾯.你都是在⼀种做⽩⽇梦的状态.就好像是吸⼤⿇的呢些⼈⼀样,明⽩吗? 那他们强烈的⼀击,就好像打雷、下⾬暴风⾬是不是可以让你醒过来⼀样.让你在当下.那你们⼈类是不是也需要这样的⼀种

That through violence can bring your attention, that is to say, it can draw your focus to the present moment. Why? Because you're all in a state of disconnection. You don't have souls within you. You're just existing in a daydream-like state. It's like those who are under the influence of heavy drugs, do you understand? That powerful strike, like lightning or rainstorms, can wake you up from that state and bring you to the present moment. Don't humans also need something akin to this?

⽅式把你唤醒来让你? 就是让你wake up, 不要在沉浸在你个⼈的世界⾥⾯.你来这⾥是要学习功课的,你不是来这⾥荒废的,明⽩吗? 因为就算他没有通过这么⼀击的话.他⽣命也会给他⼀击.可能是通过不同的⽅式,他可能会得了⼀个病突然就没了.为什么? 你如果这个⾁体是没有任何,就是这样⼦断开的⼀个状态下.你是没有存下去的太⼤的意义的.所以你需要处处的充满觉知.然⽽你的⼀声怒吼或者你的⼀声吼骂或许可以把他们拉回到当下来,明⽩吗? 如果你不把他拉回到当下,他可能会有他的呢种⽆意识的⾏为对待任何⼈,对待其他⼈.就⽐如说你爸爸可能⼀直对你指⼿画脚,指指点点的.总是觉得你这个也做不好,那个也做不好.

The manner in which you are awakened is to make you understand that you need to wake up and stop being lost in your personal world. You are here to learn something, not to waste time. Do you get it? Even if he does not get hit by a specific event, life itself will find its way to give him a lesson. It could be through illness or any other means, leaving him abruptly. Why is this so? If your physical body has no existence beyond just being there, then there isn't much point in continuing on. Thus, you need to be mindful everywhere. However, a loud scream from you or a scolding might bring them back to the present moment, do you understand that? If you don’t pull them back into the now, they may behave unconsciously towards anyone or others, like your father always criticizing and directing everything you do, constantly thinking you can't do anything right.

然后你跟他说,你吼⼀声: 不要管我,管好你⾃⼰.然后或许可以让他去思考: 我是不是真的没有管我⾃⼰? 我是不是⼀直在管别⼈? 那我⾃⼰的⼈⽣呢? 明⽩吗? 所以你千万不要觉得你的暴⼒的呢⼀⾯... 其实这并不是暴⼒,只是在你们眼⾥这是暴⼒,就是你的呢⼀⾯它是在破坏.为什么? 因为你永远破坏不了任何事情.哪怕就算它真的破坏了,你也可以

Then you tell him, scream at him: "Don't worry about me; take care of yourself." Maybe this could make him think: Do I really not care for myself? Have I always been caring for others? And then what about my own life? Can you understand? So never let the violent side of you... Actually, this is not violence at all; it's just that from your perspective, it seems like violence. This side of you is causing destruction because...

Why would you be able to destroy anything? Even if it were destroyed somehow, you can still...

⽤你的爱把它转化,让它正⾯的服务你和对⽅.还有问题吗?

Translate the love you have for it, making it serve you and the other in a positive way. Any questions?

⾼灵: ⾸先你要知道你发脾⽓只是去表达你的情绪.那你情绪表达完过后你是不是可以表达爱? 你发脾⽓不是把对⽅推开,⽽是说允许你内在的能量释放出来.那你能量释放出来过后,你会不会就感受到你跟对⽅没有呢个隔阂了.为什么? 因为你没有释放的话,你跟他的成见永远在⼼中.那你跟他永远都隔了⼀堵墙.你不会想要靠近他.那当你把这股隔阂给释放出去过后,你就想要表达你的爱了.那你为什么就不允许表达你的爱呢? 明⽩吗? 你可以表达你的愤怒,你也可以表达你的爱.你表达愤怒并不代表不能表达你的爱.

Higher Spirit: Firstly, you need to understand that expressing anger is just a way of releasing your emotions. After you've expressed your anger and released those emotions, can you then express love? Expressing anger does not push the other person away; rather, it allows the energy within you to be released. Once you've allowed this energy to flow, don't you notice that there is no longer any barrier between you and the other person? Why is that so? Because if you do not release your emotions, your preconceptions about them will always remain in your heart. This creates a wall between you and the other person which prevents you from wanting to get closer. However, once this barrier has been released, you then want to express your love instead of anger. Then why can't you allow yourself to express love? Do you understand now? You can express your anger and you can also express your love. Experiencing anger does not prevent you from expressing love.

⾼灵: 你稍等.⾦钱关系.因为你⽬前还没有呢种强烈的欲望.你更多的还是,就是你⾃⼰个⼈关注的点是你个⼈的⼀个突破.就是你想要在你⾃⼰,好像是⼀个整合的过程当中.但是这对你来说是⾮常好的事情.因为你现在就去追求⾦钱的话,你可能就是选择了另外⼀条路来突破你⾃⼰.那如果你先是选择突破你⾃⼰,突破你内在过后呢.你再去focus,再去专注于⾦钱的⼀种积累的的话,你就是阻碍会变得越来越少了,明⽩我意思吗? 就⽐如说你现在还不能去做⼀个⽼板,因为你都不能正常的去表达你的⼀些感受,或者是压抑的⼀些能量.

Higher Spirit: Wait a moment. Financial matters. Since you don't currently have such intense desires, your focus is more on personal growth for yourself. You want to integrate in the process of self-improvement. However, this is very good for you because if you were to pursue money now, you might choose a different path to overcome yourself. If you first choose to transcend your own limitations and develop internally, when you then focus on accumulating wealth, the barriers will become fewer. Do you understand? For example, you can't be an entrepreneur yet because you struggle to express your feelings or channel repressed energies properly.

那你跟员⼯之间就少了之间就少了呢种,就是让他们跟你真正的在⼀起的呢种… 那当你这个突破过后,你就会更好的… 所以在这⽅⾯的话,你先去突破⾃我,然后在更加的在物质基础上⾯去呢个什么的话,对你来说是⼀个更好的路程.

That way, you reduce the distance between yourself and your employees, making them feel more connected to you. After overcoming this barrier, things will become much smoother for you. So in terms of personal development, start by challenging yourself, then focus on improving the material aspects of your business. This journey will be beneficial for you.

⾼灵: 今年卖房⼦合适吗? 所有事情它没有哪个点合适还是不合适.它只有你⾃⼰觉得.如果你⾃⼰觉得现在卖房⼦合适它就合适.如果你觉得不合适它就不合适.因为你⾃⼰去怎么认定的⼀个东西,它就会怎么呈现给你.你内在的⼀个决⼼才是最重要的.就是你内在怎么认定⼀个事情.当你认定,不管别⼈怎么说你都认定它,那就是对的,明⽩吗?因为所有的外在,它实际上根据你到底有多坚信有呈现的.你们很多⼈把物质世界,就觉得你是被动的,就是外在的物质世界是固定的.但是实际上你内在的,就是你坚信的⼀些东西才是固定的.外在的它是根据你坚信的⼀些东西⽽显化的.因为如果你觉得合适的话.⾸先就是你坚信它很合适.

Higher Spirit: Is it appropriate to sell a house this year? There's no point that is universally suitable or not; everything depends on your personal judgment. If you feel that selling the house now is appropriate, then it is. If you don't think it's suitable, it won't be. Whatever decision you make internally presents itself to you. Your inner determination is crucial. It's how you personally perceive a situation that determines its manifestation. You see, no matter what others say, if you firmly believe something is correct, it means it is correct for you. Understand? Because all external factors are actually based on your level of belief and trust in them. Many of you might think of the material world as passive, with the outer material world being fixed. However, what's truly constant and fixed is what you deeply believe in internally. The external world manifests according to what you strongly believe in. If you feel that selling now is suitable because you firmly believe it should be so.

那么你就会选择呢个合适的路.去合适的路上就会发现很多来⽀持你合适,明⽩吗?那如果你觉得不合适,那你就会选择⼀条不合适的路.那这上⾯也有很多观点来⽀持你这个不合适的路.就算呢些算命的告诉你,⽐如说哎呀,你今年卖房⼦不合适啊.然后它把这个观点植⼊到你的头脑.你慢慢就会根据他的观点去找证据了.看吧,真的是不合适.然后就觉得,哇呢个算命的好准啊.明⽩吗? 你说.

So you would choose the right path. On the right path, you will find many things that support and understand it. Do you see? If you feel it's not suitable, then you would choose an unsuitable path. There are also numerous arguments supporting this unsuitable path. Even fortune-tellers might tell you, for example, "Ah, selling your house this year is not appropriate." They plant these ideas in your mind. Gradually, you start to find evidence that aligns with their view. Look, it truly wasn't suitable. Then you'd think, "Wow, this fortune-teller was so accurate!" Do you understand?

⾼灵: 有可能是因为,孩⼦因为他是特别… 就是他能直接感受到你内在真实的⼀个能量状态.如果你假装很开⼼,但是实际上你内在很紧张.他会直接感受到你的紧张能量,⽽不是你假装笑的呢个,明⽩吗? 那如果他从你⾝上摄取了你这个紧张的能量,他会⼲什么? 他会通过吃: 我吃东西会让我放松.有很多⼈就是呢种进⾷,他是为了什么? 他是为了缓解他内在的呢种焦虑或者压抑.因为他吃的时候他就觉得没有呢么焦虑紧张了.所以那他有可能就是说链接到你们的能量状态.然后他⾃⼰需要⼀个⽅式,就是⼀个出⼜去把它给缓解,这个能量给中和了.让他不⽤处在如此紧张和焦虑的状态下.因为孩⼦是特别敏感的接受体.

Higher Spirit: It might be because the child senses your inner true energy directly since he is special… He can feel the tension in you even when you pretend to be happy, but deep inside you are stressed out. He will directly sense your tense energy instead of the fake smile you try to put on, understand? If he absorbs this紧张energy from you, what might he do? He might eat: "Eating makes me relaxed." Many people eat for this reason; they use food to relieve their inner anxiety or stress because they feel less anxious and stressed when eating. Thus, by connecting with your energy state, he needs a way, an outlet to ease this energy, balancing it off so that he doesn't have to stay in such a tense and anxious state. Kids are particularly sensitive receivers.

他能完完全全的接收到你内在的振动频率,⽽不会有任何影响和扭曲.就是你是什么状态就是什么状态.那你试着让你和你⽼婆都是在放松,就是没有任何紧张压⼒,⽣活的紧张或者这种东西在你们⾝上.你们变得开⼼快乐,就是enjoy your life.然后如果你在这样的状态下,你会发现你的孩⼦不会有任何这样的问题.他会充满活⼒.他会在该吃的时候吃,该休息的时候休息.所以孩⼦是⼀个特别好的⼀个反射体来让你们看到他呈现的所有问题都是你们⾃⼰的问题.

He can receive your inner vibration frequency entirely without any interference or distortion - it's simply whatever state you're in, that's the state he's perceiving. So try to have both you and your wife be completely relaxed, with no stress or pressure from life or anything like that on your bodies. You become happy and joyful, just enjoying your lives. Then if you are in such a state, you will find that your child won't have any of these issues. They'll be full of energy. They'll eat when they should eat, rest when they should rest. So children are a particularly good reflection to show all the problems they present are really your own issues.

⾼灵:⾸次你要知道你跟你⽗母发⽣的冲突才给他带来最⼤的影响.不管他到底做没做危险的事情,玩什么,你们之间的冲突才是毒害他的.你这么想,我跟你说啊,你说你不要吃这个蔬菜,然后这⾥⾯有农药.然后你却拿⼀碗毒药给他喝.你现在说的这种事情,就是你避免他去吃被农药污染的蔬菜,⽽给他喝⼀碗毒药.你在做这样的事情.你不觉得这很愚蠢吗?因为不只是你.我这⾥说你是你们⼈类.你们基本上⼈类都在做这件事情.你们为了避免呢么⼀丁点,⽽且呢⾥根本就没有呢⼀丁点.为什么?因为你们的⾝体⾮常的智慧.它可以去吸收任何.它也可以去把不属于你们⾝体的给排出.那这也是⼀样的.那你⼩时候做过很多事情.它会影响到你长⼤吗?它不会啊.

Higher Spirit: The first thing you need to know is that the conflict between you and your parents has the greatest impact on him. It doesn't matter whether he actually did something dangerous or played with what; it's the conflict between you two that poisons him. If you think like this, let me tell you, you say don't eat this vegetable, then there are pesticides in it. Then you take a bowl of poison and give it to him to drink. The things you're saying now, they're like avoiding letting him eat contaminated vegetables while giving him a bowl of poison. You're doing these things. Don't you think that's ridiculous? Because it's not just you; I'm talking about humans in general. Basically, all humans do this thing. You avoid so much and there's actually nothing to avoid. Why? Because your body is extremely wise. It can absorb anything and also expel what doesn't belong in your body. This is the same principle. When you did many things as a child, would it affect your growth? No, it wouldn't.

因为你永远都是在不断地不断地转变当中.然后你要记住,最重要的就是给孩⼦⼀个安全有爱的环境.安全就是让他感受到有安全感.什么是安全感?就是没有冲突.你跟你的内在有冲突,他也会感受不到安全感.你跟你的⽗母有冲突,也⼀样.明⽩吗?这样⼦的话,他这⼀辈⼦他都会觉得我是安全的.就是他不会恐惧.因为你们⼈类,哪怕你们现在导致的战争都是什么造成的?恐惧.因为你恐惧对⽅会怎么样,所以我先出⼿.所以你们很多事情都是因为你们的恐惧导致的.那如果你没有这层恐惧呢? 你就会完完全全的活出你⾃⼰,去朝你… 你看,你是不是恐惧你发脾⽓会怎么样,所以连脾⽓都不发.但是把这股能量⼀直压抑在⾥⾯,造成内在冲突.

Because you are constantly changing and transforming. Remember, the most important thing is to give your child a safe and loving environment. Safety means making them feel secure. What does security mean? It means no conflict. If there's a conflict between you and your inner self, they won't feel secure either. Even if there's a conflict between you and your parents, it's the same. Understand this, because then for his whole life, he will feel that I am safe. He wouldn't be afraid. As humans, even though you cause wars now, what causes fear? Fear because you're afraid of how they might react, so you act first. So many things are caused by your fear. If you don't have this layer of fear, then you'll live out fully who you are and move towards your... See, are you afraid that if you express anger it will lead to something worse? So you never even let yourself be angry. But you keep that energy bottled up inside, causing inner conflict.

所以最重要的就是你孩⼦没有任何恐惧.你这么想,孩⼦他不只需要你的爱.你这么想,之前跟你⽼婆说,她的关系像⼀张拼图,哪⼀个⾓都不能少.那孩⼦,你也只是他拼图⾥的⼀个⾓⽽已.你不能代替他所有,明⽩吗? 他的拼图⾥⾯有爷爷奶奶.他的拼图⾥⾯有其他关系,这是必须的.所以你把他其他的拼图拿⾛,其他板块拿⾛.然后把你的呢⼀块变的特别强⼤.那是成了什么样

So the most important thing is that your child has no fear. You think this way; he doesn't just need your love. You think that before you spoke to your wife about her relationship, it was like a puzzle piece, and every corner couldn't be missing. With your child, you are just one of those puzzle pieces, merely. You can't replace all of him, understand? His puzzle includes his grandparents. It includes other relationships; this is necessary. So when you take away his other puzzle pieces, the other sections as well. Then make yours so incredibly powerful. That's what it becomes like

⼦? 所以重要的就是你⾃⼰要消除你内在的⼀个恐惧.因为当你没了呢个恐惧的话,你看到他们做事你就不会产⽣呢种恐慌感.明⽩吗? 这是需要你⾃我去不断地转变你的意识.这是⼀个过程.你也不需要去逼你⼀天就能达到这种状态.你可以试着先放下⼀丁点.然后当你放下⼀丁点过后,你觉得: 啊,我是安全的.孩⼦也是安全的.你就会更多的信任再放下两个丁点,这么⼀步⼀步的.因为你们都是安全的,包括孩⼦也是安全的.不要因为避免⼀丁点毒素的摄取,⽽给他喝整碗的毒.记住这句话.

So the key is to eliminate your inner fear for yourself. Because once you overcome this fear, you won't feel that sense of panic when observing others. Understand? This requires constant transformation of your consciousness, which is a process. There's no need to force yourself into this state overnight. You can start by letting go just a little bit at first. Then, upon doing so and feeling safe - for both yourself and the child -, you will gain more trust and confidence in taking those subsequent small steps. Because you are all safe, including the child. Do not punish them with drinking a whole bowl of poison just to avoid a tiny bit of toxin exposure. Remember this wise saying.

⾼灵:这个就好像是让你们时刻都知道你们都是在光中.你们都是在光,光就是爱,你们都是在光中.你们都是在爱中.这是⼀个信息传递给你们的.你们就算你们今天收到这些信息,它都是为你⽽来的.你们永远都会受到指引.因为你们所有的突破便是你们所有⼈类的突破,你们集体的突破.

Higher Spirit: This is like letting you know at all times that you are in the light. You are in the light; the light is love; and you are in the light. You are in love. This is an information being given to you. Even if you receive these messages today, they are meant for you. You will always be guided because your breakthroughs are everyone's breakthroughs, collectively.

# **2022/03/05 — 关节肿痛的原因The Causes of Joint Swelling and Pain**

⾼灵: 你说吧,什么问题?

Higher Spirit: Go on, what's your question?

问: 我长时间关节肿痛,也没有办法治好.想问问是为什么?

Questioner: I have had swollen joints for a long time and can't seem to get rid of it. Could you explain why?

⾼灵: 你稍等,我帮你感受⼀下你的能量场.⾸先,你这么想,你的关节就像是⼀个房⼦的钢筋⼀样,⼀套房⼦的结构⼀样.就这么说吧,⼀张桌⼦,关节就像桌⼦⼀样,它需要⽀撑这个桌⼦,对不对? 那如果你长期以来就是你这⼀⽣长期以来不断的都把所有的东西都往呢个桌⼦上放.你只有在 ‘放’ 这个动作,但是你并没有拿⾛.那⼀个桌⼦你不断地在往上⾯加东西加东西.那桌⼦腿它承受不了,断了、破了、它现在疼它是在告诉你什么? 我现在已经承受不了更多的东西往上⾯放了.那呢个是什么呢? 呢个是你不能处理,你的⾝体就像⼀个⼯具⼀样,有⼀些你不能处理的事件给你带来的压⼒.你想每⼀个事件⽐如说有⼀个压⼒.呢个压⼒有⼗⽄重.

Spirit: Wait a moment; I'll help you feel your energy field. First of all, imagine that your joints are like the steel beams in a building or the structure of the house itself. So, think of it this way, consider a table - your joints function similarly to the legs of a table. They need to support the weight of the table, correct? If you've been putting everything on that table for a long time without taking anything off - only placing but not removing things - what is the table telling you by now with its constant weight addition? It can no longer bear more weight being added onto it. What does this mean? This indicates that there are events in your life, some pressures brought about by certain occurrences that your body cannot handle as a tool. There's a ten-ton pressure for each event.

⽐如说你听到⼀个消息、你⽣活上的某些事情它给你带来的压⼒,⼗⽄.你往上⾯放.然后⼆⼗⽄、三⼗⽄,你不断地在往上⾯放.长期积累下来.那你的关节现在就是在警告你,它在给你传递信息说: 你必须要做减法.必须要把桌⼦上的东西不断地把它拿下去,明⽩吗? 但是你⾃⾝做不到这个拿下去的动作你需要怎么办? 那你需要去学习和理解.呢个学习是在你的意识层⾯去理解有⼀些东西它是并没有分量的.因为你⾃⼰、你的头脑、你的思维模式你会给它定义.就是你会把它看的很重.就⽐如说为什么你们世界上有些⼈有特异功能?他们可以举起来上千吨的东西,但是你们普通⼈却不⾏.因为在他眼⾥,呢个不是重量.明⽩吗?

For instance, if you hear a piece of news that brings stress to certain aspects of your life, it's like adding ten kilograms on top. Then, twenty kilograms, thirty kilograms, you keep adding more and more over time. In the long run, your joints are now warning you by sending messages: you have to start doing subtraction; you must continuously take things off your table. Do you understand that? But if you're unable to do this action of taking it down yourself, what should you do then? You need to learn and understand that there's a learning process happening in the level of your consciousness where you comprehend that some things don't actually carry weight because you as an individual, your mind, and your thinking patterns define them. It's like why are there people in the world with special abilities who can lift thousands of tons, but ordinary people cannot? Because to them, it doesn't weigh anything. Do you understand this concept?

就是在他的认知⾥⾯、在他的意识⾥⾯呢个是没有重量的.但是在你们的眼⾥,你说: 哇,呢个是⼀吨重.你已经就给它增加了重量.因为你在这个物质世界体验所有⼀切是你⾃⼰定义什么,你就体验什么.所以你需要去从,⽐如说你⾃⼰去觉察你的⼈⽣当中、⽣活中的每⼀个念头.⽐如说你的家庭谁来告诉你,你突然收到了⼀个账单要换⼏⼗万或者是要怎么样.然后你来感受⼀下你⾃⼰.你会不会有⼏天都睡不着觉? 把这个事⼀直放在⼼上,⼀直思考着,⼀直带着它? 我们通灵信息经常就是说你们每个⼈睡觉之前不会把在外⾯穿着脏的鞋⼦,上⾯都是泥全部都是泥,脏的⾐服,这些东西带到床上去吧? 对不对? 你们会洗澡,你们会把⾝体清洁⼲净.但是你们从来没有考虑在你们的思想层

In his understanding and awareness, there is no weight involved. However, when you say, "Wow, that weighs a ton," you have already added the weight to it because in this physical world, every experience is defined by what you create. Thus, you need to consciously observe your thoughts in life, for example, how you react to unexpected events like receiving a bill of hundreds of thousands and the impact on your daily routine or sleep quality. Do you stay up for days worrying about it, carrying that burden with you? We often say that before you go to bed, do not bring into your room dirty shoes covered in mud, filthy clothes, etc.? Isn't that true? You bathe and clean yourself because you value cleanliness of the body, but how often have you considered the purity or weightlessness of thoughts that populate your mind?

⾯、精神层⾯,把⼀些能量给它(清理掉),⽐如说情绪,你的情绪你不会去清理它,你会带着这股焦虑,你会带着这样⼦的…问: 但是⽣活上就是有很多烦⼼事需要我去操⼼啊.

At the physical and mental level, you give off some energy to it (clearing away), such as emotions. You don't clean your emotions; instead, you carry this sense of anxiety with you... Questioner: But in life, there are so many worries I need to take care of.

⾼灵:并不是⽣活烦.⽽是你的定义和你的见解.这么说吧,你⼩时候你要是堆积⽊你要是堆不起来的时候你就会哭,对不对?你就会烦躁,你说为什么我连堆个这个都堆不好,对吧?但是在⼤⼈的眼⾥呢?在⼤⼈的眼⾥你是不是就…那你现在的思想,⾯对⽣活的这⼀切,你就像是⼀个⼩孩⼀样.因为你的认知还没有达到⼀个就是去,就好像在思想层⾯,你没有不断不断的去扩展、成长.你还是在⼩朋友的样⼦.⼀遇到不顺⼼的事情就着急、就哭.你跟⼩朋友⼀样.那在⼤⼈的眼⾥… 因为你想⼀下,你们世界上有如此多的⼈.他们可能管理着⼏⼗万⼈,他们可能管理着⽆数个公司,明⽩吗?那你想⼀下,如果你只是管理着你们家三⼜⼈,就是家庭关系嘛.

Sage: It's not that life is stressful; it's your definitions and your perspective. Let me put it this way: When you were a child and couldn't build with blocks because they wouldn't stay together, did you cry? Correct? You would get frustrated, saying, "Why can't I even build something simple?" But from an adult's viewpoint... In the eyes of adults, isn't your current mindset just like that of a child? Because your understanding hasn't reached a point where you consistently expand and grow mentally. You're still behaving like a kid. You panic or cry at the first sign of inconvenience; you behave exactly like a child. Now, from an adult's perspective... Consider this: There are so many people in the world managing thousands, even millions of individuals, overseeing countless companies. Do you understand? If you're merely managing three people, such as family dynamics,

或者是更⼤的⼀个家庭,⼗⼜⼈,已经让你⼼⼒交瘁.那他们如何去… 明⽩吗? 所以这个是不成正⽐的.这个只是你⾃⼰需要去学习你的头脑,你的⼤脑是如何运作的.因为你的⾝体产⽣情绪是因为你的头脑⾥⾯给它⼀个定义.⽐如说你把

Perhaps it's a larger family, ten people, and you're already drained. How could they… understand? So this is disproportionate. This is just something you need to learn about your own mind, how your brain operates. Because the emotions produced by your body are due to definitions given in your mind. For example, if you label

这个事情定义成了什么,你才会产⽣相应的情绪.就同样⼀个事情,因为我们这边有很多咨询者.然后我给你举⼀个例⼦.有⼀个⼈,他遇到事情特别容易⽣⽓、焦虑、发脾⽓.然后他提问说,她⽼公在没有问过她的情况下,把孩⼦的药给倒掉了.她觉得他⽼公不尊重它.然后我们给她了两个定义.OK,你要⽣⽓的原因并不是你⽼公不尊重你,⽽是你把这个事情定义成他不尊重你.因为如果你把你⽼公去倒垃圾的这个事情定义成:哇,我⽼公真的是好男⼈.他处处在维护着我们房⼦的清洁.⼀看到有垃圾,他就处理掉.明⽩吗?这完全是两种不同的定义.你这两种不同的想法背后,它会产⽣不同的情绪.⼀个是他没问你、不尊重你.⼀个是我的⽼公⽤⼼爱护着我的家.

What this event is defined as will determine the corresponding emotion you will produce. Take a similar case for example; we have many consultants here and I'll illustrate with an instance. There's someone who gets easily angry, anxious or loses their temper when faced with issues. They ask a question, stating that their husband poured away the children's medicine without asking her. She feels he doesn't respect her. We provide them with two definitions for this scenario. The reason you're angry isn't because your husband doesn't respect you, but because you define it as him not respecting you. If instead, you defined his action of pouring away the garbage when seen: Oh, my husband is indeed a good man. He constantly maintains our home's cleanliness. Can you see? This represents completely different definitions. The two differing thoughts behind these definitions result in varying emotions. One perspective could be that he didn't ask or disrespect you; another might be that your husband cares deeply for your home with his heart.

这是多么有爱的⾏为?他处处的在⽤爱投资这个家.他的⼼⾛在家上,对不对?那如果你的⽼公看到所有垃圾,他从来都不碰⼀样.你是不是应该更⽣⽓才对,对不对?垃圾堆成⼭了,他都不碰.那他没有完全表现出他对这个家的关系和爱.所以你们从这⼀个简单的例⼦你们就能看到,你们⼤脑给你们带来的情绪.你们的定义给你们带来的情绪.你⾝体产⽣的情绪和烦并不是真的.这⼀点是需要你们记住的.因为你们总是把呢个情绪当成是真实的.呢个情绪它是随着你的定义⽽改变的.然后你产⽣的定义是因为你⾃⼰的⼀个信念.你的信念系统就⽐如它来⾃于你从⼩是怎么样⼀个环境长⼤.然后你的⽗母是怎么对待焦虑的事情.然后你在这个环境,其他⼈怎么对待的.

What is this act of love? He invests in the home everywhere with his love. Is his heart really on the home, isn't it? Now, if your husband sees all the trash and never touches any of it, shouldn't you be more upset, right? The garbage piles up, yet he doesn't touch it at all. That means he's not fully showing his relationship and love to this home. Therefore, from this simple example, you can see the emotions that your brain brings forth, the emotions defined by you, and the physical reactions that aren't real. This is something you need to remember because you often perceive those emotions as genuine. The emotion changes based on your definition which in turn comes from your own belief system. And this belief system originates from how you were raised, your parents' approach to anxiety, and other people's treatment of the situation within that environment.

然后你的⾝体就会⾃动的去学习,然后它就会把它当成是⾃⼰的.

Then your body will automatically learn it, and then it will consider it as its own.

问: 那我从现在开始注意不要把⾃⼰⽣活中的烦⼼事都放在⼼上就可以了是吗?

Questioner: So, I just need to pay attention not to bring my worries of daily life into focus, right?

⾼灵:⾸先你还要清楚,你还在⽆意识的把所有⼈,你⾝边遇到的所有事情,就是把别⼈的呢些重量,你全部都在往桌⼦上放,明⽩吗?就是它是关于你的还是不关于的你的,属于你的还是不属于你的.你全部都在往你的桌⼦上放,你想象⼀下.⽽且你的桌⼦它现在是在来警告你,来告诉你就是在我的腿短之前,在我承受不住之前.你需要注意到你的这个⾏为.是你的这个⾏为导致的这样⼦的状况.所以你如果想要治好你的这个病,你必须要改变你的思维模式.因为你们⾝体的所有疾病就好像是⼀个镜⼦⼀样,它反射出你的⼀个思维模式.它反射出你的⼀个观念.因为你们在这个物质世界经历的⼀切,它是通过你的观念去体验的.

Higher Spirit: First of all, you must understand that you are still unconsciously placing all people and everything you encounter around you on your table. You're putting others' weights onto your table, do you get it? Whether it's about you or not, whether it belongs to you or not; you are placing them all onto your table. Imagine this. And now, your table is warning you, telling you before my legs become short and before I can no longer bear the weight. You need to notice your behavior because that behavior has led to such a situation. So if you want to heal your illness, you must change your way of thinking. Because all physical diseases in your body are like mirrors reflecting your mode of thought, reflecting your belief. Because what you experience in this material world is experienced through your beliefs.

就是如果你没有这个观念,你体验的是其它事情.那你现在已经就是说你的⾝体它是在逼着你去转变.这个疼痛好像是警钟⼀样滴滴滴不断的在提醒你.为什么你们物质世界的警报声是不断地滴滴滴.为什么?它会让你产⽣⼀种紧迫感.你的紧迫感在告诉你,你没有时间.你必须转变.因为如果你不转变的话,你想象⼀下,你这⼀辈⼦你这⼀⽣都是这么过的.它没有任何对⽣活的喜悦,对⽣活的快乐、轻松.因为这个才是⽣活应该拥有的,就是喜悦快乐和轻松.这种状态你都从来没有拥有过.那你是不是⽩⽩的浪费了你的⽣命?你想,你来到这个物质世界本⾝就是要享受⽣命的快乐喜悦轻松.但是你从来没享受过.那你是不是⽩来了?

If you don't have this perspective, you're experiencing something else. Then, you're already being pushed by your body to change. The pain seems like an alarm that keeps going off, reminding you constantly. Why is the alert in your material world constantly going off? Why? It instills a sense of urgency in you. This sense of urgency is telling you that you don't have time; you must change. Because if you don't, imagine this: Your entire life, all your days, are like this. There's no joy or happiness, nothing轻松 about living. That's what life should be filled with: joy, happiness, and ease. You've never had any of that. Does that mean you've wasted your life? Think about it; the purpose of coming to this material world was to enjoy the joys and pleasures of life. But you haven't enjoyed anything. So, didn't you come here for nothing?

就好像你要去⼀个漂亮的餐厅吃饭,但是你闭⼜什么都不吃.那你去的⽬的是什么?你去⼀个地⽅旅游,你却闭着眼睛或者全部在睡觉.那你花了呢么多钱去旅游⼲什么?那你来到这个地球上,你的这次⽣命它来到这⾥,它是充满喜悦、快乐、轻松、爱、愉悦.是需要享受.但是你完完全全没有去体验过这个感觉.那现在是不是就逼着你需要去从内看,⽽不是从外看.因为你以前的呢种模式⼀直是把你内在的快乐或者轻松取决于外在.就是我只有外在没有任何事情烦我,我才能快乐、轻松,明⽩吗?

It's like you're going to a beautiful restaurant to eat, but you close your mouth and don't eat anything. What are you there for? If you travel to a place but have your eyes closed or sleep the whole time, what were you paying so much money for? Why did this life of yours come to this planet filled with joy, happiness, ease, love, bliss - requiring enjoyment that you've never fully experienced before. Now isn't it forcing you to look inward instead of outward because previously, your patterns depended on external factors for inner happiness or ease: I can only be happy and at peace if nothing bothers me externally. Do you understand this?

问: 但是外⾯确实有很多事让我开⼼不起来啊.

But there are indeed many things outside that can't cheer me up.

⾼灵: 因为这就是你们错误的观念.这是你的观念,⼀个错误的观念.这是你们⼈类错误的⼀个观念.你们把所有的快乐都取决于外在.但是这个并不是.如果真的取决于外在,那呢些有钱的,什么都有,又有保姆又有什么.那他们是不是应该最快乐了? 那为什么关在皇室⾥⾯的⼈,皇室它拥有⼀切.你们的戴安娜王妃她拥有美貌、拥有权⼒,拥有⼀切.为什么她不快乐呢? 所以并不是说你拥有什么什么,没有什么什么你快乐.⽽是说你的外在,你们必须要明⽩的是外在它投射的所有事件是你⾃⼰内在的⼀个投射.这是你们都没有认识到的⼀个问题.你们总以为外在的⼀个状态是导致你内在.但是是你内在导致了外在的⼀些事件.

Higher Spirit: This is because this is your mistaken notion, a wrong notion of yours. It's one of the wrong notions that humans have. You believe that all happiness depends on external factors. But that isn't true. If it truly depended on externals, then those who are wealthy and have everything, with servants too, wouldn't they be the happiest? Yet, why aren't people like Princess Diana of the royal family happy despite having it all - beauty, power, and more? So it's not simply about what you own or don't own that determines your happiness. It's because your external world mirrors your internal state. This is a problem most haven't realized: You always think that an external condition leads to inner feelings, but in fact, it's the other way around - your inner self influences the events of the external world.

因为同样的⼀些事件在你这它才会成为⿇烦,成为你的负担.为什么?在别⼈呢它会成为什么?它会成为动⼒和⼒量.就⽐如说你背着五⼗公⽄⽶.你会觉得你好⾟苦啊,天天要背五⼗公⽄⽶.但是呢些他们去健⾝房举⼀百公⽄的呢?他们的肌⾁越来越强⼤.明⽩吗?这是两种不同的观念.因为外在的所有⼀切你都可以… 它不存在好和坏.是你们的头脑给它定义好和坏.你定义你就会得到什么.就是你定义什么你就会从中得到什么.所以这需要你不断地学习和认知.提⾼你的认知过后,你才能去做到这个转变的⼯作.但是这就是你⼈⽣的全部意义.就是不断地在把所有的,就是突破⾃⼰内在的⼀些束缚,然后转变.

Because the same events will only become an annoyance, a burden for you. Why? For others, they would become what? They would become motivation and strength. For example, if you carry fifty kilograms of rice on your back, you would feel that it's very tough every day to carry fifty kilograms of rice. But for those who go to the gym and lift one hundred kilograms, their muscles are becoming stronger over time. Do you understand? This is two different perspectives. Because everything external does not inherently have good or bad; it exists as such because your mind defines it as so. You define it, therefore, you receive it. That is, what you define, that's what you will get from it. So this requires constant learning and self-awareness. Once you elevate your understanding, then you can work towards making these shifts in perception. But this is the essence of life - constantly breaking free from internal constraints and transforming yourself.

然后你会发现你越来越轻松,越来越快乐,越来越能感受到⽣命真正的意义.呢就是愉悦和轻松.因为真正的,就⽐如说现在给你通灵的这个⼥孩.她经历的和你们经历的就不⼀样.为什么?她经历的是她只要快乐.然后外在所有她需要的⼀切都会⾃动呈现.⽐如说她需要钱,她的钱会⾃动呈现.她需要去演讲,她想要演讲.她的观众会⾃⼰出现.她需要写书,她的灵感会⾃动出现.就是她想要做的⼀切,她只…. 明⽩吗? 所有的⼀切,外在的⼀切它都会⾃动的呈现.这个就好像这台车它已经在⾃动驾驶,已经在开了.但是懂的⼈,就是他们懂的⼈, OK,我允许这个车让它⾃⼰⾏动.然后我观赏路边风景,是吧? 但是不懂的⼈呢,他在看着这个车.

Then you will find that you become increasingly轻松, happier, and more aware of the true meaning of life. This is joy and ease. The reason is that for someone like this girl who communicates with spirits, her experiences are different from yours. Why? Because she only needs to be happy, and all that she requires externally will automatically appear. For example, if she needs money, it appears. If she wants to give a speech, she desires it, and her audience magically appears on their own. When she needs to write a book, inspiration spontaneously manifests for her. Essentially, whatever she wants to do, she only needs… understand? All of this happens automatically in the external world. It's like driving a self-driving car; it's already operating itself. But those who know how can let the car drive on its own while they enjoy the scenery along the road. However, those who don't understand are just watching the car.

他不知道,他觉得是他在⽤⼒开.然后他还想开快,然后他使劲⽤⼒.然后他这弄弄呢弄弄.怎么车又停下来了呢?因为他的⼀些阻碍的动作导致了车坏了、停了、开不动.别⼈的跑的呢么轻松,我却这么吃⼒?但是我还完全错过了路边的风景,明⽩吗?因为我本来是享受风景的.但是我不知道有风景,但是我就完全把我的能量消耗在倒腾这台车上⾯.然后就这么结束了.所以⼀个是知道⽣命的运⾏⽅式的⼈.就好像⼀个是懂开车⼀个是不懂开车的⼈.⼀个是⽂盲他完全不懂开车,他不知道车又⾃动驾驶这个功能.那你想⼀下所有会开车的⼈他是不是都是从不会开车学过来的?所以你现在⼀团糟糕,然后车又坏,乱叫,又跑不动.

He doesn't know that it feels like he's making an effort to drive. Then he wants to go faster and tries harder. He messes around with the car, trying various things. Why did the car stop again? Because of his efforts against the flow, causing the car to break down, fail to move, or stall. Others can run so easily, but I struggle so much? But I completely missed all the roadside scenery, do you understand? Because I was supposed to enjoy the scenery. However, I didn't realize there were any scenes until I spent my energy fiddling with this car instead. And that's how it ends. So one is someone who understands how life operates, like a skilled driver versus an inexperienced one. The latter has no idea about automatic driving functions and thinks only of making the car work. All drivers started from being unable to drive, figuring it out over time. You're currently in chaos, your car breaks down again, you shout uncontrollably, and it simply doesn't want to move anymore.

那你是不是可以停下来去看看,跟呢些轻松开车的⼈请教⼀下,对不对?为什么你们会需要学习?

Perhaps you could stop and ask those who find driving easy, why is it that they need to learn?

2023/03/14 — 外界就是我,我就是外界

March 14, 2023 — The outside is me, and I am the outside.

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

问: 这个通灵的⼥孩⼦做了⼀个梦,梦见⼀个海⾥的⽣物变成了她的孩⼦.她想知道这个梦有没有什么含义?

Questioner: The medium girl had a dream where an aquatic creature turned into her child. She wants to know if this dream has any significance.

⾼灵: 你稍等.这个⼥孩她想知道她之前做了⼀个梦.梦见⼀个海⾥的⽣物跳到了她的头上,然后最后变成了⼀个⼩男孩.然后她想要知道这个梦的⼀个寓意.然后这个梦的寓意就是说它的这个加⼊的这个灵魂,是它选择了她.就是是孩⼦选择了她这样⼦的⽬前.就是我想要这样⼦的母亲.所以这个梦的寓意是来告诉她,她是被选择的.还有呢,你还想知道什么吗?

Higher Spirit: Wait a moment. This girl wants to know about a dream she had. She dreamed of an underwater creature jumping onto her head and then transforming into a little boy. She's curious about the symbolism behind this dream. The message conveyed by this dream is that the soul it joined, chose her. It was the child who chose her in its current state. I want to be such a mother. So, the meaning of the dream is to tell her she has been chosen. Do you have any other questions?

问: 那请问这个来到她⽣命中的灵魂有没有什么信息想要告诉她的?

Questioner: And if there's a spirit that has come into her life, what message might it have for her?

⾼灵: 你稍等.它想要告诉她的是,我继承了你的美好的使命.就是你的灵魂想要成为的,想要成为的⽅向.然后我承载了,就好像是你的梦想.就⽐如说你的梦想是你想成为什么什么样⼦,就是想要创造什么样⼦的⼀个世界或者是想要怎么样.然后我就好像是你的帮⼿或者是⼀个执⾏的,明⽩吗? 就好像⽐如说你有⼀个设计图,明⽩吗? 那你的这个设计图,你是不是需要⼀些⼯⼈或者⼀些⼈来把你头脑⾥的设计图呈现出来在这个世界上,就是最终展现出来对不对? 那么我就是呢个.明⽩我的意思吗? 就是你幻想的你设想的,你想要展现的,你想要创造的呢个梦想中的,然后我就是呢个推动者,⾏为者.

Elvish Spirit: Wait a moment. What it wants to convey is that I have inherited your noble mission. That direction you want your soul to take - becoming something or leading in some way. Then, I carry this out like your dream, as if it's executing plans from the inside of your head like when you design something with blueprints. You need workers to bring those designs into reality in our world, right? Similarly, I am that helper, executor; understand me? Like a blueprint for building your dreams?

In English:

问: 那对于孕妇来说在孕期有没有什么建议?

Questioner: And what would you suggest for pregnant women during pregnancy?

⾼灵: 对于孕妇来说孕期最好的建议就是说你完完全全的接纳.就⽐如说你的⾝体本⾝已经有了另外⼀个⽣命进⼊你的⾝体.那你需要完完全全的允许.就好像你是⼀块地,有⼀个种⼦播种在你的这个地⾥⾯.你是不是需要提供所有,就是你完完全全的敞开⾃⼰.没有任何的恐惧或者是担忧或者是害怕或者是不想或者是犹豫不决,没有任何这样⼦.只是完完全全的去敞开⾃⼰.那就是能给新⽣命最好的,就是完完全全的去允许这样⼦的⼀个结合.

Higher Spirit: The best advice for pregnant women during pregnancy is to fully embrace. Just like another life has already entered your body, you need to fully allow it. Imagine yourself as a piece of land with a seed being sown in the ground of your body. You need to provide everything - fully open yourself without any fear, concern, hesitation, or reluctance. There should be no such thing at all. Just fully open yourself. That's what can give the best gift to a new life - full acceptance and openness towards this kind of combination.

问: 那孕期⾷物营养重要还是⾃⼰喜欢的⼜味重要?

Questioner: Does nutrition during pregnancy matter more than personal taste preference?

⾼灵: 营养重要还是你喜欢的⼜味重要? 因为你在孕期的话,你⾃然⽽然你就不会有呢种对你⾃⾝造成很⼤的伤害的⼜味存在.所以你只需要听从你的⾝体,就是不需要去太担⼼到底你的⼜味会不会有营养,或者是营养的东西你不喜欢.就是你不需要故意的去怎样.就是你故意的要全部不要去碰⾃⼰喜欢吃的,喜欢吃的有害.就是不需要去有这样⼦的任何这样的⼼理或者是担忧.因为你知道你的⾝体,就算是你特别喜欢的有⼀点害.那你也知道它呢⼀点是你的⾝体能够cover.就是你能够知道摄取这么⼀点对它不会有任何影响.但是如果你纠结于这个或者是抗拒于这个,就是克制啊.就⽐如说你要克制你喜欢吃的,因为你觉得你喜欢吃的有毒啊.

Soul Guide: Is nutrition more important or the taste you like? Because during pregnancy, naturally, you won't have those strong tastes that could significantly harm your body. So all you need to do is listen to your body; there's no need to worry too much about whether your taste has nutrition or if you dislike nutritious food. You don't need to intentionally avoid anything. There's no need for such worries or thoughts, as you know your body well enough to understand that even though some of the things you like might be slightly harmful, it can handle them since they are minimal amounts. But if you're overly concerned about this or resist it, meaning you restrain yourself from what you enjoy eating because you believe it's poisonous to you.

然后全部就是吃⼀些你不喜欢吃的.这就是⼀种抗拒或者⼀种故意或者⼀种扭捏的⼀些⾏为.就是扭扭捏捏的,不是⾃然的.

Then it's just eating things you don't like. This is a form of resistance, or deliberate action, or some fakeness. It's awkward and not natural.

问: 那孕期的妈妈能给胎⼉最好的呵护是什么?

Questioner: What is the best care a pregnant mother can give to her fetus?

⾼灵:孕期的妈妈能够给胎⼉最好的呵护就像前⾯说你必须是完完全全的接纳.因为有些是她可能会因为⾃⼰⼀些的因素,她可能担⼼⾃⼰是不是好的母亲啊?有没有准备好啊?其实你就是在抗拒.你就是在并没有完全的信任,信任这件事的发⽣.你就有抵触,就是不管你抵触的⼼理哪怕是⼀个好的,就⽐如说我想做的更好,我觉得现在没好.你这也是⼀种抵触.因为你对⾃⼰的⼀种不信任.所以最好的就是像我前⾯说你完完全全的允许和接纳这个结合的发⽣.然后多关注正⾯有爱的信息.少关注⼀些负⾯的或者是消极的⼀些东西.因为你们的头脑、⾝体、情绪会根据你们关注的信息⽽产⽣… 就好像你现在⾝体现在变的特别敏感.

Higher Spirit: A pregnant mother can provide the best care for her fetus, much like embracing with complete acceptance as mentioned earlier. Some may worry about whether they are good enough mothers or if they are ready, potentially doubting their ability to be a nurturing parent due to personal factors. This resistance and lack of full trust in the process are what you're experiencing. You're fighting against the inevitable, not fully believing it will occur. It's akin to having a conflicted mindset, even if the intention is noble, such as wanting to do better and feeling unprepared now. Even this desire for improvement also represents resistance due to self-doubt. The best approach is exactly what I mentioned earlier - completely allowing and accepting the union without hesitation. Focus on positive, loving information rather than negative or pessimistic aspects. Your mind, body, emotions will manifest according to your focus; similarly, you are currently experiencing heightened sensitivity.

⽐如说你⽆论关注什么,它可能就把你的能量⼤化.就⽐如你关注美好的会觉得特别美好.关注⼀些消极的恐怖的悲伤的就会特别悲伤.就好像呢种就会加倍.那你是不是应该去利⽤这种关注有爱的有⼒量的.

For example, no matter what you focus on, it might amplify your energy significantly. Like how focusing on beauty makes you feel particularly beautiful. Paying attention to negative things like horror or sadness can make those feelings exceptionally strong. It's as if these emotions get magnified. So, shouldn't you be leveraging the power of loving and positive attention?

问: 那如何可以拥有⼀个良好的孕期过程?

Questioner: How can one have a good pregnancy process?

⾼灵: 你要知道如果你⽣命中的每⼀步你都能去很好的和当下发⽣链接的,所以不管你有没有在孕期你都会有⼀个这样⼦的⼀个…你没有拥有呢个过程是什么? 是因为你总是在错过它呀.如果你总是在每时每刻都能跟当下建⽴链接的话,那你是不是就没有错过? 这是⼀样的.跟你有没有在孕期或者怎样怎样的,你都需要去和你的当下产⽣链接.⽽不是沉浸在你的头脑⾥⾯.

Sage: You need to know that if every step in your life you could connect well with the present moment, so regardless of whether or not you're pregnant, you would have something like... what is it missing? It's because you always miss it. If you were able to connect with the present moment at every single moment, then wouldn't you be missing nothing? This is similar; it doesn't matter if you are pregnant or not, you need to connect with your present moment. Not getting lost in your mind.

问: 我今天早上凌晨四五点的时候有⼀个存有坐在我的被⼦上.我们还对话了,但是我忘记了.我能不能问⼀下是不是有什么信息要带给我,还是这只是我⾃⼰的能量?

Questioner: This morning around 4 or 5 in the morning, I had a being sitting on my blanket. We even talked, but I forgot. Can I inquire if there is any message for me, or is this just my own energy?

⾼灵: 你稍等.你想要知道就是今天早上你感受到⼀个⼈来访,然后你想要知道到底是你⾃⼰创造出来的还是你真的感受到了.你要知道有⼀个原理就是说,你的频率你的意识它就决定了你要进⼊什么空间.就好像是外⾯什么都已经存在,就已经在呢⾥.就好像有⼀万个不同的房⼦.那你的状态就决定了你要⾛到哪个房⼦,你要体验哪个房⼦.那你说你去体验了呢个房⼦,你问到底是你创造的还是说是什么什么的.其实就好像是你要问的呢个问题⼀样.是你⾃⼰的⼀个状态决定了你要去体验什么.因为所有的东西它既是在呢⾥也没有在呢⾥.它是在这样⼦的⼀个状态.这么说吧,你可以有两种意识,你⾃⼰可以去转变然后去体验.

Higher Spirit: Wait a moment. What you want to know is whether the experience of someone visiting you this morning was real or if it was something you created in your mind. There's a principle that states: Your frequency and awareness determine which space you enter. It's as if everything exists outside, already there inside. Imagine there are a thousand different houses. Your state decides which house you walk into, which experience you have. When you say you experienced a certain house, asking whether it was you who created it or something else, it's like asking the same Questioner: your own state determines what you experience. Everything exists both here and not here, in this kind of state. Let me put it this way, you can have two different states of consciousness; you can transform yourself and experience accordingly.

你最开始可以在⼀个超级开⼼快乐,让你创造⼀个这样⼦的状态,你可以⾃我暗⽰嘛.就是在⼀个特别开⼼快乐有爱的状态下.⼀会⼉呢,你听到⼀个恐怖信息,然后开始把你的⼀些恐惧的东西触发出来.然后你就不断地头脑⾥⾯显化出很多恐惧的…然后你就进⼊了⼀种恐惧的状态.你能明⽩我的意思吗? 你是在同⼀个沙发上坐着.但是在不同的时间段,通过你调节你的⼀个频率… 这么说,就好像这个⼥孩⼦,她在跟你链接之前,她在同⼀个位置.那她现在跟你链接过后,她的意识状态又在另外⼀个位置.所以你来问它到底是怎样怎样,就好像是这样同样的⼀个状态⼀样.

You can start by creating a very happy and joyful state where you are programmed to do so. You can self-hypnotize yourself in this blissful loving condition. For a moment, you receive a frightening message which then triggers some of your fears. This leads to a constant manifestation of fear within your mind as you enter a state of fear. Can you understand what I mean? While sitting on the same couch, there's a shift at different times through adjusting your frequency... This means that before connecting with this girl, her awareness was in one place. After linking with you, however, her consciousness is now elsewhere. So when asking how it works, it's akin to the same state of being after these transformations.

问: 那我可以问它有没有什么信息是想要带给我的吗? 还是说就只是⼀个随意的碰到并没有什么特别的意义.

Questioner: Could it be that there is some information it wants to convey to me, or is it just a random encounter with no special significance?

⾼灵: 这只是⼀个好像你在梦游⼀样.你梦游游到了这⾥,然后看到了⼀些场景.那这样⼦的⼀个状态就好像你是在做⽩⽇梦,⼀下游到这⾥,⼀下游到那⾥.是你的思想,你⼀会想到了中国的事情,⼀会想到了法国的事情.只是这个跟你的呢个不⼀样的是,这个就好像你可以体验到、看到、摸到、就是更加的真实.但是这个本质上是没有多⼤的区别的.就是跟你的思想⼀会想到新疆发⽣的事,⼀会⼉怎样怎样.你们的意识就是如此的不受任何限制,可以到处的去… 你想象⼀下你可能突然想到你⼩时候有个朋友去世了,你是不是就进⼊⼀个悲伤的状态? 你会觉得他呢么好,这么好的青春年华怎么说⾛就⾛了,对不对? 所以那也是⼀样的.

Higher Spirit: It's as if you're in a trance. You found yourself here while being lost in your dreams and saw certain scenes. This kind of state is like having daydreams; one moment you're swimming here, the next there. Your thoughts might drift between China and France. The difference lies not so much with this situation than yours - it's as if you can experience, perceive, touch what's realer; yet fundamentally, they are largely the same. Like when your mind wanders into memories of recent events in Xinjiang or any other concerns, your consciousness is free to roam without boundaries. Imagine suddenly recalling a childhood friend who passed away – wouldn't you then fall into a state of sadness? How can someone so full of youth just vanish like that? It's indeed the same experience.

你想到了⼀些特别开⼼的事情,你就变得很兴奋.就是不停的想要跳舞或者是怎样,想要尖叫.

You think of something particularly delightful, and you become very excited. You just keep wanting to dance or something, wanting to scream.

问: 我养的仓⿏死了.我想知道为什么会参与到这个死亡⾥来? 我有没有什么需要学习的事情?

Questioner: I have been caring for my hamster, but it has passed away. I want to know why I was involved in this death and if there is anything I should learn from this experience.

⾼灵: 你们⾝边每时每刻每⼀秒都在发⽣死亡.甚⾄这个死亡都发⽣在你⾝上.也就是说你在跟我通灵之前的呢个你已经死掉了,明⽩吗? 所以死亡是你们⼀直在⼀直在经历的.你会觉得你以前可能特别喜欢做的⼀些事情,现在再也不喜欢了.因为可能不感兴趣的事情,现在特别不感兴趣.那为什么? 以前的你已经死掉了.明⽩吗? 所以你在你们⾃⼰⾝上都可以发现这么⼤的⼀个变化.所以死亡对你们来说并不可怕.所以那呢个⼩⽼⿏⽣命的结束,你也⼀样可以从⼀个⽣命的消失中看到… 但是真正的存在并不依靠⾁体.你要记住这句话就是真正的存在它并不依赖任何⾁体.我们没有⾁体,我们没有任何的物质体.

Spirit: Every single moment around you, every second, is experiencing death. Even this death is happening to you. That means the you that I am communicating with has already died before our communication started, do you understand? Therefore, death is something that you have been experiencing constantly. You might notice that you used to enjoy certain activities in the past but no longer do now. Because there are things that were not of interest to you previously, they are suddenly not interesting anymore. Why? The old you has already passed away. Do you understand? Therefore, you can observe such a significant change within yourselves. Henceforth, death is not something that should scare you. So too with the conclusion of life for that little mouse; you could similarly see it as just another instance where a life has vanished... But true existence does not rely on flesh and blood. Remember this: True existence does not depend on any physical body at all. We have no bodies, we do not possess any material forms.

但是我们同样的在跟你们交流,⽽且我们的交流跟你们⼈与⼈之间的交流没有什么区别,明⽩吗? 但是我们不借助任何⾁体,我们也可以产⽣也可以发声,也可以去学习,也可以去体验,也可以去传达,也可以去体验任何⼀切你们体验的.你们很多⼈并没有去利⽤这个⾁体去体验,他们只是被这个⾁体困住了.就好像这个⾁体怎么这么不听话,你怎么今天又烦躁了,你怎么又发脾⽓,你怎么又是想要不停的想要攻击.就是这个⾁体是不受控的.就好像你有⼀个⾁体你驾驭不了,它不受你的控制.你根本体验不了你想要体验的.你都是在受它控制,⼀会⼉想要吃,⼀会⼉想要这样,⼀会⼉想要呢样.为什么你们会莫名的发脾⽓? 因为你们总是觉得这个⾁体你们满⾜不了.

But we communicate with you in the same way, and our communication is no different from human-to-human interaction, do you understand? But we don't rely on any physical body; we can produce sounds, learn, experience, transmit, and engage in anything that humans experience. Many of you fail to utilize this physical body for experience, instead being trapped by it. It's as if the body just won't cooperate, why are you so agitated today? Why do you keep losing your temper? Why does it always feel like you want to constantly attack something? The body is uncontrollable, as if you have a body that you can't control and that controls you instead of you. You can't experience what you want to experience; you're always being controlled by it, wanting to eat now then wanting something else later on. Why do you suddenly lash out in anger for no reason? Because you always feel that this body cannot satisfy you.

但是你又想要去满⾜它,但是又总是满⾜不了.你们就进⼊到呢样⼦的⼀个循环⾥⾯去.所以它已经让你们完全不能利⽤它,⽽是你在被它利⽤,明⽩吗?

But you want to satisfy it, yet you can never satisfy it. You get caught in this cycle. So it has completely taken advantage of you instead of the other way around, understand?

问: 还有⼀个问题是为什么这么多年我做梦总是梦见⾃⼰跟⼀群⼈住在宿舍⾥?

Questioner: There's another question about why I keep dreaming for so many years that I live with a group of people in dormitories.

⾼灵: ⾸先就是说有很多事情⽆论是发⽣在你梦⾥⾯还是外在发⽣在任何的⼀切,你⾃⼰都有能⼒去给它赋予意义.你不需要⼀个外在的声⾳来告诉你这个是什么.这个就好像是别⼈在说你的事⼀样.就好像你跟⼀个男的谈恋爱,你们俩打架了,然后外⼈来说.那不同的⼈,⼗个⼈有⼗种说法.然后只有你⾃⼰才可以去赋予呢件事情对你来说的意义.你可以说它means nothing,就是它不代表任何意义.那你也可以说原来在我的潜意识我是特别喜欢群体⽣活的.因为我在现实中我没有呢个什么,但是我在梦⾥⾯我已经呢个什么了.你可以给它任何意义.为什么? 因为⼀旦你相信呢个事情对你带来的意义,它就已经服务到你了,明⽩吗?

Higher Spirit: Firstly, there are many things whether happening in your dreams or externally in any of it, you have the ability to give them meaning. You don't need an external voice telling you what this is. It's like someone else talking about you. Like when you're dating a guy and you two fight, then outsiders say something. Different people, ten people have ten different versions. Then only you yourself can assign the significance of that thing to you. You could say it means nothing, meaning it doesn't represent any significance. Or you could say originally in my subconscious I particularly enjoy group living. Because in reality I don't have that kind of anything, but in dreams, already I have that something. You can give it any meaning. Why? Because once you believe the thing brings meaning to you, it has served you, understand?

这个才是最重要的.如果别⼈说的意义,你不相信.它是不是就means nothing,就是没有任何意义.为什么? 因为那是你们的世界跟我没有关系.那是你以为的世界,跟我有屁关系,对不对? 那如果你拿着别⼈说的话影响到你了.你说这个⼈她是个通灵师,她说的话可厉害了.她代表神在说话,那你是不是就把你的⼒量给了她? 实际上你⾃⼰的⼒量在给她,让她来控制你.所以你⼀定要知道你是如何运⾏的,如何运作的? 我不管别⼈说的意义对别⼈来说意味什么,只有你去相信它是真的它才是真的.只要你不相信它不是真的,它就不是真的.因为你决定了你在世界上你要体验什么.不是你妈也不是你爸也不是呢个通灵的⼥

This is what matters most. If someone else's meaning doesn't align with your belief, does it essentially hold no weight, devoid of any significance? Why is that? Because their world isn't relevant to mine; theirs is simply a construct you assume, irrelevant to me, right? So if their words affect you, and you consider this person to be an empath who speaks with great power, asserting she represents the divine, are you not giving her your strength? In reality, it's your own strength that's being given to her, allowing her to control you. Therefore, you must understand how everything runs for yourself - how things operate. I don't concern myself with what others' meanings imply for them; only when you believe it is true does it become so for you. If you don't believe it to be true, then it isn't. You decide your experiences in this world, not your mother or father or that empathic woman.

⼠.没有任何⼈.为什么通灵的⼥⼠可以影响你? 她说了,你相信了,你信任了,变成了你的信念,就影响到了.就这么简单.

Mouse. No one. Why does the medium lady affect you? She spoke, you believed, you trusted, and it became your belief, thus affecting you. That's how simple it is.

问: 那我的⾼灵和指导灵有没有什么信息是要带给现在的我的?

Questioner: Would my High Self and guide spirits have any messages to bring to the current me?

⾼灵: 热爱你的⽣活.因为你们很多⼈都会觉得未来的或者是⾃⼰去追求的呢种或者是将要到的,就是呢个尽头的呢个地⽅才是最美好的.但是并不是的.即使你现在就⽐如说是单⾝,即使你现在就可能是还是在寻找,就是还没有找到⾃⼰激情的事情,即使你现在可能是在孤独,即使你是痛苦.任何这个阶段,只要是当下你在经历的,你只要爱上它.你只要爱上它,你便不会受它的负⾯影响,明⽩吗? 就⽐如说你爱上孤独,呢个孤独就对你来说意味着美好⽽不是悲伤悲哀.

Higher Spirit: Love your life because many of you might feel that the future or what you're pursuing or approaching is the most beautiful place, like at the end of a tunnel. But it's not true. Even if you are single now, even if you are still searching and haven't found something passionate yet, even if you are feeling lonely right now, even if you're in pain. At any stage where you're experiencing this moment, just love it. Just love it, and you will not be affected negatively by it, understand? For example, loving loneliness means that loneliness is beautiful to you rather than sorrowful or miserable.

问: 那孤独不会被放⼤吗? 你就显化出更多的孤独?

Questioner: Won't that sense of loneliness be magnified? Are you amplifying your own sense of loneliness?

⾼灵: NO,你就逃离了孤独.但是这种是你真正的发⾃内⼼的对它产⽣呢种爱.你就不再受它的影响.为什么你们有些⼈会受⼀些事件的影响? ⽐如说贫困贫穷或者是孤独或者是悲伤,任何呢种痛苦或者是疾病.因外其实你们⼀直想要到前⾯去,就是不想要现在的⽣活.我这么努⼒这么认真的学习就是为了想逃离现在的⽣活.然后有的⼈他们表⾯上逃离了,⽐如说,我只是举个例⼦啊,我好不容易找到了⼀个男朋友,我怎么还是孤独的? 就是过了你的呢个幻像,因为你最开始会制造⼀些幻像出来.你最后男朋友在⾝边你还是孤独的.你觉得你逃离了呢个孤独吗? 没有.你明⽩这层意思吗? 你以为你真的找个男朋友你就逃离找个孤独啦?

Higher Spirit: No, you avoided solitude. But this genuine affection for it comes from within and lets one cease being influenced by it. Why do some get affected by events like poverty, isolation, sorrow, or illness? Because fundamentally, you all seek progress, disliking your current life. I work hard and learn earnestly because I wish to escape my present situation. Then there are people who seem to have run away superficially; for instance, after finding a partner, why am I still lonely? After experiencing the illusion of companionship initially, even with someone by your side, you're still lonely. Do you think you've truly escaped loneliness just by being in a romantic relationship?

你只是在时间上产⽣了⼀个假象⽽已.呢个假象是你⾃⼰制造的.就是好像是⿇痹的,好像吃了⽌痛药⼀样.⽌痛药⼀散,你还是会体验到呢个疼痛的.明⽩吗? 那当你真正的爱上孤独.你知道呢⾥其实并没有什么孤独过后,那你就算找不到男朋友你也不会觉得孤独,明⽩吗? 所以外在的⼀切就不会对你造成任何影响.它之所以对你有影响是因为你⼀直企图的想要去逃避.

You are just creating an illusion in time. This illusion is self-created, like being numb or as if taking painkillers. Once the painkillers wear off, you still experience the pain. Do you get it? When you truly embrace solitude, you realize there's no actual loneliness. Even if you can't find a boyfriend, you wouldn't feel lonely. Understand? Therefore, everything external doesn't affect you at all. It impacts you because you've been trying to escape from it constantly.

问: 那我们如何在困境中去信任⽣命本来就是本⾃具⾜的呢?

How can we trust that life is self-sufficient in adversity?

⾼灵: 那就是需要你提升你的意识形态了.因为你的⼀个认知,就⽐如说.这么说吧,就好像⼀个⼩朋友⼀个绳⼦把它困住了.他就不停的哭闹挣扎,然后精疲⼒尽.但是他长⼤了过后,你还是同样的绳⼦同样的捆绑⽅式,那他⾃⼰就可以解开绳索,明⽩我的意思吗? 因为他的成长,他的⼀个意识形态已经发⽣了变化.那你同样的⼀个⼿段已经困不住他了呀.他可以⾃⼰⽤嘴巴解开绳⼦,他以前从来没想过他嘴巴还有这个功能.明⽩吗?

Higher Spirit: That's where you need to elevate your consciousness. Due to one of your perceptions, for example, let me explain this way, imagine it like a child being trapped by a rope. He keeps crying and struggling until he is exhausted. But as he grows up, even with the same rope tied in the same manner, he can now untie the knot himself, do you understand? Because of his growth, his consciousness has changed. So your old method can't restrain him anymore. He can use his mouth to undo the ropes; a function that was never within his thought before. Do you get it?

问: 那我们如何在困境中保持正向?

Questioner: How do we maintain positivity when we are in difficult situations?

⾼灵:如果你的认知,就是你是⽤同样的思想同样的观念,就是你的思想都不变的话.⽆论你⾃我催眠就好像在⾃我暗⽰… 那你只有通过不同的⾓度,就⽐如说我通过这个思想去看,那我在通过别⼈的思想,你看到别⼈他是这么去想的,同⼀件事情他是这个⾓度.那我也站在他的⾓度来看⼀下,来体验⼀下.他的呢个想法还真的是.那你这样是不是就换了⽅向了?你就不会死困在这个⾓度了.那我们通灵的信息就是在让你⽤不同的⾓度,更⾼的⼀个⾓度去看待事情.让你知道这⾥并没有任何困住你的.唯⼀困住你的是你思想上的束缚.就好像你⼀直以来你只知道这⼀条路.就是你⼀直以来你只知道你⽤爬的.你不知道你可以⽤

Higher Spirit: If your cognition is that you use the same thoughts and ideas, if your thoughts don't change... no matter if you self-hypnotize yourself or give yourself subliminal suggestions..., then by looking at things from different perspectives - for example, by observing through my thought process, then perceiving how others think about it - even though they are considering the situation from a different angle. I'm also considering it from their perspective to experience it myself. Their thoughts indeed are... does that mean you've changed directions? You wouldn't be stuck in this perspective anymore. The spiritual messages we impart aim for you to view situations from various angles, higher perspectives. To understand there's nothing constraining you here except the shackles of your own thoughts and ideas. It's like you've always known just one way, constantly thinking you can only crawl along. You don't realize you could also...

脚,你不知道你还可以跑,你不知道你可以骑⾃⾏车,你不知道你还可以开车,明⽩吗? 所以爬的过程对你来说就很艰难.但是你看到旁边有⼈在⽤双脚⾛路过后.因为你⼀直爬的,你还不会⽤脚.你可能最开始你会跌倒.但是慢慢慢慢的你也⽤脚⾛了.那你看到别⼈骑⾃⾏车,那你也可以去学这个骑⾃⾏车这个技术.慢慢你也会骑⾃⾏车.别⼈会开车,是不是?这样⼦你到达⽬的地的呢个过程是不是就变的越来越容易了?那如果你辈⼦你只是⽤地上爬的⽅式,你也不去尝试,你也不去看别⼈怎么样怎么样.那你就会觉得到达⽬的地是⼀件很困难的事情啊,是⼀件⾮常艰难的事情啊.怎么可能你不⽤消耗你的⼒⽓,你还能开开⼼⼼⼀下就到了? 明⽩吗?

Fei, you don't know that you can run with your feet, you don't know that you can ride a bike, and you don't know that you can drive, right? So the process of climbing is tough for you. But when you see someone else walk on two legs next to you after having climbed, because you've only been climbing, you haven't learned how to use your feet yet. You might fall at first, but gradually you'll start walking with your feet. Then when you see others riding bikes, you can also learn the skill of biking. Slowly, you will be able to ride a bike too. Others drive cars, don't they? So wouldn't it become easier for you to reach your destination this way? But if throughout your life you only crawl on all fours and never try anything else or see how others do it, then reaching your destination would seem like an incredibly difficult task, wouldn't it? How could you arrive at your goal without expending any effort and still feel happy about it? Can you understand that?

问: 那有⼀句话说意识的转变可能是⼀瞬间的,但惯性的转变可能需要⼏⼗年.这句话需要怎么去理解?

Questioner: There's a saying that the transformation of consciousness might be instantaneous, but the transformation of inertia could take decades. How should this statement be interpreted?

⾼灵: 那是他⾃⼰的⼀个观念.那只代表他⾃⼰,明⽩吗? 那就说明就是说他还继续… 因为你要知道你真正意识发⽣就是说你觉察到了你在⽤⼀个程序,对不对?因为如果你都没有觉察到⼀个事情,你就没有发⽣转变.你也不知道需要转变.你会觉得这是理所当然的.那你所说的呢个呢个只是代表他.他可能只是知道⼀个概念,书上是这么说的.他就觉得他转变了.但实际上他还是进⼊⼀个⽆意识的⼀个状态.⽆意识的⼀个状态就是说他还是在⽤这个程序这么反应.他并没有⽤⼀颗觉察的⼼去观察他的⼀⼼⼀念.就是他的任何的念头.因为如果你真的能在当下觉察所有的⼀切,就是你是清醒的,不是睡着的⼀个状态.

Higher Spirit: That's his own idea. It only represents himself, understand? This means he continues... Because you need to know that when your consciousness truly manifests, it means you are aware of using a program, right? If you don't perceive something, there is no transformation occurring. You also wouldn't realize the need for change. You'd think it's normal. Then what you're saying just represents him. He might only be familiar with a concept that's written in books, and he feels as though he has changed. However, he's still entering an unconscious state. An unconscious state means that he is still responding to situations using the same program. He doesn't observe his thoughts or any of his mental processes with awareness. If you're truly aware of everything at present, meaning you're awake and not asleep in your mind.

你是清醒的话,你就会留意到觉察到,OK,我刚才呢个念头怎么样怎么样.那如果你看到的话,你就不受困于它了.那如果你已经看到了⼀个念头,就是你⼩时候的⼀个观念,然后你继续还在进⼊它.但是你还是忍不住发了脾⽓.然后你却说我还是没有变.但是你要知道有问题的是你在给你⾃⼰评判.你在评判它,你在定义它的时候你就在加深它.就⽐如说你看吧,我刚才又发脾⽓了.我就知道我改变不了.然后就这么⼀句话就变成了你创造的实相.就是说我就知道我根本改变不了,然后你就继续每天都告诉你⾃⼰,我就知道我改变不了.所以你就在当下创造了⼀个.因为你在每个当下你都创造了你接下来要体验的.就是创造了⼀个世界给你,明⽩吗?

If you were fully aware and conscious, you would have noticed the thought that I just had, okay? If you saw it, then you wouldn't be trapped by it anymore. But if you've already seen a thought, specifically an old childhood belief, and continue to delve into it, yet still can't help but react in anger. And then you claim you haven't changed. But you must understand that the issue lies with your self-judgment. You're judging and defining it, which deepens its impact on you. For instance: I just lost my temper again, knowing I can't change it; this single statement becomes your reality. You realize you can't change it, then repetitively tell yourself every day, "I know I can't change." Thus, in the moment, you create that reality for yourself because at each moment, you're creating what you'll experience next. Essentially, you're creating a world for yourself, get it?

你是在当时的⼀个当下又给⾃⼰这样⼦去,就好像写了⼀个剧本.所以你的定义和允许⾮常重要.就好像你⾃⼰又是⼀个⼤⼈又是⼀个孩⼦.你⾃⼰是⼀个⼤⼈的⾝份在带⼀个孩⼦,你想象⼀下.你会要求⼀个孩⼦,像我刚刚说⽐如说你这⼀辈⼦你都是在地上爬的是吧?你看到别⼈会⽤双脚⾛路.你会要求它⼀天之内就学会⽤双脚⾛路吗?他的脚从来没有站⽴过呀.他最开始跌倒是正常的呀.那如果他尝试了⼀下,他跌倒了.⾏不通的,我根本就不可能像别⼈⼀样… 继续爬.明⽩我的意思吗? 所以你们就不断地不断地继续⾃⼰个⾃⼰创造你永远都只能爬.这就回答了你刚才的呢个问题.他虽然看到别⼈会⾛路,但是他还是⾛不了.他觉得这个惯性是需要⼀辈⼦的.

You are embodying that moment in the present, akin to writing a script for yourself. Therefore, your definition and boundaries are crucial; you're almost like being both an adult and a child at once. Imagine you are an adult guiding a child. Would you expect a child, as I just mentioned, someone who's spent their entire life crawling on the ground, to suddenly learn how to walk on two feet in one day? Their feet have never stood up straight before; it's normal for them to stumble first. If they attempted it and fell, it wouldn't work; I simply can't be like others...continue crawling. Do you get my point? Hence, you keep creating situations where you're perpetually forced to crawl. This answers the question you've just posed: he might see others walking, but still cannot do so himself, feeling that this routine requires a whole lifetime.

怎么样怎么样.那也是他的⼀个⾃我暗⽰⾃我催眠,就是没有允许这个过程的发⽣.

How could it be? That was also a form of self-suggestion and self-hypnosis for him, without allowing the process to occur.

问: 那我们如何在外界有很多⼲扰的情况下,就是外在有很多对⽴⾯的同时我们还是把⾃⼰的注意⼒专注在⾃⼰想要去体验的事情上⾯呢?

Questioner: How do we focus our attention on the things we want to experience when there are many distractions from the outside world and opposing forces at play simultaneously?

⾼灵: 那就说明你现在是需要呢个⼲扰啊.为什么需要呢个⼲扰呢? 因为你还在乎它.明⽩吗? 你还在乎它的话,你是不是就创造它? 你创造它出来的意义是什么? 来让你看到你在乎的东西啊.

Higher Spirit: That means you need this distraction now. Why do you need this disturbance? Because you still care about it. Understand? If you still care about it, are you creating it? What is the meaning of creating it for yourself to see what you care about?

问: 那到底怎么样才是不在乎呢?

Questioner: Well, what exactly does it mean when someone doesn't care?

⾼灵: 怎么样才是不在乎就是你根本就没有这个问题产⽣.你根本就没有这个问题产⽣,那么你就不需要这样⼦的课在你⾯前.就好像你⽐如说你还需要去挑战跳⾼,那前⾯就有⼀个给你挑战跳⾼的体验.那如果跳⾼这⼀关你已经过了呢? 你需要去体验任何的,那就不会在你⾯前了,明⽩吗? 它之所以在你⾯前是因为你创造它,你还需要去经历它体验它.因为你们在⼈世间的任何⼀堂课,你没有办法去敷衍或者是跳跃或者是怎样.就是你没有办法去跳过不去突破.这是你必须要去的.只是有的⼈意识转变快的,他可能⼀下⼦他就跳过了.他可以很快很快他就学习到了.那你们有的⼈他可能⼀个转变他要⽤⼀辈⼦.他需要特别特别⼤的⼀个牺牲.

Higher Spirit: How to be indifferent is when you don't have this issue in the first place. If you didn't generate this problem, then you wouldn't need such lessons in front of you. It's like if you still needed to challenge high jump; there would be an experience for you to challenge high jump in front of you. But if you've already passed the high jump obstacle? Then you wouldn't need to experience anything else because it wouldn't be in front of you anymore, understand? It appears before you because you created it and still needed to experience and go through it. Because any lesson or lesson in this world that you're not able to evade, bypass, or skip over. You have to go through it; it's something you must do. Some people might transition faster and 'jump' past it quickly, learning fast. But for some of you, a single transformation might take an entire lifetime. It requires immense sacrifice.

你刚才问的问题是为什么会有⼲扰的声⾳出现? 是因为你在这个成长的阶段,就是你还需要它来让你看到这个是你需要突破的点.就是你⾃⼰创造了这个坎给你,让你去突破,让你去看到,让你去⾯对.

The question you asked just now is why there are disruptive noises? It's because during this stage of growth, it is necessary for you to see that this is the point where you need to break through. Essentially, you've created your own hurdle for yourself, so that you can overcome it and face it head-on.

问: 你说的我这个⾃⼰是我现在有意识的⾃⼰还是做梦没意识的呢个⾃⼰?

Questioner: Are you referring to my conscious self, who I am now, or my unconscious self from when I was dreaming?

⾼灵: 也就是说你的灵魂层⾯它会有这些需要你⼀步⼀步的去突破.它会把呢些东西摆到你⾯前让你看到,需要你这个⼩我去突破的.它不是来为难你的.因为这是你⾃⼰有这样⼦的⼀个突破需要你去突破.那是什么是让你突破的呢? ⽐如说你有⼀个观念是你在乎外界的声⾳这个观念.你拥有这个观念.这个观念⼀直在.明⽩吗? 那如果你把这个观念放下了呢?因为你知道外⾯其实并没有任何⼈.那你就不需要这样⼦了.

Supernatural: That means on your soul level, it will have these needs that you need to overcome step by step. It will place those things in front of you for you to see, needing you to break through this small self. It's not here to make things difficult for you. Because this is a breakthrough that you yourself need to overcome. What causes your breakthrough? For example, if you have the idea that you care about external voices, you hold onto this idea. This idea has been there. Do you understand? And if you let go of this idea because you know there's no one outside actually, then you don't need this anymore.

问: 那我能再问⼀下现在最需要被我看到的限制性的观念是什么吗?

Questioner: Could I ask what is now the most restrictive idea that I should be aware of?

⾼灵: 你要知道你们成长的过程它永远都是在⼀条不断不断地突破,不断不断地惊喜,不断不断地感受到越来越轻松.不断地不断地越来越不再拥有其他⼈的观念或者是集体意识或者是怎样.你永远都在这样的⼀个过程当中.那如果你想要知道你还受到什么束缚.你去从从头到尾问的这些问题你就能看到.就⽐如说你第⼀个问题谁谁谁出现了,它是怎么… 其实你还在创造⼀个你和外界,明⽩吗? 你要知道外界就是你,你就是外界.这个是没有分别的.你现在还把它当成⼀个对⽴⾯,外界是⼀个,我是⼀个.

Higher Spirit: You need to understand that your process of growth is constantly breaking boundaries, experiencing endless surprises, and gradually feeling an increasing sense of ease. It's about continuously shedding other people's perspectives or collective consciousness in every step. This cycle is ongoing for you. If you want to know what constraints still bind you, examining questions from the beginning to the end will reveal it. For instance, when you ask who appeared first, how… You're actually crafting your own interaction with the outside world, understand? Remember, the outside world encompasses you and vice versa; there's no distinction between them. You still perceive this as a dualistic relationship where the outside world is separate from "me."

问: 我们很难去突破是因为我们可以看到听到尝到,就是五感会让我们觉得⼀切很实在.那我们如何可以⽤五感帮助我们创造⽽不是禁锢我们在这个实相⾥不停地循环呢?

Questioner: It's hard for us to break through because we can see, hear, and taste things, which makes everything feel very real. How can we use our five senses to help create instead of being confined in this reality, continuously repeating ourselves?

⾼灵: 那就是你们⽣命的过程.这⼀步⼀步的你⾄少需要先知道这⼀层关系.你现在就在这⼀条路上.你现在就在这条路上.这个不是⼀步登天的事情.这个是⼀个逐渐的,就好像⼀个武功⾼强的⼈他可以在⽔上⾏⾛.你来问如何可以在⽔上⾏⾛? ⼈家练了⼏千年练了⼏百年天天练,明⽩吗? 你⼀下就想达到是不可能的.所以说就算他告诉你你要把你⾃⼰想象的没有重量,就像⽔⼀样.那你能理解吗? 你不能理解.所以你⾃⼰⼈⽣成长的⼀个过程就是在成为的⼀个过程.你需要真正的安住于当下.安住于当下,为什么? 你才有⼀股能量来供你去在每⼀个当下⾥留下脚印.如果你的每⼀步都没有留下脚印的话,那你就是在敷衍.

Higher Spirit: That is the process of your life. This step by step, you at least need to know this layer of relationship. You are already on this path now. You are already on this road. It's not a matter of jumping straight to heaven; it's a gradual process, like how someone with high martial arts skills can walk on water. If you ask how one can walk on water? People have practiced for thousands and hundreds of years every day, understand? Achieving that in one fell swoop is impossible. So even if he tells you to imagine yourself as weightless, like water, can you comprehend this? You cannot. Therefore, the process of growing in your own life is becoming itself. You need to truly be present in the moment. Being present because only then do you have the energy to create footprints with every action in each moment. If every step doesn't leave a footprint, you are just going through the motions.

你想⼀下两个学功夫的⼈,⼀个是敷衍,然后⼀个是实实在在的.⼀拳⼀脚都是⾃⼰的⾎.他们两个⼈的状态是不⼀样的,明⽩吗? 他们两个⼈运⽤的能量是不⼀样的.那能创造东西就是能量创造出来啊.那呢个敷衍的⼈他有能量吗? 他没有能量的.他创造不出来任何.那你们⼈⽣的每⼀步其实就是看你们到底是敷衍还是在真正的留下你的印⼦.

You compare two individuals training in martial arts, one is superficial, while the other is earnest. Each punch and kick carries their own essence. Their states are different; understand? The energy they utilize varies. Those who can create something do so through the manifestation of energy. Does the敷衍 individual possess any energy? No, he lacks it entirely, unable to produce anything. So in your life's journey, each step reveals whether you're merely going through the motions or genuinely making an impact.

问: 如何去⾯对未来会发⽣不好的事情的这种恐惧? 然后怎么去转化它?

Questioner: How do you address the fear of what might go wrong in the future, and then how do you transform it?

⾼灵: 如何去⾯对你头脑⾥⾯产⽣的⼀些恐惧? ⾸先你要知道你还是⼀个有恐惧的⼈.那呢个恐惧以什么⽅式呈现.就是⽐如说你如果是有恐惧的话,它总会是以⼀种⽅式呈现出来.⽐如说你现在担⼼你的将来.那你有孩⼦了,你可能就会担⼼你孩⼦的健康问题,孩⼦会不会上好课.如果你有⽼公你会担⼼你⽼公会不会家暴你.也就是说它恐惧是恐惧什么不重要.重要的就是说你是有恐惧的.所以它会经过你当下最在乎的事情呈现在你⾯前给你看到.

Higher Spirit: How to face the fears that arise in your mind? First, you need to know that you are still a person who experiences fear. The way it manifests is important; for example, if you have fear, it will always manifest in some way. For instance, if you're worried about the future, as a parent you might be concerned about your child's health or whether they'll do well at school. If you are married and fear abuse, you might worry that your husband will harm you. In essence, what the fear is afraid of isn't crucial; what matters is that you experience fear. Therefore, it presents itself in front of you through whatever matters most to you at the moment.

问: 那怎么样去释放这个恐惧呢?

Questioner: How can one release this fear?

⾼灵: 那就是你对⽣命的⼀个认知,对⼈的⼀个认知.就是你的⼀个意识程度.就像⼩朋友⼀看到天⿊⼀看到⼤⼈他就害怕.长⼤了他看见⼤⼈不会害怕,他⾃⼰就是⼤⼈了啊.天⿊他也不会害怕了.这是你们成长的⼀个过程.你们这个⼈格它也会有很多很多恐惧需要突破的.也可能是⾃⾝灵魂携带的.可嫩是从⼩经历的.可能是社会的集体意识.因为你们所有⼈都在恐惧当中.所以这是需要你们⾃⼰去转变、⾃⼰去突破的.所以当你不再散发恐惧的能量过后,慢慢慢慢你的这种平静的状态也会波及到其他⼈.它也会让其他⼈不会恐惧.就⽐如说你们⼀堆⼈最开始都害怕的要死,都在呢发抖.突然⼀个⼈站起来他什么都不怕,他是真的不怕.他⾛进⿊暗去.

The Higher Spirit: That's your understanding of life and humanity - it's part of your consciousness. Like a child being frightened by darkness and adults; as they grow up, seeing adults no longer scares them because they've become adults themselves. Darkness doesn't scare them anymore. This is part of your growth process. Your personality has many fears that need to be overcome, possibly carried by your own soul or influenced by societal collective consciousness since everyone experiences fear. Young children experience these fears from a young age. It might also be the result of societal norms or collective beliefs. Because you're all experiencing fear, it's something you need to transform and break through on your own. When you no longer emit fear energy, gradually, this sense of calm will influence others too. It will make them not fear either. For example, initially, everyone was terrified and trembling. Suddenly, one person stands up, fearless; they truly are not afraid. They walk into the darkness.

你们⼀看他⾛进⿊暗⼀点事都没有.慢慢慢慢你也不害怕了.明⽩吗? 因为你们是⼀个集体,就是受集体意识影响的.你的⾏为会影响他⼈.

When you see him walk into the darkness and nothing happens, gradually you no longer fear it. Understand? Because you are a group, influenced by collective consciousness. Your actions affect others.

问: 我知道你们不做任何的预测.我能问⼀下对于今年这⼀年有没有什么指引或者信息给我吗?

Questioner: I know you don't make any predictions. Could you give me some guidance or information for this year?

⾼灵: 你要知道就是说你们所有的好的坏的差的事件它都已经存在的.它已经存在的.是你⾃⼰决定了你要去体验哪个.是你的频率决定了你会进⼊什么实相去体验.因为就算有的预测的特别准的,哎呀真的就这样发⽣的话.那也是因为你相信了.你们还在这样的频率下,然后就真的创造了这样的事情.所以这⾥永远都没有… 为什么你永远都是呢个决定者去体验什么?因为你的⼀个频率就决定了你体验的.就好像说事件,如果你是恐惧的能量,然后你去体验⼀些恐惧的事情.你是⼀个恐惧的能量,你特别害怕特别担⼼.然后你正好遇到⼀个有暴⼒倾向的.他正好是有⽓没处发的⼈.他来到你⾯前.然后他伤害你.⾸先你要知道是你的能量把你们俩吸引到⼀起.

Higher Spirit: You need to understand that all your good, bad, and different events already exist. They have always existed. It's you who decides which one you want to experience. Your frequency determines what reality you will enter to experience, as even if some predictions are very accurate, if they do come true, it's because you believed in them. You were still on such a frequency that you created those things for real. So here there is always... Why are you always the decider of what you experience? Because your frequency determines what you experience. Just like events, if you are an energy of fear and encounter some fearful situations, being fearful, you're overly scared and worried. Then, by chance, you meet someone with a violent tendency who's just venting their frustration nowhere else but towards you. They harm you. First, you need to know that your energy draws both of you together.

那如果你并没有这个恐惧的能量,你跟这样的⼈是不会相识.那如果真的是你跟这样的⼈⾛到⼀起的话,你就能转变他.看到你平静的样⼦,他⼼⾥也会产⽣平静.然后你会对他产⽣爱.你爱的能量会让他放下他想要伤害他⼈的念头.所以事件和⼈都是⼀样的,但是他体验的就是不⼀样.

If you don't have the energy of this fear, you won't meet such people. If you were to actually end up with someone like that, you could change them. Seeing your calm demeanor, they would also experience a sense of calm internally. Then, you would develop love for them. Your loving energy would make them let go of their desire to harm others. So the events and individuals are the same, but their experiences differ.

# **2022/03/21 — 外在怎么样不重要,只需要去关注你想体验的(⽆提问)What's external doesn't matter; just focus on what you want to experience (without asking any questions)**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

⾼灵: 我是谁? 你说你是谁,你的名字,你的任何⼀切是不是别⼈给你的.如果你爸妈不给你,你的社会不给你,你有吗? 那我不存在于你们这个社会,那也没有你们这样⼦的观念和⼈来给我任何.那你说我是谁?

Spirit: Who am I? You say who you are, your name, everything about you, is it something given to you by others? If not your parents or society, do you have it yourself? If not, then I don't exist in your society, and there's no concept or person giving anything to me. So, who am I?

⾼灵: 我是⽆处不在.我不存在于任何你们所谓的空间.你们的空间只是你们的这个,就是体验的才会去体验到.所以如果你⽤你的头脑去思考去辨别,你是不会理解这⼀层⾯的.因为你只能理解你头脑⾥⾯有的东西.你理解不了你头脑⾥⾯没有的东西.就⽐如说你今天突然遇到⼀个怪物.呢个怪物你在书上任何上都没有看到过.然后你能告诉别⼈它是谁吗? 你只能说它是⼀个怪物.

The Higher Spirit: I am omnipresent. I do not exist in any of the spaces you claim to know. Your space is just that which allows for your experience, thus only experiences are encountered within it. Therefore, if you use your mind to think and discriminate, you will not understand this level because you can only comprehend what exists within your mind. You cannot understand things that do not exist in your mind. For instance, imagine encountering a monster today that you have never seen before in any book or source. Would you be able to tell others who it is? All you could say is that it's a monster.

⾼灵: ⽆论你说的任何东西,它只是你们.你们给它命的名字.龙也好蛇也好蚯蚓也好,这是你们为了你们⾃⼰的辨别辨认⽽给与的名字.那任何东西之前它是不是并没有任何名字?但是它为了你们之间共同的⼀个交流或者传达或者表达,它做了⼀个记号.那和你们说⼀⼆三四五六七⼋,就是呢些数字标记的任何编号没有任何区别,明⽩吗?所以这需要你们⾃⼰的⼀个集体意识去认同的事情.所以你如果要从表⾯去理解,就是你所谓的什么名字什么形象,它是没有任何的意义的.所以你需要,你⾸先你要提问你要带出信息的话,你要知道你到底想要问什么,你想要知道什么,明⽩吗?

Spirit of High: Whatever you say about anything is "you." You give it a name that you call its own. Dragon, snake, worm - these are names given by you for your own recognition and identification. Before it had any name? But because of the common exchange or communication among yourselves, it was marked. This marking is no different from assigning numbers like one, two, three, four, five, six, seven, eight; labels that you use to identify things. Do you understand this? So this requires a collective consciousness for acceptance on your part. If you try to understand superficially, the names and images you associate with them have no meaning. Therefore, you need to first question what information you want to convey and know exactly what it is you are asking or seeking to understand.

⾼灵: ⾸先你们的属相也好什么也好,这也都是你们社会的,是你们⾃⼰给与它赋予它的意义.那这个意义,当更多的⼈去同意或者去加⼊.就好像我⼀个⼈创造⼀个幻像在这⾥.然后越来越多⼈加⼊,越来越多⼈加⼊,那这个幻像就变成真的了.然后它就真的实实在在在呢⾥.就⽐如说⽉亮,我要⽉亮对吧? 那你们所有⼈都要⼀个⽉亮放在呢⾥,那⽉亮就存在了.明⽩吗? 它是这样显现出来的.因为你们每个⼈能量就⾜够就去把这个事件给显现出来.你们物质世界发⽣的⼀切都是这样.就⽐如说你们呢些在社会上有影响⼒的⼈.他们同样是摄取了你们的能量.他们要你们去相信的事情,可能最开始呢个事情是不存在的.

Higher Spirit: Firstly, your zodiac signs or anything else are all part of your society, imbued with meaning by yourselves. This meaning becomes real when more people agree or join in, like me creating an illusion here alone. As more and more people join, it transforms into reality and becomes tangible. Take the moon as an example; if I want a moon, then everyone wants a moon to exist within that context. Understand? It manifests this way because each individual's energy is sufficient to bring such events into existence. Everything in your material world follows this pattern. Consider those influential individuals in society who are also consuming your energies. The things they ask you to believe might not have initially existed.

但是他们⼀直各种⽅式去暗⽰、宣传、宣导然后植⼊,通过媒体、各种信息.你们所有⼈逐渐逐渐就相信了,然后就成真的了,明⽩吗? 你明⽩这⼀层显化的意义吗?

But they have been subtly hinting, promoting, advocating, and implanting it through various means, such as media and all kinds of information. Over time, you all gradually come to believe it, and then it becomes true, right? Do you understand the significance of this layer of manifestation?

⾼灵: 世界上你们所有的⼀切,多有的⼀切都是你们的意识显化出来给你们体验.你们能体验到是因为你们⾃⼰加⼊了这个.

Spirit High: Everything you have in this world and more is a manifestation of your consciousness given to you to experience. You are able to experience it because you yourself have joined in this.

⾼灵: 这么说吧⽼虎的形象最开始是不存在的.然后有⼀个⼈他⼼中有⼀个动物.呢个动物有什么特性呢? 它是森林之王.它⾮常的凶猛,⾮常的英勇.它没有任何恐惧,它还拥有强⼤的⼒量.然后它通过这⼀层,然后就… 你们中国不是有⼀句话叫三⼈为虎吗? 他就开始创造这样⼦.然后越来越多⼈相信了,越来越多⼈相信了.到最后它就真的存在于你们的物质世界来给你们体验了.你明⽩这⼀层意思吗? 所有的你们体验到的⼀切都是意识转变成的.都是意识转变成的,都好像是⽆中⽣有,都是⽆中⽣有.

Higher Spirit: So you see, the image of a tiger initially didn't exist. Then there was a person who had an animal in their heart – what characteristics did that animal have? It was the king of the forest; it was incredibly fierce and brave. It had no fear and possessed great strength. Then through this layer... Isn't there a Chinese saying, "Three people can be a tiger"? This person started creating something like this. As more and more people believed in it, faith grew stronger until eventually it truly existed in your physical world to provide you with experiences. Do you understand this meaning? Everything that you experience is the manifestation of consciousness – it's as if nothing comes from somewhere, everything just manifests out of nowhere.

⾼灵: 就好像刚刚说我说你们所有⼈的能量所有⼈的意愿可以创造⼀个⽉亮在天上.那你说天上的⽉亮对我们有影响吗? 它对什么有影响? 对去相信它的⼈有影响.就是对他的意识⾥⾯有这个存在的⼈有影响,明⽩吗? 就好像你如果问同样的,你说地狱对我们有影响吗? 它对制造它的⼈有影响,对相信它的⼈有影响.

Higher Spirit: Just like when I said that the energy and will of everyone can create a moon in the sky. Do you think the moon up in the sky affects us? What does it affect? It affects those who believe in it, those whose consciousness contains this existence, do you understand? Just like if you asked the same question about hell and said that it affects us; it affects those who create it, those who believe in it.

⾼灵: 所有的,你如果知道你们物质世界显化的⼀个过程,你便不会去问它是真的还是假的.因为⽐如说脱离你们集体意识的⼈,就⽐如说你们所谓的精神有问题的⼈.他看见的、他体验的全是真的.为什么你们却把他关在病房⾥⾯呢? 为什么你们却说他是神经病呢? 为什么⼀个见到真相的⼈,你们却说他是神经病呢? 明⽩吗? 那是不是你就说他是假的,他看到的都是假的,他听到的都是假的.但是对他来说就是他实实在在体验的呀.

Higher Spirit: If you know the process of manifestation in your physical world, you wouldn't ask whether it is real or fake. For example, individuals who have left your collective consciousness, like those whom you consider to have mental problems. What they see and experience is all true. Why do you confine him in a ward? Why do you call him insane? Why would you label someone seeing the truth as insane? Understand that you are saying he is fake, what he sees is fake, what he hears is fake. But for him, it's real and genuine experiences.

⾼灵: 你并不是说去寻求⼀些哪些是真的,你就去相信它.哪些是假的你就不去相信它.为什么? 因为⽐如说对五⼗个⼈来说它是真的,对另外五⼗个⼈来说它是假的.那它们俩都各占⼀半.你到底是相信这个五⼗个还是呢个五⼗个? 你问你⾃⼰,如果你从外界摄取信息评判信息的标准你是根据它到底是真的我才相信,到底是假的我才不相信,你明⽩吗? 你应该去反问你⾃⼰头脑⾥⾯产⽣的问题.如果你评判信息的⽅式是通过外在是真的还是假的信息我才去相信的话,那你说刚才这种情况你到底相信哪百分之五⼗的? 所以你就知道当你通过别⼈说是真的你就相信,别⼈说是假的你就不相信的话,这本⾝就是⼀个误导,明⽩吗? 你如果是去依靠外界...

Higher Spirit: You're not saying that if something is true you should believe it, and if it's false you shouldn't. Why? Because for fifty people it may be true, but for another fifty it might be false. They each have their halves. Do you believe in the first half or the second half? Ask yourself this: when you take information from outside to judge its credibility, is your criterion based on whether it's true or false that determines if you believe it or not? Understand? You should question your own generated problems. If your method of judging information relies solely on accepting it as true because it comes from the external world and rejecting it otherwise, then in this case described earlier, which half out of fifty do you actually believe in? Hence, you realize that believing something is true because someone else says so, and not believing it when they say it's false, can be misleading. Do you see that if you're relying on the outside world...

⾼灵: 对你重要吗? 如果它对你很重要,你可以创造出来.如果它对你不重要,别⼈创造出来跟你没关系.你能理解这两层意思吗? 就是如果⼀个事件对你很重要的话,你就可以去显化它.如果⼀个事件对你不重要,就算它显化出来了,它不在你的世界⾥⾯.你不需要去进⼊它,你不需要去体验它,跟你没关系.明⽩吗?

Sage: Does it matter to you? If it matters to you, you can manifest it. If it doesn't matter to you, someone else's manifestation has nothing to do with you. Can you understand these two meanings? That is, if an event matters to you, you can manifest it yourself. Even if such an event manifests and appears in reality, but if it's not important to you, it exists outside your world. You don't need to enter into it or experience it; it has nothing to do with you. Do you understand?

⾼灵: 你问的任何问题都只是属于你们的观念,你们的⼀些被植⼊的信息.呢只是属于⼈类跟⼈类之间的交流.⽽且如果对⽅没有这⼀层信息,那你们也交流不了,对⽅没有被植⼊这个理念.

Higher Spirit: The questions you ask are just part of your concepts, the information that has been implanted in you by humans. This is only for human-to-human communication. And if the other party doesn't have this layer of information, then there will be no exchange between you, as they haven't been implanted with this concept.

⾼灵: 什么叫智慧⽣物?

Higher Spirit: What is a sentient being?

⾼灵: ⼀切⼀切任何你能想象的和想象不到的,它都是存在的也都是不存在的.所以你去探索这些存在又不存在的对你个⼈的成长来说,它到底意味着什么,代表着什么? 你只是来⼤发你⽆聊的头脑吗? 就是你的头脑很⽆聊,你想要找⼀些这种千奇⼋怪的事情来去⼤发时间? 你可以通过这⼀系列你产⽣的念头来去反观⾃⼰,明⽩吗?

Spirit: Everything and anything imaginable or unimagined, it exists but is also nonexistent. So what does exploring these existences that are not existent mean for your personal growth? What does it symbolize for you? Are you just coming here to fulfill the boredom of your mind? If so, is your mind very boring, trying to find such strange and exotic things to pass time? You can reflect on yourself through this series of thoughts that arise, understand?

⾼灵: 因为这⾥并没有你所谓的你认为的呢样.然后你需要知道就是说什么对你来说才是你想要去关注的和体验的.⽽不是外在它到底是怎么样的.外在它到底是怎么样的是因为你⾃⼰内在,就是你在⼀个什么样的频率什么样的状态,你感知到的是不⼀样的.就⽐如说你现在今年⼆⼗岁,等到你三⼗岁四⼗岁它会完全不⼀样的,明⽩吗?

Higher Spirit: Because there's no such thing as you think it should be here. What you need to know is what matters to you and what experience you want to focus on, not how it is outwardly. How it appears outwardly depends on your inner self, that frequency and state of being within you which influences your perception. For example, if you're 20 this year, by the time you reach 30 or 40, it will be completely different. Do you understand?

⾼灵: 就好像这么说吧,你在听⼀万个⼈⼀百万个⼈⼀亿个⼈,每个⼈他们⾃⼰都有⼀套世界观.然后你把每⼀个⼈的世界观都听进去了.在你内在你消化不了.你想找⼀个….

Ghosts: It's like saying you're listening to one thousand people, one million people, a billion people, each with their own worldview. You take in every single person's worldview, but you can't process it within yourself. You want to find...

⾼灵: ⼤家都说⼀样的事情那是因为他们进⼊了同⼀个能量状态.这⾥有不同的⼀个状态,就好像不同的频率.然后呢⼀个⼈创造了⽐如说宗教信仰,佛教、基督教.那加⼊基督教的⼈最多,OK,那我就相信基督教了.所以你们能理解到你们⾃⼰是多么的就是受外在的影响.你们是多么的容易受操控.

Higher Spirit: That's why everyone says the same thing - because they've entered into the same energy state. There's a different kind of state here, like different frequencies. And then one person creates something, say religious beliefs like Buddhism or Christianity. If Christians were the most numerous, okay, I'll believe in Christianity. So you can understand how much you're influenced by external factors and how easily manipulated you are.

⾼灵: 不断地从外在接收信息…⾼灵: 就像你⾃⼰说的这⾥并没有对和错,你可以去体验⼀切你想要体验的.你还有问题吗?

Higher Spirit: Continuously receiving information from the outside... Higher Spirit: Like you said yourself, there is no right or wrong here; you can go and experience everything you want to experience. Do you have any more questions?

⾼灵: 链接赛斯.你只有有问题出来了,然后呢个赛斯才会出来,明⽩吗?

Higher Spirit: Link Seth. You only come out when there's a problem, right?

⾼灵: 任何地带都是存在的,不只是死亡地带.

Spirit of High Rank: Any domain exists, not just the domain of death.

⾼灵: 什么是死亡地带? 你们⾃⼰觉得你们是活着的⼈,但是实际上你们就在死亡地带,明⽩吗? 你觉得你现在是活着的,死亡地带是另⼀个地⽅.没有.你们这些在各个层⾯,就是没有完全的⾃主的思考,没有完全的⾃主的⽣命.呢⾥就是死亡地带.死亡是什么? 死亡就是它不会有新的东西,对吧? ⽐如说⼀棵植物,那你说它是死的.如果它不断的有新的枝叶出来,如果它不断地在变⼤的话,那你不会说它是死的.

Higher Spirit: What is the zone of death? You all think you are living beings, but in reality, you are in the zone of death, understand? You feel that you are alive now, and the zone of death is somewhere else. No. You, at various levels, lack full autonomous thinking, lack a fully autonomous life. That's where it is - the zone of death. What is death? Death means there will be no new things, right? For example, with a plant; if you say it's dead. If it constantly grows new branches and leaves, if it keeps getting bigger, then you wouldn't say it's dead.

⾼灵:那就是在⽆处不在.你说的它并没有⼀个空间.这个不是像你所谓的这个房间⾥⾯,呢个仓库⾥⾯.不是这样⼦存在的.因为这⾥没有空间,只有你⾃⼰在体验的时候,你才会创造⼀个空间出来.如果他没有这个⾁体在体验的话,那就没有空间.你能明⽩这层意思吗?只有你的这个⾁体在体验,在感知外在的⼀切.它这个空间才会存在的.如果你的这个⾁体已经没有了呢? 你还能感知空间吗? 明⽩吗?

Higher Spirit: That's everywhere. What you say has no space to it. This is not like the room you're talking about or inside a warehouse. It doesn't exist like that because there is no space here; only when you experience, do you create your own space. If he doesn't have this physical body experiencing, then there is no space. Can you understand what I mean? Only with your physical body experiencing and perceiving the outside world does this space exist. If your physical body has already disappeared, can you still perceive space? Do you get it?

⾼灵: 你们所说的任何概念、任何分类,那只是属于你们之间的⼀个协议.你们之间给它解释⼀下给它备注⼀下,然后你们都去同意了,都去学习了.然后进⼊这样的⽅式去交流.只是你们之间的游戏.好像你们之间玩游戏,你们需要⼀些规则、需要⼀些说明、需要⼀些注释.所以你需要把你的问题更加… 你到底想要知道什么? 你到底想要知道什么信息?

Higher Spirit: Any concept or categorization you speak of is merely an agreement between you. You interpret it, annotate it, then all agree and learn it, entering into a way of communicating that's just your game. It's like playing games together, requiring rules, explanations, annotations; thus, refine your Questioner: What exactly do you want to know? What specific information are you seeking?

⾼灵: 你的⾝体在某⼀个阶段会有⼀些反应,但是如果你不是特别的去关注它,它会⾃然⽽然地进⼊到另外⼀个状态.所以这个问题如果你不去给它太多关注的话,它会⾃然⽽然地不会再存在,就这么简单.

Spirit: There will be some response in your body at a certain stage, but if you don't pay too much attention to it, it will naturally and inevitably move into another state. So, if you don't give this issue too much attention, it will naturally no longer exist - that's all there is to it.

⾼灵: 你稍等,我链接⼀下.你现在是说的你腿酸的问题是吗?

Higher Spirit: Wait a moment, I'll connect you. Are you referring to your issue with sore legs?

⾼灵: 你叫什么名字?

Higher Spirit: What's your name?

⾼灵: XX,你想要知道为什么⼗⼏年你都会⼀直对腿酸这个问题给困扰,对吗? 它是⼀只脚酸还是两只脚酸?

Higher Spirit: XX, do you want to know why for the past few years you've been troubled by the issue of leg pain, right? Is it just one foot or both feet that are affected?

⾼灵: 两只腿的膝盖处⼀直酸.你稍等.你膝盖的酸痛它和你的⼀个性格有关联.也就是说在性格上你需要做出⼀些转变,然后你⾝体上的转变就会逐渐的消失.然后这个转变是什么呢? 就是说你的强硬态度,就是你要学习和真正的从⼼底⾥做到,成为⼀种… 你知道有⼀句话叫屈膝,就是对他⼈的⼀种屈膝的状态.屈,就是把膝盖弯曲.屈膝.屈膝就⽐如说,你们会有跪,跪下就需要屈膝对不对? 那你们以前的就⽐如说下⾯的⼈对主⼈会有⼀种屈膝作为⼀种恭敬.那就是说你的性格⽅⾯就是你的个性的层⾯上,你需要从⼼底⾥产⽣对他⼈产⽣⼀种恭敬之⼼.

Higher Spirit: The pain in your knees is constant. Please wait a moment. Your knee pain is related to your personality; that is, you need to make some changes in your character and gradually the physical transformation will occur. What kind of change? This means that your stubborn attitude needs to be transformed into something... You are familiar with the phrase 'bending the knee', which represents a state of submission towards others. When you bend your knee, it signifies bending or屈膝. For example, when you kneel, don't you need to bend your knees? Similarly, in the past, those who were below would show respect by bending their knees as an act of reverence for their masters. This indicates that on a deeper level of personality and character, you need to cultivate feelings of respect towards others from the bottom of your heart.

⾼灵: 那是你这么去以为的.那是你这么去以为你对他⼈挺恭敬.如果你真的能理解什么是恭敬⼼的话… 因为在你⼼⽬中所谓的恭敬之⼼…. 所以这是你的⼀种成长的⼀个过程.就好像之前说的呢个痘痘在这个阶段会困扰你,当你在另外的⼀个年龄阶段,你会逐渐地转变.当你发⽣了转变,你的⾝体上的⼀些功能基能或障碍它便不会跟随着你.

Higher Spirit: That's how you perceive it. It's your assumption of being respectful towards others. If you truly understand what sincerity is... because that's what you believe sincerity to be in your mind... so this is part of your growth process. Just like the acne problem that troubles you at this stage, as you grow older, you will gradually change. Once you undergo a transformation, the functions or limitations in your body won't follow you anymore.

⾼灵: 你并不是,就是我要变的恭敬之⼼,我要变成有恭敬之⼼的⼈.你并不是需要去从这⽅⾯要去当成⼀个⽬标去怎样.⽽是说,在你⼀个成长当中,你会⾃然⽽然的到达⼀种…就好像⼀颗稻⾕它在成长的时候,就⽐如说我们现在说等你真正的成熟过后,你的稻⾕的头就会低下来.明⽩我意思吗? 因为你还没有到达真正成熟的呢个阶段.等你达到了呢样⼦的阶段,它⾃然⽽然就会发⽣转变.这是⼀个过程.⽽不是说你要把它当成⼀个你要去完成的⽬标.

Higher Spirit: You are not the respect that I want to become. I don't need to set this as a goal or strive towards it in some way. Rather, as you grow, you naturally reach something... like a rice grain grows and eventually its head bends down when it is truly ripe. Understand what I mean? Because you haven't reached true ripeness yet. Once you have reached that stage, it naturally changes itself. This is a process, not a goal you need to achieve.

⾼灵: 你稍等.有时候就是如果没有⾃⼰的⼀个明确的⽬标和⽅向,是很容易被外界的信息⼲扰和影响.然后进⼊别⼈创造的⼀个能量当中去.所以对于⽬前来说,对于你来说,⽬标还有就是扎根,这两个是重要的.就是你必须要往下⾯也要往上⾯.⼀个是朝下是扎根,⼀个是朝上是⽬标.然后这个都是你需要的.还有问题吗?

Higher Spirit: Wait a moment. Sometimes, without a clear goal and direction for oneself, it's easy to be influenced by external information and enter into someone else's energy field. Therefore, for the present situation and for you personally, both setting goals and grounding are important. You need to go both down and up. One is downwards for grounding, and one is upwards for aiming at a goal. Both of these are what you need. Any further questions?

⾼灵:因为如果你每天都是把⾃⼰的关注关注在外在,⽽没有时间去跟⾃⼰的内在达到链接的话.就是你根本就没有给它花时间或者是朝这⽅⾯去关注的话.那它是不可能会有链接的.因为你所体验的⼀切,它是根据你的眼光在哪⾥,然后你体验就在哪⾥.

Higher Spirit: Because if you spend all your attention on the external every day without taking time to connect with your inner self, it's simply that you haven't allocated any time or focused there. Without doing so, connection cannot occur. As everything you experience is based on where your focus lies, and thus where your experience happens.

⾼灵: 你要知道成长是⼀⽣的事情,所以你也允许你⽬前的现在还在就是彷徨或者还在被外界牵着⿐⼦⾛的⼀个状态.

Higher Spirit: You need to understand that growth is a lifelong process, so you also permit your current self to still be in a state of hesitation or being led around by others.

⾼灵: 你需要你的问题出来,你才会知道什么.因为我们不是像⼈⼀样,不是说⼀个⼈坐在这⾥来跟你链接.⽽是说你每⼀次问题的提出,都会有相应的能量进来.你在对话的时候你感觉到这个⼥孩⼦她需要深呼吸,她需要调节她的呼吸,她需要转变,她需要做⼀系列这些动作,都是不断地不断地在转变.所以这⾥并没有像你们⼈与⼈之间的交流是有⼀个对象在这⾥.任何能量可以进⼊.这些能量怎么进⼊? 它是根据你的⼀个信息.

Higher Spirit: You need to have your question out, then you will know what it is. Because we are not like humans, where one person sits here and connects with you. Instead, every time a question comes up, there's corresponding energy coming in. When you're in conversation, you feel that the girl needs deep breathing, she needs to regulate her breath, she needs transformation, and she needs to do a series of these actions - continuously changing. So here, there is no object like human-to-human communication where one individual is present. Any energy can enter. How does this energy come in? It's according to your information.

⾼灵: 如何获得其他世的记忆? 那你可以通过催眠的⽅式,你也可以通过⾃我在睡觉的时候暗⽰你⾃⼰.就⽐如说你今天晚上⼊睡,我想要我的梦带领我去探索我其他世的⼀些经历,你也可以去给⾃⼰这个暗⽰.还有问题吗?

Spiritual Guide: How can one obtain memories from past lives? You can do this through hypnosis, or by giving yourself suggestions while you're asleep. For example, if you go to sleep tonight and want my dreams to guide me in exploring some experiences of other lifetimes, you can also give yourself that suggestion. Any more questions?

⾼灵: 没有任何可靠的信息.也没有任何不可靠的信息.因为信息是什么不重要,信息说了什么不重要.重要的是你去如何利⽤这些信息.我们可以通灵告诉你们,你们的世界马上会灭亡.但是你们可以通过这⼀句话,把它当成是⼀个警钟或者是⼀个警⽰.然后来通过你们⾃⼰顽强的⽣命⼒来展现你们不会被摧毁,明⽩吗? 如果你说这个信息可靠的话,那你是不是就躺在呢等着灭亡呢? 你能理解吗? 所以说外在有什么信息,并不是说你说这些信息来源可靠那我就去听从它.这些来源不可靠,我便不去听从它.如果我们通灵的信息告诉你⽣命是不可摧毁的.然后你前⾯来个杀⼈犯来告诉你,你要不把钱叫出来我就要杀了你.你说我

Higher Spirit: There is no reliable information and there is also no unreliable information; because what the information is does not matter, nor does what it says matter; what matters is how you choose to utilize this information. We can tell you through our spirit contact that your world will soon be destroyed. However, you could take this statement as a warning or an indication, and use your own strong vitality to demonstrate that you will not be defeated. Do you understand? If you consider the information reliable, are you just going to lie down waiting for destruction? Can you comprehend this? Therefore, regardless of the source of any external information, it does not mean I should follow it if you say the source is reliable; or not follow it if you say it's unreliable. If our spirit contact informs us that life cannot be destroyed, and then a murderer comes to tell you that unless you hand over your money he will kill you, would you

相信通灵信息,⽣命不可被摧毁.我不相信你可以摧毁我.然后⼀⼑就给他杀了,明⽩吗?你能明⽩这样⼦不同的呢个点吗?所以说你才是呢个创造者.你才是呢个运⽤者.就好像你可以拿着⾯粉,你可以去做包⼦做饺⼦做油条做任何.你来问我⾯粉到底是硬的还是软的?你说是软的,那为什么我吃的油条呢么脆?是脆的,那为什么我吃的呢个包⼦呢么软?明⽩我意思吗?所以外在的所有⼀切它到底是怎样,它到底是真是假是好是坏,是你所谓的可靠不可靠,那是根据被你这个⽣命去如何去展现它,如何去转换它.你要知道你才是呢个活的⼈,其他像我们说的呢些话,信息也好,所有的⼀切都是死的.那是你这个活⼈去来运⽤我们这些死的东西来创造.

Believe in the spiritual messages, life cannot be destroyed. I do not believe you can destroy me. Then he was killed with a single knife strike, understand? Can you comprehend this difference? Therefore, you are the creator. You are the user. It's like you have flour; you can make buns, dumplings, or fried dough sticks into anything. If you ask me if the flour is hard or soft, and I say it's soft, why are my crispy fried dough sticks so crispy? They're crisp, yet why are your buns so soft? Do you understand my meaning? So all external things, how they truly are, whether they're real or fake, good or bad, depends on how this life of yours chooses to express them and transform them. You must know that you are the living being; everything else, like these messages we discuss or any information, is dead. It's for your living self to use our dead materials to create things.

那不然的话,你就是死的,我们才是活的,明⽩吗? 你就跟死⼈⼀样.为什么? 你只知道接受啊.那死⼈死在地下,我踢你⼀脚你动都不动.那你是不是死的? 如果你是活⼈的话,我踢你⼀脚你是不是要站起来挪开不让我踢? 所以你到底是死⼈还是活⼈?

That is to say, if not like that, then you would be dead and we would be alive, get it? You're just like a dead person. Why? Because you only know how to accept things. So what happens when the dead are underground? I kick them and they don't move at all. Are you also dead like that? If you were alive, wouldn't you stand up and move away from me so I couldn't kick you? So, are you truly dead or just pretending to be alive?

⾼灵: 你的灵魂蓝图? 如果你没有跟你的真我达到链接的话,灵魂蓝图对你来说根本就没有灵魂蓝图,明⽩吗? 你只有跟你的真我有了连接过后… 就⽐如说你现在是你这个⾁体在你们这个世界体验.你只有和你的意识达到了链接,你们之间才有交流.你们才有所谓的东西链接.如果没有链接的话,你就是随波逐流.就是随着你们集体意识怎么样波动,你就跟着怎么样流.为什么?你没有任何掌控权.你没有任何定⼒.你是风往呢边吹你就往呢边吹.风往呢边倒你就往呢边倒.明⽩吗?然后我今天给你的所有的信息都是来让你知道你需要连接.就是让你知道你才是呢个决定创造者.

Higher Spirit: Your soul blueprint? If you haven't connected with your true self, there's no such thing as a soul blueprint for you, understand? Only after connecting with your true self... like now, experiencing this physical form in your world. You can only have interaction and connection when you've linked up with your consciousness. Without that link, you're just drifting along with the collective wave. Whatever the group's consciousness does, you follow suit. Why? Because you have no control or stability. The wind blows where it wishes, and so do you. Understand?

And today's information for you serves to let you know that you need to connect. It's to make you understand that you are the creator.

因为你有没有看你提的问题和关注的东西全都是什么是真的,外界信息什么是可靠的,外界什么样什么样,真理….你完完全全的都是觉得…OK,你如果说外界是朝东边那我朝东边,你说外界朝西,那我朝西.你这是有⾃我吗?你这是活的吗? 明⽩吗? 你只是根据外在⽽去选择⼀个: 啊,这个队伍⼈多,那我站这边.呢个队伍有钱,我站呢边.你没有你的.你只是根据你们的⼀个集体观念或者集体的趋势,去在像蛆⼀样在呢蠕动.

Because you have been focusing on whether the questions and concerns you've raised are about what is real, what external information is trustworthy, how the outside world behaves...you fully believe that if someone says the outside world is to the east, then I'll go east; if they say it's west, then I'll go west. Do you have self? Are you alive? Understand? You're just choosing based on externals: oh, this crowd has more people, so I'll stand here. This group has money, so I'll be with them. You don't have your own sense of self. You're merely following a collective mindset or trend, like maggots moving in unison.

⾼灵: 就像我刚刚说的像蛆⼀样在蠕动.但是这并没有什么,因为这是你们⼤多数⼈的⼀个状态.但是你⾃⼰和你的真我源头得到链接的呢⼀刻,所有你经历的⼀切它都会成为你的⼀个助⼒.所以⽆论你现在怎么样蠕动,它都会在你发⽣链接的呢⼀刻变得更加有意义.

Higher Spirit: Just like I mentioned earlier, moving like maggots. But this is not the issue because it's your usual state for most of you. But when you connect with yourself and your true source, everything you've experienced will become a force to aid you. So no matter how you're moving now, it will gain more significance at the moment of connection.

⾼灵: 那就是你,就像我今天说的在你的每⼀个念头,你⽐如说你如果去回听我们今天的对话,你头脑⾥⾯有很多念头对吧? 那如果你⽤我去反问你的⽅式去反问⾃⼰,如果你在⾃我对话⾃我探索.为什么我会⼀直去听外界的声⾳呢? 为什么我会⼀直去关注呢? 那什么什么… 你如果⼀直做这样⼦的⼀个⾃我探索,你是不是就能找到? 因为你们每⼀个⼈的点不⼀样.因为每⼀个⼈去链接的点不⼀样.那如果你是对信息如此的有兴趣的话,你便可以⾃我对话.

Higher Spirit: That's you, just like what I said earlier about your every thought. For example, if you were to replay our conversation from today, there would be many thoughts in your mind, right? If you were to question yourself the way I asked you, as you self-dialogue and explore within yourself, why do I keep hearing external sounds? Why am I constantly paying attention? What... By always doing this kind of self-exploration, can you find out why? Because everyone has their own unique point. Because each person connects to different points. But if you're so interested in information, you can engage in self-dialogue.

⾼灵: 你通过你去回听你⾃⼰的每⼀句话.第⼀,呢个很难啊,呢个怎么可能做到.这个效果不是很⼤.所有事情在你还没有⾏动你就开始给它定义,开始给它就是做这些.它会怎么样,它是个很难做到的事情.那这才是你的问题.所以这就是我就是说你只要听你⾃⼰说的话,你就能去认识你⾃⼰.但是你们很少⼈会听⾃⼰说的话.但是基本上的⼈都活在⾃⼰的话当中,就是只相信⾃⼰说的话.就⽐如说那很难啊.然后你就相信⾃⼰说的话.别⼈说什么不难啊或者是什么,你都不相信的.但是呢,你又从来不去听你的脑海⾥⾯在播放⼀些什么.因为什么? 你这个世界你体验什么,就是你播放的呢些声⾳.你看到没有,所以你的出路全是被你⾃⼰堵死的.

Sage: You listen to every single word you speak. Firstly, that's incredibly hard; how can one achieve this? The effect isn't very strong. All actions start when something is already defined, and immediately it becomes what needs to be done. How will it turn out? It's a difficult task. That's your problem. So by simply listening to your own words, you can understand yourself better. But most people rarely listen to their own speeches. They live in the world of their own words, believing solely in what they say. For example, it's so hard. You believe everything you say and ignore others' suggestions. When someone says it's not that difficult or otherwise, you don't even consider it. However, you never actually listen to the thoughts playing in your mind. Why? Because what you experience here shapes the sounds being played within. Notice how all possible solutions are blocked by yourself.

# **2022/03/23 —外⾯没有别⼈(⽆提问) No one outside (no question)**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question?

⾼灵: ⾸先你要理解的是你把你的母亲的,就是你跟她的关系,母亲也好、你⽼公也好或者其他⼈也好,他们只是⼀⾯镜⼦.⼀⾯镜⼦来让你看到你内在拥有的⼀些恐惧.那通过这个事件你就能看到你⾃⼰内在的⼀些恐惧了.就⽐如说你对⽣命的⼀个不安全感,你对你⾝体就是是弱的,明⽩吗? 就是这些是你的⼀些信念、这些是你的⼀些恐惧、这些是你的⼀些限制性的思想观念. 因为你们有⼀些错误的信念.你⾃⼰好好的分析⼀下你头脑⾥⾯的念头想法,你就知道有多么的愚蠢.就⽐如说他⽣病的时候如果吃了⼀点油腻的,病会加重.就这个观念.你要知道你⼉⼦在⽣病的时候最需要的是什么? 最需要是⼀个有爱的⼀个环境.哪怕他不吃不喝,他不吃任何东西.

Spirit Guide: What you need to understand first is that your relationship with your mother, or husband, or anyone else, acts as a mirror reflecting back some of the fears inside of you. Through this event, you can see within yourself those fears, such as insecurity about life or feeling weak about your body. These are your beliefs, these are your fears, and these are limiting ideas in your mind because you have incorrect beliefs. Spend time analyzing your thoughts and you'll realize how foolish they are. For example, the belief that eating greasy food when sick will worsen the illness. You need to know what your child needs most while ill? It's a loving environment. He may not eat or drink anything, but he needs love.

但是如果你给他满满的爱… 因为爱的振动频率你如果你能看到你的⾝体不断在产⽣频率,然后呢个频率就影响到你孩⼦.那如果你是在⽣⽓和愤怒的⼀个频率,因为你妈妈她也会产⽣⽣⽓愤怒悲伤的频率,对不对? 你们俩都在⽤你们的频率在释放⼀个毒⽓,明⽩吗? 呢个远远⼤过于⾷物.就⽐如说你⼼⾥产⽣的愤怒或者⽣⽓或者是…你不断地你能看得到的话,它就像⼀波⼀波的毒⽓释放出来.然后你妈妈也进⼊呢种状态,她也释放.然后你把你们的孩⼦放在毒⽓当中.你在残害你的孩⼦,你还不知道.那如果你散发的是爱.为什么我们可以疗愈你们? 为什么? 因为我们只有爱,我们的频率只有爱.

But if you give him a full heart of love… because the vibration frequency of love is that when you can see your body continuously generating this frequency, then that frequency affects your child. If you are in an anger and rage frequency, because your mother will also produce anger, frustration, sadness frequencies, right? You both are emitting a poisonous gas using your frequencies, understand? This is far greater than food. For example, the anger or resentment or… if you can see it constantly, it's like wave upon wave of poisonous gas being released. Then your mother enters that state and releases too. And then you put your child in the midst of this poison. You are harming your child without knowing it. But if you emit love. Why can we heal you? Why? Because we only have love, our frequency is only love.

当你在爱中,你所有的不协调所有的堵塞的所有的呢些振动不均匀的,它都会进⼊⼀个爱的频率.就是所有的东西都没有了.那你孩⼦⽣病,它是不是也是⼀种紧张? 就是频率不正常的状态.那如果你在给他提供⼀个爱的频率,爱的振动频率.那你妈妈也再给他提供这个.你们彼此都在发射这样⼦的.那就算他不吃饭,就喝点⽔或者是任何.他的病都会很快的好起来,明⽩吗? 所以你只看到了表⾯,你觉得是在保护他.那是你觉得.然后就好像我们之前通灵信息说的⼀个,也是类似的.他担⼼他爸爸做⼀些事情对孩⼦造成影响,然后就跟他吵架.然后我就说,这么说吧,你怕你爸爸给他吃的呢个.你说爸爸这个蔬菜⾥⾯后农药.你给我孩⼦吃了.

When you are in love, all your inconsistencies, blockages, and uneven vibrations will enter a loving frequency. Everything just disappears for the moment. If your child is ill, isn't that also a state of tension? A state where frequencies are not normal. If you provide them with an element of love and its vibrational frequency, does your mother do the same? You both emit this energy towards him. Even if he doesn't eat his food, just drinks water or anything else, his illness will quickly improve. Understand?

So you only see the surface and think it's protecting him. That's what you perceive. Then there was an instance previously where spiritual information suggested something similar. He worries about what his father does that might affect his child, leading to arguments. I said: let me put it this way, are you afraid of your father giving something harmful to the child? You say that there is pesticide in these vegetables. Did you give your child that vegetable?

就是你避免你爸爸给给他吃⼀点有农药的蔬菜.呢个微量的农药,你的⾝体完全没有任何问题.然后你拿⼀个毒药给你⼉⼦灌下去.这就是你的做法.这就是上次通灵的呢个⼈的做法,明⽩吗? 就是你把这⼀丁点伤害的东西拿⾛.然后拿了⼀碗农药给你⼉⼦喝.⼀碗毒药给你⼉⼦喝.所以你们现在这种思维模式其实是同样的模式.这是你们⼈类最最最最常见的⼀种愚蠢的⼿段.你们为了避免,就是呢是你⼼⾥的⼀些观念和⼀些恐惧,你们为了避免⼀丁点然后反⽽去造成更⼤的破坏.这么说吧,你为了杀死⽐如说你孩⼦⾝上的⼀个病菌、病毒,你要把你孩⼦杀死.明⽩我意思吗? 所以你们基本上都是在做这样的事情.⽆论是你们对你们的⾝体,就⽐如说你们有癌症.

It's like you're avoiding exposing your father to vegetables with a trace amount of pesticide; it doesn't cause any issues for your body, but then you give your son a lethal dose of poison. That's how you handle things. That was what the spirit medium did last time, do you understand? You take away that tiny bit of harm and instead give your child a bowl of pesticide or a whole cupful of poison to drink. This is essentially what you humans typically do when faced with fear or avoidance; it backfires by causing more damage than the original issue. Imagine trying to kill a germ or virus in your child's body by killing the child itself, does that make sense? That sums up how most of you deal with situations. Whether it's about preventing cancer or any other health issues affecting your bodies.

你们为了把癌细胞给杀死,你们不惜把你们正常的细胞全部杀死.你们总是在做这种强烈的破坏式的⼀个⾏为.你要知道你们这个世界所有的事件所有的⼀切⼀切都是能量形成的.所有的⼀切都是能量形成的.

You are killing your cancer cells at the cost of destroying all your normal cells. You always engage in such a destructive act. Remember, everything happening in this world, every single event and thing is formed by energy. Everything is formed by energy.

⾼灵: 这⾥没有你母亲,你明⽩吗? 你是在⾃⼰制造了⼀个对象⼀个⾓⾊来和你演对⼿戏.你是在跟你⾃⼰打交道,你内在的恐惧.如果你通过我们的⼀些交流、通过你的转变,然后你变得⾮常⾮常有安全感,就是你的频率不⼀样过后.你外⾯⼀切⼈都会变,明⽩吗? 所以呢⾥没有⼀个固定的你的母亲的,没有⼀个固定的母亲存在在呢⾥.呢是你⾃⼰的,你体验的是你⾃⼰的⼀个能量状态.你体验的是你⾃⼰.所有不要再去我母亲我⽼公或者是我同事我⽼板.没有.他们不是对象.他们不在你外⾯,他们是在你⾥⾯.你⾃⼰的意识状态和频率决定了你去体验哪⼀个版本的他们.

Higher Spirit: There is no mother here for you; do you understand? You are creating an object, a character to play against you; you are dealing with yourself and your inner fear. If through our exchanges or your transformation you become very secure, that is when everyone outside changes. Do you get it? So there is no fixed mother in here; there's no permanent presence of a mother here. It's yours, the energy state you experience is your own; you're experiencing yourself. Don't go to my mother, my husband, or my colleague and boss anymore; there isn't. They are not objects; they're inside you. Your consciousness state and frequency determine which version of them you will experience.

⾼灵: 你有没有看到你现在⽬前的问题不出现在你外在.出现在于你把所有的⼩事情你把它⼤化.就是你给了所有的事件给它赋予负⾯的意义,就是给它定义成负⾯的.然后再把它加⼤,给它⼤化来影响你⾃⼰.你能理解这层关系吗? 是你…因为外在所有的事情…你说的呢个 proud同样它还有⼀个意思就是骄傲.I am proud of you.我为你感到骄傲.所以是你把它变成另外⼀个.所以你就能看到所有的好意.那妈妈照顾孩⼦,她觉得鸡蛋是最有营养的.就是你把对⽅的所有好意或者是中性,就是没有什么好意坏意.你要把它定义成负⾯的,然后再来折磨你⾃⼰,然后再来变得抓狂.

Higher Spirit: Have you noticed that the issues you face are not external to you? They manifest internally due to your tendency to blow minor matters out of proportion. You attribute negative meanings to events and define them as such, then amplify these negatives affecting yourself. Can you understand this connection? It's you… all the external events… when you say "proud", it also carries a meaning of pride. I am proud of you. I admire you. So, you transform that into something else. This allows you to see all the good intentions behind actions like a mother caring for her child, believing eggs are the most nutritious. You take someone's positive or neutral intentions and define them negatively, then torment yourself with these interpretations, becoming overly stressed and frustrated.

然后再来给⾃⼰⼀个点让⾃⼰崩溃或者是愤怒或者是抓狂、歇斯底⾥.所以问题出现在哪⾥? 问题出现在你给每⼀件事情…这么说吧,你不要去关注呢些对你不重要的事情,明⽩吗? ⽼师我不管他开⼼不开⼼,那他只是他暂时的,明⽩吗? 我不去关注别⼈开不开⼼,那只是他的事情.然后孩⼦只要他没有⼤问题,他都会有顽强的⾃愈能⼒.只要给他轻松的环境、有爱的环境,他⾃⼰就会恢复好.所以把你的关注点放在你真正在乎的,⽽不是呢些烦你的,就是你觉得烦的的上⾯的事情.这个很重要的.就好像我们以前通灵经常说你的⾯前什么都有.它最开始都是⿊⽩颜⾊.你关注哪个,你就给它颜⾊,然后让它活起来,变活,以前都是死的.然后来跟你演对⼿戏.

And then give yourself a point that makes you break down or get angry or go crazy. So where is the problem? The problem lies in giving each thing... let me put it this way: don't focus on those things that do not matter to you, okay? I don't care whether he's happy or not; it's just temporary for him. Understand? I don't care about others' happiness; that's just their business. Then as long as the child doesn't have major issues, they will have a strong self-healing ability. As long as you provide them with a relaxed environment and an environment filled with love, they'll recover on their own. Therefore, focus on what truly matters to you, not those things that bother or annoy you. This is very important. It's like how we used to communicate in spirit, often saying there are so many possibilities in front of you. Initially, everything was black and white. You give it color by focusing on it, making it come alive and change from being dead before. And then they'll perform with you in the game.

所以你的意识焦点才是最重要的.然后它就决定了你的⽣活的每⼀步到底是呈现什么给你体验.所以你就是⾃找苦吃.

So, your point of focus in consciousness is what matters most. And then it determines exactly what you experience at every step of your life. So, it's self-inflicted pain.

⾼灵: 你其实看到了你们世界上有百分之⼋⼗的⼈,他们成天都在为这种鸡⽑蒜⽪的琐碎的事情,然后把它⼤化.然后变成⾃⼰⽣命中体验的⼀切.明⽩吗? 这就阻碍了你们⼈类的进步.但是你们基本上的⼈都在做这样的事情.都被头脑⾥⾯的想法、定义、观念困扰着.你到底你这⼀⽣你对什么感兴趣? 去关注你感兴趣的、你热爱的、你激情的.慢慢慢慢它也会像呢种… ⽐如说你关注⿇烦,⿇烦就越来越多给你.那你越是关注快乐、激情,它也越来越多给你.就这么简单.

Higher Spirit: Actually, you've observed that eighty percent of people in your world are preoccupied with trivial matters, trivial things they magnify and turn into their entire life experience. Do you understand? This impedes human progress. Most people are doing such things, being troubled by thoughts, definitions, and notions in their minds. What really interests you throughout your life? Focus on what you're interested in, what you love, what you're passionate about. Gradually, it will attract more of the same… For example, if you focus on troubles, they'll come to you in abundance. Conversely, the more you focus on happiness and passion, the more you'll receive those experiences. It's as simple as that.

⾼灵: ⾃⼰不值得的⾏为有哪些? 你说你们世界上有些⼈的观念觉得⾃⼰不值得,但是你觉得值得,但是你还是没有得到你相应的是吗?

Higher Spirit: What are actions that you don't consider as worthy? You say that some people in your world think they aren't worthy, but you feel that they are, yet still, you haven't received what corresponds to that sense of worthiness, have you?

⾼灵:因为你是在评判你值不值得的时候,你⾸先就进⼊了你的头脑⾥⾯.你进⼊头脑⾥⾯,然后⾥⾯都是你们世界上的观念.那如果是按照你们⾃⼰的观念,那每⼀个⼈都有⾃⼰的⼀套说法.就⽐如说我觉得什么叫值得,什么叫不值得.你们每⼀个⼈都可以站出来说⼀套你们⾃⼰的说法,对不对? 那有的⼈他关注的是物质层⾯.他觉得享受就是物质享受好了,那他就值得了.那有的⼈是说精神层⾯.我在精神层⾯我是⾃由的,我没有被虐待.那我就是值得的.明⽩我意思吗? 所以⼀旦你进⼊到你们⾃⼰观念和头脑的世界⾥⾯,这⾥就没有… 就是已经是呢个什么了.因为真正的⽣命远远超过于什么值得不值得,什么好或不好,什么有钱还是不有钱,还是有爱没爱.

Higher Spirit: When you are judging whether you deserve something, you first enter your own mind. You go into your mind and then everything inside is based on the notions of your world. If it's according to your own notions, each person has their own set of ideas. For example, what I think qualifies as worth or not is different from yours. Each one of you can stand up and present your own argument, right? Some people focus on the material aspect; they feel that pleasure in material enjoyment counts as worth it. Others might say they are free at a spiritual level; if they have not been abused, then they consider themselves worthy. Do you understand my point? Once you enter into your own notions and mind's world, there is... already something established because true life transcends whether something is worth it or not, good or bad, rich or poor, or loved or not.

它只有⼀种状态.没有你们这么多的分别分类.所以⼀旦你开始有分别有分类过后,你是进⼊头脑的模式.那当你进⼊头脑模式,你就脱离了真正⽣命的…你明⽩这两层不同的⼀个… 你要么就是进⼊到头脑模式,要么就是进⼊到纯粹的存在模式.这是不同的.也就是说你真正的在⽣命的⼀个状态当中,你不会产⽣⼀个我现在有没有值得? 我现在有没有被爱? 我现在是不是爱的? 我现在是不是圆满的? 这些问题不会产⽣.为什么? 因为这些都是你头脑⾥⾯产⽣的呀.那如果你在头脑⾥⾯,你就不可能进⼊⼀个完全⽣命的状态,明⽩吗?

It has only one state, without all your many distinctions and categorizations. So once you start making distinctions and classifications, you enter the pattern of the mind. When you enter the pattern of the mind, you detach from truly living... You understand this difference between two layers... Either you are in the pattern of the mind or you are in the pure state of existence. This is different. That means that when you are truly alive, you do not give rise to questions like, "Am I worthy now?" "Am I being loved now?" "Am I loving now?" "Am I whole now?" These questions do not arise because they are generated within your mind. If you are in the mind, you cannot enter a completely alive state, understand?

⾼灵:不要产⽣这种想法…不是说你不要产⽣这种想法.只是让你明⽩当你有这些分辨,有这些念头,有这些呢个什么的时候.你就已经是就好像,⽐如说吧,你本⾝是在天堂是吧?然后你开始有了分别之⼼,有了好和坏,有了观念,有了什么的话,你就进⼊了地狱啊.那你在地狱⾥⾯你说我怎么样怎么样.你怎么样都是在呢⾥⾯啊.所以你⾃⼰也不需要去⽤头脑去理解这些.因为你再怎么样理解,你还是再⽤你的头脑试图去理解.什么是爱⾃⼰的⼀个状态, 你的问题是吗? 你把⼀些不属于你的,就是你头脑⾥⾯的⼀些观念所有的⼀些东西把它撇开.你⾃然⽽然就是爱的⼀个状态.你不需要去学会如何爱⾃⼰,如何爱他⼈,如何爱.

Higher Spirit: Don't have this thought… I'm not saying you shouldn't have this thought. It's just to make you understand that when you have these discriminations, these thoughts, and these notions, you are already like being in heaven. But then you start having the heart of discrimination, good and bad, notions, and so on – you enter hell. So, whatever you say about yourself from within hell is still within that place. Therefore, you don't need to use your mind to understand this. No matter how much you understand it, you're just trying to understand it with your mind. The question is about being in a state of self-love, right? You detach from the thoughts and notions that belong to your mind – things not belonging to you. You are naturally in a state of love. There's no need to learn how to love yourself, others, or anything else; it just comes naturally.

你只是把⼀些头脑⾥⾯的不是属于你的,就是来阻碍你的⼀些东西,然后看清楚⽽已.就是OK,那我现在这个状态是进⼊了头脑模式.我现在进⼊了观念、念头.等我的头脑意识在活动的时候,我就离开了我临在的状态.那我没有在临在的状态我就没有在爱中了.那当你进⼊了临在的状态,明⽩吗? 这个只有你⾃⼰去慢慢慢慢… 你突然可能,因为这不是你学习来的.你突然有⼀天你突然就觉得这个世界好美好,你⼼⾥满满都是爱.你就觉得哇,呢⼀⽚刻.你就能感受到了.所以这个是需要你⾃⼰,因为没有⼀个技术或者没有⼀个⼿段… 因为这是⼀个你⾃⼰… 有的⼈他可能⼀辈⼦都不可能达到这种状态或者没有体验过.

You simply identify and see through the things in your mind that are not yours but are obstacles to you. That's it; I'm now in a mode of the mind, dealing with concepts and thoughts. When my mind is active, I'm not present. If I'm not present, I'm not in love. So when you enter into a state of presence, do you understand? This is something you have to discover on your own, because there's no technique or method... Because it's something within yourself. Some people may never reach this state or experience it throughout their lives.

那有的⼈他可能并不需要任何这种信息,他就可以进⼊呢种状态.

There are people who might be able to enter that state without needing any of this information.

⾼灵: 你⾸先你就像我今天最开始给你看到的,你要知道外⾯并没有别⼈.你唯⼀相处的是你⾃⼰跟你⾃⼰的⼀些观念和能量还有内在的⼀些恐惧.那你是不是就把呢个…不再是被害者的模式,不再是被动的,明⽩吗? 因为你如果连对象都错了.你⼀直在指责我妈我⽼公我⽼板.你对象都错了,你还怎么样呢个什么? 就好像你想要去找到⼀个东西.你⽅向都错了.就呢个东西本来是在家⾥⾯的,你⼀直在外⾯找.那你永远都找不到.

Soul Guide: First of all, you should understand that there is no one else out there except for you and your own ideas, energies, and fears within you. So, when you stop seeing yourself as a victim and taking on a more active role, do you see it like this? You're not pointing fingers at others like my mom, husband, or boss anymore, right? Because if you've got the wrong target, blaming them is like chasing shadows. Your object of blame could be anyone; they might even include yourself. It's as though you're searching for something but in the wrong direction. The thing you're looking for was actually at home, yet you keep searching outside. That's why you'll never find it.

⾼灵: 不是不去…是你要知道这全是你⾃⼰的内在状态.是你⾃⼰的观念、你的思想、你的恐惧、你的振动频率,它造成的.你⾸先要知道它是谁,谁带来的问题,对吧? 如果你都不知道的话,那你会⼀直怪你妈,怪她做的事.那如果你知道了这是你导致的.那你是不是就可以去⾃我觉察了? ⾃我觉察! 觉察到为什么你会有这样⼦的观念.你要知道你这个观念,观念是可以替换的.观念它可以替换的.就好像螺丝钉,这个螺丝钉⽣锈了我可以换⼀个螺丝钉进去.你的观念.那你这个观念…⾼灵:你的所有情绪产⽣它必定有⼀个观念在呢边.因为如果你拿开所有观念,你不会产⽣什么情绪的.所以它可以让你去⾃我探索,⾃我认识.

Higher Spirit: It's not that we're not going to… you need to know it's all about your own inner state. Your own thoughts, your fears, and your vibration frequency which creates this. You first have to understand who is causing the problem, right? If you don't even know who it is then you keep blaming your mom for what she did. But if you realize that you are causing it, wouldn't it make more sense for you to engage in self-awareness? Self-awareness! Being aware of why you have these thoughts. You need to understand this thought because the notion can be replaced. Your notions can be replaced. Like a screw, if one screw is rusted out I can replace that screw with another one. But your notions… Higher Spirit: All your emotions are generated from having some notion around. Because without any notions, you wouldn't generate any emotions at all. Therefore, it allows self-exploration and self-realization.

因为如果你⾃⼰内在要发⽣转变的话,你连你⾃⼰都不认识,你持有什么观念,你所有的⼀切都不知道的话.你怎么发⽣转变? 看都看不到.

Because if you yourself are going to undergo a transformation internally, you don't even recognize yourself; you hold what concepts and don't know everything else. How can you possibly undergo a change when you can't see anything?

⾼灵: 你不需要做任何矫正.你只需要知道呢是我的⼀个观念⽽已.那这个观念我把它换成另外⼀个观念,那我的感受就变了,明⽩吗? 没有呢么多…. 你只需要看到就好了.

Higher Spirit: You don't need to do any correction. All you need to know is that it's just my perspective. When I change this perspective into another one, my feelings will change. Understand? There's no complicated... Just observe it.

⾼灵: 你如果在睡觉的时候还有什么事情让你过意不去,呢个事情还会烦你,会困扰你,还会让你对它念念不忘的.那你就可以去把这个事件再拿出来,然后再告诉⾃⼰,这是你⾃⼰映射出来的.你再问它它可以帮你看到你的什么负⾯信念? 你就可以进⼊,然后再把它转化掉.明⽩吗? 那你就不会再怀着这股纠结或者是愤怒再⼊睡了.你可以就是有⼀些时间给⾃⼰独处.因为当你们没有独处的时候,你们还会对,就是互相影响对⽅的能量,还会陷⼊到

Sage Spirit: If there is something that bothers you or causes you discomfort while you're sleeping, and it continues to bother you, causing you distress, and makes you unable to forget about it, then you can revisit this event again. Then you can tell yourself that this is a reflection of your own beliefs. When you ask it, it can help you uncover any negative beliefs within you. You will be able to enter into deeper understanding, then transform these beliefs accordingly. Do you understand? This way, when you go back to sleep, you won't carry the tension or anger with you anymore. You should take some time for self-reflection because when you are not alone, you might unconsciously affect each other's energy and continue to entangle yourselves in

对⽅的能量状态当中.那当你独处的时候你就可以把内⼼、把外在的⼀切⽭盾在内部把它给消融掉.

In your opponent's energy state, when you are alone, you can resolve all inner and external contradictions within yourself.

⾼灵: 你不⼀定是⼀定要在睡觉前.你任何你觉得你⼼⾥⾯有这个想法和冲动过后你都可以做.就⽐如说你在前⾯跟你⽼板⼤吵⼀架.然后你跑到洗⼿间,你平静下来然后告诉⾃⼰,你这次争吵想要带给你什么学习的机会? 想要让你看到你内在有什么恐惧? 你是不是担⼼你的⼯作,你的付出没被⼈看到,所以你发脾⽓? 你想要被⼈看到,明⽩吗? 所以你就可以任何你⾃⼰觉得你有必要去做这⼀层⾯的,就好像⼀个叫time out.就好像是….

Higher Spirit: You don't have to do it right before bedtime. Whenever you feel that idea and urge in your heart, you can do it. For example, if you had a big argument with your boss earlier. Then you rush into the bathroom, calm down, and tell yourself what lesson this argument could bring you? What fear does it reveal within you? Are you worried about not getting recognition for your work and thus lose your temper? Do you simply want to be seen, right? So you can do whatever you feel is necessary on this level, like a 'time out'. Like...

⾼灵: 什么⼀直影响到你?

Higher Spirit: What has been affecting you?

⾼灵: No No No No 你其实刚才你就知道为什么你总是拿对⽅的话语或者对⽅的情绪来针对你? 这才是你需要去做的⼀个⼯作.就是你为什么把对⽅的⼀句话或者⼀个表情把它⼤化?然后来针对你.明⽩吗? 因为对⽅是怎么样根本就不重要.只有你觉得重要的时候它才会有⼒量来影响你.呢个⼒量是你给他的.所以你需要看清这⼀点.为什么你会去在乎别⼈怎么样? 因为你要知道就算是别⼈的⼀句话、别⼈的⼀个念头、别⼈的能量状态它也⼀直在变啊.它可能前⼀秒钟给你发特别⼤的脾⽓.过了⼗分钟他就特别喜欢你了.因为他也⼀直在变化当中啊.所以你拿着别⼈⼀直在变的⼀个东西针对你⾃⼰,你只相信他恨你的时候,你不相信他喜欢你的时候.

Higher Spirit: No No No No You actually knew why you always interpret the other person's words or emotions against yourself? This is what you need to do. Why do you amplify someone else's single word or expression and target it at yourself? Understand this - it doesn't matter how the other person acts, only your perception of their actions matters because that's when they gain power to affect you. That power is given by you. You need to see this point clearly: why do you care about others' actions? Because you have to understand that people's thoughts and energies are constantly changing; someone can hate you one moment and like you the next, as their feelings and states are always in flux. So when you use a changing element from another person against yourself, you only believe them to hate you but not consider the times they might like you.

为什么? 那说明是你⾃⼰对你⾃⼰的⼀种否定啊.

Why? That indicates a self-contradiction on your part.

⾼灵: 要知道所有的⼀切所有的⼀切都是同时存在的.有的⼈他可能他的意识会,就好像是你的收⾳机在呢不断地突然⼀个信号进来了.那你的呢个也可能就是你这边的信号突然匹配到了⼀些信号.就⽐如说有时候你在⼀种出神的状态.然后突然有⼀些信息出来.

Higher Spirit: You need to understand that everything, all at once, exists simultaneously. Some people's consciousness might be like your radio picking up a signal suddenly, as if it's interrupted by another one. Similarly, the signals on your end might match with incoming signals unexpectedly. For example, sometimes when you're in a trance-like state, information can suddenly emerge.

⾼灵: 你能摄取到什么信息,能看到或者能听到或者能摸到,它是跟你⾃⼰的⼀个意识状态频率状态是有关的,明⽩吗? 如果你只是处在⾃⼰的⼀种愤怒的频率,那其实你感知的只是愤怒啊.你会觉得愤怒的事情越来越多.为什么? 你进⼊了呢样的频率当中啊.所以你这样你就知道你们其实⼀直⼀直都在转变的.就好像千变万化千变万化,⼀直是千变万化当中.那如果⼀直是千般万化当中,那你就没必要去纠结⼀些琐碎的烦恼.因为你越是纠结它、越是进⼊它,它只会创造更多的给你体验.

Higher Spirit: What information can you absorb? Can you see or hear or touch it? It is related to your own state of consciousness and frequency. Understand? If you are just in an angry frequency, what you perceive is anger itself. You feel more angry things happening around you. Why? Because you have entered that realm of anger. Therefore, you realize that you are constantly transforming like this. It's like everything being ever-changing; it's always changing. So if you're constantly experiencing change, there's no need to fret over trivial troubles. The more you dwell on them or enter into them, the more they create for you to experience.

⾼灵: 如果你要相信它,如果你觉得它真的是这样的话,你可以去运⽤它,明⽩吗? 因为这⾥没有哪个真的哪个假的.⼀旦它对你有效果有影响,你就可以去运⽤这个.所以你不需要去来分辨到底哪个是真的哪个是假的.因为能量这个东西,你相信它就有,不相信它就没有.就这么简单.管它有没有⾦字塔,哪怕只是⼀⽚树叶.

Higher Spirit: If you believe it and feel that it really works this way, you can use it. Understand? Because here, there is no true or false distinction. Once it has an effect on you, you can apply this. Therefore, you don't need to discern which is true and which is false. Because with energy, if you believe in it, it exists; if not, it doesn't. It's as simple as that. Whether there's a pyramid or just a single leaf matters not.

⾼灵: 因为呢是… 你要知道你的潜意识⼀直是在受影响的,明⽩吗? 就好像医⽣给你开了⼀个药.你说这个药吃了确实是有效果.

Higher Spirit: Because it's like this... You need to understand that your subconscious has always been influenced, okay? Just like when a doctor prescribes medicine for you. You say that taking the medicine does indeed show results.

⾼灵: 你在跟别⼈交流的时候你总是想插话,那就是说明你的头脑你的⼤脑很活跃.它很活跃,好像⼀只⼩狗狗⼀样它总是很活跃.就是你东西还没拿出来,它马上就跳到桌⼦上去拿东西了.那你需要怎样啊? 你需要慢慢训练它呀.所以那你下次话到嘴边马上停下来.就是你要让你的意识进来.如果你进⼊⼀个⽆意识的状态,那你巴拉巴拉巴拉就只顾⾃⼰说.突然你的意识来了: 哦,我在插话了.你就会停下来了,明⽩吗? 当你慢慢慢慢的做这个练习的话,你就会慢慢越来越有警觉⼼了.那你的意识⼼、警觉⼼,就是觉察的呢颗⼼如果经常临在的话.它不只是可以帮你控制你头脑的⼀些意识活动,它还可以帮助你很多很多很多.

Higher Spirit: When you always want to interrupt others during communication, that means your mind is very active - like a little puppy that's always hyperactive. It jumps immediately to grab things before they're even taken out. What do you need? You should train it slowly. Therefore, the next time when you're about to speak, stop yourself right away. You must bring your consciousness in. If you fall into an unconscious state, you just keep talking without noticing. Suddenly, your awareness kicks in: Oh, I'm interrupting! And you will then stop. Understand? As you slowly do this exercise over and over again, you'll gradually become more alert. Your mind of presence, or awareness, if it's frequently alive, helps not only to control the activities within your mind but also aids you extensively in various aspects.

⾼灵: 你腹痛多久了?

Higher Spirit: How long have you had abdominal pain?

⾼灵: 你稍等.我帮你链接⼀下你的能量.你想要知道为什么你经常腹部疼? 你叫什么名字?你今年多⼤?

Higher Spirit: Wait a moment. I'll connect your energy for you. Do you want to know why you have abdominal pain frequently? What's your name? How old are you this year?

⾼灵: 你想知道你为什么腹痛? 然后腹痛的这个可不可以被疗愈? 你腹部⾥⾯就好像在喂养了⼀只⼩蛇.然后你的⼩蛇是吃什么的呢?你这么想,你的肚⼦⾥⾯好像喂了⼀只⼩蛇.⼩蛇它吃什么东西?就是你是怎么样把它给喂⼤的?然后⼀直在喂它.它是靠你的愤怒、紧张、害怕、焦虑.你的所有这些能量都是在喂养它.然后你再不断地去喂养它,然后它就⼀直停留在你的腹部.所以当你在情绪特别波动的时候,然后你就能感受到它在活动,明⽩吗?所以那如果你知道它吃某些⾷物,依靠这些在你的⾝体⾥⾯活下去.那你是不是要把它饿死啊? 就是不再给它喂东西啊? 不再继续去养活它呀,明⽩吗? 你稍等我看能不能帮你先处理.

Higher Spirit: Do you want to know why you have abdominal pain? And can this kind of pain be cured? It's like there's a little snake being fed in your stomach. What does the little snake eat? When you think about it, it's as if there's a little snake being fed inside you. What does the snake eat? That is, how do you nurture it to grow? And you keep feeding it. It relies on your anger, anxiety, tension, and worries – all of your energies are feeding it. And then you continue to feed it constantly, so it stays in your abdomen. Therefore, when your emotions are particularly unstable, you can sense its activity, right? So if you know what food the snake eats, which keeps it alive within your body, wouldn't you want to starve it by not feeding it anymore and no longer sustaining its life? Understand that? Wait, let me see if I can help you with this first.

呢个蛇已经被你喂养很长很长很长的时间.所以就好像是⼀根树根,它扎根扎的很⼴泛然后很紧.所以现在现在想要把它remove掉,就是现在想要把它拿⾛是⼀件⾮常困难的事情.但是我们可以试着和它交流,看它愿不愿意⾃动的松开你?也就是说就好像你会不由⾃主的就发脾⽓,不由⾃主的就感受到你想要这种抓狂、想要这种愤怒或者发⽕或者焦虑.就是你的⾝体你没有控制了,明⽩吗? 就⽐如书你的⾝体被呢条蛇占据了.然后它总是想要吸取这样的能量,它总是想要吸取这样的状态.所以让你⾃主的,就是让你去控制好这个蛇有很⼤的难度.因为你的⾃我很弱.

That snake has been nurtured by you for a very long time. So it's like a tree root that spreads and anchors deeply and tightly. Now, removing or taking it away is very difficult at this point. However, we can try to communicate with it and see if it would voluntarily release you? That means that you might find yourself instinctively reacting, feeling the urge for frustration, anger, or irritation without control. Your body feels out of your hands, do you understand? Imagine your body being possessed by this snake, always trying to drain energy from you, perpetually wanting to maintain its state within you. Thus, enabling self-control over such a snake presents significant difficulty since your ego is weak.

⾼灵: 你稍等.

Higher Spirit: Wait a moment.

蛇: 我的存在如果离开了你,我就会消失.如果你离开我,你也会消失.我不消失的原因是因为你⾃⼰害怕你⾃⼰消失,明⽩我意思吗? 所以你必须要不害怕你的⾃我消融消失.然后我才会消失.

Snake: If my existence were to be without you, I would disappear. Likewise, if you were not with me, you would also vanish. The reason I don't disappear is because you are afraid of your own disappearance; do you understand? Hence, you mustn't be afraid of your self-dissolution and vanishing for me to disappear.

⾼灵: 它刚才已经告诉你了,因为你的⾃我观念很强⼤.就是你们两个,你和它已经形成了就好像是⼀体的.然后它没有消失是因为你都害怕你的⾃我消失.所以⼀直你会很强调你的存在感,你的所有的⼀切,就是你的想法、你的观念… 明⽩我意思吗? 就⽐如说在所有的关系当中,就⽐如说你跟你⽼公吵架,你能忍受你的观念你的观点没被看到吗? 你的话语不重要吗? 那也就是说你的⾃我是⾮常强⼤,然后它不能⾃我消失.因为你的⾃我不能⾃我消失,它要维持它存活.那呢个蛇的能量它也⼀样.所以…⾼灵: 这个蛇就是你,你就是这个蛇.当你能完完全全的放下⾃我,⾃我消融的呢⼀天.然后这个也就不会存在了,你明⽩吗?

Higher Spirit: It just told you that because your self-idea is very strong. You two have formed something like a unity. Then it didn't disappear because you were afraid of losing yourself. So you always emphasize your presence, all aspects of you, including your thoughts and ideas... Do you understand me? For example, in every relationship, such as when arguing with your husband, can you tolerate your views not being seen? Is your word insignificant? This means that your self is very strong and cannot disappear on its own. Because your self cannot disappear, it needs to maintain its existence. The same applies to the snake's energy; thus...

Higher Spirit: The snake represents you, and you are this snake. When you can completely let go of your self and allow your self to dissolve, then this concept will no longer exist. Do you understand?

⾼灵: 是.我现在已经知道你腹痛的原因了.然后只有你⾃⼰能治好你⾃⼰.就是你⾃⼰的选择.就是你⾃⼰真正的能够松开的呢⼀刻.因为你⼀直试图抓的很紧,因为你的恐惧你的害怕⾃我的消融或者⾃我的消失.就好像你在⽔⾥⾯,你怕死.你紧紧的抓住⼀根稻草.然后我跟你说你只有⾃⼰决定你什么时候要放开稻草,你才能让你的⾝体停下来.如果你⼀直仅仅抓住稻草的话,你的⾝体不断的会往下沉.然后呢个选择权来⾃于你,明⽩吗? 就是当你不再⽤⼒,你便浮起来了.

Higher Spirit: Yes, I now understand the reason for your stomach pain. Then only you can heal yourself, it's all up to your own choices. It's when you are able to let go truly - because you've been trying too hard, due to your fear of losing yourself or disappearing. You're like drowning in water and scared of death, clinging onto a straw for dear life. I told you that you have to decide on the moment you want to release the straw if you wish to stop your body from sinking further. If you keep holding on, your body will continue to descend. The power of choice lies solely with you - do you understand? You'll rise when you no longer exert effort and simply float.

⾼灵: 你可以去医院,你可以尝试任何的⼀切.还有问题吗?

Higher Spirit: You can go to the hospital, you can try anything. Are there any problems?

⾼灵: 你可以去做任何事情.你可以去尝试任何.

Higher Spirit: You can do anything. You can try anything.

⾼灵: 你稍等.你乳腺的堵塞是根据你观念上的⼀些,就⽐如说你有时候会很难听进去别⼈的意见或者是别⼈的观点或者别⼈的话.这是你的⼀个好像投射,就是你⾃⼰是这样⼦的⼀个状态,然后你⾝体就会出现这样⼦的⼀个投射.因为你们的⾝体也是你们意识状态投射出来的⼀个样⼦.如果你能没有强⼤的⼀个头脑去,就⽐如说你能经常的设⾝处地的为别⼈着想,能真正的站在别⼈的⾓度,能真正的听进去别⼈的话⽽不是只有⾃⼰的观念观点、站在⾃⼰的⾓度.那你的能量跟外在的能量就会开始流畅、流通.就是没有这么多堵塞、阻碍.那你的⾝体、你的乳腺的阻碍也会慢慢减少,明⽩吗?

Higher Spirit: Wait a moment. Your breast congestion is based on certain conceptions in your mind, for example, you might find it hard to listen to others' opinions or perspectives, or their words. This is like a projection of yourself - the state you are in - and your body responds accordingly because your body is an expression of your mental state. If you could have less of a dominant mind where you often try to understand others' feelings, genuinely considering things from their perspective instead of solely holding onto your own opinions, that stance would allow energy within you and between you and the external world to start flowing smoothly. This means fewer obstructions. Consequently, your body's blockages, including breast congestion, will gradually decrease, understand?

# **2022/03/24 — 连接外星⼈22号Alien Connection 22**

⾼灵: 你们问吧,什么问题?

Higher Spirit: Ask away, what questions do you have?

问: 你好,我想问⼀下如何提⾼我们⾃⾝的同步性?

Questioner: Hello, I would like to ask how we can improve our own synchronicity?

⾼灵: 如何提⾼你们⾃⾝的同步性.你只需要去觉察,就是你留意.因为你们⽣活中发⽣的事情,你可能你不会去留意它.你可能觉得就是普通的⼀天,你不会去留意.即使是⼀个新闻,就是你看到⼀段⽂字.就是这种很⼩的,它也是在⼀个你所谓的同步性的⽀持或者呈现或者是任何.但是看你的attention,你有没有去把你的觉察⼒放在上⾯.你能理解吗?

Higher Spirit: How to improve your coherence. You just need to be aware, which means you pay attention. Because there may be things happening in your life that you don't pay attention to. You might feel like it's a regular day and you don't pay attention. Even for news, when you read some text, it's this small thing supported or presented by coherence, but you look at your attention - have you placed your awareness there? Can you understand?

问: 好的,⽼师,我明⽩了.然后我还有⼀个问题,就是⽬前我现在在冈仁波齐的⼭脚下.我想问⼀下⼤概什么时候我能到⼭上去.

Questioner: Alright, teacher, I understand. Then I have another question - right now I'm at the foot of Kaili Mountain. I would like to know approximately when I can ascend to the mountain.

⾼灵:你现在在⼭脚下.你什么时候能到⼭上去?这个对于你们来说你是需要⽐如说今天明天.然后对于我们来说我们没有⼀个时间的概念.我们更多的就是有⼀个⽔到渠成、春暖花开,就是时候到了,季节到了.就是会在呢个时候,就好像果⼦成熟了,它会⾃然地落下来.呢样的⼀个过程.就像你们所谓的机缘、姻缘,明⽩吗?所以你外在的⼀切它就会把你往呢上⾯好像是推⼀样.有可能就⼀个⼈出现,他也要呢个什么.然后你⼀听,你不是正好⼀路嘛,然后就⼀起.你觉得好像是外⼈来带你.实际上是你的时候到了,你的契机到了.然后会有这些事情,外在的⼀些事情来推动它发⽣.所以你就可以去不⽤去焦急的等待或者是不⽤去盼望.

Higher Spirit: You are now at the foot of the mountain. When can you reach the top? For you, this might be by today or tomorrow. But for us, we don't have a concept of time. We have more of a sense that when the time is right, like the season changing, it's akin to fruit ripening and falling naturally. It's just then, like what you would call fate or destiny. You see, your external circumstances push you upwards in this way. There might be one person appearing who has similar needs. When you hear about this, coinciding with where you are, you both move forward together. You might feel that someone else is leading the way for you. Actually, it's because the time is right, and the opportunity comes knocking. Then, there will be external events to propel things into motion. So, you can let go of anxious waiting or hoping.

因为这样⼦的话你就会跟当下失去链接.你只需要去理解或者是明⽩你⽣命中的每⼀步它都有意义.就好像⼀颗种⼦在⼟⾥⾯呆了⼀个冬天.它很难熬.它觉得好久好久,好像永远都呆在⾥⾯⼀样.好像突破⼟壤是⼀件⾮常困难的事情.但是等春天到了,⾬⽔有了.它很快,就好像⼀瞬间就突突突突就长出来了,明⽩吗? 所以这样⼦的话,你就可以更好的和当下发⽣链接.那你越是活在当下,你越是感受不到时间是⼀种煎熬.就是你不会感受到它是⼀种等待.然后你越是…任何在你⽣命中重要的事情,你的篇章它会有序的顺利的展开.所以你需要放下你头脑⾥⾯对它的⼀个执念.因为当你进⼊头脑⾥⾯⼀个执念的时候: 怎么还不发⽣? 为什么还不发⽣?

Because in that way, you would lose connection with the present moment. You just need to understand or realize that every step in your life has meaning. Like a seed staying underground for an entire winter; it's tough. It feels like forever trapped inside, thinking it will never come out. Breaking through the soil seems incredibly difficult. But when spring comes and the rain arrives, it sprouts very quickly, almost instantly, do you get it? So if you do this, you can better connect with the present moment. The more you live in the now, the less you feel time as a burden. You don't perceive it as a waiting process. And the more you... any significant events in your life will unfold in an orderly and smooth manner. Therefore, you need to let go of any执着 notion in your mind. When you enter into that notion: Why isn't it happening? Why hasn't it happened yet?

就是这样⼦的话,你就是没有做你⾃⼰.那当你没有做你⾃⼰,你就在阻碍⼀切你应该去体验的事情,就是⽔到渠成的体验在你的⽣命⾥⾯.还有问题吗?

If that's the case, then you're not being yourself. And when you're not being yourself, you're obstructing all of the experiences you should be having, the natural experiences in your life. Is there anything else?

问: 我想问⼀下我的⾼灵和指导灵有没有什么信息是要带给我的呢?

Questioner: I would like to inquire if there is any message that my high guides and my guide spirits have for me?

⾼灵: 你稍等.这边的信息给你的是谢谢你对信息的热爱和⽀持.问: 好的.那能不能⿇烦你帮我们链接⼀下我们的外星⼈朋友22号?

Higher Spirit: Wait a moment. The message we're providing you is to thank you for your love and support of the information. Questioner: Alright, can you please assist us by linking our extraterrestrial friends, number 22?

⾼灵: 好的.外星⼈22号22号: 我在这⾥,然后很开⼼再次和你们交流.我能感受到这位⼥⼠⼼⾥⾯对我之前的信息产⽣的,通过她再次阅读我们的信息,然后她又有了深层次的理解.她对我们的信息发出了

Higher Spirit: Alright. Alien 22: I am here, and I am very happy to communicate with you again. I can sense that the lady has generated feelings towards my previous information through her second reading of our messages. She now has a deeper understanding, and she is expressing this in response to us.

⾮常深的感谢,就好像是觉得这些信息⾮常棒.然后我接受到她的这份谢意.你说,你们现在可以提问.

Very deep gratitude, almost as if she found this information fantastic. Then I receive her appreciation. You see, now you can ask questions.

问: 你们有疫情和病毒的⼲扰吗? 22号: 疫情,就是流⾏病是吗?问: 对22号: 没有.然后病毒也没有.你们有这样⼦的⼀个,是因为你们还处在⼀种恐惧的能量.那如果你处在恐惧的能量的话,那你⾃然⽽然会创造很多恐惧的事件.包括你的⽆⼒感,你会创造很多这样⼦外在的事件,就是恐怖的事件.什么事件让你感受到你没有办法,就是你是被害的,你是受害者,你没有⼒⽓去改变.因为你们集体有这样⼦的⼀个意识状态.你要知道你们外在所体验的事情任何事件,它都是你们的⼀个频率去显化出来给你们体验的.所以你们体验的是你们⾃⼰的⼀个整体的⼈类的意识状态,包括你们现在所经历的战争.这都是你们⾃⼰拥有这样⼦⼀个恐惧的能量.

Questioner: Do you have issues with the pandemic and viruses?

22nd: Pandemic means infectious diseases, right?

Questioner: Are we talking about 22nd here?

22nd: No. And there's no virus either. You're experiencing this because you're in a state of fear energy. If you're in that state of fear, then naturally, you create many fearful events, including feelings of powerlessness, creating many external events that are frightening. What event makes you feel you can't do anything? You feel like the victim, powerless to change it because collectively, there's this consciousness state among you. You need to understand that any experience or event you encounter in your outer world is a manifestation of your frequency, meant for your experience. Therefore, you're experiencing your collective human consciousness state, including the wars you're currently going through. All of these are due to the fear energy you possess.

然后你想象⼀下就好像你内在有很多害怕的事情,就是恐惧担⼼害怕.然后你看外⾯,有⼀句话叫草⽊皆兵.就是你看到风⼀吹,你就⿁来了⿁来了.然后你们⼀直在这样⼦的⼀个状态下.

Then imagine you have many fears inside, just fear and worry. Then you look outside, there's a phrase called "grass and trees are soldiers." You see the wind blow and you think demons are coming, demons are coming. And you've been in this state constantly.

问: 那我想问⼀下⼈类意识的恐惧最开始是怎么形成的呢?

Questioner: I'd like to ask how the fear of human consciousness first originated?

22号: ⼈类意识的恐惧是怎么形成得? ⾸先你们地球本⾝就是⼀个充满了限制和⿊暗还有恐惧,就是认知受限.你们本⾝就是在⼀个这样⼦的星球.那你们星球就拥有⼀个⾮常沉重的能量状态.但是你们的星球⽆论是有专门化⾝成⾁体来协助你们,就是来…. 因为你们的星球转变的很快.你如果是从以前你们⼈类曾经经历的事情,到现在它快速的在转变.就是你们⼈类的意识是在越来越快速的⼀个转变当中.那当然离不开很多很多来化⾝成⾁体来协助你们转变和提升的⼀些,就好像你们所谓的圣⼈或者是呢些⼈.然后也有很多像我们这样⼦和你们意识层⾯的⼀个交流.那你看到有很多⼈他的灵感就是外在的⼀些能量来通过他们的⾁体来协助你们转变.

On the 22nd: How does human consciousness fear form? Firstly, your planet itself is filled with limitations, darkness, and fear due to cognitive restrictions; you are on such a planet. Therefore, your planet possesses a very heavy energy state. However, regardless of specialized incarnations assisting you as bodies… because your planet is changing very quickly. If you consider what human beings have experienced in the past compared to how it rapidly changes now, human consciousness is undergoing an increasingly rapid transformation. Naturally, this cannot be separated from many incarnations coming into physical bodies to assist your transformation and elevation, like your so-called sages or those people. Furthermore, there are also numerous interactions at your level of consciousness with beings like us. You can see that many individuals' inspiration comes through external energies channeled through their bodies to assist your transformation.

所以你们从来就不是孤单的,也不是孤独的.你们⽆论是从物质层⾯还是从你们看不到的层⾯,你们都⼀直在受到指引.

So you are never alone and never isolated. You're guided in both your material existence and the unseen realms.

问: 明⽩了.那你刚才说到战争.因为我们地球上正在发⽣战争,那关于战争⼤多数⼈都不愿意它发⽣.但政府却要发动战争.那如何脱离ZF的影响?

Questioner: I understand. But you mentioned war just now because a war is taking place on our planet Earth. Most people do not want wars to happen. However, the government initiates them. How can we break free from the influence of the state?

22号: 如何脱离ZF的影响? ⾸先你要知道ZF的⼒量也好,ZF的组织也好是你们⾃⼰集体意识显化出来的.为什么? 因为你们⼀些⽆⼒的⼈,就是 ‘我没有⼒量,我需要ZF来保护我,对吧? 我需要国家强⼤来保护我.然后我需要呢些勇敢的⼈,⼠兵、战⼠,需要他们来保护我’ 那你们的这些观念,你们是不是就在创造⼀个军队、然后ZF,然后你就不⽤去⾯对任何.因为这是你内在… 所以就好像你⾃⼰创造出⼀个东西来,⼀个机器⼈来.然后呢个机器⼈是因为你⾃⼰的⼀个需求,你创造出来了.然后你又说呢个机器⼈不听话了,然后你又要呢个什么什么.

On the 22nd: How to escape the influence of the government? Firstly, you need to understand that the power and organization of the government are manifestations of your collective consciousness. Why is this so? Because some powerless people believe they have no strength on their own, stating "I am powerless, I need the government to protect me, right? I need a strong country to protect me." Then, you need those brave ones, soldiers, warriors, for protection. In essence, these ideas create an army and then the government so that one doesn't have to face anything else because it's all happening internally... Essentially, you are creating something like a robot for yourself according to your own needs. And this robot was created by you out of necessity. Then, you complain that the robot isn't following orders anymore, then you want more of whatever.

那如果你们能明⽩这⼀层关系的话,那在你的呢个… 因为你们永远都有⼒量和有能⼒去转变你们⽬前现在经历的⼀切.但是前提条件是你要知道你的⼒量.如果你是觉得你⽆⼒的呢? 就是你没有⼒量去改变世界,你没有⼒量去改变政府.如果你是这么去认为的呢? 那你当然也会这么去体验.因为物质世界的运⾏模式和你们体验的呢个过程就是你如

If you can understand this relationship, then in your... because you always have the power and ability to transform everything you are experiencing right now. But the condition is that you need to know your own power. If you feel powerless? That you lack the strength to change the world or influence governments. If that's how you perceive it, then of course, you will experience it in such a way. Because the operating system of the physical world and the process you're experiencing mirror how you perceive yourself.

何去认为它,你就如何去体验它,明⽩吗? 那如果你通过物质层⾯这个镜像,就好像镜⼦⾥⾯的相,看到了这不是你想要的.那你可以在当下去拿回你的⼒量.你说?

He believes it, so you go and experience it, do you understand? If you perceive this reflection through the physical layer, like a mirror's image, and realize it's not what you desire, then you can retrieve your power in the present moment. Aren't you asking this?

问: 那根据⽬前⼈类的意识状态,我们还会发⽣更加严重的战争和疫情吗?

Questioner: Given the current state of human consciousness, will we experience more severe wars and pandemics?

22号: 你们还会发⽣更加严重的战争和疫情吗? 你所谓的严重就是说从表⾯上,就表⾯上你们的⼀些形态.但是⽆论就是说,你⾸先要知道就是说即使再强烈即使再怎样,它其实都是⼀个在往更⾼的⼀个,就是好像⼀股能量它激发到了顶点.它的破坏⼒越来越强⼤,然后当这股能量释放出来过后.它就转变了.也就是说当你把⼀个球扔的越来越远的时候.它的破坏⼒变得强⼤,那它是不是要往回反弹? 那当你们越是体验到这种极端,越是能激发出,⽐如说你们现在看到战争,你们是⾮常的不情愿,知道这些不是你们想要经历.那是不是就像是⼀个警钟⼀样来敲醒你? 然后让你开始拿回你的⼒量.让你开始不对ZF,不对军队不对它们抱有希望.

Day 22: Will you experience more severe wars and epidemics? The severity you refer to is about the appearance level, some of your forms. But regardless, the first thing you should know is that even if it's as intense as it gets, it's actually moving towards a higher state. It's like an energy reaching its peak - its destructive power grows stronger, and once this energy is released, it transforms. This means when you throw a ball further, its destructive force increases; does it not want to bounce back? The more you experience these extremes, the more you can unleash, for example, wars that you don't desire experiencing now. Is it like an alarm clock ringing to wake you up and take back your power from the government, military, or them?

English:

⽽是把⼒量拿回⾃⼰的⼿上.拿回⾃⼰的⼿上,然后你开始转变你⾃⼰.那你开始需要转变你⾃⼰内在的⼀些战争.你⽐如说你和你之间的战争,明⽩吗? 你内在的⽭盾、战争、思想上的欲望.因为你要知道战争是什么? 是恐惧.是如果我觉得我不出⼿,我就会被欺负或者我就是弱者,我是弱势的,我就不能保护我⾃⼰.所以它越是在这种极端的条件下,它越能唤醒更多⼈… 你想⼀下,如果你们表⾯上都是风平浪静的.有多少⼈会沉浸在⾃⼰的⼩世界当中.他沉浸在⾃⼰的⼀个吃喝玩乐当中.他可能不会去notice,去注意到⾃⼰内在的⼀些⽐如说恐惧、分裂、或者任何或者是侵占他⼈的⼀些欲望.

And it's about taking power back into your own hands. Taking power back into your own hands and then you start transforming yourself. And that means you need to start transforming some of the wars within you. Like, for example, a war between you and you, do you understand? The conflicts, wars, and desires in your mind. Because you should know what war is? It's fear. If I don't act, I will be bullied or I am weak, I am vulnerable, and I can't protect myself. So the more extreme the situation, the more it awakens people... Imagine if everything on the surface was calm. How many people would be lost in their own little worlds. They are engrossed in eating, drinking, playing, and they might not notice their inner fears, divisions, or any desire to invade others.

问: 那关于战争我看到别的通灵信息有说这次战争有外星⼈的⽀持和加⼊.请问这个说法是真的吗? 如果是真的,他们加⼊的⽬的是什么?

Questioner: Regarding war, I've seen other spiritual messages suggesting that there is support and involvement from extraterrestrial beings in this conflict. Is this statement true? If so, what is the purpose of their involvement?

22号: 你这⾥有什么是真的有什么是假的? 你也可以突然有这个想法,明⽩吗? 然后你再把这个想法说出去.如果所有⼈都在说他说的话是真的,他说的是真的.然后就变成真的了.就是真的.为什么? 因为⼀个观念越多⼈来⽀持它,它就变成真的了.那呢个观念是来⾃于哪⾥?当然是来⾃于就好像⽆中⽣有.因为你们本⾝就是在⼀个拥有恐惧,就是这样⼦的⼀个状态.你这样想,每个⼈都是精神病,每个⼈都有⾃⼰的幻觉幻像.你去选取了谁的幻像?然后你去⽀持它.所以这样的话,所以这样的话,你们便不会去⽀持⼀些不符合你想要创造的这个世界.就⽐如说你想要创造⼀个和平的有爱的世界.那你不会对这些信息有任何关注.除⾮你内在有同样的恐惧.

Number 22: What is true and what is false here? You can suddenly have this idea, right? Then you express this idea to others. If everyone agrees that he/she is telling the truth, then what he/she says becomes true. It's just true. Why? Because an idea gains more support when it resonates with many people, thus becoming recognized as true. Where does such an idea come from? Of course, it comes from nowhere, like creation out of nothingness. You see, all individuals have their own madness and illusions. Who do you choose to amplify? And then you reinforce it. So in essence, you won't support ideas that don't align with your desired creation. For instance, if you aspire for a peaceful world filled with love, you would ignore such information unless there's an internal fear that resonates with you.

那么你们的频率就相似了,你们就在⼀起了,你们就去体验呢个世界去了.

So your frequencies are similar, you are together, and you go to experience that world.

问: 那作为⼈类单独的个体,每⼀个⼈怎样做才能更好的去释放恐惧呢?

Questioner: How can each individual as a unique human being better release fear?

22号: 怎么样才能去释放你内在的恐惧? 你⾸先你要知道⽐如说外⾯发⽣⼀些事情,你把它当成是真的.就是你觉得这个是真的,这个真的是很恐怖.那其实你就在幻像当中,就是你被外在的带偏了.那如果你能拿回你的主动权,就是OK,我感受到了恐惧,这是我⾃⼰的能量.那么我现在要回头来看是什么经历是什么记忆是什么观念导致了我拥有这个能量在我⼼⽬中.因为如果你没有这样⼦的能量,你不会投射在物质世界给你感受到.如果你感受到,那⼀定是你⾃⼰拥有呢样的能量.那你⾸先第⼀就是要知道它并不是真实的.因为就像我说所有的东西⼀旦你相信了,你就可以体验到它,它就是真实的了.所以这⾥并没有哎呀,我

How can you release your inner fear? First, you need to understand that when things happen outside and you perceive them as real, you believe this reality is genuine. This genuine belief makes it terrifying because you're trapped in a hallucination, being swayed by external influences. If you could reclaim your agency and acknowledge feeling fear, accepting it as part of your energy, then you can start to look back at what experiences, memories, or beliefs led to this specific energy within you. Since if you don't possess that energy, you wouldn't project it into the material world for yourself to feel. If you do feel it, it must be a reflection of your own energy. The first step then is to realize that it isn't truly real because as I've said before, once you believe in something, you can experience it and it becomes real. Therefore, there's no "oh my" about it; the reality lies within you.

的确就是被⼈偷了⽆数次啊.那你继续这么去认为,那你就继续投射同样的事情给你.这就是你们不断地不断地把⾃⼰禁锢在这样⼦当中.

Indeed, it has been stolen countless times. If you continue to think that way, then you will continue to project the same things onto yourself. This is why you keep imprisoning yourselves in this manner constantly.

问: 那就⽐如说有⼀个恐惧的念头,我看到了,然后我知道这是我⾃⼰的能量投射的恐惧.可是⾝体它因为长时间能量的累积,它还会对这样⼀个念头⾃然的感到紧张或者害怕.那我们怎么样在这种情况下…22号: 因为你还不明⽩它念头只是念头,是你给了念头能量,明⽩吗? 就好像⼀个⼩朋友⾯前的墙上有⼀个影⼦.然后他特别害怕.那等他长⼤了,他知道墙上的影⼦就是他⾃⼰,他还害怕吗?那当你们的认知,你们能通过我们的信息来知道念头它只是念头.念头它不具有伤害的⼒量,除⾮我给了它⼒量.那你长⼤了你便不会:啊,墙上呢个影⼦好恐怖啊,它⼀直跟着我.那其实是你⾃⼰投射的⾝影啊.那你不会害怕了呀.因为你的影⼦会⼀直伴随着你.

Questioner: Suppose there's a fearful thought that I see, and I realize it's an energy projection from myself. However, the body naturally feels tense or afraid due to the long-term accumulation of energy. How do we deal with this situation...22nd: The point is you don't understand that the thoughts are just thoughts - they're given life by you, right? Imagine a child seeing a shadow on a wall. He's terrified. But when he grows up and realizes it's his own shadow, does he still fear it? Similarly, when you come to see our information, if you comprehend that thoughts are just thoughts, without the ability to cause harm unless you give them power, wouldn't you realize that any 'shadow' or fear you perceive is actually a projection of yourself? Wouldn't this make you no longer afraid, knowing your own shadow will always stay by your side?

那随着你的认知的提升,随着你年龄的长⼤.你不会再受到它的影响.那是你们⾃⼰对念头的⼀个不理解.你们会把呢个念头当成是事实,当成是真的,当成是你的⼀部分.那是你们需要去认识、学习和去理解的⼀个事情.当你们能不再受这个影响了,就好像你长⼤了.你要是长⼤了过后你再看你⼩时候你被⾃⼰的影⼦吓哭的这件事情,你会觉得很搞笑.那等你意识转变了过后,你也会觉得我曾经很搞笑,会被⼀个念头吓到.

As your understanding increases and as you grow older, you will no longer be influenced by it. That is due to a lack of understanding about the thought itself. You would regard that thought as reality, as true, and as part of you. It's something you need to become aware of, learn, and understand. When you are no longer affected by it, it's like growing up. If you look back at being frightened by your own shadow when you were younger and now find it funny, then after your consciousness has shifted, you will think, "I was once so silly, scared by a mere thought."

问: 那是什么阻碍了我们享受⽣命? 如何可以更好的享受⽣命?

Questioner: What hinders us from enjoying life? How can we enjoy life better?

22号:这就很好的连接上⾯的问题.你都说了念头让你产⽣恐惧.那什么阻碍你在爱中或者是在愉悦中,那就是恐惧啊,就是你不断地念头啊.那如果你能看清楚,你不会再被这些困扰.就⼀个⼩朋友不停的哭哭哭哭,害怕墙上的影⼦.那⼩朋友说为什么我不能好好的玩耍?呢就是你清楚这些影⼦根本就是⽆害的,那么你就能很好的玩耍了.那当你越来越能从我们的信息当中结合你⾃⼰的⼀个体验,因为你的⾝体它需要体验.就是真的它觉得他们说的很对.因为你的头脑它会去求证,它会根据这些信息再去呢个什么的.当它从这些信息⾥真的觉得:啊,说的对.它就会把以前的呢些放下.它便有新的⼀个观念去运⾏.

Number 22: This nicely connects the previous question. You mentioned that your thoughts generate fear for you. Then what hinders you in love or joy is indeed fear, which are your incessant thoughts. If you could understand and see clearly, you wouldn't be troubled by them anymore. It's like a little kid crying non-stop out of fear of shadows on the wall. The kid asks why can't I play properly? You would realize that these shadows are harmless, so then you'd play well. When you increasingly integrate our information with your own experience, because your body needs to experience it. Your mind truly feels they're right. As your mind seeks verification, it adapts new information based on what's given. When it genuinely believes: "Yes, that makes sense," it releases past beliefs and adopts a fresh perspective.

那当它越来越是这样⼦的话,它就越来越可以更好的享受⽣命了.

As it becomes more like that, it can enjoy life even better.

问: 那我们为什么要把头脑设计成为有这种不停地念头? 为什么⽐如说像你们这种更⾼等的⽂明就没有这样的问题? 是因为⾝体的设计⽐较落后吗?

Questioner: Why do we design our minds to have this endless chatter? Why don't more advanced civilizations like yours experience such issues, given that their body designs are presumably more sophisticated?

22号: 就好像你在说⼀个⼩宝宝… 这么说,⼀棵参天⼤树⼏百年的树和⼀棵⼩树苗.你说为什么狂风对你⼀点(影响都没有)? 你⼀动都不动,丝毫不动.为什么我需要死了⼀样呢? 明⽩吗? 因为你提问的这个问题是你的⾁⾝.你的⾁⾝,你想它只有多少年? 它只有⼏⼗年的经历.它只能⽤它⼏⼗年的经历来概括、来思考、来看、来对⽐.但是真正的存有并不是.就是真正的⽣命的存在并不是你看到的呢样.所以这个只能是你⾁体的问题.那如果你不再是以⼀具⾁体去运⾏.因为你⽬前的问题是产⽣于你只把你当成你的⾁体去运⾏.那如果你成为⽣命的全部呢? 就是你们所看到的巴夏的信息,什么三位⼀体,⾼我,然后头脑、⼼灵.

Number 22: It's like you're talking about a little baby... This way of putting it, a towering tree with hundreds of years of growth and a little seedling. You ask why the violent winds don't affect me at all? I'm completely still, not even slightly moved. Why do I need to die for this? Do you understand? Because the question you're asking is about your physical body. Your physical body, how long do you think it lasts? It has only a few decades of experience. It can only summarize, think, see, and compare based on its few decades of experience. But true existence isn't like that. True life doesn't exist as what you see. Therefore, this is only about your physical problem. If you don't run your life through a physical body anymore, because the issue you're facing arises from considering yourself solely as your physical body. If you were to become everything of life? That means all the information provided by Basha, such as the threefold nature, higher self, and mind-heart aspects.

这样⼦的⼀个完完全全的呢? 以前你们通灵信息不是说像⼀个⾁球⼀样在运动.那如果你不是这样的⼀个模式呢? 那你就能感受到真正的⽣命.所以当你不再是⼀个⾁体去运⾏的话,那你刚才的呢些问题也就不再是困扰你的问题了,明⽩吗?

Such a complete one? Previously, the spiritual messages weren't saying you move like a meat ball. If you're not operating in this pattern, then you can feel true life. So when you're no longer a physical body running things, your earlier concerns aren't issues that bother you anymore, understand?

问: 如何可以增强或者锻炼我们的意志⼒?

Questioner: How can we strengthen or exercise our willpower?

22号: 如何可以增强你们的意志⼒? 她(通灵师本⼈)提这个问题因为她本⾝就是想要拥有⾮常强⼤的意志⼒.因为呢是她好像知晓她应该是这样⼦的⼀个,就是拥有顽强的⽣命⼒,很⼤的意志⼒.就是她好像知道这才是我.所以她不能去接受她⾁体⽬前还处在这样的⼀个状况.但是呢是她⼩看了她的⾁体.就好像她知道她是⼀个⼏百年的⼤树对不对?那她现在还是在呢个⼩树苗的时候.然后她就说我怎么样才能像呢个⼏百年的⼤树⼀样怎么样怎么样. take time.明⽩吗? 因为你们在你们物质世界上你们需要去体验这个过程.这个过程不是⼀夜之间你就从⼀颗种⼦变成⼏百年的⼤树的.所以这是你们成长的⼀个过程.

Number 22: How can you strengthen your willpower? She poses this question because she desires to have incredibly strong willpower, as she feels she should possess such resilience and a great deal of strength. It seems that she understands her true self is characterized by these traits, implying she's aware of her robust vitality and determination. Consequently, she can't accept her current physical state. However, she underestimates her body; it's akin to knowing herself as an ancient tree but now being in the stage of a young sapling. She then wonders how to grow like that centuries-old tree, taking time. Understandably, this is because you need to experience this process in your material world. It doesn't happen overnight; from a seed to a centuries-old tree; it's part of your growth journey.

所以她也不需要着急,也不需要怎样怎样.她只要知道呢个是真正的她就⾏了.

So she doesn't need to rush, nor does she need to do anything in particular. She just needs to know that it's truly her.

问: 什么是⾃我很强⼤? ⾃我是指⼩我吗? ⾃我强⼤会体现在哪些⽅⾯? 怎么样可以放下⾃我?

Questioner: What does it mean to have a strong self? Does the self refer to the small ego? In what ways would a strong self manifest, and how can one let go of the self?

22号: 就像刚才呢个问题,你如果…你们是在⽤你们的⾁体,⽐如说你这短短⼏⼗年,你之前说你在⽤你这个⾁体⽤你的头脑在去运⾏,对不对? 那然后⼀直是它的⼒量在操控,在让你在这个世界上⽣存.那么它就觉得它就是最强⼤的.那当你能去理解⽣命真正的本质,你还有⼀个更⼤的你.跟它发⽣链接的话,那它(⼩我)会不会就慢慢放⼿?! 这就是这层关系.因为如果你只是把你当成⼀个活了⼏⼗年的⾁体去存在的话,呢就是你所谓的⼀个⾃我强⼤.就是它才是,这个⾁体know everything,明⽩吗? 就是我这个⾁体我才是最强⼤的,我才是最聪明的,我才是最厉害的,我才是呢个知道所有⼀切的.那它就阻碍了呢个更⼤的⽣命彰显.

Number 22: Just like the question we just discussed, if you... are using your body, say for these few decades, you mentioned that you were using this physical body and your mind to operate, right? And it is its power that controls, allowing you to survive in this world. Thus, it believes it is the strongest. Then, when you understand the true essence of life, there's a greater self alongside. If you establish a connection with this larger aspect, would it eventually let go (of control)? This is the relationship involved. Because if you only see yourself as a living body for several decades, your self being strong merely refers to its dominance. Your body knows everything, does it? I am the strongest, the smartest, the most skilled, and know everything. It hinders the manifestation of this greater life force.

那它就会⼀直觉得很吃⼒,就会觉得⼀直: 我怎么这么累,我怎么这么⾟苦,我怎么这么,就会在⼀种精疲⼒尽的状态下.

It would always feel very tough, and it would constantly think: why am I so exhausted, why am I so hardworking, why am I so... in a state of complete exhaustion.

问: 现在能源的价格变得越来越⾼.那能源是有限的吗? ⼈类将来可能免费试⽤能源吗?

Questioner: Now, energy prices are becoming higher and higher. Is energy limited? Could humans have access to free energy in the future?

22号: ⾸先,如果你们的地球得到了转化、提升,你们所有的资源都将会是免费的.因为你们将会呈现出好像是⼀个⼤家庭,这样⼦的⼀个模式.然后所有的所有的都是⽆限的,所有的都是⽆限的.你们每⼀个⼈,所有的都是被⽀持的.但是你们应该明⽩的是阻碍你们或者是受限制的不是能源本⾝的问题,⽽是你们思想的问题.是你们⼈类的思想导致了这样,就是看上去能源匮乏或者怎样.这些都只是⼀个⼯具⽽已,然后真正的问题产⽣在于你们思想的层⾯.因为你们背后还有很多⼒量它是只看重⾦钱的.但是这是他转化的⼀个过程,就是前进的⼀个过程、道路.你们的地球会经历⼀段物质⾄上,就是物质是⼀切.

22nd Principle: Firstly, if your Earth is transformed and elevated, all of your resources will be free because you will present yourselves as a big family, forming such a model. Everything then becomes unlimited; everything is infinite. Each one of you is supported. But what needs to be understood clearly is that the constraints or limitations you face are not due to the energy itself but rather to your thoughts. It's human thought that leads to this phenomenon of seeming scarcity in energy or otherwise. These are just tools, and the real issue lies on a deeper level within your thoughts. Because there are still forces behind you that prioritize money over all else. But this is part of its transformation process, a journey towards progress and advancement. Your Earth will go through a period where materialism reigns supreme, implying that everything revolves around material possessions.

那当你们通过这些很多很多事件发现物质并不是⼀切,物质并不能带来你们想要的或者是更好的更和谐的话.然后你们会再继续去关注其它层⾯,⽐如说你们现在关注的.然后也会越来越多⼈开始去关注.所以当你们的思想层⾯不再发⽣这种分裂或者是⽃争或者是掠夺的⼀种情况过后.那你们就好像进⼊了所谓的正⾯同步性.就是正⾯的同步性,所有的⼀切都得到⽀持.

When you go through these many events and realize that materialism is not everything, and that material things do not bring about what you desire or a better harmony, then you will continue to focus on other levels, such as the ones you are currently focusing on. And more people will start paying attention too. So once your mental level no longer experiences this division, struggle, or exploitation, you seem to enter what is所谓的as positive synchronization. This is positive synchronization, where everything receives support.

问: 为什么三维空间的波长是7.23厘⽶? 可以描述⼀下时间波是怎么样的概念吗?

Questioner: Why is the wavelength in three-dimensional space 7.23 centimeters? Could you explain what the concept of a time wave is?

22号:那只是你们⾃⼰,是你们物质世界的⼈之间,是你们去呢么看到和呢么认为的,明⽩吗?即使是长度,那也是只是属于你们⾃⼰的.所以什么波啊,什么形状啊,什么长度啊,这些物质上的相都是属于你们的.你想如果你没有⾁体了,你还能去体验这些吗?对不对?所以那就是你还在⽤这个⾁体在物质世界运⾏的时候,你才会去感知到的.当你不再⽤⾁体,你是感知不到这些的.你想象⼀下,你的呢个墙,你的呢个门关上了,你有⾁体的⼈他进不去,对吧? 那你能关住我吗? 为什么我还在跟你们交流呢?

22nd: This is just about you and your fellow beings in the material world, it's what you perceive and believe. Even length is just something that belongs to you. Therefore, waves, shapes, lengths, these material phenomena are all yours. If you had no body, could you still experience these? Correct? Thus, this is only experienced when you use your body in the material world; otherwise, you wouldn't be able to perceive them. Imagine a situation where your wall and door are closed; even if someone with a body cannot enter, can they contain me? Why am I still communicating with you all?

问: ⼈类头脑的思维是不是被编程扭曲了? ⼈类是如何失去对⾃⼰的主权的?

Questioner: Is human brain's thinking being distorted by programming? How did humans lose their sovereignty over themselves?

22号: 被扭曲是吗? 因为你们本⾝你⾃⼰体验到的你就能知道.如果你⾃⼰去观察你⾃⼰的⼀切,你就能从你⾃⼰⾝上知道你们,因为你不能说是他⼈,你们是如何扭曲⼀切的.你⾃⼰就是⼀个活⽣⽣的案例供你去探索,供你去学习,再供你去转变.还有问题吗?

Number 22: Is it distorted? Because you can know this through your own experience. If you observe yourself and everything about yourself, you will understand how others distort everything, because you cannot say that it is someone else; you are the living example of how it happens, for you to explore, learn from, and transform. Any more questions?

问: 那我们晚上灵魂出去去编程第⼆天的经历.那这个扭曲…22号: 根本没有这个说法.那是你有这样的观念.其他⼈有他这样的观念.所以你们会这么去认为.

Questioner: What about our experiences of programming at night, and then going back to our souls the next day? That distortion... 22: There is no such thing as that. It's your perception. Other people have their own perceptions, so you believe it that way.

问: 那这个扭曲是头脑层⾯的,还是灵魂层⾯的?

Questioner: Is this distortion mental or spiritual?

22号: 扭曲.我们不能说它是扭曲,只能说是你们去理解事物的⼀个过程.你们需要这个过程去学习、去体验、去成长、去达到⼀种: 哦,原来是这样.但是就好像你长⼤了,⼩时候的事情你看着特别简单,特别⼩⼉科. ‘我⼩时候拿着五个⼩⽯头不停的数不停的数’,明⽩吗? 你会觉得…. 但是呢是你⽣命体验的⼀部分啊.你⼩时候会觉得特别刺激.那你⼩时候觉得: 啊,我突破了.你觉得你好厉害.这是同样的⼀个…问: 有没有另外⼀个维度的⿊暗势⼒在操纵⼈类? 蜥蜴⼈是真的存在吗?

Number 22: Distortion. We cannot say it is distortion; instead, we can only refer to it as a process in which you understand things. You need this process for learning, experiencing, growing, and reaching an understanding like 'Oh, that's how it is.' But just like when you grew up, things that were once very simple and childish seem trivial now. 'I used to hold five small stones and count them over and over,' do you see? You would think... but this is part of your life experience. It was thrilling for you as a child. Then you would feel: 'Ah, I've surpassed it.' You would think how impressive you are. This is the same… Questioner: Is there another dimension of dark forces controlling humans? Are Lizard people real?

22号: 如果他相信这个,对他来说就是存在的.那有没有⿊暗势⼒在操纵⼈类? 实际上就是你们⾃⼰.⽽且如果真的是其他维度,⼀般的维度都⽐你们⾼.那⽐你们意识程度⾼的话,意识程度⾼的都是帮助意识程度低的.如果意识程度低,他才会产⽣这样⼦的恐惧,明⽩吗?因为你想意识程度⾼的⼈,先不说他是不是⼈,意识程度⾼的限制就少,对不对?限制少,那他是不是就拥有更多的⾃由,他能显化⼀切,能去体验⼀切,对不对?那为什么要来操控你呢,明⽩吗?除⾮是你⾃⼰的恐惧投射这样⼦,因为你⾃⼰的恐惧可以变⼀个魔⿁来跟你演对⼿戏.那我之前就说你们⼈类你们经历的是你们⾃⼰的恐惧能量.你们可以把病毒、瘟疫、战争,这些投射出来跟你们玩.

Number 22: If he believes in this, it exists for him. So, are there dark forces manipulating humans? In fact, it's you yourselves. And if they're from other dimensions, the ordinary dimensions would be higher than yours. If their level of awareness is higher, those with higher levels of consciousness help those with lower levels. If someone has a lower level of consciousness, they will produce this kind of fear, understand? Because when you think about people with higher levels of consciousness, not saying if they are human or not, they have fewer limitations, right? Fewer limitations mean they have more freedom, can manifest anything, and experience everything, right? Why would they control you then? Understand? Unless it's your own fear projection, because your own fear can turn into a demon playing against you. I've said before that what humans go through is their own fear energy. You can project viruses, pandemics, wars, these things to play with yourselves.

那你们是不是可以投射出邪恶的外星⼈来跟你们玩?所以你们是不知道你们⾃⼰在跟⾃⼰的能量玩.然后把所有的⼀切当成外在的.⽐如说你们物质上的战争,其实你们都是在跟⾃⼰的能量(玩).但是你会觉得这是俄罗斯错,是乌克兰的错,是⽇本的错,是美国的错.你们其实都是⾃⼰跟⾃⼰玩.但是你们都会把它外化.再不⾏,外星⼈的错.其它维度,未知的错.

Can you project malevolent alien beings to play with you? So you don't realize that you're just playing with your own energy. You externalize everything, like the physical warfare on Earth, which is actually within yourselves. You'd blame Russia, Ukraine, Japan, or America for it, but in reality, you are all just playing with yourselves. Yet, you externalize this responsibility. If not, maybe it's aliens' fault or some unknown force from other dimensions.

问: ⼈类的亚特兰蒂斯时期是真的存在过的吗?

Questioner: Did the Atlantian era of human beings really exist?

22号: 亚特兰蒂斯…你们⾃⼰所描述的呢样⼦的⼀个世界和呢样⼦的⼀个意识状态,呢样⼦的⼀个精神状态是真实的存在吗? 是吧? 只要你嘴巴能说出来的,只要你能感知到的,只要有⼈说的,它都是真的.你能理解吗? 因为如果它不是的话,你从哪⾥来啊? 只要⼈头脑⾥⾯,哪怕是⼀个他感知到的,它都是真的.你们电影⾥⾯呢些东西,它都是所谓的真的.但是外在的所有的⼀切是真的还是假的,它不重要.重要的是你来如何运⽤它.这个才是最重要的,明⽩吗? 就像刚才,你是来创造⼀个邪恶的外星⼈来让⾃⼰恐惧来让⾃⼰害怕的要死

Number 22: Atlantis... is the world you've described, and that state of consciousness, mental state actually real? Isn't it? Whatever you can articulate with your mouth, whatever you can perceive, no matter what someone else says about it - they're all true. Can you understand this concept? Because if it weren't, where would you be coming from? Anything that exists in the human mind, even something perceived by them, is real. The things in your movies are all considered true. But whether everything external is true or false doesn't matter. What matters is how you use it. This is what's most important, right? Like just now when you're coming up with a fictional alien entity to scare yourselves into fear and dread.

呢? 你还是来创造⼀个天使来让⾃⼰感受到⼒量,感受到被爱? 因为它都是存在的啊.你可以去创造它,然后去体验这股能量给你带来的影响.

Well? Are you coming here to create an angel just so you can feel powerful and loved? Because it's all there. You can create it and then experience the impact this energy brings to you.

问: 那我是不是就可以理解成我的想象就是我的真实?

Questioner: Does that mean my imagination is my reality?

22号: 因为对于你们来说什么是真实? 对于你们来说,你们觉得物质世界能体验到的就是真实,对吧? 那这个现在通灵的这个⼥孩⼦,她感知的呢? 对多少⼈来说会觉得是胡说⼋道.但是她却从我们的信息当中⾮,受益,明⽩吗? 所以外在到底… 其实你能想象你们的头脑它是怎么去辨别真实的.说的⼈多了就变真的了.你们是这么去辨定真实的.相信的⼈多了,⼀百个⼈九⼗九个⼈都选择了它,那肯定就是真的,就相信了.这就是你们头脑运作的⼀个模式.那你还相信它吗?

Number 22: What is real for you? For you, what feels real is the material world that you experience, right? Now, what about this spirit-channeling girl - what does she perceive? Many might think it's nonsense to others. But she benefits from our messages anyway, do you understand? So, out there... You can imagine how your mind discriminates between real and fake. The more people say something is true, the more likely they believe it to be true. That's how your mind operates. Do you still believe in it?

问: 巴夏说的都是真的吗? 同领地是真的存在的吗? 22号: 同领地不明⽩什么意思.

Questioner: Is everything Baha'ullah said true? Are the promised lands real? Number 22: The promised lands don't understand what they mean.

问: 同领地我的理解就是以前有⼀个更⾼级的种族派了像战⼠⼀样的⼈到地球上来接受任务.他们到了地球上就失去了意识.这⼤概是我的理解.

Questioner: Speaking of territories, my understanding is that there was once a higher civilization that sent beings like warriors to Earth for missions. They lost their consciousness upon arriving on Earth. This is roughly my understanding.

22号: 你要知道这有很多很多就是同时的,就好像你们所谓的平⾏世界.那别⼈感知的它不⼀定是你能感知的.那巴夏说的是不是真的? 是要取决于你⾃⼰.就像我们的信息是不是真的? 是要取决于你⾃⼰.取决于你是去如何利⽤这些信息.如果你觉得它是真的,OK,那它就会对你有⼒量有效.如果你觉得它是胡说⼋道.它对你带来不了任何影响.因为你的头脑不会去把这个程序给拿过使⽤.因为你们所有⼈还在通过接收外在的信息来判断: 啊,如果它是真的我就信,它是假的我就不信.你们没必要去判断外在的信息到底是真的还是假的.因为如果你是根据外在的信息的真假来决定是否要听从的话.那你们本⾝就是⼀个迷信.

22: You need to understand that there are countless parallel realities simultaneously, just like the so-called parallel universes you speak of. What others perceive may not be what you can perceive. Was Basha's statement true? It depends on yourself. Is our information true? It also depends on yourself. It depends on how you choose to utilize this information. If you believe it's true, okay, then it will have power and effect for you. But if you think it's just nonsense, it won't make any difference to you because your mind won't take that program into use. Since all of you are still judging external information: oh, if it's true, I believe it; if it's false, I don't believe it. There's no need for you to judge the truthfulness of external information. Because if you decide on what to listen to based on whether it's true or false, then you yourself become superstitious.

你本⾝就是在认准⼀个权威,你本⾝就是在受操纵.就是你把⾃⼰的⼒量交出去了,哪个是真的我就⽀持哪个.

You are aligning with authority; you are being manipulated. Essentially, you're surrendering your power, so I support what is genuine – whichever one it is.

问: 地球上不同的⼈种是如何形成的?

Questioner: How were the different races on Earth formed?

22号: 地球上不同的⼈种是怎么形成的? 它是就好像不同的能量状态.⽐如说我的能量是呢种像⽔⼀样温和.那我的能量是像⽯头⼀样的强硬.我的能量是像云⼀样千变万化.那我的能量是像⽕⼀样的热烈.它不同的能量就会显现出,就是在他们的⾻⼦⾥⾯就会带有这样⼦的⼀个…问: 最近中国发⽣了⼀次严重空难,可以从灵性⾓度这次空难对于⼈类的启⽰吗?

22nd: How do different races on Earth form? They are like different energy states. For example, my energy is gentle like water. My energy is hard like stone. My energy is varied like clouds. And my energy is passionate like fire. Different energies manifest in their bones with such characteristics.

Questioner: Recently, a severe air crash occurred in China. Can we gain spiritual insights from this event regarding humanity?

22号: 你稍等.在这个⼥孩⼦头脑当中她也想问这个空难.因为她觉得这次坠机的事件是因为能量波动,能量场.然后她也想知道是不是因为能量场的影响,因为在她的概念⾥⾯她觉得这个世界是多维的.就⽐如说其他维度的⼀个能量波导致了… 然后我根据你们的信息然后来搜索⼀下看有没有什么信息可以回答你们.⾸先,就是你要知道这⾥并没有任何巧合、偶然.就是所有事件它都是同步性的运⾏的.然后这次坠机的事件是他们共同的灵魂层⾯的⼀个选择,选择体验就是我能让所有⼈都看到.因为其实有些⼈他选择死,其实别⼈看不到的.他还是nobody.然后他们这⼀群灵魂都想要⾃⼰的死是能引起他⼈的⼀些关注,明⽩吗?

22nd: Please wait a moment. Inside this girl's mind, she also wants to inquire about the air disaster. She feels that the cause of this crash is due to energy fluctuations and energy fields. Then, she also wonders if it was because of the impact of the energy field, as she perceives the world as multidimensional in her concept. It's like an energy wave from another dimension caused… Following your information, I will search for any available data that might answer you. First off, there are no coincidences or accidents here; all events operate synchronously. This plane crash was a collective soul-level choice to experience visibility, so everyone could see it. After all, some people choose to die, but others don't witness it, and they remain insignificant. Their group of souls want their deaths to attract attention from others, do you understand?

因为有些⼈他可能这⼀辈⼦都不会得到任何关注.为什么他们这⼀群灵魂想要引起你们的关注?它想给你们带来什么信息?它想要给你们带来的就好像是死亡并不是有⼀个⽇期的.不是说你觉得你会活到九⼗岁再死?你觉得你可以⽼死?没有.死亡它并没有⽇期.它并没有⼀个就好像对⾯是B,你⾛到B点你才会死.不是的.你是在任何时间、任何时刻你都有可能死亡的.你不知道你踏上的飞机就是把你送往死亡之地.你不知道你坐上的⽕车就是把你送往死亡之地.那如果你知道你的每⼀步选择,就是每⼀步⾏动它都是⾛向死亡的话.你还会如此的去关注你头脑⾥呢些琐事吗?你还会去声讨你⾝边的另⼀半吗?你还会跟你⾝边的爱⼈争吵吗? 所以你还会去你杀我我杀你?

Because some people might never receive any attention in their lifetime. Why do this group of souls want your attention? What message does it want to convey to you? It wants to tell you that death doesn't have a date. Not that you think you will die at 90 years old or that you can die naturally. No, death doesn't have a date. There's no scenario where there's an "A" on one side and once you reach "B," you'll die. It's not like that. You could die at any time, at any moment. You don't know if the plane you step onto will take you to your place of death. You don't know if the train you board will lead you to your demise. So, if you knew that every choice you make, every action you take is a step towards death, would you still be so preoccupied with trivial matters in your mind? Would you still argue with the other half by your side? Would you still have arguments with your loved ones around you? Therefore, would you still engage in such acts of aggression and retaliation like "kill me, I'll kill you?"

我要赚更多的钱? 我要为了赚钱我要怎么我⾃⼰?就是你想⼀下他们想要告诉你,你⾃⼰去想什么对你你⽣命中最重要的⽽你现在没有去做它?那他们想要⽤这种⽅式来告诉你,就好像你的每⼀步踏下去它有可能就是结束.那在这样⼦的情况下,你便不会去浪费你⽣命的每⼀个分每⼀秒.你不会把它放在⽆意义的争吵.你不会把它放在所谓的愤怒、担忧上⾯.你会更可能的去享受⽣命,去做你到这个世界上该做的事情⽽不是不该做的事情,明⽩吗?然后你的问题是关于飞机的故障是不是能量波?然后怎么样导致飞机失逝?就像我刚才说,你要知道所有事情的发⽣它⼀定会有很多很多因素.它不是⼀个单⼀的因素,明⽩吗?就好像⼀颗种⼦发芽,你需要⼟壤、阳光,然后

I want to make more money? How do I use myself for making money? Think about what they want you to understand that you should be thinking of what is most important in your life and what you are not doing it now? They want to tell you this way, as if every step you take could end it. In such circumstances, you wouldn't waste every single moment of your life. You won't put it into meaningless arguments. You won't put it on so-called anger or worries. You would more likely enjoy life, do what should be done in this world rather than not, understand? Then your question is about the aircraft malfunction being an energy wave? And how does that lead to the aircraft's disappearance? Like I just said, you need to know that everything happens has many factors, it isn't a single factor. Understand? As for the plane's fault, whether it's an energy wave or not, and what leads to its disappearance, involves multiple factors. It's not as simple as one cause leading to the outcome.

⽔,各⽅⾯.它才会产⽣反应才会发芽,对不对? 那⼀件事故的发⽣它也需要… 那如果你说是能量层⾯的问题,那如果这⼀飞机的⼈并没有这个约定呢? 明⽩吗? 那如果真的是能量层⾯,那是不是所有飞过呢个路线的飞机全部都死啊? 那就没有单⼀的导致的.所有的⼀切….你能明⽩这⼀层意思吗? 这⼀层关联吗? 所有的姻缘,就好像是姻缘,它才能促使这样⼦的⼀个产⽣.然后当然包括他们都想要去做这个体验.当然他们都想要通过这个事件给你们送来⼀些信息.那当然也包括正好呢个点正好呢个飞机少了⼀个什么东西正好驾驶员进⼊了⼀个什么状态,明⽩吗?所有的⼀切…因为从你们的物质⾓度你们会单独的分析,飞机的事故或者是驾驶员的事故.

Water, in all aspects, it will only produce a reaction or sprout when the conditions are right, correct? Then for an incident to occur, it also requires... If you say it's a problem on an energy level, then if none of those individuals on this aircraft had such agreements, do you understand? If indeed it is an issue on the energy level, does that mean all planes flying through that route would die as well? There wouldn't be just one cause; every single thing... Can you comprehend this layer of meaning and connection? All relationships, much like relationships, enable such occurrences. And of course, everyone wants to experience this. Of course, they want to deliver messages to you through this event. This also includes the coincidence that a particular point or plane was missing something at just the right time, and the pilot entered into a certain state... Understand? All these factors... Because from your physical perspective, you would individually analyze airplane accidents or driver incidents.

那你们永远都不会去(想)其实这是⼀场安排好的戏.就是好像什么都…就没有哪⼀个…就怪飞机.那如果怪飞机的话,呢些不想死的⼈他不会上这台飞机,他不会死的.还有问题吗?

That's why you'll never think that this is a staged show. It's like blaming everything on the airplane. If people blame the plane, then those who don't want to die wouldn't get on that plane and they wouldn't die. Any other questions?

问: ⼈类是否由灰⼈通过基因技术创造出来?

Questioner: Are humans creations of Grey Aliens through genetic technology?

22号: 如果他是这么去认为,他可以去体验到这样⼦的⼀个.但是真正的,不是.就是说真正的⼈类诞⽣并不是.因为说实话灰⼈的技术它还没有这个能⼒去创造如此伟⼤的⽣命体.

Number 22: If he were to think that way, he could experience something like this. But the real thing is not that; in other words, true human birth does not occur because in reality, Grey's technology lacks the ability to create such a magnificent being.

问: 那⼈类是怎么被创造出来的呢?

Questioner: How were humans created?

22号: ⼈类是怎么被创造出来的? 那我之前说你们的物质所有体验的⼀切,看到的这些物质体都是你们的⼀个意念创造出来的.那你们⼈类是通过什么? 也是通过意识.就好像是造物主的⼀场梦.然后所有的⼀切就好像造物主的⼀场梦.你这么想,你在做梦是不是? 你觉得你的梦特别有意思.但是我却在梦⾥⾯感觉好像少了些什么.那我要⼲什么呢? 我要给它加⼊触觉、我要给它加⼊味觉、各种各种.你想你的梦就如此多么的⽣动.那你在梦⾥是不是就可以体验⼀切.

22nd: How were humans created? I previously mentioned that all your material experiences and seeing these material bodies are creations of your mind. So, how do humans create this experience? It's also through consciousness. It's like a dream made by the creator of the universe. And everything is as if in a dream by the creator. If you think about it, aren't you dreaming right now? Do you find your dreams interesting? But I feel like something is missing in my dream. What should I do? I need to add touch, taste, and so on. You want your dreams to be that vivid. And can you experience everything in your dream?

问: 那你刚才说⼩灰⼈还没有这样的技术.那⼩灰⼈到底是什么呀?

Questioner: But you just said that little greys don't have such technology. What are little greys, then?

22号: ⼩灰⼈到底是什么? ⼩灰⼈也是你们物质世界对外星⼈的⼀个形象.因为外星⼈还没有能⼒去创造⼀个如此伟⼤的⽣命体.那你就知道你们的⽣命体是多么的伟⼤了,明⽩吗? 就好像你想要去,因为你对别⼈来说也是外星⼈,你想要⽤⼈去创造⼀个这样⼦的⽣命.你们不是也在做这样⼦的尝试吗?

22nd: What are the little gray people? The little gray people are also an image of aliens in your physical world. Because aliens do not have the capability to create such a great life form. So you understand how great your life forms must be, right? It's like you want to use humans because for others you are aliens too, wanting to create something like this with human beings. Aren't you also trying to do something similar?

问: 地底世界是什么样⼦的? 是否有类似⼈类⼀样的智慧⽣命居住?

Questioner: What does the underworld look like? Are there intelligent life forms similar to humans living there?

22号: 地底世界? 如果你⾃⼰,就是在你的这个维度你把地打开你是看不到地底世界的.那所谓的地底世界就是说你们就好像是在同⼀个空间.然后不同的维度.

The 22nd: Underworld? If you are yourself and open up the ground in your dimension, you wouldn't be able to see the underworld world. The so-called underworld world means that you all are like existing in the same space, but across different dimensions.

问: 这次的新冠病毒是否是由⽶G制造出来的?

Questioner: Is this novel coronavirus engineered by Gain?

22号: 任何⼀切你们不需要去… 你看你们是如何的彼此的分裂.就好像有⼀个杀⼈犯杀了⼈,然后你就说是这样⼈杀的⼈.实际上呢个杀⼈犯也有你的⼀部分,明⽩吗? 他展现的只是你们的集体意识啊.你们的冷漠导致他拿起来⼑,想要唤起你们,想要让你们看到,明⽩吗? 跟你也有关系.所以你们不需要把任何事情归咎于⽶G⼈、中国⼈、⽇本⼈.你们都⼀样.你们没有哪⼀个⽐哪⼀个好,哪⼀个⽐哪⼀个差.你们所有只要在地球上的⼈就要对地球上发⽣的⼀切负责⼈.任何这种就是想法或者是声⾳或者是念头都是制造分裂的.

22nd: Every one of you does not need to... You see how you are splitting yourselves apart. It's like a murderer committing murder, and then it's said that this person committed the act of murder. But in reality, the murderer also has your part, understand? He is merely displaying your collective consciousness. Your indifference leads him to pick up the knife, wanting to awaken you, wanting you to see, understand? It's relevant to you too. Therefore, there's no need for you to blame any outsiders such as MIG people, Chinese, or Japanese - it applies to everyone. There is no one who is better than another, worse than another among all of you. Everyone on Earth should be accountable for what happens here. Any kind of thought, voice, or notion that serves to create division.

问: 我们的⼤脑可以记录⼀切.我们如何可以轻松的提取呢些记忆?

Questioner: Can our brains record everything? How can we easily retrieve those memories?

22号: 你们的⼤脑并不能记录⼀切.你们⼤脑只会选择性的记⼀些对你有意义的东西.那发⽣的事情如何提取是吗? 你要看你⾃⼰,就⽐如说事件对你的影响或者对你的影响⼒.它是根据你⾃⼰是否还需要这个事件对你的影响还是不需要.因为如果你把所有的信息都提取到你的⾯前来,你是会奔溃掉的.⽐如说你的所有记忆⼀时间全部反应在你的脑海⾥⾯,你的程序会反应不过来,你会瘫痪掉.所以你只需要去处理对你有⽤的东西. 你不需要去把呢些所有的… 如果把你们所有的每⼀世、前世今⽣、各种各样的情节全部,就是这些好像是⼀个数据⼀样,你会短路.你会不知道如何处理的.你会看着⾃⼰的⼥⼉实际上是前⼀世杀掉你的⼈.你怎么办?

Chinese: 22号: 你们的大脑并不能记录一切。你们大脑只会选择性地记住对你有意义的东西。那发生的事情如何提取是吗？你要看你自己，比如说事件对你的影响或者对你的影响力。它是根据你自己是否还需要这个事件对你的影响还是不需要。因为如果你把所有的信息都提取到你的面前，你是会崩溃的。比如说你的所有记忆一瞬间全部反应在你的脑海里，你的程序会反应不过来，你会瘫痪掉。所以你只需要去处理对你有用的东西。你不需要去把那些所有的……如果把你们所有的每一世、前世今生、各种各样的情节全部，就是这些好像是一个数据一样，你会短路。你会不知道如何处理的。你会看着自己的女儿实际上是前一世杀掉你的人。你怎么办？

22nd: Your brain cannot record everything; it selectively remembers things that have meaning for you. How do you extract the events? You need to look at yourself, such as how an event impacts you or affects you. It depends on whether you still need this event's impact or not. If you try to access all information in front of you, you might break down. For instance, if your entire memory flashed through your mind at once, your system would be overwhelmed and shut down. You only need to deal with what is useful for you. There's no need to process everything...if every past life, previous, current self, various scenarios are like data all at once, it could overload you. You wouldn't know how to handle it. Imagine seeing your daughter as the person who killed you in a past life; what would you do?

你杀不杀她呀?

Do you kill her or not?

问: 这个问题是⼀个群友提的⾮常私⼈化的问题.然后你们能不能从你们更⾼的⾓度来帮她解答她这个问题? 她的问题是她说她陷在了⾃我的愧疚中.觉得⾃⼰既不是好⼥⼉、也不是好妻⼦、更不是好母亲.然后她说她听到孩⼦是⽗母的复印件之类的话就觉得很难受.然后当她看到孩⼦不好好学习,她也会特别难过特别想死.然后她问她该怎么办?

Questioner: This question was posed by a private individual in your group and is very personal. Could you answer her question from a broader perspective? She feels guilty about herself and thinks she's not a good daughter, wife, or mother. She gets upset when she hears that children are copies of their parents. Additionally, seeing her child not studying well makes her feel extremely sad, to the point where she wishes she could die. What advice do you have for her?

22号: 她听到如果事情没有按照她想要的⽅向发展,她就会想死,对吗? ⾸先这是你们⾃⼰需要突破的功课.为什么事情⼀旦没有出现你们想要的所谓的好或者顺利或者顺⼼,你就想要死呢? 你就好像,哎呀,我不要活了.这个世界都没有按照我想要的样⼦.那你去死.这是因为你们有这样思想的⼈,就更加需要体验这个痛苦了,明⽩吗? 就是因为你需要这样的课程,你才需要到这个班来上这个课啊.那如果你根本不需要这个课程,你是不是就不需要⾯对这个了? 那怎么样你才能突破你现在呢? 好好学习啊,把你该学的东西学到啊.那你便不需要经历这个了.然后你觉得你既不是好⼥⼉、不是好妈妈,就是什么都没做好.那是因为什么?

22nd Day: She hears that if things don't go her way, she wants to die, right? First, this is a lesson you need to overcome yourselves. Why would you want to die when things don't turn out the way you wish they'd be good, smooth, or pleasing? It's as though you're saying, "Oh well, I don't want to live anymore. The world doesn't suit my preferences." So go ahead and die. This is because people who think like this need to experience pain even more, do you understand? You require such lessons for your personal growth; that's why you are attending this class. If you don't need this lesson at all, wouldn't you not have to face it? How can you break through this current situation? Study well and learn what you're supposed to learn. Then you won't have to go through this anymore. And when you feel like you're neither a good daughter nor a good mother, what could be the reason for that?

因为你没有做你⾃⼰.当你做你⾃⼰,所有⼀切都会⾃动呈现它该有的样⼦.还有就是说你们头脑根本看不到你的灵魂设计是⼀个什么样⼦的⼀个… 就是你的头脑太陷⼊当下的 (信念),你的头脑有⼀套概念.好母亲应该怎样,好⼥⼉应该怎样.你会有⼀个概念,你只是做你⾃⼰呢?做你真实的⾃⼰.所以你们的社会观念,你头脑⾥⾯的概念,这些定义让你产⽣了冲突.然后你应该看清楚你的这些冲突,看清楚你内在的冲突.看清楚为什么我⼀定要让⽣活达成我头脑⾥⾯想要的样⼦.你头脑什么都不知道.你头脑它是没有先见之明的.它是不会看到明天或者将来任何事情的.头脑的功能它只是让你焦距于物质世界,就好像⼀个放⼤镜的功能,让你看的更仔细⼀点.

Because you are not being yourself. When you are being yourself, everything will automatically show itself as it should be. And also that your mind can't see the design of your soul is what… Your mind is too entrenched in (beliefs), your mind has a concept. A good mother should do this, a good daughter should do that. You have an idea, you just being yourself? Being your true self. So your societal norms, the concepts in your head, these definitions create conflict for you. Then you should see clearly your conflicts, see clearly the internal conflicts within you. See why I must make life conform to what I want it to be like in my mind. Your mind doesn't know anything. Your mind has no foresight. It can't see tomorrow or any future events. The function of your mind is just to focus on the material world, like a magnifying glass focusing on making things appear closer and clearer.

但是你却要让它就好像成为⼀个知晓⼀切的,它并不能做到啊.因为你需要更加的去做你真实的⾃⼰.然后当你有这样越来越真实的⾃⼰的话,外在的⼀切都会呈现它该呈现的样⼦.因为你们物质世界的头脑⼀直是在分辨好和不好,好和坏.那只是你们的⼀个概念⽽已.因为你是不知道⼀段关系它应该怎么样服务彼此的.这么说吧,⼀个⼈选择瘫痪⼀辈⼦,另外⼀个⼈选择照顾他⼀辈⼦.你要知道选择瘫痪⼀辈⼦的呢个⼈,他就是来⽀持呢个照顾⾃⼰⼀辈⼦的呢个⼈来成为⽆条件的爱.⽆条件的爱是什么? 就是没有任何回报我也爱,明⽩吗? 那在你的物质头脑你就会理解,我是⼀个没

But you want it to be like an omniscient being, which cannot do that because you need to be the real you more. And then when you have this increasingly authentic self, everything external will present itself as it should. Because your material world's mind has always been distinguishing between good and bad, right and wrong. That is just one of your concepts. You don't know how a relationship should serve each other. Let me put it like this: One person chooses to live their entire life paralyzed, while the other chooses to care for them forever. You need to understand that the person who chooses to be paralyzed for their whole life comes there to support the one who cares for themselves for eternity to become unconditional love. What is unconditional love? It's loving without expecting anything in return, right? In your material mind, you would understand it as I am a being...

⽤的⼈.⼀直瘫痪,完全没有任何⽤.你都不知道把⼀个灵魂转变成⽆条件的爱是多⼤的⼀个….那你跟呢些指导灵有什么区别呢? 就是说⼀个伟⼤的指导灵它来知道这个灵魂让它成为⽆条件的爱.你还给它提供了让它去练习,就是对⼿,让它去练对⼿戏.所以他跟指导灵带来的功能是⼀样强⼤的呀.所以你们不要去单从物质的表⾯去评判⼀件事情.因为你的头脑它是不知晓的.因为就好像我刚才说头脑它只在这个世界上活了⼏⼗年,这个观念拿⾛,那个观念拿⾛,这个观念拿⾛,那个观念拿⾛.它本⾝就会在⾥⾯产⽣很多冲突啊.因为有些观念它是会产⽣冲突的,不兼容嘛.但是你要知道这些所有的观念它都不是真正的你呀.它只是个观念⽽已.

Whoever is using you, they're completely useless to you. You wouldn't even know how big of a task it is to transform a soul into unconditional love until you understand the difference between yourself and those guiding spirits. That means a great guiding spirit comes in to guide this soul to become love without conditions. And you not only provide them with opportunities to practice, but also give them adversaries to play against each other. So the function he provides is as powerful as that of a guiding spirit. Therefore, don't judge things solely based on their material surface; your mind doesn't know it all. Just like I mentioned earlier, for instance, this idea could be taken away, then another one could follow, and yet another. These ideas would inevitably lead to conflicts within themselves because they might not be compatible with each other. However, you should realize that these various ideas are not truly who you are; they're merely concepts.

它是可以被替换,它是可以被remove掉,它是可以被替换的.所以这只是你的⼀些观念产⽣了冲突⽽已,它并不是真实的你.如果你不⽤头脑去分辨这些,你允许⾃⼰给⾃⼰时间.你会慢慢的发现为什么你会选择这样⼦的课题.当你能更好的完成你的课题,你便不会继续再体验这样⼦的场景了.

It can be replaced, it can be removed; it is replaceable. So this is just a conflict of your ideas, not an actual part of you. If you don't use your mind to discern these things and give yourself time, you'll gradually understand why you chose such subjects. When you can better complete your tasks, you won't continue experiencing these scenarios anymore.

问: 地球上的⼈类会从碳基转换成硅基吗? 那是不是就意味着升维? 22号: 碳基转换成硅基什么意思?

Questioner: Will humans on Earth transform into silicon-based life forms from carbon-based, and does that mean dimensional elevation? Number 22: What does the transition from carbon-based to silicon-based entail?

问: 可能就是我们的物质⾁体它的组成的⼀个⽅式.

Questioner: Maybe it's just the way our physical bodies are constituted.

22号: 你要知道当你的意识不断不断地发⽣变化,你的⾝体是会发⽣变化的,明⽩吗? 所以不管你的字眼是什么,就是你理解它的呢个词语是什么.但是随着你意识的转变,你的⾝体…就好像这个通灵的⼥孩⼦她跟你们的⾝体就会稍微不⼀样,明⽩吗? 因为她的意识的转变,然后她的意识的拓展跟你们就… 就是在她看待事情和理解事情的⽅法就跟你们有⼀些不⼀样的.所以她的⾝体也会同样的发⽣变化的.就好像你们看⼀个事情,你们看到的是眼前.那她看到的就好像是⼀个全⽅位的,就是⼀个三百六⼗度⾥外她都能看到.那她是不是跟你们产⽣的反应就不⼀样?

22nd: You need to understand that as your consciousness constantly changes, your body will also change. Do you see? Therefore, regardless of the words you use or how you interpret them, whether through understanding a particular term or otherwise. But as your consciousness shifts, so does your body… it's like for this clairvoyant girl; her body might differ slightly from yours because of her changing consciousness. Right? Because of her shifting awareness, and the expansion thereof compared to yours… she perceives things and understands them differently. Hence, her body undergoes changes in the same way. Imagine if you were looking at something and saw only what's right in front of you. For her, it would be like seeing everything from all angles; every direction, every degree around her. This means that her reactions might not be the same as yours?

问: ⼈类为什么不能⼀⽣下来就与⾼我、潜意识、灵魂保持清晰的链接? 呢样⽣活不是更有意义吗?

Questioner: Why can't humans be in clear connection with our Higher Self, subconscious, and soul from birth? Wouldn't such a life have more meaning?

22号: 有啊,有这样的⼈.并不是所有⼈都和你们⼀样.有这样的⼈.就⽐如说你们所谓的智障者或者是⾃闭者.就是在你们眼⾥有问题的⼈,其实他们就是这样的状态.只是你们这个世界不接受他们.还有⼀些⽐如说很原始的⼈,就是他们不怎么跟你们外⾯接触的⼈.他们也是这样的状态.然后在你们眼⾥你们就觉得他们是怪胎,觉得他们是原始⼈.实际上你们的思想才是⽐较原始的.所以说是有这样的⼈,并不是没有.只是你们看不到⽽已.

22: Yes, there are people like that. Not everyone is like you. There are such individuals. For example, those you call the mentally challenged or the autistic; they are just in this state according to your perspective, but it's simply because your world doesn't accept them. There are also primitive individuals who don't interact much with you. They too exist in a similar state. Then, in your eyes, they seem like anomalies and believe they're from the past era. In reality, your thoughts are more primitive. Hence, there are such people; it's not that they don't exist. You just can't see them.

问: 那像特斯拉是不是也是属于这样的⼈?

Questioner: Like Tesla, are they also such people?

22号: 特斯拉是不是这样? 特斯拉他不完全是.只能说他有很多时间他是在⼀个通灵的状态.问: 那他为什么会有这样的⼀个体验呢?

Day 22: Is this how Tesla was? Not entirely, he was in a spirit state for many hours. Questioner: Why did he have such an experience?

22号: 因为这是他想要来到这个世界上体验的呀.他不想要体验所谓的失去链接、感受链接、再链接,明⽩吗? 他想要变成这个⾁体只是去单纯的感受这个世界.有很多很多这样的⼈.

Number 22: Because this is what he wanted to experience in the world by being born. He doesn't want to experience the so-called disconnect, feel the connection again and reconnect, understand? He wants to become this body just to simply perceive the world. There are many such people.

问: 进⾏这种设置的意义是什么?

Questioner: What is the significance of setting up such a system?

22号: 根据每⼀个⼈灵魂的主题.这么说吧,物质世界是⼀个特定的地⽅.然后呢个地⽅你可以定义你⾃⼰想要发展的⼀个能⼒或者想要体验的⼀个能⼒或者想要去做的事情.

22nd: According to the theme of each person's soul, let me put it this way, the material world is a specific place. Then there is a place where you can define an ability you want to develop or an experience you want to have or something you want to do.

问: ⽣命整体计划的神圣计划是什么?

Questioner: What is the holy plan of the overall life plan?

22号: 计划? 计划是你头脑才有的.你的头脑只能在你已知的范围计划,对不对? 那如果是未知呢? 那你有计划吗? 就⽐如说你要去探索⼀个⽆底洞,你有计划吗? 因为你连所有的⼀切,将会怎么样,你什么都不知道.所以呢个计划它只能是在你已知的范围⾥⾯去做,你头脑⾥⾯有这个.但是这个并不是说计划的事情.⽣命本⾝存在并没有… 它就是不断地不断地的⼀个,就是好像是⼀个不断不断地绽放的过程⼀样.

Number 22: Plan? Plans are in your mind. Your mind can only plan within what you know, right? But if it's unknown, do you have plans then? For example, if you were to explore an endless abyss, would you have a plan? Because you don't know how everything will turn out; you don't know anything. So the plan is limited to your known realm—it exists in your mind—but this doesn't mean planning per se. Life itself simply exists and goes through an ongoing process of unfolding, much like perpetually blooming—endlessly blossoming.

问: 每个⼈的⾼我是固定的吗? ⾼我还有⾃⼰的⾼我吗?

Questioner: Is one's high self fixed? Does a high self have its own high self?

22号: ⾼我还有⾃⼰的⾼我吗? ⾸先他要知道⾼我对他⾃⼰来说意味着什么? 因为你们每⼀个⼈可能对同⼀个词语理解的都不⼀样.但是你们每⼀个⼈都会好像是有⼀个灵魂的计划.就⽐如说OK,我选择这个⾁体,我想要去体验什么体验什么,⼤概的⼀个主题.你选择的呢个主题来体验.就是你的⾁体实际上就是你的⼀个⼯具,就好像是跟你⼀起来去物质世界显化,这样⼦的⼀个存在⽽已.⾼我还有⾼我吗?他的意思可能是说我这个灵魂选择了这个⾁体,那我的灵魂还有⾼我吗?你的灵魂上⾯更⼤的⼀层是什么?还是呢句话,道⽣⼀、⼀⽣⼆、⼆⽣三、三⽣万物.就是在你们眼⾥看上去的万物,万物就是所有的⼀切.

22nd: Do I have my higher self or not? First, he needs to understand what the higher self means to him personally, because each person might interpret the same word differently. But everyone has a soul plan, like choosing this body and deciding on themes for experiences you want to go through. Your body is essentially a tool that helps manifest in the physical world along with your soul. Does my higher self have a higher self? The meaning could be "My soul has chosen this body, then does my soul have another higher self? What's the bigger layer above your soul?" or it could refer to the concept of Dao giving birth to one (the universe), and that one birthing two, two birthing three, and so on, creating all things as seen by you.

那会回到三,那呢个三再回到⼆,然后再回到⼀,然后再回到道.就好像这样⼦的⼀个.

That would return to three, that three then returns to two, and then returns to one, and then returns to the Dao. It's like this sort of one.

问: 潜意识、灵魂与⾼我是什么关系?

Questioner: What is the relationship between subconsciousness, soul, and higher self?

22号: 潜意识就是你这个⾁体它⽐如说,你并没有有意识的去学习⼀些东西.你想⼀下你⼩时候学说话的时候,你并没有有意识的去学这个怎么说,那个怎么说.但是你的潜意识它却全部都吸收了.这就是潜意识的⼀个状态.但是我对你们的这个解释是根据这个⼥孩⼦她对潜意识的⼀个认知来跟你们解释的,明⽩吗? 因为我不知道提问的这个⼈他所谓的,所以我解释的是代表这个⼥孩⼦,在她的信息库⾥⾯能找到的⼀些信息.这是潜意识,然后应该也是你们书上⾯的.为什么? 你们去交流的话,需要你们共同去认知共同去理解的⼀些语⾔去交流.然后⾼我就是你们⾁体更⾼层⾯的,就是我选择了这个⾁体.然后你还问什么,还问灵魂?

Day 22: Subconsciousness is when your physical body absorbs information without conscious effort. Imagine learning to speak as a child; you didn't consciously learn how to say this or that word. Yet, your subconscious absorbed all of it. This is the state of subconsciousness. However, my explanation comes from interpreting what the girl understands about subconsciousness, which I will share with you. I base this on information available within her database because I don't know who asked the question and what they meant exactly. This explanation represents how she perceives subconsciousness, as it aligns with common knowledge that we both have. Why is this important? When communicating, it's essential to use language that everyone can understand and relate to. And the Higher Self, which is a higher level of your physical being, chose this body for us humans. You wonder about souls, right?

灵魂就是通过这个⾁体来展现⾃⼰.

The soul manifests itself through this body.

问: 那灵魂跟⾼我是什么样的关系?

Questioner: What is the relationship between the soul and my higher self?

22号: 灵魂跟⾼我是什么关系? 灵魂跟⾼我之间的关系,⾼我就好像… 你要知道你的⾼我并不是⼀直是跟你有关系的.你的⾼我他是呢个知道我的每⼀步安排,我的每⼀步路是什么.然后你的⾁体不⼀定知道.你的⾁体可能会抗拒,可能会痛苦.但是⾼我他是知晓为什么我会⾛到这⾥来.然后你的灵魂也不⼀定永远跟你有链接的.它有可能是根本没有链接的.

Number 22: What is the relationship between soul and high self? The relationship between your soul and your high self, it's as if... You should know that your high self is not always related to you. Your high self understands every step of my plan, every path I take. But your physical body may not necessarily understand. Your body might resist or feel pain. However, your high self knows why I am here. And your soul doesn't necessarily have a permanent connection with you. It's possible that there is no connection at all.

问: 那在没有链接的时候,灵魂跑哪⾥去了?

Questioner: What happens to the soul when there's no connection?

22号: 灵魂你觉得是像你们⼈类⼀样是跑来跑去的吗? 因为所谓的灵魂是你们,就是说它就好像是⼀些数据.这么说吧,就好像是你们通灵⼀样.那你说我是不是灵魂呢? 我不是灵魂啊.但是你们会把我理解成灵魂.那你的呢个灵魂,它是不是灵魂呢? 但是要被你们理解成是灵魂.因为在你们的物质理解,就是在你们的头脑⾥⾯理解,你们会觉得灵魂就好像是⼀团东西跑来跑去.它并不是只能在东不能在西,只能这个只能那个.因为你们⼈类的所有的理解都是通过你们头脑⾥⾯对已知的事物的⼀个理解.然后这些层⾯是你单独… 就是它不是你脑海⾥⾯想象的呢个样⼦.那如果真的是要⽤最形象的,我想⼀想.如果是最能接近你们能理解的层⾯就是频率.

Number 22: Do you think the soul is like your humans running around everywhere? Because, what we refer to as a soul could be likened to data – like when you're channeling someone's energy or essence. So if I were to ask whether I'm a soul, I wouldn't be one. But you might perceive me that way. Now, your soul - is it considered a soul by you? But for you to interpret it as such. In your material understanding, in the realm of your mind, you'd view souls as moving entities or data points. They're not confined to one place; they can be here and there as needed. All human perceptions are filtered through your minds' comprehension of known facts. And these layers exist separately... they aren't simply a product of imagination within your minds. If I were to find the most relatable explanation for you, let me ponder on it. The closest level that might resonate with your understanding would be frequency or vibration.

就好像是⼀段频率.呢⼀段频率它可以被你感知到,可以被你提取到,可以被你感应到,可以跟你去有任何链接.就好像这么说,灵魂就是⼀个固定的频率.就好像每个收⾳机的台都会有⼀个频率对不对? ⼀个频道.那如果你跟呢个频道对齐的了话,那你就可以收到呢个收⾳机⾥⾯的信息对不对? 你呢个灵魂,如果你跟它呢个频率对齐的话,你也可以去使⽤它的信息.只是你去使⽤它的信息并不代表你就是它,明⽩吗?

It's like a frequency range that you can perceive, extract, sense, and link with in any way. It's as if the soul is a constant frequency, just like each radio station has its own specific frequency, right? Each channel. If you align yourself with that channel, then you can receive information from that radio, right? Your soul can also use its information if you align it with its frequency. However, using its information does not mean you are it; understand that?

问: 那灵魂不是会设计它这⼀⽣想要体验什么.那如果都没有跟它发⽣链接的话,是不是就代表…22号: 你要知道你这个⼈格是独⼀⽆⼆的.你的这个⼈格是独⼀⽆⼆的.就⽐如说你这个法国的⼥孩⼦,你是独⼀⽆⼆的.你的这个⼈格发展出来也是独⼀⽆⼆的.那你不能说你是呢个灵魂.这么说吧,我们之前有这么形容.就好像你是从⼀棵树上长出来的⼀⽀枝芽.树⼲上⾯,有⼀棵很粗很粗的树,你是从它的呢个枝芽⾥⾯分出来的⼀个⼩枝芽.你能理解这层关系吗? 那你能说你是呢个树⼲吗? 你并不是把呢个树⼲变没了,然后变成你的呀,明⽩吗?因为你有完全你⾃⼰的⼀个⽣命的特征.你是独⼀⽆⼆的.

Questioner: Isn't it true that the soul designs what it wants to experience in this life? If there's no connection with it, does that mean... 22nd: You need to know that your personality is unique. Your personality is one of a kind. For example, you, the French girl, are unique. The development of your personality is also unique. You can't say you're that soul. Let me explain this as we've described it before. Imagine you're growing from a branch on a tree. There's a large and thick trunk with many branches. You're one of those smaller branches that have grown off the main branch. Can you understand the relationship here? Would you say you are the trunk itself? You wouldn't be turning the trunk into yourself, correct? Because you possess your own distinct characteristics as part of life. You're unique.

然后和灵魂有链接的话,就是说为什么有⼀些⼈他会觉得很吃⼒.因为他没有得到树⼲的养分呀.那如果你⼀直在吸收树⼲上的养分,你是不是就会长的很好,长的很壮? 然后就很不费⼒.那如果你是跟它链接不到的⼀个状态,你就会觉得你为什么总是长不⼤呢?

Then if there is a connection with the soul, that's why some people find it challenging because they haven't received nourishment from the trunk. If you keep absorbing nutrients from the trunk, wouldn't you grow well and become strong? Then it wouldn't be difficult at all. But if you are in a state where you can't connect to it, you would wonder why you can't grow up properly.

问: 你们是第⼏维度的? 你们经历过第三维度的转世吗? 你们的挑战是什么?

Questioner: Are you beings of which dimension? Have you experienced reincarnation in the third dimension? What is your challenge?

22号: 我们是第⼏维度的? 因为如果是⽤我们⾃⼰的⼀个概念来说你们是属于,就⽐如如果拿数字来说,你们现在属于三的阶段.那我们是九.就是三和九之间的⼀个区别⼀样.第三维度的转世? 就是你们地球上的转世? 没有.我们的挑战是什么? 我们的挑战就是尽我们最⼤的可能去创造和展现⽣命的宽度、⼴度、维度.就是⽐如说⼀棵树它能reach到多⾼.就是我们尽可能是顺着它⽣命它本来的⼀个,就⽐如说⼀棵⽩菜你能长多⼤? 我们就顺着它,然后来呈现出….因为我们⾃⼰都不知道.不断地再去好像呈现,怎么说,就是不断地突破不断地突破,这样⼦的⼀个过程.因为到底是什么样⼦,我们也不知道.就是到底它会呈现什么样⼦.

Number 22: What dimension are we in? Because if to describe you using our own concept of dimensions, for example, if we say that you belong to the third stage using numbers, then we would be at the ninth. That's just like a difference between three and nine. Reincarnation in the third dimension? No, your Earthly reincarnation? Not really. What is our challenge? Our biggest challenge is creating and showcasing the width, breadth, and dimensions of life to their maximum extent. Like, for instance, how high can a tree grow? We strive as much as possible to follow its natural growth trajectory, like asking, 'How big can a cabbage grow?' Then we present it by following that growth path since we don't know it ourselves. It's an ongoing process of constantly breaking barriers and pushing boundaries because ultimately, we don't know what the outcome will be; it's about discovering how things unfold through this continuous exploration.

就好像⼀副没有完成的画.然后如果有⼈他会有新的⼀个灵感,他在上⾯去作画.那你说我们想要画成什么样⼦?因为你想画成什么样⼦那是已知的,我们是未知的.所以我们不断的在这幅画上去添加⾊彩,然后去丰富我们的⼀个⽣命的饱满度.然后,他所谓的挑战就好像是你们⽬前的⼀些困难.我们的所谓的⼀些困难,就是你们经历的所谓的困难,你可能想要知道我们去⾯对的这些困难.因为困难只有你们才会去给它定义.⽐如说OK,这个事情是个困难.因为它不是很容易的事情.但是对于我们来说,我们没有去把它定义成困难.我们更多是把它定义成⼀个过程.你能理解这样的不同吗?就⽐如说我们俩个⼈同样的去经历⼀些事情.

It's like an unfinished painting. Then, if someone has a new inspiration, they would add to it and paint on it. So what do we want this painting to look like? Because you know how you want it to be, but I am the unknown factor. We are adding colors and enriching our life's fullness through this process. The so-called challenge is like your current difficulties. Our difficulties—what you've experienced as challenges—are what we face. You might wonder about the challenges we encounter since only you can define them. For example, something being difficult means it isn't an easy task. But for us, we don't label it as a difficulty. We view it more as a process. Can you understand this difference? Like when both of us are experiencing similar situations together.

在你眼⾥你觉得失败了很多次,它不是很容易.你会把它定义成困难.你会觉得有很多困难要去克服.但是对我们来说这是我们去从A到B的⼀个过程.你能看到这个不同吗?这就回答了你刚才说的困难.所以在我们这⾥是没有困难的.它这只是⼀个过程⽽已.然后过程它越曲折,它的意义就越强⼤.就是它越是有意义.如果⼀个过程越简单的话,你不会觉得它有意思的.就好像你玩游戏,你能⼀下就赢了对⽅.你不会觉得这是⼀个很好玩的游戏.你会觉得它的过程越是复杂,它越是有意思,它越是有挑战性,越是刺激.越是能让你保持更加专注的⼀个专注⼒在⾥⾯.

In your perception, you might feel like you've failed many times; it's not straightforward. You would label that as difficulty. You'd think there are numerous difficulties to be overcome. But for us, this is a process of moving from point A to point B. Do you see the difference? That answers what you said about difficulty. So in our context, there is no such thing as difficulty; it's simply a process. The more winding that process is, the stronger its meaning becomes, and thus its significance. If a process is too simple, you won't find it interesting or engaging. It's akin to playing a game where you can easily win; you wouldn't consider it a fun game. You appreciate the process becoming increasingly complex as it adds more interest, challenge, and excitement. And this enhances your focus and concentration throughout the experience.

问: 那我们今天所有的问题都问完了.请问你还有没有什么最后想要带给我们的信息?

Questioner: Then, have we covered all the questions for today? Could you please share any final information that you wish to convey to us?

22号:最后的信息带给你们的就是,最后的⼀个信息就是希望你们都可以不要把⽣活中遇到的⼀些事情给它定义为困难.然后把它当成⼀件⾮常有意义的⼀个过程.然后过程越是复杂,你们的收获就越⼤.

The final message for you all is this: the last message is that I hope you don't define the challenges in your life as difficulties. Treat them instead as a very meaningful process. The more complex the process, the greater the rewards you will gain.

# **2022/04/04 — 没有昨天 No Yesterday**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

问: 请问如何可以克服玩游戏成瘾这个问题?

Questioner: How can one overcome the addiction of playing games?

⾼灵: ⾸先,你要知道你真的想不想克服它? 如果你真的是下定决⼼你想要克服它,然后你就可以⾛上克服它的这条道路.你⾃然⽽然你就会有你⾃⼰的⼀个⽅式去克服它.就是你先要有这个强烈的愿望想要去做这件事情.因为你们每⼀个⼈,就好像你在⼀个泥坑⾥⾯.你⾸先有强烈的欲望,⽐如说你有强烈的⽣存的欲望,你要活下去.那你⾃然⽽然就有你⾃⼰的⼀个⾛出来的路.因为到底是哪⼀种你⽤你⾛出来的⽅式,你们每⼀个⼈都不⼀样.这⾥没有⼀套系统.但是有独⼀⽆⼆的属于你的路.就⽐如说我有强烈的欲望就是我不要过这样的⽣活.那当你有了这个欲望的时候,你的路就会逐渐的在你的眼前展开了.

Higher Spirit: Firstly, you need to understand if you truly want to overcome it? If you have made up your mind that you do want to conquer it, then you can embark on the path of overcoming it. Naturally, you will develop your own way to overcome it. This involves having a strong desire to take action on this matter. Since each and every one of you is like being stuck in a mud pit. You first need a strong desire, say, a strong desire for survival, wanting to live. Then naturally, you will find your own path out. Because the method or approach that you choose can vary greatly among individuals. There is no set system here, but rather a unique path that belongs to each of you. For instance, if I have a strong desire not to live like this, then when that desire arises, my way forward gradually unfolds before me.

那当你没有这个欲望的话,就是没有产⽣这个念头、没有这个欲望的话.那你每天还是进⼊⼀个旧有的模式.这么说吧,你现在在A,对不对?你说我怎么样才能离开A呢?那你是不是有⼀个⽬的地是B,对吧? 那如果你都没有任何⽬的地,那你是不是还继续在A的地⽅.you have nowhere to go,对不对? 还有问题吗?

When you don't have this desire, meaning no thought or desire arises, then you're still entering an old pattern every day. To put it another way, you are currently at point A, right? If you ask how can I leave point A, does that mean you have a destination of B, correct? And if you have no destination at all, would you continue to be in the place of A, having nowhere to go, right? Any other questions?

问: 我们如何可以在早上睡醒的睡醒的时候,不被前⼀天或者以前的记忆所束缚,让这⼀天成为完全新的⼀天? 让更多新的东西进⼊到我们的⽣命中来?

How can we break free from the constraints of yesterday's or past memories when we wake up in the morning and start a brand new day, allowing for more fresh things to come into our lives?

⾼灵: 你要知道你根本就没有前⼀天.如果你脑海⾥有前⼀天,那是你在当下创造的.明⽩我意思吗? 你有没有看到这个不同? ⽐如说你现在脑海⾥⾯⼀直在因为昨天的事情烦恼.那你是在你的当下创造了这个烦恼,然后呢个烦恼是关于昨天发⽣的事情.但是在你看来就是前天的事情还在影响到我.是你去选择再进⼊这样⼦的模式在当下.你们的每⼀刻,你们的头脑,你们的想象⼒,你们的记忆都在就好像运作⼀样.你只是选择: 啊,我要⽤同样⼀个主题.

Higher Spirit: You must understand that you have no yesterday. If you think you have a yesterday in your mind, it is something you create right now. Do you see the difference? For instance, if you're bothered about things from yesterday because they are in your head right now. This disturbance is something you created in this moment, and then you associate that disturbance with events of yesterday, but to you, it feels like something from the day before yesterday still influencing me. You choose to fall back into this pattern in the present. Your every moment, your mind, imagination, memory work as if they were functioning properly. It's just a choice: I will use the same topic.

问: 那我们怎么样更有意识的去选择换⼀个新的主题呢?

Questioner: How can we be more mindful about choosing a new topic?

⾼灵: 每⼀个当下你都可以去选择啊.所以不是记忆缠绕着你,是你继续去选择呢件发⽣的事情来继续呢个什么.那如果你能觉察到你的头脑进⼊这种固定的模式,对不对? 你能觉察到,就是你能知道你是在重播的话.你是不是就可以知道如何按暂停了,如何切换了? 那如果你不知道你是在重播的话,那你肯定是不知道你是在重播啊.那你没办法,你也不知道有暂停和切换键啊.所以当你知道了过后,你是不是就有去转换它的⼀个能⼒了,对不对? 那你还可以进⼀步的,就是说,OK,为什么这个事情还继续? 那你去探索⼀下.那⾥是不是还有需要你去注意到的东西你没注意到? 就⽐如说你昨天产⽣了⼀个特别⼤的⼀个⽣⽓的情绪,然后你今天还继续⽣⽓.

Higher Spirit: You can choose every moment, you know. So it's not that the memory is binding you, but rather you are choosing which story to continue unfolding in your life. If you can notice when your mind enters a fixed pattern, right? Can you notice, meaning you can realize if you're replaying events? Wouldn't you then be able to control whether this play is paused or switched to another scene? If you don't know that you're replaying, then indeed, you wouldn't know it's happening. You wouldn't have the clue about when to pause and change scenes, as you are unaware of these options. Once you realize these dynamics, do you gain the ability to transform your experience? Is this correct thinking? Furthermore, why does something keep repeating? Explore if there is more awareness needed that you might be missing. For instance, if yesterday you had an extremely large anger and still feel angry today,

那就说明呢个情绪产⽣,它并没有正⾯服务到你.如果它正⾯服务了你的话,你便不会再⼀⽽再再⽽三的去….明⽩吗? 就好像这⾥有⼀个礼物,呢⾥有⼀个果⼦.如果你把呢个果⼦给拿下了,你又可以继续再前进了.

That means the emotion produces something that doesn't positively serve you. If it does serve you, then you wouldn't keep repeating... understand? It's like there is a gift here and a fruit here. If you take the fruit, you can continue moving forward.

问: 宠物被它的主⼈买⾛的时候是它选择了它的主⼈吗?

Questioner: When a pet is bought by its owner, did the pet choose its master?

⾼灵: 宠物被它的主⼈买⾛是它选择了主⼈吗? 这个就好像是你这个⼈想要去,就是有⼀些⽣命或者有⼀些成员加⼊.就是你有这个意向过后,然后你便会进⼊⼀个…. 就好像你去海⾥⾯捕鱼,那你的⽹下去,你就会捕到鱼.那你想要去买⼀些宠物,那么你就会去… 有⼀些它们就好像是彼此的共同的⼀些链接.但是有⼀些它只是⼀种就好像⽆意识的⼀些卷⼊.因为就好像你们每⼀个⼈来到这个世界上体验的主题不⼀样.就⽐如说同样的两个⼈体验同样的事件,但是呢个事件背后的⽬的却完全不⼀样.然后,⽐如说两个同样被家暴的⼥⼦.⼀个灵魂它体验家暴是想把家暴这个社会现象更加的加重,让社会看到.

Higher Spirit: Is it the pet that chooses its owner when it's purchased? It's akin to you wanting someone to join your life or become part of your family. You have this intention and then you enter into a... like fishing in the sea; once you cast your net, you catch fish. If you want to buy pets, you'll go... there's a mutual connection between them. But some are just involuntarily drawn in due to differences in life experiences. For example, two people experiencing the same event may have completely different reasons behind it. Say two women who experience domestic abuse; one soul seeks to intensify awareness of domestic violence as an issue for society.

那另外⼀个它体验家暴是想通过家暴来找回⾃⼰的⼒量,就是先去体验呢种⽆⼒感.然后这种经历把它逼到不得不反抗,然后激发出它所有的⼒量.你就不能去拿同样的⼀个….去分析家暴就是因为什么什么的.也就是说所有的所有的事件,就算你们看上去它表⾯上是⼀样的.它其实都是独⽴的.关于宠物跟⼈之间的关系,你看上去好像是….那你能说所有的宠物都是宠物选择了主⼈吗?明⽩我意思吗? 那它有可能只是⼀个道具⽽已,出现在呢个⼈的⽣命⾥⾯.

The person experiencing domestic violence seeks to regain their power by first going through the experience of helplessness. They are pushed into a situation where they have no choice but to反抗, thus unleashing all their strength. You cannot apply the same principle... in analyzing why domestic violence occurs. Essentially, every event appears similar on the surface, yet each is independent. Regarding the relationship between pets and humans, it might seem like... Can you say that all pets chose their owners? Do you understand what I'm saying? It's possible they're just a tool, appearing in someone's life.

问: 我们如何能够训练⾃⼰在半梦半醒的时候可以保持意识的清醒?

Questioner: How can we train ourselves to stay conscious in a half-dreaming state?

⾼灵: 如何训练⾃⼰在半梦半醒的时候保持意识清醒? 你为什么想要训练你在半梦半醒的时候保持意识清醒,⽽不是说你在清醒的状态下? 你为什么会选择在半梦半醒的⼀个状态保持清醒? 为什么是呢个时候呢?

Spiritual being: How do you train yourself to stay conscious in a state of half-sleep? Why would you want to train to stay conscious in this kind of semi-state, instead of just being fully awake? Why choose the semi-aware state over full awareness? Why that particular stage?

问: 因为呢个时候是所谓的我们可以链接更⼤能量,就是潜意识⼤门打开的时候.可是往往呢个时候就没有意识了,就在胡思乱想很多事情.

Questioner: Because that's when we can supposedly link to much greater energy, when the doors of our subconscious are open. But often, during such times, consciousness is lost, and one starts fantasizing about many things.

⾼灵: ⾸先你要看到你的这个观念、你的这个观点是从谁呢⾥得到的.因为有的⼈他可以在这样的⼀个状态下保持清醒,他有了这个体验过后.有可能只是纯粹属于他的.有可能是很久很久以来修成的⼀个,他拥有这个技能.然后他这⼀世又再找回来这个技能.然后他就觉得: 啊,我分享⼀个我的⽅法.你明⽩我意思吗? 所以最重要的不是说你不停的去捡别⼈的⼀个⽅式⽅法,别⼈链接⾼我的⽅法或者别⼈怎么样怎么样.那他是怎么样通灵的,他是怎么样链接⾼我的,他是怎么做的.不是这样.⽽是说你⾛上属于你⾃⼰的.当你⾛上你⾃⼰的路,你就时刻的,就不再是你这个⾁体在⽆意识的⾏动.就你不再是⼀个⾁体在⽀配你了,你就是跟⾼我合⼀的⼀个状态.

Higher Spirit: First, you need to recognize whence your concept or perspective comes from. Because some individuals can maintain clarity in such a state and after having this experience, it might be uniquely theirs, something they have cultivated over an extended period of time, possessing a skill that they've reclaimed in this life. Then, they believe: "I will share my method." Do you understand what I mean? Therefore, the most important aspect is not to constantly borrow others' methods; whether someone connects with the High Self or how others behave doesn't matter. It's about walking your own path. When you embark on your journey, you are no longer mindlessly acting through your physical body. You're not being controlled by a body but are in harmony and unity with the Higher Self.

问: 我发现我现在不管是好的感受还是坏的感受都会⽐较快的在物质世界投射成事件让我体验.我想问⼀下这种越来越快的感觉是为什么?

Questioner: I've noticed that whether it's a good or bad feeling, it manifests into events in the material world for me to experience at a faster rate now. I'm wondering why this sensation of increasing speed is happening?

⾼灵: 那是你个⼈的⼀个成长的⼀个过程.你想⼀下,⼀颗种⼦在⼟⾥埋了很久很久,突然春天到了.蹭蹭蹭的长.那只是季节到了,明⽩吗?

Higher Spirit: That is a process of personal growth for you. Imagine a seed buried deep in the soil for a very long time. Suddenly, spring arrives and it grows rapidly. It's just that the season has changed, understand?

问: 我现在有没有什么我没有注意到的还在束缚着我的信念吗?

Questioner: Are there any beliefs that I am still holding onto that I might not have noticed yet?

⾼灵: 你不需要去注意这个问题.你不需要去关注这个问题.你也不需要去花你的时间精⼒在这个问题.因为所有所有你需要体验的,它都会⾃动的呈现.你唯⼀不错过这些的就是说你把你的觉知放在当下.你不⽤花太多时间去担忧啊、害怕啊、检验啊.为什么? 因为你⼀旦你这样⼦的话,你就脱离了当下.那你不停的再去检验的时候: 我现在怎么样、我有什么问题…. 那你再进⼊这个的时候,你是不是就在错过你的真正的⽣命的.你们不是因为你去注意、你去留意、你去防范,明⽩吗? 因为你们会觉得我如果防范了,我提前知道了或者我去注意了,我就不会怎样.⽐如说我就不会摔跤,我就不会⾛弯路.

Higher Spirit: You do not need to pay attention to this issue. You do not need to concern yourself with this problem. And you also do not need to spend your time and energy on this matter because everything that you need to experience will naturally unfold itself. The only way you won't miss out on these experiences is by keeping your awareness in the present moment. There's no need to worry, be afraid, or constantly check things for fear of missing life. Why? Because when you do that, you distance yourself from the now. And every time you keep checking: how am I doing right now? What problems do I have… When you come back into this state, are you not missing out on your true life? You aren't missing it because you pay attention, notice, and guard against it, understand? Because you feel that if you're guarded, know in advance or notice things, then you won't face anything. For example, I won't stumble, I won’t take the wrong path.

因为如果你是⼀个充满觉知的状况,你所谓的弯路就是你的必经之路.你所谓的弯路只是你头脑⾥⾯认为的⽽已.那如果你没有觉知的话,你这⼀辈⼦都是弯路啊.因为你没有觉知的话,你都是稀⾥糊涂的这⼀辈⼦.那你⼀辈⼦你都在防啊防啊,防了⼀辈⼦.你就是怕⾛弯路.明⽩吗? 所以跟你经历了什么、外在有什么没什么没有关系.最重要的是你有没有清醒.

Because if you are in a state of awareness, your所谓 detours are your necessary paths. Your所谓 detours are merely what your mind deems them to be. If you're not aware, though, your entire life is a series of detours. Because without awareness, you live your whole life blindly. So you spend your whole life guarding, guarding, guarding against any detours. Do you understand? Therefore, it's not about what you've experienced or what's happening externally; the most crucial aspect is whether you're清醒.

问: 我能不能问⼀下以前让我⽤书写去链接它的存有指导灵,它有没有什么信息是想要带给我的?

Questioner: Can I inquire about the entity spirit guides that were previously guiding me through writing, and if it has any messages for me?

⾼灵: 让你去⽤书写链接它的指导灵有没有什么信息想要带给你的? 然后它的信息说你不需要去追求或者是去关注或者是去怎样.你只需要去越来越多的成为你⾃⼰.因为如果你只是去关注这⼀个信息的话,它会局限于你.好像我这边有很多很多的信息和能量想要进来,但是如果你只是去它这个能量,就是只关注这⼀个的话.那你会错过很多.

Higher Spirit: Is there any information that the guiding spirit wants to convey through you by writing about it? Then its message says that you don't need to seek or focus on anything; you just need to become more of yourself. Because if you only focus on this piece of information, it might limit you. As though there are many messages and energies wanting to come in from here, but if you're just focusing on this energy alone, you will miss out on a lot.

问: 能不能再给我解释⼀下…⾼灵: 不要去局限于任何,不要去盯着任何.打开.打开.也就是说如果你去关注了呢个信息,然后你只局限于书写书写书写.那你就会失去其他链接的⽅式,有可能是跳舞,有可能是唱歌、有可能是雕塑、有可能是画画、有可能是演戏.这只是说它有不同的表达的⽅式.因为能量的表达⽅式它没有任何限制.然后还有就是说你的不同的意识状态,你的能量也在变化.就⽐如说当时的⼀个能量状态,那想要进来链接你的这个灵是属于这样⼦的状态,对不对? 那当你的意识发⽣变化的时候,然后想要跟你work together,就是共同合作、共同展现、共同创作的灵,它也在不断的产⽣变化.明⽩吗?

Questioner: Can you explain it again...Higher Spirit: Don't limit yourself to anything, don't fixate on anything. Open up. Open up. That means if you focus on this information and are limited in your writing, then you will lose other connection methods. It could be dancing, singing, sculpting, painting, acting, or any other form of expression. This is just saying that there are different ways to express it because the way energy can be expressed has no limits. Additionally, it's also about your varying states of consciousness, and how your energy changes as well. For example, if a spirit wants to connect with you in this particular energetic state, right? And when your consciousness changes, wanting to work together with spirits that want to collaborate, co-present, or co-create with you, they are also constantly changing. Do you understand?

因为你们就好像是⼀起跳舞.你们⼀起跳舞.你双⼈舞.这么说吧,就好像还有⼀个跟你⼀起跳舞的是看不见的能量.但是你却能跟它⼀起work together.但是⼀股能量把你们连到⼀起,但是在你们物质世界看来就好像是你⼀个⼈⼀样.所以这就是为什么有很多创作家、艺术家在你们看来就好像是⼀股能量牵引着他们.但是他们并不是alone,并不是孤独的.他们只是匹配了呢股能量,然后共同的去展现.

Because you are like dancing together. You dance together. You do a two-person dance. To put it simply, imagine there is an invisible energy dancing with you, but yet you can work together with it. But there's a force that binds you together, yet in your physical world, it feels like you're alone. That's why many creators and artists seem to be pulled by this energy from your perspective. But they are not alone; they are not lonely. They just resonate with this energy and then collectively express it.

问: 我们有清明节祭祖的风俗.那些去世的亲⼈是否知道我们在祭拜他呢?

Questioner: We have the custom of sacrificing to our ancestors during Qingming Festival. Do those deceased relatives know that we are paying tribute to them?

⾼灵: 呢些去世的亲⼈是否知道你们在祭拜他? 即使你们不⽤祭拜他们,他们也知道.所以不是你们祭拜他们的时候,他们才知道,明⽩吗?

Higher Spirit: Do the deceased relatives know when you are paying homage to them? Even if you don't need to pay homage to them, they do know. So it's not that they only realize during the time of your worshiping them, right?

问: 那我们上坟的时候烧的纸钱在所谓的死亡地带他们是真的可以⽤上这些东西吗?

Questioner: When we burn money papers at ancestral graves, are these things really usable in so-called death zones?

⾼灵: 在死亡地带他们是真的可以⽤上你们烧的纸钱吗? 这么说吧,⼈,他去世过后,他的⼀些个性、他的⼀些信念、他的⼀些特征,这些是没有改变的.所以呢,你们表现出、创造出的这些东西,他们是可以同样的体验到的.

Sage Spirit: Do they really use the money you burn in the no man's land in the afterlife? To put it simply, a person's character, beliefs, and traits don't change after they pass away. Therefore, the experiences that you demonstrate or create can be similarly felt by them.

问: 那既然他们可以体验到我们烧给他们的东西.那呢些没有⼈祭拜的,是不是就是说他们在呢⾥就没有钱花?

Questioner: If they can experience what we burn for them, does that mean those without offerings are essentially saying they have no money to spend there?

⾼灵: 并不是.你要知道你的信念只work for yourself.你的信念只对你⼀个⼈有⽤.那为什么对其他⼈也有⽤呢? 因为其他⼈跟你持有⼀样的信念,明⽩吗? 那当你失去这个⾁体的时候,你是不是也⼀样? 所以就像我刚才说,你不能拿所有事件都⽤⼀个去评论.那同样这样⼦,你也不能拿⼀个…. 就好像你跟你恋⼈之间,你们俩的秘密.你们俩拿⼀根稻草系在⼿上,然后说注定我们俩怎么样怎么样.那别⼈来通灵问我,呢个稻草真的有呢个意思吗? 呢个稻草真的代表什么什么吗? 它真的是什么什么吗? 求爱真的是要⽤这种⽅式吗? 你明⽩我意思吗?

Higher Spirit: Not necessarily. You need to understand that your beliefs only work for yourself. They are useful for you alone. Why would they be useful for others? Because other people share the same belief, right? If you lose this body when you die, would you also have the same belief? So just like I mentioned earlier, you can't apply a one-size-fits-all approach to all events. Similarly, you shouldn't apply it like…

Imagine the secrets between you and your lover, both of you holding a reed in your hands and saying that we are destined to be this way. When someone asks me after connecting with spirits, does this reed really mean that? Does it truly represent something or signify something else? Is loving really meant to be expressed through this manner? Do you understand what I'm trying to say?

所以同样的也是好像⼀个活⼈和死⼈之间,他们之间的⼀个信念,互动的⼀个问题.因为这⾥没有什么真的,没有什么假的.你相信就是真的,它能影响到你就是真的,是吧?

So it's like a belief or interaction between a living person and a dead one, because here there is no true, no false. What you believe is what is real, what affects you is what is real, right?

问: 为什么⼈活着的时候我们不去多拜拜,反⽽⼈死了之后我们要去拜呢?

Questioner: Why do we not worship more when people are alive, but only after they die?

⾼灵:因为你们⼈活着的时候,你是不是就觉得我今天不去明天去,明天不去以后再去什么什么的.你们总会把事情往后⾯推.然后为什么死了就要拜?那你们有⼀些特定的节⽇,⽐如说清明节或者是什么节.那你们都有呢样的风俗要在这⼀天做.那你就没有办法往后⾯拖.你会把呢件事放在最前⾯去.这就是你们⼈类之间⾃⼰运⾏的模式.

Higher Spirit: Because when you're alive, don't you think 'I'll pray today or tomorrow, and if not then maybe the day after tomorrow,' or always finding ways to postpone things? You tend to delay everything. And why do you have to pray only once you die? That's because you have specific festivals like Qingming Festival or other occasions where there are certain customs that require worship on that day. There is no room for postponement; you have to place that act at the forefront. This reflects your human pattern of operation among yourselves.

问: 我们如何和去世的祖先保持链接?

Questioner: How do we maintain a connection with our deceased ancestors?

⾼灵: 你们如何保持链接? 你们就没有断开连接.就⽐如说你们祖先的恐惧你们现在还拥有.你们祖先的精神,⽐如说节约精神,你们现在还拥有.你们祖先慷慨的精神,你们现在还拥有.你们祖先就是….这个就好像是在你的基因了,在你的⾻⼦⾥,在你的潜意识⾥.你⽐如说为什么你们会有遗传病呢? 那是不是你们的相同的恐惧,你们拥有相同的恐惧.你们拥有同样的对⼈世间的⼀个观念、看法、情绪反应或者饮⾷爱好.这些都在你的⽣命⾥⾯.那你从这些⽅⾯你就能看到实际上….这么说,哪怕你的⼀个动作,你的⼀个表情.⽐如说你特别喜欢皱眉,你爷爷也喜欢皱眉.对不对? 那你就能看到实际上你们并没有断开连接啊.

Sage: How do you maintain the connection? You don't break it. Like, for instance, the fear that your ancestors still possess. The spirit of your ancestors, such as the frugal spirit, or generosity, which you still have today. The essence of your ancestors is... this runs through your genes, in your bones, and in your subconscious mind. Why do you inherit certain diseases? Is it because you share similar fears, causing these to be passed on? You also share a perception of the world - thoughts, emotions, or food preferences. These are all part of your life. Thus, from this perspective, you can see that... every action and expression, like the way you frown often, just like your grandfather did. This shows that you're not actually disconnected.

就好像是⼀棵⾮常粗的⽵⼦,它下⾯不断地往上长,不断地往上长.你就是顶端的呢⼀个,新⽣命.那你的成长是不是在它…? 还有问题吗?

It's like a very thick bamboo, always growing upwards, upwards. You're the tip of it, new life. Is your growth within it...? Any questions?

问: ⼈死之后,他转世了之后,他前⼀个⼈格去哪⾥了?

Questioner: After a person dies and is reborn, where does his previous personality go?

⾼灵: ⼈死之后? 因为你们有⼀个误解,你⽐如说你这个⼈你死了过后,你觉得还是你这个⼈去转的世.就好像你们有这个概念就是说,我这个A的东西跑到B⾥⾯去了.那我A是不是就没有了? 那是你们还在⽤物质世界的观点和观念来看待⼀个…A它去了B,那它就不A了呀.你们还在⽤这种空间的概念,⽤这种就是:‘啊,我现在是个⾁体.那我变成呢个,那我是不是就呢个什么了’明⽩吗?也就是说这是你旧有的观念.但是真的是什么呢?你看到有⽔,是吧?⽔它流出,然后变成了冰棍.那是有的⽔它变成了冰棍,对不对?因为天⽓很冷.然后源头还是不断有⽔.那你不会说⽔不是变成了冰棍了吗?为什么这⾥还有⽔?

Higher Spirit: After人死亡? Due to a misunderstanding, you think that when this person dies, it's still them reincarnating in another life. It's like having the concept that "my A thing has moved into B." Does that mean that A no longer exists? You are still using the perspective and concepts of the material world to view… When A goes to B, then it is not A anymore, right? You're still using this spatial concept and thinking: "I'm now a physical body. So when I become something else, does that make me something else?" Can you understand that this is your old way of thinking? But what is really happening? If you see water flowing, correct? The water turns into an ice rod because it's very cold. Then the source keeps producing more water constantly. Would you say the water has become an ice rod? Why can there still be water here when we have an ice rod?

因为这不是⼀个再去要么只有A,要么只有B的过程.不是这样⼦去转化的.但是因为你们⾁体⽣活在这个空间⾥⾯.你们会⽤这种观念和这种模式去看待.它既在这⾥也在呢⾥.所以它不是只有 A没有B.既是A,也是B.

Because this is not a binary choice between either A or B and transforming into one while rejecting the other. It's not about an abrupt shift to one state from another. But because you exist physically in this space, your mind operates within these paradigms and patterns leading you to perceive it as both present here and there simultaneously. Thus, it's not exclusively A without B; it's both A and B at the same time.

问: 为什么很多⼩男孩特别喜欢恐龙?

Questioner: Why do many little boys particularly like dinosaurs?

⾼灵: 为什么很多⼩男孩特别喜欢恐龙? 她问这个问题是因为她看到她的⼉⼦每次⼀看到恐龙就很兴奋,不断的要看恐龙.因为这是在他们,就是男性,就是偏雄性的基因⾥⾯它有⼀种对⼒量、对看起来⾮常强壮、看起来⾮常强⼤的⼀个…. 那他为什么不喜欢看上去没有⼒的东西? 因为有⼒量的东西,强⼤的东西象征着⽣命⼒,会吸引他们的,就是好像是引起了共鸣⼀样.会唤醒他们内在与⽣俱来的⼀些… 然后恐龙在他们眼⾥就⽐其他的⼩⾍⼦看起来更加强悍,对不对? 看起来更加不可被打倒的⼀个形象.然后你看到就会让你产⽣吸引⼒.然后就像是这⼀种同频率的⼀种状态⼀样.但是它只是有⼀些,⽐如说他的雄性特征特别明显的.

High Spirit asked why many little boys particularly like dinosaurs because she noticed her child becoming excited whenever he saw them and constantly wanted to watch dinosaurs. This is due to the male, or more specifically, the masculine gene having an inclination towards strength, something that appears immensely robust and powerful within it. Why do they dislike things that seem weak? Because strong things symbolize vitality which attracts them, akin to a resonance deep within themselves awakening innate aspects of theirs. In their eyes, dinosaurs appear stronger than other insects, correct? An image that seems unassailable, which then becomes attractive. It's like being in sync with this frequency. However, it only applies if there are distinct masculine traits involved.

并不是所有的男孩或者是所有的他都是对这样⼦的⼀个感兴趣.只是部分.为什么? 因为是某⼀些⼈,⽐如说他的侵略性特别强.他的攻击性、他的侵略性、他的强⼤的像猎⼈⼀样的特质.然后拥有这样⼦的特质他会对这样⼦的感兴趣.那也有⼀些特别喜欢泥⼟呢? 他对泥巴特别感兴趣.所以是⼀些特质的⼀些⼈会被这样⼦的去吸引.

Not all boys, or even all of them, are interested in this. It's only a part. Why is that? Because it's certain individuals, for instance, those with exceptionally strong aggressiveness, their aggressive nature, and their dominant hunter-like traits. They find such characteristics intriguing. Are there some who particularly like mud? They're fascinated by dirt. So it's these specific qualities that attract certain people to this.

问: 恐龙为什么会灭绝?

Questioner: Why did the dinosaurs become extinct?

⾼灵: 恐龙为什么会灭绝? 只能说恐龙的呢个形象灭绝了.你知道你们的病毒不是在不断地产⽣变化吗? 对不对? 你们⼈类的相貌也在不断地变化,对不对? 你可能看不到…但是如果你看你们⾮常⾮常多年前的⼈类跟现在… 那⼀切都是在变化的话,那恐龙是不是也在变化.变的到你们觉得它不是恐龙了.它只是随着就是… 这么说吧,你们物质世界上的物体,就是你们这个⾁体它会随着你们的环境⽽选择⼀种更加能⽣存在这个地球上.就是我会变成⼀个更加能适应的…在这个地⽅.⽐如说,最开始,地球很⼤,地很⼴,对不对? 那这个物种,我很⼤,我很巨型的,我有地⽅给我⽣存.那当我的地盘变得越来越⼩了,明⽩吗?

Higher Spirit: Why did the dinosaurs become extinct? One can only say that the image of dinosaurs became extinct. Do you know that your viruses are constantly evolving? Aren't they? Your human appearance is also changing constantly, aren't they? You might not be able to see… but if you look at humans from a very, very long time ago compared to now… everything has been changing. If so, then dinosaurs were also changing. They changed until you don't recognize them as dinosaurs anymore. It's just that… let me put it this way: the objects in your material world, or rather, your physical body choosing something better suited for existence on this Earth due to changes in your environment. I will adapt into something more capable of surviving here. For example, at first, the Earth was vast and wide, weren't they? This species was very large, gigantic, with plenty of space for survival. But when my territory became smaller and smaller, do you understand?

当我地盘变的越来越⼩,我还是需要⽣存,对不对? 那我就不断地演化,不断地演化.那就把我的体型演化到能有我⾜够的地⽅给我⽣存的.所以这个是根据你们的不断地⼀个物质环境转变⽽转变的.然后说到这⾥,所以你们也不需要对疫情的病毒太过于的去担⼼和害怕.因为你们的⾝体它也会去适应这个病毒.那这个病毒的攻击⼒会越来越⼩.⾸先病毒它们的攻击⼒,它们并不是想要你这个… 就是它想要⽣存,它是不是也要在不杀死你的情况下,它才能存活下来,对不对? 所以它并没有想要去杀害你.因为你死了,它不也死了吗? 所以说你们的⾝体会⾃我调节,达到⼀个可以和病毒共存的⼀个状态.然后你们只需要,怎么说,就好像病毒是个引⽕线.

"When my territory gets smaller and I still need to survive, don't I have to continuously evolve? Continuously evolve. That means evolving my body size so that it can support enough space for me to survive. So this adaptation is based on the continuous change of your material environment. Speaking of which, you shouldn't worry too much about viruses during pandemics because your body will adapt to them as well. The aggressiveness of the virus will decrease over time. First off, viruses don't want to harm you... Their goal is survival, right? They need to survive without killing you, so they're not aiming to kill you. After all, if you die, doesn't that mean it's game over for them too? Therefore, your body will self-regulate to a state where it can coexist with the virus. All you have to do is treat viruses like a fuse."

如果你内在没有炸弹的话,它是不会造成特别⼤的伤害,对不对? 所以只有你内在埋了很多炸弹,它才会去造成很⼤的影响.

If there's no bomb inside you, it won't cause significant harm, right? So only when there are many bombs inside you does it lead to a big impact.

问: 说到龙,我有⼀次做过⼀个⾮常清醒的梦.我梦见的是中国的呢种龙,就是在天上飞的龙.然后它⼀直追着我.我看的⾮常⾮常清楚.最后我告诉它,我现在还不能⾛.然后它就突然消失了.因为这个梦太清楚了,然后我感觉⾃⼰在梦⾥也是知道⾃⼰在做梦的.⽽且是两次我梦见.我想知道它有什么信息要带给我吗?

Questioner: Speaking of dragons, I once had a very clear dream. The dragon in my dream was the Chinese kind that flies through the sky. It kept chasing after me. I saw it extremely clearly. Finally, I told it that I couldn't leave yet. Then it suddenly disappeared. Because this dream was so vivid, I felt like I knew that I was dreaming while I was inside of it. And this happened twice for me. I wonder if there is any information it wants to convey to me?

⾼灵: 你想要知道你梦见呢个龙是有什么信息想要给你的吗? 你稍等.然后它,因为你是⼀个对未知充满了特别强烈的⼀个探索欲.然后这些只是来引领你进⼊未知领域去探索的⼀个点⽽已.因为你会遇到很多这样⼦的,它不只是唯⼀⼀个.你会遇到,就是来引起你注意⼒.不要让你沉浸在物质世界这个梦⾥⾯太深.就好像来敲你⼀下,拉你⼀下,碰你⼀下: 来看看我.跟你捉迷藏⼀样.

Ethereal being: Do you want to know what message the dragon in your dream is trying to convey to you? Please wait a moment. It appears because you have a strong desire for exploration of the unknown, and these encounters are merely points that guide you into the realm of the unknown for exploration. You will encounter many such instances; it's not just one isolated case. You'll come across things designed to capture your attention without letting you sink too deeply into the material world of this dream. It's like a tap on the shoulder, pulling you out of yourself: Look at me! It's playing hide and seek with you.

问: 我们为什么需要觉察?

Why do we need awareness?

⾼灵: 前⾯呢⼀段信息就是说,如果你没有觉察到的话… 如果你觉察到⾃⼰⾛路弯路的话,其实呢就不是弯路了,明⽩吗? 它就有服务到你的地⽅.那如果你没有觉察的话,那其实你⼀直在⾛弯路的话,那其实你是不知道的呀.没有觉察的话,你就是在⼀个⽆意识的⾏为,在⼀个程序⾥⾯,就是你头脑⾥⾯被植⼊什么程序,你在程序⾥⾯运作.你是不知道是程序导致你运作.所以这就是⽆意识的状态.为什么需要? 那你觉得为什么需要呢? 如果你觉得你只是供你的⾁体来活⼀辈⼦的话? 如果你觉得你不只是你的⾁体的话? 那你是不是就需要有⼀颗清醒的⼼和状态去觉察到发⽣在你⽣命中的每⼀件事情.

Higher Spirit: The previous piece of information was saying that if you don't perceive it... If you do realize that you're going down a wrong path, then in fact, it's not actually a wrong path. Understand? There is a service element to this for you. But if you don't perceive, if you're constantly walking on the wrong path without realizing it, then you are unaware of it. Without perceiving, you are acting under unconscious behavior, within a program - something implanted in your mind that operates you according to its rules. You don't realize that it is the program driving your actions. This is thus an unconscious state. Why would you need this? Why do you think you need it? If you believe you're just providing for your body's life? If you believe you're not just your body, then why do you require a clear mind and state to perceive every happening in your life?

问: 觉察和不觉察的区别是什么呢?

The difference between being aware and not being aware.

⾼灵: 觉察和不觉察的区别? 你⾸先你只能就是…. 你不觉察你是不知道的.你不觉察你根本就不会知道你是在不觉察的状态,明⽩我意思吗? 所以你就能看到就是如果你处于⼀种⽆意识的状态,你说你是不觉察的状态.那你其实不知道你是在不觉察,你会觉得我是在过我的⽇⼦啊.就好像你说,醒着和睡着.那你真的睡着的话,你是不知道你在睡着了呀.你要知道你睡着,你是不是必须要醒过来? 所以你醒过来,你就没有呢种状态了.你去想象这样⼦的⼀个状态.就好像问光和⿊暗… 你继续问.

Higher Spirit: The difference between being aware and not aware? First, you can only... If you are not aware, you don't know it. If you're not aware, you wouldn't even realize that you're in a state of unawareness, understand my meaning? Therefore, you can see if you're in an unconscious state, saying you're in an unaware state. Then, actually, you don't know you're in such a state; you would think I'm just living my days as usual. It's like asking between being awake and sleeping. If you were truly asleep, you wouldn't know that you were sleeping. To know that you are sleeping, wouldn't you have to wake up? So when you wake up, there is no such state anymore. Imagine this kind of state. Similar to asking about light and darkness... Please continue with your questions.

问: 错误是什么? ⼈们为什么害怕犯错?

Questioner: What is a mistake? Why are people afraid of making mistakes?

⾼灵: 为什么你们⼈类害怕犯错? 然后错误是什么? ⼈类害怕犯错是因为他们的观念⾥⾯有⼀个固定的模板.然后呢个模板就是关于完美、成功,就是关于好的.所以你们应该知道这⾥没有⼀个模板,没有⼀个成为的模板.那如果没有⼀个模板,没有⼀个模式,就是没有⼀个评分制的话.那什么是错呢? 你要去评判⼀个事情错,它肯定会有⼀个对,对不对? 就是有⼀个标准.你看我这个是直的,你呢个是弯的.那我是直的,你是弯的.那如果你没有这个⽐较,没有这个模板的话.你会不会就只会去允许⼀切本来的样⼦.就好像你们⼩孩⼦学⾛路.那最开始跌跌撞撞,你能说他是在犯错吗? 那他只是他⾛路... 你们都会知道这是他学⾛路的⼀个过程.

Higher Spirit: Why do humans fear making mistakes? And what is a mistake? Humans fear making mistakes because they have a fixed template in their concept. Then, that template is about perfection, success—it’s about being good. So you should know there isn’t any template here, no model to become anything. If there is no template, no pattern, and no grading system, then what constitutes a mistake? To judge something as wrong, it has to have a right in comparison; isn't that correct? There needs to be a standard. I see this as straight, you see it as bent. If I am straight and you are bent, without any comparison or template, wouldn’t you just allow everything to be exactly what it is? Like how children learn to walk, stumbling at first—can you call that making a mistake? It’s simply the process of him walking... You all would understand this is part of the learning process.

最开始会经历这个阶段.

At first, you will go through this phase.

问: 我们如何⾯对挫折和失败?

Questioner: How do we cope with setbacks and failures?

⾼灵: 你们如何去⾯对挫折和失败? 这又关于到你们头脑⾥⾯对事情的⼀个定义了.你会把这个事情,这个过程定义成挫折.然后把这个结果定义成失败.但是如果你能理解所有的事情并没有⼀个结果.那如果你能理解所有的当下都是最完美的呢⼀刻.那你便不会去觉得这个是⼀个挫折,你知道这其实只是你的⼀个过程.只是⼩孩⼦⾛路摔跤.他摔跤是他学⾛路的⼀个过程⽽已.你不会把它定义成⼀个挫折或者失败.

Higher Spirit: How do you deal with setbacks and failure? This is about how your mind defines situations. You might define this thing, this process as a setback. Then you define the outcome as a failure. But if you can understand that there is no definitive result to all things. And if you can understand that every moment of now is the most perfect one. Then you won't feel it's a setback; you know it's actually just your own process, just a child learning to walk and falling down. It's simply part of how he learns to walk. You wouldn't define it as a setback or failure.

问: 那我们如何去定义成功?

Questioner: How do we then define success?

⾼灵: 如何去定义成功? 就⽐如说你们会把⼀些在物质上取得了很⼤的成果的⼈说是成功的⼈.因为他给你们展现了就是他能取得巨⼤的物质上的成功.然后这只是你们社会上对⼀些成功⼈⼠,你会去通过他外在的物质层⾯的⼀些展现来说他,来评判⼀个事情是成功还是不成功.这也是⼈类就好像是⼀个共同协议,或者是⼀个观念、观点,⼀个集体共同去这么认为的⼀个事情.但是真正的成功是什么?真正的成功就是说,你这⼀次来到这个物质世界

Higher Spirit: How would you define success? For instance, people often view those who have achieved significant material results as successful because they demonstrate monumental material success to you. This is how your society judges certain individuals based on their outward display of material aspects. It's akin to a collective agreement or shared perception of what constitutes success in human understanding. But what truly defines success? True success is when, for the first time, you come into this material world...

上,然后你能去做你来这⾥的⼀个,就是⽐如说你来这⾥想要体验的,想要学习的,想要突破的.然后你真正的去做到了.然后这就是所谓的成功.然后这样⼦的成功它会让你在死亡的呢⼀刻不会产⽣遗憾,不会觉得恐惧.因为你已经完成了你来的时候的⼀个⽬的.所以当你脱离⾁体的时候,你不会去如此的抗拒这件事情的发⽣.

Up until then, you can do what you came here for, which could be experiencing something, learning something, or pushing your boundaries in general. Then you actually accomplish this. This is所谓的 success. Such a success ensures that at the moment of death, there will be no regret and no fear. You've already achieved the purpose you had upon arriving. Hence, when you leave the physical body, you won't resist the occurrence of this event so much.

问: 中国对疫情防范的⾮常严格.英国对疫情就没有防范.哪⼀种⽅式更加好呢?

Questioner: China's very strict precautions against the pandemic, while Britain did not take preventive measures. Which approach is better?

⾼灵: 哪⼀种⽅式更加好? ⾸先,你要知道我们的信息从来不会说好和不好.因为最重要的是你有没有从中去领悟或者学习到什么.那中国的⽅式也可以让你们学习到⾮常⾮常多.就⽐如说,内在的恐惧,⽐如说对制度的⼀个追随,然后⼈们的⼀种恐惧.因为所有的事件它既然摆放在你的眼前,你都可以从中学习到很多.所以中国的态度和英国的态度,它们只是不同的态度去对待.但是我不管对⽅是什么态度,呈现什么事件在你(眼前).你才是呢个受益的.因为你才是呢个观察者,明⽩吗?因为你来到物质世界上你不是说去战队的.你说中国对,我⽀持中国.英国不对,我要批判英国.你不是来给别⼈打分的.你最重要的任务是什么? 你能觉察.

Higher Spirit: Which way is better? First, you should know that our information never says good or bad. Because what's most important is whether you have gained insight or learned from it. The Chinese approach can also teach you a lot - for example, inner fear, obedience to systems, and people's fear. Since all events are placed in front of you, you can learn much from them. So the attitude of China versus that of Britain is simply different ways of dealing with the situation. But no matter what their attitude is or which event they present to you (or in front of you). You're the one benefiting because you're the observer. Understand? Because when you come into this material world, you are not here to judge others. Saying China is right, I support China; Britain is wrong, criticizing Britain. You are not here to score others. The most important task for you is to be able to perceive.

你能从每⼀个事件,每⼀个… 就是你看到的新闻也好,你看到社会上发⽣的事情.你能够去触动你内在的⼀些东西,让你感受到你是活着的.不然的话,你就好像是没有活着⼀样.就好像是⿇⽊的⼀样.所以又是外在发⽣什么不重要,重要的是你⾃⼰如何让此事件来服务你.你通过此事件,就是遇到这样的事件,你如何去呈现你⾃⼰.因为你们来到这个世界真的不是来给别⼈的⼀些⾏为做批判或者评判或者是打分或者是总结,明⽩吗?最重要的是你⾃⼰从每⼀个事件给你带来的…给你带来的是恐惧还是爱?你看到的是什么?呢才是属于你独⼀⽆⼆的体验.

You can derive from every event, every... whether it's the news you see or what happens in society. You can touch into something within yourself that allows you to feel alive. Otherwise, you might as well not be alive; you might feel like a dead person, or numb. It doesn't matter what happens externally; what matters is how you let this event serve you. Through encountering such an event, how do you present yourself? You're here on Earth not to judge others' actions, to evaluate them, rate them, or sum them up. Understand? What's most important is whether each event brings fear or love into your experience? What you see defines your unique experience.

问: 为什么国家总是在建⽴帮派、联盟? 这样真的有帮助吗? 能服务于⼈类吗?

Questioner: Why do countries form gangs and coalitions? Is this really helpful? Can it serve humanity?

⾼灵: 国家建⽴帮派、联盟.你们,你想⼀下不只是国家,你们⼈与⼈之间的结婚不也是吗?你们不也是想找⼀个好亲家吗? 就是对⽅财⼒、社会地位、各⽅⾯强⼤的,是吧? 那呢些⼩国家想要去依傍⼤国家的.⽐如说它有什么军事装备,有充⾜的钱.那是不是… 你们不都有这样的思想吗? 你通过这些问题你可以继续去探讨啊.你继续思考,你继续去什么…我为什么会有这个念头? 我为什么⾮要找⼀个特⽐有钱有地位的⼈给我没有后顾之忧,能让我觉得…? 为什么? 你继续问你⾃⼰.答案你都可以… 你就可以通过你⾃⼰,你就可以看到整个⼈类的⼀个意识状态了.

Higher Spirit: Nations form factions and alliances. Consider not just nations, but also marriages among individuals; don't you all seek a good in-laws partnership? You look for someone who brings financial power, social status, strength from various aspects, correct? Smaller countries aspire to be dependent on larger ones, needing their military equipment and abundant funds. Don't you have similar thoughts? You can delve deeper into these issues and continue contemplating them. Why do I have this idea? Why must I seek someone exceptionally wealthy and influential for peace of mind that gives me a sense...? Why? Keep asking yourself these questions; the answers lie within your own reflections, allowing you to perceive humanity's collective consciousness.

问: 政治⼀定需要对⽴吗?

Questioner: Does politics always require opposition?

⾼灵: 政治⼀定需要对⽴吗? 你要知道所有的政治,所有的任何任何它们都是基于你们⼈的思想,你们⼈的认知,你们对待事情的⼀个态度.你⽐如说你是⼀个⽼板,你做⽣意的.你⼀定需要跟你的同⾏对⽴吗? 明⽩吗? 他在抢夺你的资源,他在抢夺你的客户.那你怎么办? 你⼀定要跟他对⽴吗? 所以当你能把你⾃⼰放在,可能⼤的位置你会想不到,那如果放在⼩的位置呢? 那就⽐如说你跟你的男朋友之间,跟你的⽼公之间,你⼀定需要对⽴吗? 你⼀定要让他多服务于你,还是你服务于他? 还是他有没有顾忌到你? ⽐如说他⼲活有没有⼲的太少?你有没有⼲的太多? 你有没有抱怨? 你们之间⼀定要对⽴吗?

Higher Spirit: Must politics always require opposing sides? You need to understand that all politics, no matter what, are based on human thoughts, human cognition, and your attitude towards things. For example, if you're a boss running a business, do you necessarily have to oppose your peers? Can you see it? They are competing for resources and customers against you. So, would you definitely need to oppose them? When you can place yourself in a potentially larger position where you might not consider opposing others, what about when you're at a smaller scale? For instance, between you and your boyfriend or husband, must there always be opposition? Must he serve you more, or do you serve him? Has he considered your needs? Like, does he work hard enough, or have you worked too much? Do you complain about each other? Are you destined to oppose each other?

所以这种思想在每⼀个⼈…因为你们总是觉得社会上出现的⼀些事件或者是政治事件什么,⼤的⼀些事件也好战争也好,是别⼈搞起来的.是别的国家,跟你没关系.实际上如果你细看的话,它就在你的思想⾥⾯.

So this idea exists in everyone... because you always feel that the events happening in society, or political events, whether big like wars, are caused by others. They happen in other countries and have nothing to do with you. Actually, if you look closely, they're within your own thoughts.

然后你们物质世界经历的⼀切就是你们思想结的果.所以如果你觉察不到,还在怪俄罗斯,还在怪美国,还在怪中国,你还在各种怪呢些当官的,呢些政府,呢些政要,呢些企业家.你先别说企业家,你怎么对待跟你⽼公之间的平衡关系的?你怎么平衡你们的关系?你是不是想他赚更多的钱? 花更多的时间来伺候你? 你是不是⼀直在 take take take.跟他要要要.给我给我给我.不给我?我打你、骂你、威胁你、不理你.那我的孩⼦没有听我的,他没有要上清华北⼤,他不想给我赚很多很多钱,他不想在社会上有地位让我⾯⼦上有光.那我打他,我逼他.所以你们的战争不只是发⽣在其他地⽅.

Then all that you experience in your material world is the fruit of your thoughts. So if you cannot perceive it, blaming Russia, blaming America, blaming China, blaming those officials, those governments, and those policymakers, even CEOs, is merely a way to shift responsibility elsewhere. How do you balance your relationship with your husband? How do you manage that relationship? Do you want him to earn more money for you? Spend more time catering to you? Are you perpetually taking, demanding, expecting from him: "Give me, give me, give me"? If he doesn't comply, you might threaten him, scold him, ignore him. And if my child doesn't follow my wishes and doesn't get into Peking University or Tsinghua University, if they don't want to make me a lot of money, if they don't wish for social status to reflect on my face, then I punish them, coerce them. So your wars are not just happening elsewhere.

就在你们思想⾥⾯,在你们的念头⾥⾯,在你们的想法⾥⾯.呢⾥才是结呢个毒果的地⽅,不是在战⼠⼿上,明⽩吗? 呢个才是滋养出这个⼤的毒瘤的…你想⼀下你们世界上发⽣的战争也好这些什么也好,就好像是⼀个⼤的恶果,⼀个毒瘤.呢个毒瘤来⾃于哪⾥啊? 它就源⾃于你们的思想⾥⾯.你们内在的⼀个分裂,你们内在的⼀种侵略.

In your minds, in your thoughts, and in your ideas is where the poisonous fruit is formed, not on a warrior's hand, do you understand? That is what nurtures this great tumor... Imagine all the wars that occur in your world or any other events, they are like a large evil consequence, a tumor. Where does this tumor come from? It originates from within your minds. The division within you and the侵略in you.

问: 现在各个国家都开始对俄罗斯经济制裁来逼迫它停⽌战争.这样做真的有帮助吗? 有没有什么更好的停⽌战争的⽅法?

Questioner: Now that many countries have started imposing economic sanctions on Russia to force it to stop the war, does this really help? Are there better ways to halt the conflict?

⾼灵:你们⽬前社会上的⼀些⼿段都是通过这种,就⽐如说判刑啊、死刑啊,然后罚款啊各种各种.都是在通过表⾯的⼀种拿⾛或者限制你来让你⼨步难⾏,就是⼀种表⾯的⼀种⼿段.表⾯的⼿段它只能看到表⾯的效果.就是它只能看到暂时的效果.就是OK,你看他不骂⼈了,对吧?我威胁他,你再骂⼈我叫警察把你抓起来.他不骂⼈了.但是他不骂了就能代表他⼼中对你没有仇恨吗?明⽩吗?那他可以背地骂你啊.那他可以⽤其他⽅式攻击你呀.因为能量必须要被释放出来的.这个⽅式释放不出来的话,那我换⼀种⽅式.换⼀种可以在我不受到影响的⽅式给它释放出来.所以问题的根本就是,你知道任何的这些措施它就好像是⽌痛药⼀样,它不能解决真正的问题.

Higher Spirit: Many of the methods currently employed in society are akin to punishments such as imprisonment, capital punishment, fines, and various other forms. These primarily involve taking or limiting things from you, making it difficult for you to proceed with your actions. They are superficial means that only address surface effects, temporary outcomes. It appears he's not insulting anymore; I threaten him: if you do insult again, the police will arrest you. He stops insulting. But does this mean his heart harbors no hatred towards you? Understand? He can still curse behind your back. Or adopt other methods to attack you because energy must be released somehow. If a particular method doesn't release it adequately, I'll change my approach. I'll find ways to release it without affecting me personally. The fundamental issue is that any of these measures are like painkillers; they cannot solve the root problem.

那如何才能解决真正的问题?我们⼀直通灵以来就是说你们有⼀个魔法.呢个魔法就是爱.呢个爱是什么? ⽆条件的爱.就是这⾥没有对:你要做对了我才爱你,你要是不对的话我就不爱你.呢是叫⽆条件的爱吗?你要今天给我服务,你要给我做家务,你要乖乖的给我多⼲点活,我爱你.你要不呢个什么,我就打你,我就骂你.你们不都是这种模式在运⾏吗?所以说你们的⼀个好或者是爱或者是怎样也好,它都是建⽴在先满⾜在你的条件下.满⾜了你的呢个⾃我.

How can we truly address the issue? We have always said that you possess magic – the kind of magic that is love. What exactly is this love? It's unconditional love; there are no conditions attached, like "I will love you only if you do things right" or "If you don't behave well, I won't love you." Is that considered unconditional love? Or does it mean that I'll serve you today because I have to, or do chores just for you, and then say that I love you? And if you don't fulfill my demands or hit me, or criticize you? Isn't this how your system operates, where good or love or anything else is based on meeting certain conditions first – satisfying your own self?

问: ⼈类会使⽤核武器吗?

Questioner: Will humans use nuclear weapons?

⾼灵: ⼈类会使⽤核武器吗? ⾸先⼩型的,你们是可以使⽤的.如果是⾮常具有毁灭性和⼤型的,你们是没有办法使⽤的.然⽽你们最最应该担⼼的并不是核武器.因为有⽐你们核武器更加毒的东西,是你们的思想.这些让你们⾯对着爱的⼈却不能爱.明⽩吗?却不能爱就是说你不知道如何爱.你觉得你在爱他,实际上你⼀直在伤害他.呢是你们的思想.你想⼀下有什么⽐,你爱的⼈你想好好的对他,你想好好的爱他,你却⼀直在伤害他、⼀直在残害他、⼀直在杀死他更毒的,对吧?然后你们还是⽆意识的.就是你们还不觉得你们在毒害他.你也不觉得你在毒害你⾃⼰.最严重的并不是有多强⼤的武器.

Higher Spirit: Will humans use nuclear weapons? Firstly, the small ones, you can use them. If they are extremely destructive and large-scale, you cannot use them. However, what you should be most concerned about is not nuclear weapons; it's your thoughts, which are even more toxic than your nuclear weapons. These thoughts prevent you from loving someone you love. Understand? Being unable to love means that you don't know how to love. You believe you're loving him when in reality you've been harming him all along. It's your thoughts again. Think about what is worse: wanting to do good by treating the one you love well, wanting to love him properly, and continuously hurting him, tormenting him, killing him; isn't that even more toxic? Then, you are still unconscious of this. You don't realize you're harming him or yourself. The most severe issue is not how powerful the weapons are.

然后影响你们最深的思想层⾯的却很少受到你们⼈类的真正的关注.

Then the deepest layers of thought that affect you greatly are seldom truly attended to by humanity.

问: 我们没有任何防范核武器的⽅式.那如果真的发⽣核爆炸的话,我们应该怎么办?

Questioner: We have no means to prevent nuclear weapons. If a nuclear explosion were to really happen, what should we do then?

⾼灵: ⾸先如果核武器要被使⽤那是不是因为你们思想导致的后果? 所以源头还是在你们的思想上⾯.思想才是最重要的.

Higher Spirit: Firstly, if nuclear weapons are used, is it due to the consequences of your thoughts? So, the source still lies in your thoughts. Thoughts are the most important.

问: 我知道你们从来不会做任何的预测.但是我还是想问的⼀下,⼈类⼤概在什么时候才能真正认识到原来是思想在创造实相.思想的重要性?

Questioner: I know you never make any predictions. But let me ask anyway, when will humanity truly realize that it is thoughts creating reality, the significance of thought?

⾼灵: 你们现在就意识到了呀.问: 只是⼀⼩部分⼈…⾼灵: 之前我们说过,我不管呢个⽕是从东边燃起还是从西边烧起.它迟早会烧遍整个⽣命,明⽩吗? 你是不相信你们这点⽕光⾜够烧遍整个⽣命吗? 你去观察呢个⽕,它最开始是⼩⼩的⽕星对不对? ⼩⼩的⽕星它燃烧的⼒度和速度和⼒量是不是都很⼩? 然后呢? 你再继续观察它.然后到最后是不是熊熊⼤⽕,没有办法抵抗.然后再借助风势.所以说你不要⼩看呢⼀点⽕星,明⽩吗? 没有哪个熊熊⼤⽕它最开始不是起于⼀点点⽕星的.它⼀开始可就是熊熊⼤⽕,没有这样的,明⽩吗?

Higher Spirit: You have realized this now. Questioner: Just a small portion of people... Higher Spirit: As we mentioned before, I don't care if the fire originates from the east or the west; it will eventually engulf all life. Do you doubt that your spark is enough to burn through all life? Observe the fire; did it start as a tiny flame at first? The intensity and speed of such a small flame are quite low, correct? Then, when you continue to observe, does it not grow into a fierce inferno that cannot be resisted? And then, aided by wind strength. So don't underestimate this single spark; understand?

No fiery blaze starts as an intense one; it begins with a tiny spark, not the other way around.

问: 这个通灵的⼥孩⼦她现在怀孕了.她想知道她现在能不能知道宝宝的性别?

Questioner: The medium girl is now pregnant. She wants to know if she can find out the sex of her baby now.

⾼灵: 她想要知道宝宝的性别,你稍等.她想要知道宝宝是个男孩还是⼥孩? 然后这个宝宝想不想现在让她知道… 它是⼀个拥有像⼥性⼀般慈悲的,就是即使他是个男孩,他也是拥有像⼥性就是慈母般的⼀个状态.然后呢,它会以男孩还是⼥孩的⼀个⾝体来展现它这个品质,我们把这个惊喜留给她⾃⼰去发现.但是已经知道它是拥有像⼥性般的慈悲.

Higher Spirit: She wants to know the gender of the baby. Please wait a moment. Does she want to know whether it's a boy or a girl? Then this baby wants her to find out... that it has a maternal compassion like that of a woman, even if he is a boy. It possesses the trait of a nurturing mother, akin to a female. Then, it will manifest its qualities through either a male or female body as a surprise for her to discover. But she already knows that it embodies compassion in a manner similar to a woman's.

# **2022/04/08 — 连接外星⼈22号Alien Connection 22**

⾼灵: 什么问题,你们问吧.

Higher Spirit: What question is it? Feel free to ask.

问: 能不能帮我们链接⼀下我们的外星朋友22号? 谢谢.

Questioner: Can you help us connect to our extraterrestrial friend, number 22? Thanks.

⾼灵: 好的,你稍等.

Higher Spirit: Alright, just hold on a moment.

22号: 你们好.

22nd: Hello.

问: 有位群友想问他感到委屈和悲伤的情绪说明⾃⼰有什么信念吗?

Questioner: A group member wants to know if feeling aggrieved and sad indicates what beliefs they hold.

22号: 他应该问他⾃⼰呀.因为你才是给你的…定义.就是你⾝体产⽣的情绪、反应,就好像你的这个⾝体产⽣的情绪和反应是你给它设置的,明⽩吗? 所以你需要去通过问你⾃⼰去找到.因为每个⼈不⼀样.⽽且每个⼈每个时刻也不⼀样.你怎么去说?

Number 22: He should ask himself because you are defining it... It's like your body produces emotions and reactions, as if they were set by you. Understand? So, you need to find out through asking yourself since everyone is different, and everyone changes at different moments. How do you express this?

问: 第⼆个问题是有⼈想问⾝体外在的疾病是由内在的不平衡导致的.可有时候很难发现⾝体⽑病的出现是由内在的哪⾥不平衡导致的….

Questioner: The second question is about whether external physical illnesses are caused by internal imbalances. Sometimes, it's difficult to pinpoint exactly which internal imbalance leads to the appearance of skin ailments...

22号:就是⾝体受到这种限制或者是折磨的情况下,去锻炼你⾃⼰的⼀个定⼒或者是意志⼒. 所以疾病对每⼀个⼈它的… 有的它是因为告诉你,你的⾝体不协调.那有的他就是为了专门去体验疾病的.所以不能把所有的都,就是⼀个定义.

Number 22: This refers to exercising self-mastery or willpower under the constraints or suffering of your body. Therefore, illness affects each individual in…some tell you that your body lacks coordination, while others are specifically designed for experiencing sickness. Thus, not all can be defined uniformly.

问: 这个群友想问有没有⼀个好的⽅法可以让⼈察觉出内在哪⾥不平衡了?

Questioner: This group member wonders if there is a good method to perceive where balance is off within oneself?

22号: 内在哪⾥不平衡? 有没有好的⽅法去察觉内在哪⾥不平衡? 当你去过你的⼈⽣,去⾛你的路,去过你的⽣活.那你不平衡就会⾃然⽽然体现在⽣活⾥⾯.就好像⽣活所有的⼀切就像是⼀个湖,倒影,对不对? 那你从这个倒影当中你就能看到.那你去⽣活,你去过⽇⼦,你去投⼊⽣活.那你⽣活中会不会就呈现出…. 因为你在⽣活中体验到什么,那它⾃然⽽然就会呈现在⽣命当中给你看到.所以说你不需要故意去找.你们不会错过,只要你们有⼀颗灵敏的⼼.灵敏的⼼是什么? 就是你时刻警觉地知道你只是在照镜⼦.⽽不是真正的… 因为你们物质⾁体会把所有的⼀切当成是真实的,就是经历的这些事件把它当成是真实的.

Number 22: Where is the imbalance? Is there a good way to perceive where the imbalance lies within you? When you live your life, when you walk your path, and when you live your days. That imbalance will naturally manifest in your life. Like everything in life being like a lake, reflecting an image, right? Then from this reflection, you can see it. You live your life, you experience days, you dive into life. And then in your life, could you not… Because of what you experience in life, it will naturally present itself in your life. So you don't need to intentionally search for it. You won't miss it, as long as you have a sensitive heart. What is a sensitive heart? It means you are always aware that you're just looking into a mirror and not truly... Because your physical body perceives everything as real, considering these experiences as reality.

然后会不知道它只是⼀个镜像给你提供⾃我体验的⼀个过程⽽已.

Then you would realize it's just a mirror providing a process for self-experience.

问: 对于睡眠,你们是否有⼀个很好的建议? 我们是否需要有⼀个规律的作息表还是困了就睡,想什么时候睡都⾏.只要睡眠充⾜就好?

Questioner: Do you have any good advice on sleep? Do we need a regular schedule or can we just sleep when we're tired and decide our own bedtime as long as we get enough rest?

22号: 你要知道你们每⼀个⼈都都是不⼀样的.就好像你如果去观察动物.你说每个动物它对睡眠的需求是⼀样的吗? 那你们每⼀⼈也会不⼀样的.所以你如果去了解你的⾝体,那么你就去观察你的⾝体.因为你是独⼀⽆⼆的存在.

22nd: You should know that each of you is different. Just like if you were to observe animals and ask if their need for sleep is the same, it wouldn't be; similarly, everyone is unique. Therefore, understanding your body involves observing it since you are a singular existence.

问: 如何才能消除恐惧?

Questioner: How can one overcome fear?

22号: 如何才能消除恐惧? 那你⾸先要知道你到底恐惧的是什么? 如果你恐惧你怕死.如果这个恐惧带你去看到…. 这么说吧,⼩孩⼦很怕⿊,然后哭.然后你说: 宝贝,不⽤怕.妈妈把点灯打开给你看⼀下.她把点灯打开你看什么都没有.那你刚才怕什么? 那如果你怕的是什么东西,你可以⾃⼰去探索你怕什么.你怕死.那你去探索⽣命的意义.死亡是什么? 明⽩吗? 因为当你⼀步⼀步的去了解了过后.当你清楚的知道某⼀件事情过后,你便不会再恐惧.你只有对它不了解、不知道会发⽣什么,你就会产⽣恐惧.就好像⼀个专业潜⽔的⼈,他对潜⽔的⼀切在海⾥的所有⼀切他都清楚他都熟练他都熟悉.

How can we overcome fear? The first step is to understand what it is you are afraid of. If you fear death, then perhaps this brings you to consider... Let me put it this way, a child fears the dark and cries. Then you say, darling, don't be scared. I'll turn on the light for you to see. When she turns on the light, there's nothing there. So what were you afraid of? If you are afraid of something, you can explore yourself about what it is that you fear. You're afraid of death. Then explore the meaning of life. What is death? Do you understand? Because when you step by step understand this thing after understanding this thing, once you clearly know something, then you will no longer be fearful. You only become fearful if you don't understand or don't know what will happen next. This is like a professional diver who knows everything about diving in the ocean, he's familiar with all that exists underwater and he's skilled at it.

那⼀个完全不懂任何潜⽔的⼈,他们俩同时掉进海⾥⾯的话,他们俩同时去体验海的话.那另外⼀个是不是,完全不懂的⼈就会充满恐惧? 所以当你对你恐惧的,就是你的这个恐惧可以带领你去探索你到底恐惧的是什么.

That person who doesn't know anything about scuba diving, if they both fall into the sea at the same time and experience it together, would the person who is completely inexperienced be filled with fear? Therefore, when you are afraid of something, your fear can lead you to explore what exactly you are afraid of.

问: 我们是否可以以出体的⽅式去你们的星球?

Questioner: Can we leave our bodies and come to your planet?

22号: 个⼈出体只能是看你个⼈的.但是这⾥没有⼀条就好像是地图⼀样,然后告诉你怎么样去到我们这⾥.所以你只能⾃⼰去探索你⾃⼰.因为就算是别⼈引导你也没有办法.你只能⾃⼰去.这是属于你独⼀⽆⼆的意识的探索.只有你能体验到.

On the 22nd, personal disembodiment is something that depends on you as an individual. However, there's no clear map here to guide you exactly how to reach us. Hence, you have to explore yourself. Even if others try to guide you, it doesn't work; you must do it yourself. This exploration belongs to your unique consciousness, and only you can experience it.

问: 你们星球的坐标是多少? 你们有地球的坐标吗?

Questioner: What are your planet's coordinates? Do you have Earth's coordinates?

22号: 没有.因为是你们⽤⼀系列的数字.我们不是.我们不使⽤数字.问: 阿卡西记录是否真实存在?

Questioner: Are the Akashic Records actually real?

22号: 阿卡西记录只是属于你们振动频率,就好像是提取信息的⼀种⽅式.然后是否存在那也是看对某⼀些⼈.然后对某⼀些⼈它是完全不存在的.所以是要看某⼀些⼈他需要这样⼦的体验,他就可以进⼊到这样⼦的⼀个地带去.

22nd: The Akashic Records are just related to your vibration frequency, similar to a method of extracting information. Then, whether they exist or not depends on certain individuals. For some people, they don't exist at all. So, it's about assessing if someone needs this kind of experience in order to enter into such a place.

问: 是否有灵魂积分这样⼦的说法?

Questioner: Is there a concept of spiritual points like that?

22号: 这些都是你们⼈类⾃⼰的⼀个概念.如果他觉得有这个说法,那他便可以去体验和创造.

On number 22: These are all concepts that you humans create yourselves. If he feels the need to articulate this concept, then he can go out and experience and create it himself.

问: 如果说⼈类没有转世只有分⾝,每个分⾝又都是同时存在.那么这些分⾝是有⽆数个吗?如果不是有⽆数个的话,那⼤概会有多少个分⾝?

Questioner: If humans do not reincarnate but only have duplicates, and each duplicate exists simultaneously, how many duplicates would there be? If it's not an infinite number, then approximately how many duplicates would there be?

22号: ⾸先你要知道所谓的⼈类转世,你要明⽩你的这个⾁体它只存在,就只是你… 即使是所谓的转世实际上是跟你这个⾁体跟你这个⼈格没有任何关系的.因为你的灵魂也好,你的超我什么也好,它只是⼀部分和你结合在⼀起体验⽽已.就好像⼀整个海⽔,对不对? 那它只有部分海⽔到了你这个⼩池塘⾥来,明⽩吗? 你能明⽩这⼀层关系吗? 并不是说它这个灵魂就是属于你的了.因为在⼈类的思考还会加上⼀个时间和空间.还有⼀个你要么在A的地⽅,要么在B的地⽅.但是并不是这样的.就好像⼀个房⼦⾥⾯每个房间⾥⾯都有空⽓.那你说我的空⽓在厨房,那我的空⽓怎么还会在客厅呢? 明⽩吗? 所以没有这种冲突.

Number 22: First of all, you need to understand what is meant by rebirth for humans. You must realize that your physical body exists only in relation to you... Even if rebirth is not actually related to this physical body or personality of yours. Your soul, or superego, merely combines with one part of the experience; like a sea, where only some of the water reaches your small pond. Can you understand this relationship? It's not that your soul belongs solely to you. Human thought also includes time and space dimensions. You are either in location A or B, but it isn't that simple. Just as each room in a house has its own air, how can my kitchen air be in the living room too? So there is no conflict here.

问: 那所谓的分⾝有⽆数个在同时体验吗?

Questioner: Are there countless copies of this being experiencing simultaneously?

22号: 跟你没有关系.所谓的分⾝是跟你没有关系的,跟你这个⼈格是没有关系的.你所谓的分⾝就好像是我这个海⾥的⽔分到这个⼩池塘那个⼩池塘.你看这⼏⼗个⼩池塘它不断地流,每个⼩池塘都有.那你能说它是分⾝吗? 其他⼩池塘的⽔跟你这个⼩池塘没有关系的呀.

Number 22: It has nothing to do with you. The concept of a duplicate self is unrelated to you, and not related to your personality. Your so-called duplicate self is like water from this ocean being poured into a small pond. When you look at these numerous small ponds, they continuously flow; each small pond has some. Can you call it a duplicate self? The water in other small ponds has nothing to do with your small pond.

问: 那我能不能理解成就是说地球也是有很多很多不同的版本的?

Questioner: Does that mean there are also many different versions of Earth?

22号: 地球有很多? 你们虽然在⼀起互相就是可以看到可以听到可以互动.但是你们不⼀定是在体验同⼀个地球.为什么?因为你们每⼀个⼈就是通过这些事件体验的不⼀样.就⽐如说疫情,那有的⼈就体验的世界末⽇⼀样.那有的⼈就:哇,疫情很好.我又可以休息,可以让我跟家⾥⼈更多的呆在⼀起.可以被迫式的让我放松下来.然后有的⼈通过疫情去看到的是原来我们世界上所有⼈都是连接在⼀起的.有⼈看到的就是仇恨.所以即使是同⼀个事件,你们每⼀个⼈都是有…就⽐如说你跟你体验的都不⼀样.你体验你的版本,她体验她的版本.即使你们是共同去,⽐如说去见证了⼀场车祸.那你可能看到的是:哇,呢个母亲为了保护⼩孩….

On the 22nd: The Earth has many? Although you can see and hear each other and interact while together, it doesn't mean that you are experiencing the same Earth. Why is this so? Because every person experiences these events differently. For example, with a pandemic, some people might experience it as the end of the world, while others say: "Wow, the pandemic is good. I can rest and spend more time with my family. It forces me to relax." Others see the pandemic as realizing that everyone in the world is connected. Some see it as hatred. So even with the same event, each person experiences... you experience your version, she experiences her version. Even if you are together, for example, witnessing a car accident, you might see: "Wow, this mother protected her child..."

你看到的是感到的⼀⾯,对不对? 有爱的⼀⾯.那你也可能看到呢个⼈他撞了呢个什么.你看到的是恶的⼀⾯.你觉得他为什么开车呢么不⼩⼼撞到⼈家.它可能会激发出你在的⼀种不平,就是嗔恨之⼼.所以不只是地球,即使是事件… 你想象⼀下每⼀个⼈都在⼀个泡泡⾥⾯,然后他感知的都是他独⼀⽆⼆的,他⾃⼰的⼀个见解.因为你们所有⼈认为的是怎样的都是真的,这⾥没有客观的.

What you see is the side of feeling, right? The loving side. You might also observe someone's actions that cause harm. What you perceive could be the malevolent aspect. Wondering why they drive so carelessly and hit others, it might stir up an unjustified sentiment within you - a sense of anger or resentment. This extends beyond just our planet; even in events... imagine every person is encapsulated in their own bubble, experiencing only their unique perspective which is solely based on their individual understanding. Remember, everything that each of you perceives as true may not be universally objective.

问: 这个问题是⼀个⾮常私⼈的问题.你们是否可以从你们的视⾓来回答他这个问题.他的问题是他腰间盘突出,如何可以恢复健康?

Questioner: This is a very personal question. Can you answer it from your perspective? His concern is about his herniated disc and how to recover his health.

22号: 腰间盘突出就是⾻骼突出是吧? ⾻骼变形的话,那跟他的压⼒有关,就是他对事件的⼀个反应.⽐如说很多事情都会让它感受到压⼒.他的⾝体已经承受不了思想层⾯的这种压⼒.所以要让他的⾻头恢复到正常的状态.那他需要让他的⾝体调节到放松的频率.就是你⽐如说你每天可能正常的有⼋个⼩时都在紧张,就是感受到压⼒的状态.那如果你可以就是说把呢⼋个⼩时变成两个⼩时、⼀个⼩时,就慢慢的缩短你感受到压⼒持续的呢个时间.那到最后没有(压⼒)… 你的⾝体也会慢慢慢慢的恢复到呢种轻松的感觉.

On the 22nd: Is it correct to say that a slipped disc is when the bone is protruding? When bones deform, this seems related to pressure; it's his response to events. For example, many things could cause him stress. His body can no longer handle the stress on an intellectual level. So in order for his bones to return to normal, he needs to have his body adjust to a relaxed state. This means that instead of being under stress for eight hours every day, which is how you might typically feel pressure, if you gradually reduce this time to two or one hour each day, it will help decrease the duration of feeling pressured. Eventually, there will be no more pressure… Your body will slowly adapt and return to a sense of ease.

问: 宇宙是⼤爆炸产⽣的吗? 宇宙只产⽣过⼀次还是很多次?

Questioner: Is the universe produced by the Big Bang? Has it been produced once or multiple times?

22号: 宇宙在不断不断的产⽣.因为它就好像是活的⼀样,它并不是死的.问: 内疚这种情绪是如何产⽣的? 怎么样可以化解内疚这种情绪?

Number 22: The universe is constantly generating because it is like a living entity and not dead. Questioner: How does the emotion of guilt arise, and how can one overcome this emotion?

22号: 内疚就是你觉得你的事情没有做好⽽产⽣的⼀种亏⽋的⼼⾥对不对? 那它来⾃于什么定义啊? 就是你会把呢个事情定义成好或不好,好和坏,对不对? 那它导致的原因是因为什么?是因为你们头脑⾥⾯的定义啊.那如果你把呢个定义改变了呢?

Number 22: Guilt is the feeling of being indebted when you believe your actions haven't been done properly, right? And what definition does it come from? That is, you define that action as good or bad, right and wrong, isn't it? So, why does this happen? It's because of the definitions in your mind. But if you were to change that definition...

问: 这个问题也是⾮常私⼈的问题.这位群友现在在上海,疫情已经到了不可控的地步.然后他们的楼⾥已经出现了好⼏个阳性.然后她和她的男友会被感染吗? 然后他们什么时候可以解封,什么时候可以出去玩?

Questioner: This is also a very personal question. The group member is now in Shanghai, where the COVID-19 situation has become uncontrollable. There have been several positive cases in their building. Will she and her boyfriend be infected? When will they be released from lockdown and when can they go out to play?

22号: 如果你害怕这个病毒影响你的话,你在害怕的时候你已经受它影响了,明⽩吗? ⽐如说病毒它会影响你对不对? 那只有你害怕它的时候它才会影响你.如果有的⼈他就算得了,他也不害怕.实际上对他没有什么影响.因为他还是照常的⽣活照常的过⽇⼦.他的⾝体也会正常的恢复.那有的⼈他没有得,他⼀直担⼼害怕.他已经得了,就是他已经得到了病毒对他的⾝体产⽣的⼀些影响.然后通过这样⼦的⼀个振动频率,就算不是这个病毒也会有其它病.他迟早会… 就好像你处于担⼼、好怕、紧张的⼀些情绪.你迟早会遇到这种事件来证明你的情绪是对的,证明你担⼼的是对的.然后就好像你散发出⼀种恶臭,就好像是粪便⼀样.那你迟早都吸引苍蝇、长蛆.

22nd: If you're afraid that this virus might affect you, then you are already affected by it when you fear it, right? For example, the virus does affect people, doesn't it? Only when you're afraid of it will it actually impact you. Some individuals may have contracted the virus but aren't afraid; in fact, they experience little to no effect because they continue their regular lives. Their bodies also return to normal. Meanwhile, some don't contract the virus yet constantly worry and fear it. Once they do get infected, this means that they've experienced the impact of the virus on their body. Through these vibrations, even if not due to this virus, other illnesses will inevitably affect them. Eventually, you're destined to encounter events that confirm your fears were justified, proving your worries were right. Like emitting a foul smell akin to feces, you'll attract flies and maggots in time.

因为你处在这样⼦的⼀个状态下嘛.

Because you are in such a state.

问: 那疫情对我们这个影响…22号: 你要知道这是你们选择去影响的,明⽩吗? 你们是去选择,你们的恐惧会加⼤会….就好像在你们的⼼⽬中你们把它看成是⾮常严重的问题,对不对? 因为这⾥没有外在的.我能理解你们觉得是要通过外在的证据、数字来给你们证明.但是你们只能看到你们想要看到的⼀个世界.

Questioner: How does this pandemic affect us...On the 22nd, you need to know that it is your choice in impacting it - do you understand? You are choosing that what's fearful will amplify...just like how you perceive it as a very serious problem in your minds, correct? Because there's no external validation here. I can understand why you might feel the need for external evidence and figures to prove it to you. But what you only see is the world through your own lens.

问: 我的意思是说⽐如说我对这个事情没有恐惧.但是⼤部分⼈对这个有恐惧.那这种集体意识上的恐惧什么时候可以过去?

Questioner: What I mean is, for example, I have no fear about this matter. But most people do. When will this collective consciousness of fear subside?

22号: 你们只会体验到你们想要去体验的.那你可以去问恐惧的呢些⼈: 你的恐惧什么时候会过去呀? 因为你们⽆论怎么去看待怎么去认为怎么去对待这些,然后你们都是对的.就是 OK,你们要把它当成⼀个⾮常⾮常严重的事件去对待,然后去全民紧张封闭.那你们也是对的.的确,这个病毒就会显化给你.那英国他们通过就是说不在乎它,民众也不在乎它.那真正的病毒对他们其实也没有什么伤害.那他们也是体验到他们认为的.这就是两种不同的.因为如果你要去防护外在的话,你永远都会有可以给你们防范的.你看你们不是防范病毒就是防范战争.然后后⾯还有更多给你们防范的呢.所以如果你有⼀颗防范的⼼,那你永远都会在⼀种防范的状态下.

Number 22: You will only experience what you want to experience. So you can ask the fearsome people: When will your fear pass? Because whatever way you perceive it or think about it or treat it, you are all correct. Indeed, this virus will manifest for you. The British handled it by saying they don't care and the citizens didn't care either. The real virus was actually harmless to them. They experienced what they perceived. This is two different approaches. Because if you try to protect yourself from the outside, you will always have something that can protect you. You see, you are protecting against both viruses and wars. And there's more protection coming your way too. So if you have a protective heart, you'll be in a state of perpetual protection.

这是你们⾃⼰给⾃⼰创在的这样的⼀个状态去体验.这⾥没有对和错,只有选择.你要如何选择.

This is the state you have created for yourselves to experience. There is no right or wrong here, only choice. How do you choose to proceed?

问: 为什么我要对别⼈的招呼和事情⽴即做出反应? 这样我就很紧张,很容易受到惊吓.我应该怎么样对待别⼈对我的招呼和要求? 是不是有什么样的信念系统在⾥⾯?

Questioner: Why do I react immediately to others' greetings and actions? This makes me very anxious and easily frightened. How should I handle others' greetings and requests towards me? Is there a belief system involved in this?

22号: 跟别⼈没有关系.因为她本⾝就处在⼀个惊吓的状态、不安的状态.她处在⼀种不安的状态,你碰她⼀下,她就: 啊,发⽣什么事了? 所以跟她⾃⾝的⼀个频率有关系.跟外界发⽣什么没有关系.

Number 22: It has nothing to do with others. She is already in a state of shock and unease. She is in an uneasy state, so if you touch her, she will exclaim, "What happened?" This has to do with her own frequency. It is not related to what happens outside.

问: 然后她想问她是不是有什么样的信念系统导致她这个样⼦?

Questioner: Then she wanted to ask whether there was a particular belief system that led her to be like this?

22号: 那她需要⾃⼰去探索她到底是什么信念系统导致她处在⼀种恐慌的状态.你要知道你们⼈类是受彼此影响的.那如果她在的⼀个整体环境,⽐如她的家庭、她的公司、接触的⼈都是这样的⼀个状态的话.那她也很容易进⼊这样⼀个状态.她会pick up someone’s,就是她会把别⼈的频率给,就是把⾃⼰给带⼊进去.那也可能是她⾃⾝的⼀些.所以这个需要针对性的、个⼈的去看.就好像你们所有⼈都⽣病了.那你能说每个⼈都是⼀样的吗? 那医⽣他会根据每⼀个⼈的情况去看到你是怎么样.

Chinese: 22号: 那她需要⾃⼰去探索她到底是什么信念系统导致她处在⼀种恐慌的状态.你要知道你们⼈类是受彼此影响的.那如果她在的⼀个整体环境, 比如她的家庭、她的公司、接触的⼈都是这样的⼀个状态的话.那她也很容易进⼊这样⼀个状态.她会pick up someone’s, 就是她会把别⼈的频率给,就是把⾃⼰给带⼊进去.那也可能是她⾃⾝的⼀些所以这个需要针对性的、个⼈的去看.就好像你们所有⼈都⽣病了.那你能说每个⼈都是⼀样的吗? 那医⽣他会根据每⼀个⼈的情况去看到你是怎么样.

On the 22nd, she needs to explore for herself what belief system is causing her to be in a state of panic. You need to understand that humans are influenced by each other. If she's in an overall environment, such as her family or workplace where everyone else is also experiencing this state, it becomes very easy for her to enter into this state as well. She will pick up someone else’s frequency and drag herself into their state. It might be some personal issues too, so this requires a personalized, targeted approach. Just like when all of you are sick; can you say that everyone is the same? The doctor would look at each individual's situation to understand your specific condition.

问: 有⼈想问防疫打的疫苗到底有没有效果? 对⾝体有没有害处?

Questioner: Someone wants to ask if the COVID vaccine really works and is it harmful to the body?

22号: ⾸先,任何外来的化学对你⾝体都会有⼀定的影响的.但是你的⾝体都会有⾃我修复能⼒.就算是有影响,你的⾝体都会把它排掉.所以说最⼤的影响就⽐如说是你内在的恐惧会加⼤它的影响.然后你问有没有防范的效果? 如果你觉得打了你就安全了,那它就对你有.

Number 22: Firstly, any foreign chemicals will have an impact on your body. However, your body has the ability to self-repair. Even if there's an impact, your body will expel it. Therefore, the greatest impact is akin to how internal fears might amplify its effect. Then you ask about preventive measures? If you feel that taking it makes you safe, then it does have an effect on you.

问: 为什么⼈需要被看到?

Questioner: Why does a person need to be seen?

22号: 为什么⼈需要被看到? 并不是所有⼈.那有些⾃闭症,有社交恐惧症他不想被看到呢?有很多有社交恐惧症的⼈他不喜欢见⼈.他每次他都会躲起来,他不想被⼈看到.所以这只是个别的就是… 那可能她的问题是为什么需要被关注? 那是她的⼀个… 你们都知道有⾃怜型⼈格.她喜欢被众⼈注⽬的呢种,她喜欢引⼈关注.她对⾃⼰的⼀个感受通过外在的⼀个关注量或者关注的⼀个强度来让⾃⼰产⽣⼀种愉悦感,明⽩吗? 这只是少部分有这样⼦的.就好像你们每个动物有不同的性格.那你们每⼀个⼈也有不同的需求,不同的性格.这只是属于你们还把⾃⼰当成⼀个⾁体,就是你还认同你这个⾁体你才会产⽣的.

Why do people need to be seen? Not everyone does; some with autism or social anxiety might not want to be seen. There are many who dislike meeting people and will often hide, preferring not to be seen by others. This is just the case for a select few... It's possible her issue lies in why she needs attention; that's one of her... You all are familiar with narcissistic personalities - they enjoy being the center of attention and like to attract notice. She derives pleasure from gauging external attention or the intensity of attention on herself, making themselves happy. This is a phenomenon experienced by only a minority. Like every animal has different personalities, each person also has unique needs and personalities. It's just that you still identify with your physical body when you experience this.

问: 你们对⼈类和地球的印象是什么? 你们可以从地球⼈⾝上可以学习到什么吗? 然后这个学习是如何影响到你们的社会的?

Questioner: What is your impression of humans and Earth? Can you learn anything from the people on Earth? Then, how does this learning affect your society?

22号: 我们对地球的认识、印象是什么? 然后我们是知道地球是⼀个⾮常需要帮助的,然后是⼀个像是在⾃相残杀,就好像母亲伤害孩⼦,在这样⼦的⼀个状态下.所以你们在做着很多….因为你们的认知是被误导被限制.因为你们还很认同物质、认同⾁体.你们把⾁体当成唯⼀的⼀个存在.因为这种认知的限制导致你们会做出很多像这种⾃相残杀的这种动作.所以地球对我们来说是⾮常需要引导.因为在通过被引导、在通过你们真正的去看到和认识过后,你们便会⽤不再是这种⾃相残杀⽽是互相⽀持⽅式去存在.这就是我们对你们地球的⼀种就是…需要被引导的⼀个星球.然后你还有⼀个问题是我们从你们⾝上学到什么,是吗?

22nd: What is our perception and image of the Earth? Then we know that it needs a lot of help, almost like self-inflicted violence, as if the mother were harming her children, in such a state. You are doing many... because your perception has been misdirected and limited. Because you still identify with matter and body, treating the body as the sole existence. The limitation of this kind of cognition leads to actions that can be described as self-inflicted violence. Therefore, Earth needs guidance for us because after being guided through it, recognizing it, and truly seeing it, humanity would exist in a way of support rather than self-inflicting harm on one another. This is the planet we believe needs guidance. You also asked what you've taught us, right?

我们从你们⾝上学到就是说⾃⼰产⽣的⼀些幻像,就⽐如说你⾃⼰引起的⼀些恐惧就好像⼀个影⼦,真的是⾜以把⾃⼰吓死的,这种状态.然后这个让我们看到的就是说⼈的⼀个思想的能量到底是有多强⼤.为什么?因为你⾃⼰能被⼀个影⼦,本来不存在的⼀个东西吓死的话.那你同样,你的思想它有多强⼤的能量?那它也可以⽤⼀个不存在的⼀个影像来让你变得⾮常⾮常强⼤,对不对? 因为如果它能造成… 它这股能量能造成如此⼤的破坏的话.那它同样能造成如此⼤的⼀个正⾯的影像.所以我们就从你们⾝上可以看到可以学习到在思想层⾯、在幻相层⾯可以对你⾃⾝的⼀个能量的⼀个激发的作⽤.

The lesson we've learned from you is that the illusory perceptions we create, such as fears induced by ourselves, can indeed be terrifying enough to scare oneself to death. This reveals just how powerful an individual's mental energy truly is. Why? If one could be frightened to the point of death by a mere shadow—a non-existent entity—then what about the power of your thoughts? Could they not create equally intense, albeit positive, illusions that amplify their strength in a similar manner? Because if this energy can cause such destruction, it can also generate similarly substantial positive imagery. Hence, we see from you how much the mind's capacity for self-stimulation on both conceptual and illusory levels impacts one's own energy output.

就⽐如说如果你在看别⼈,你看⼀个⼩朋友被⼀个电影⾥⾯的恐龙或者是电影⾥⿁的形象吓瘫痪了吓死了.那你从这个事件当中你可以学到什么? 因为你知道是个电影,对不对? 但是呢个⼩朋友因为他认知有限,他觉得呢个是真的.那你就知道这些所谓的幻像能创造的⼒量有多⼤.那我们也通过

For instance, if you were watching someone, say a child being petrified by a dinosaur or ghostly figure in a movie, what could you learn from this scenario? Since it's just a film, right? But the child, due to their limited understanding, perceives it as real. This illustrates how powerful these so-called illusions can be. And similarly, we have also experienced

⽐如说创造⼀些幻像出来来做出很多,对不对? 你还有⼀个问题是什么,我刚才没有回答到的?

For example, creating illusions to achieve many things, right? You have a question that I didn't address just now, don't you?

问: 你们从⼈类⾝上的学习是如何影响到你们的社会的?

Questioner: How does learning from humans impact your society?

22号: 就刚刚前⾯已经回答了.我们就可以看到创造出来的⼀些⾃我幻相、⾃我想象它能可以产⽣多⼤的⼒量.

22nd: As I just answered before, we can see the power of self-created illusions and self-imagination that it generates.

问: 你们的社会有⾃杀吗? 你们是如何看待⼈类⾃杀的?

Questioner: Does your society have suicides? How do you perceive human suicide?

22号: 我们的社会有⾃杀吗? ⾃杀是你们⼈类对你的⾝体,就好像你的⾝体和灵魂没有结合在⼀起.它反抗、抵触.但是我们的⾁体都是完完全全融合在⼀起的,融合在⼀致的.就好像你们是好像是⼀个⼯作或者是⼀个技术或者是⼀个功能没有做好产⽣的排斥.它产⽣的呢个排斥的⼯作.那如果它是很好的融合、糅合在⼀起的话.它便不会产⽣排斥.所以我们的这些信息都会去让你去看到你不只是你的⾁体.那你便会带领你去探索更多的.然后如果让你看到你没有限制,那你是不是就可以⾛你想⾛的路.那当你完全的处在融合的状态,没有处在排斥的状态.那你还需要⾃杀吗?

On the 22nd: Does our society have suicide? Suicide is your human's response against your body, as if your body and soul are not connected together. It rebels and resists. But our bodies are completely united, as one. It's like when you experience a malfunction or failure in work, technology, or function leading to rejection. The process of rejection occurs. If it were well-integrated and blended, it would not result in rejection. So, this information aims to show you that you're more than just your body, guiding you to explore further. And if you realize there are no limitations, can you then choose the path you desire? When you are fully immersed in a state of harmony, without experiencing rejection, do you still need suicide?

问: 你们有⾃然灾害吗? 你们如何应对⾃然灾害?

Questioner: Do you have natural disasters? How do you respond to natural disasters?

22号:⾃然灾害,你们地球所经历的⽐如说地震或者⼤型的这些洪⽔,我们没有.因为我们的能量状态是在⾮常平稳的⼀个状态下.那你们的地球还需要这样⼦的灾害的原因是因为什么?是因为你们地球需要被清理.就⽐如说你们⼈的⾝体它有时候会拉肚⼦,对不对?那⼈的⾝体为什么会拉肚⼦?它其实是对你的⼀个保护的功能.因为你的⾝体摄取了⼀些你的⾝体并不能承受的东西,它就会⽤这种⽅式把它给排泄掉.你拉肚⼦是不是就好像有⽔⼀样?然后你把整个冲洗的很⼲净.那地球出现像这种⼤洪⽔⼤地震这种,它也是跟你们⾃⼰做…地球本⾝它是有⽣命的.你想地球就好像是你⼈的⼀个⾝体⼀样.

Number 22: Natural disasters such as earthquakes or large floods that you experience on Earth, we do not have. Because our energy state is in a very stable condition. Why does your Earth need to endure these kinds of disasters? It's because your Earth needs to be cleansed. Just like when your body sometimes has diarrhea, right? Why does the human body have diarrhea? Actually, it serves as a protective function. Your body absorbs something that it cannot tolerate, and it discharges it in this way. Is diarrhea like having water, and then thoroughly cleaning everything? Similarly, when your Earth experiences large floods or earthquakes, it's related to what you do... The Earth itself is alive. Think of the Earth like your own body.

那当这些能量在它⾝上太沉重或者是太堵塞或者是太什么的话,它就需要去通过,就好像是全⾝抖动⼀样.把这些重新….就是达到⼀种平衡的状态.所以地球的灾难它也是为了平衡,它也是为了继续能够保持下去,存活下去.那如何可以避免这种⼤型的灾难呢?那就是你们⼈类必须意识到地球是个有⽣命的,它是活的.你便不会再去把它当成好像是没有⽣命的⼀样,肆⽆忌惮的去对待它.你会去尊重它,你会去尊重它⾃然的⼀个需求.你们便不会只去掠夺,就只是去考虑到你⾃⼰.因为你只考虑到你⾃⼰的时候,就好像你住在⼀个房⼦⾥⾯.你不停的去把这个墙打⼀个洞,呢边地板挖⼀块,呢个地底下挖⼀下.

When these energies become too heavy or congested on its body, it needs to release them through what feels like a shaking of the entire body, achieving a state of equilibrium. Thus, natural disasters are part of this balancing process, essential for Earth's survival. How can we avoid such large-scale catastrophes? Humans must recognize that Earth is alive and possesses consciousness; they should not treat it as lifeless, acting without restraint. Instead, they should respect its inherent needs and not just consider their own interests. When one only thinks of themselves, treating the environment like a house where walls are continually being poked holes in, floors dug up, and foundations disturbed, this mindset contributes to the depletion of Earth's resources.

如果你们每个⼈都持续做这⼀个动作,呢个房⼦还能让你们,它还能保护你吗?呢个房⼦迟早会倒塌的.所以地球的每⼀次这种活动,它都是在调整,在平衡.

If each of you keeps doing this action, will that house still be able to protect you? Eventually, the house will collapse. Therefore, every time the Earth undergoes such activities, it is adjusting and balancing itself.

问: 你们有个⼈财富吗? 你们需要⼯作赚钱吗?

Questioner: Do you have personal wealth? Do you need a job to make money?

22号: 我们有个⼈财富吗? 我们没有财富.但是我们有相当于你们所谓财富的⼀个,就是你们评判有穷⼈有富⼈.然后我们就好像,这么说,有经验⾼的和经验低的,经验少的.就是也有这样⼦的⼀个就好像你们眼⾥所谓的⾼低之分.

Number 22: Do we have personal wealth? We don't have wealth. But we do have something equivalent to what you call wealth, that is, you judge people as poor or rich. Then it's like, in a way, there are those with more experience and those with less experience, the inexperienced ones. It's also somewhat similar to this high-low distinction that you see in your eyes when judging people.

问: 你们的能源消耗,就是维持⽣存的这些东西需要花钱吗?

Questioner: Does your energy consumption, such as what keeps you alive, cost money?

22号: 你们还存在⼀种就是去破坏型的产⽣⼀些,但是我们更多的是… 这么说,你们地球上有太阳能,对不对? 就是⽤这种⾃然的⼀个循环来⽀持我们所需的⼀切.所以所有的⽀持我们⽣存的没有在破坏的⼀个状态下,都是在⾃然的⼀个状态下来⽀持我们.

On the 22nd: There's a kind of creation that goes to destruction; but we're more... In this way, do you have solar energy on Earth? Right? It sustains all that is required for us through this natural cycle. So, all that supports our survival in a non-destructive state is sustained naturally for us.

问: 你们有去过其他星球吗? 你们对其他星球有什么了解吗? 你们和其他星球的⼈有没有什么交易上的往来?

Questioner: Have you visited other planets? What do you know about them? Do you have any trade relations with the people on other planets?

22号: 其他星球.就⽐如说我们现在的这种交流就算是我们的⼀个交流.这就是你问的有没有来往,有没有交流.然后你还问就是有没有来往? 你想说的是在物质层⾯能看到的有没有这样⼦的⼀个来往是吗? 然后物质层⾯可以看到的⼀些来往暂时还没有.因为我们⽬前是有呢种影像的技术.影像的技术就好像我可以投影在你的⾯前.就是我可以…但是我的⼈并不在你这⾥,但是我们还可以互动.就像是这样⼦的⼀个状态.

Number 22: Other planets. Like this communication we're having now is an example of our exchange. This addresses whether there is interaction or communication. And you also asked if there's interaction? What you're asking is, in a tangible sense, can we see such exchanges taking place? Currently, we don't have tangible evidence for these interactions. We do possess imaging technology, which allows me to project myself in front of you. I can...but my person isn't actually here with you. However, we can still interact as if it were like this situation.

问: 那你们能不能投影在我们⾯前让我们也可以⽤眼睛看到?

Questioner: Can you project it in front of us so that we can see it with our eyes too?

22号: 我们的⼀个振动频率⽬前不相容.你们的频率也不相容.因为你们是需要你们⾃⼰的⼀个,就好像你的这个⾁体它需要⽤它去感知去看到去接受到这个信号.那如果它没有这个感知的话,那它是接收不到的.所以这需要,就好像相互兼容才能达到.

Number 22: Our current vibrational frequency is incompatible. The same applies to yours. This is because you need your own one; it's like your physical body needs it for perception, to see and receive the signal. If there is no perception, then it cannot be received. So this requires compatibility or mutual adaptation to achieve synchronization.

问: 关于⼈类的灵魂投胎模式你们有了解吗? 有没有两个灵魂同时进⼊⼀个⾁体这样的情况?有的话,是如何处理的?

Questioner: Do you know about human reincarnation patterns? Has there been a case where two souls enter one physical body? If so, how is it handled?

22号: 有没有两个灵魂同时想要进⼊⼀个… 那是你把灵魂分成了就是,就好像是你⼈,⼀个⼈这样⼦的⼀个状态.就好像前⾯说的海⽔,就⽐如说我们⾯前有很多坑对不对? 那这个海⽔它流到这个坑⾥⾯,那其它的海⽔它还要继续流的话,它会流到其它的坑⾥⾯.因为这个坑已经被占满了.所以像你说呢种就是说有没有两个不同的灵魂想要进⼊同⼀个⾁体? 然后这个它并是不灵魂.它更多的是好像,⽐如说我们现在通灵,我们这个能量可以暂时的去使⽤她的⾁体,然后来达到这样⼦的⼀个交流.然后这是需要在我们的频率是匹配的状态下发

Number 22: Can two souls simultaneously want to enter... It's like you divided the soul into parts; it feels as if there's a human state, one person this way. Like in what was said about seawater, for example, we have many pits in front of us, right? Then, when the seawater flows into these pits, any other seawater would continue to flow and go into other pits because that pit is already full. So, like you mentioned, is there a situation where two different souls want to enter the same physical body? Yet it's not just about souls; more so, it feels as if we're channeling this energy temporarily to use her body in order to achieve such an exchange. This process requires that our frequencies be aligned.

⽣.如果是被动的发⽣的话,他的物质⾁体是不会清楚到底发⽣了什么.就好像出现在你们⼈类就会看到,他出现了⼀些不正常的现象.就好像是癫痫或者是神经病.因为他的⾝体会抵触的.他的物质⾁体不知道,会出现这样⼦的⼀个状态.

Born. If it were to happen passively, his physical body would not be aware of what exactly was occurring. It's like when humans witness situations where unusual phenomena occur; it could resemble symptoms of epilepsy or mental illness because his body is in conflict with it. His physical body doesn't comprehend that such a state could manifest.

问: 地球上为什么会有假⼈? 它是矩阵安排的⾓⾊吗? 你们怎么看待假⼈和真⼈?

Questioner: Why are there fake people on Earth? Are they characters in a matrix setup? How do you view the concept of fake and real people?

22号: 因为你们要知道你们每⼀个个体他所需要互动的都会被满⾜.就是你们每⼀个个体⽐如你需要你需要哪些⼈物、你需要哪些,就是给你映射出什么.它都是需要被满⾜的.然后有可能他在你的版本⾥他是个假⼈.但是他在别⼈的版本⾥⾯或者是在他⾃⼰的版本⾥⾯他并不是⼀个假⼈.所以你也不能去完完全全的去从你的⾓度去看.因为在他需要去体验的世界⾥⾯,你这个⼈的版本有可能只是个假⼈,只是个背景对他来说.这个取决于你们之间互动的⼀个⽬的和你们之间需要去帮助对⽅呈现的⼀些是什么.

22nd: Because you need to know that every individual's interactions required will be satisfied; that is, each of you needs certain characters or elements mapped out for your specific requirements. Everything needed must be fulfilled. It could possibly mean a digital avatar in your version, but not necessarily so for others or even themselves. You cannot fully judge it from your perspective alone because the person whose version might just be an avatar or background to them depends on the purpose of interaction and what help is required between you both to present each other's experiences.

In essence, it's about understanding that every individual's needs in terms of interactions are met, but these can vary significantly based on personal context, perspective, and the specific goals of communication.

问: 你们能不能从你们的⾓度解释⼀下地球上的古曼童养⼩⿁是怎么回事?

Questioner: Can you explain from your perspective how the ancient Guangman children spirits are taken care of on Earth?

22号:它也是跟能量打交道啊.如果他内在觉得他需要⼀个这样⼦的存在的话,他可以创造出来的.我们⼀直说外⾯真的假的不重要.就算是对你重要的,那你可以创造出来这样⼦的.就⽐如说你需要⼀个保护神对不对?你可以去创造⼀个保护神给你⾃⼰.然后你们之间互动.

Number 22: It also deals with energy. If he feels within himself that he needs such an existence, he can create it. We have always said that the outside being real or fake doesn't matter. Even if something is important to you, you can create one like this. For example, do you need a protector? You could go ahead and create a protector for yourself. Then you interact with each other.

问: 那呢些所谓的养⼩⿁被反噬其实也是因为他内⼼的恐惧才导致的吗?

Questioner: Is it true that those so-called parasites being bitten back actually results from their inner fear?

22号:养⼩⿁被反噬.他⽆论经历的是从⼩⿁⾝上或者是被反噬的事件或者是从其他物质事件去经历,他经历的所有的⼀切都是他这个能量状态去投射的,就⽐如他的信念.他体验的都是他⾃⼰.只是有些⼈跟他拥有同样的信念.有些⼈看到了,相信了.他也去做这样的体验,也去创造这样的体验.因为你们物质世界所有你想要体验的你都会被满⾜.当然也包括恐怖的、恐惧的或者是被害的或者是怎样.你想多少⼈创造⼀些残忍的杀⼈事件,对不对?连他们都被满⾜.所以任何你想要体验的你都可以体验到.这就是你必须要关注到你到底在关注什么? 你到底在相信什么? 你到底在把你的能量放在哪⾥? 这就是最主要的.为什么?

Number 22: Nurturing Demons Get Bitten Back. Whatever experiences he undergoes, whether from the demons themselves or the backlash events, or through other material incidents, everything he experiences is a projection of his energy state, such as his beliefs. He experiences himself. It's just that some people share his beliefs with him. Some see it and believe it. They also go through these experiences, create these experiences because you in your physical world will get all the experiences you want. Of course, this includes terrifying ones or feelings of fear or victimization or whatever. How many people do you want to create cruel murder events? Aren't they even satisfied? So anything you want to experience, you can experience it. This is what you need to focus on: What are you actually focusing on? What are you really believing in? Where are you placing your energy? This is the main point. Why?

因为⽆论你怎么去相信或者是怎么选择,你都会得到相应的体验.你都会得到⽀持.那你就知道你们其实就是造物主.只是你们还在体验着,就是⽤造物主的能量⽓运体验限制.就是⽤你这么强⼤的创造的能⼒,就是能创造任意⼀切,去创造⼀些负⾯和消极的.因为你们社会上很多负⾯和消极的事件,然后互相影响着.然后你们⼈普遍都宁愿去害怕和相信,宁愿去相信坏的事情会发⽣也不愿意相信好的事情会发⽣.这也是你们的⼀些信念.你们学习的秘密的宇宙的法则,那就是部分⼈他们体验到了这个,然后跟你们分享的.也是⼀样的.还有问题吗?

Because no matter how you believe or choose, you will receive the corresponding experiences. You will receive support. And that's when you realize you are the Creators. It's just that you're still experiencing, using the energy of limitation by the Creator. It's like having your immense creative power, capable of creating anything, to create negativity and passivity. Because there are many negative and passive events in your society, affecting each other. And people generally prefer fear and belief over hope. This is also part of your beliefs. You learn about the secrets of cosmic laws, that some individuals experienced this and shared it with you. It's the same. Any questions?

问: 最后⼀个问题是我想问⼀下我可以看见的从物体还有⼈体上散发出来的⽩⾊的⽓到底是什么?

Questioner: The final question is, what is the white gas I can see emanating from objects and people?

22号: 你看到的这只能是你⾃⼰才能去解释.就好像你⾃⼰戴了⼀个眼睛⼀样.你在使⽤这个眼镜,去透过这个眼镜去看待⼀切.所以你⾃⼰才能对你的⾝体… 就好像你可以通过你的⼀些意向或者通过你的⼀些意念会吸引到⼀些东西来让你看到.吸引⼀些感觉来到你体内.你这些都是可能的.你逐渐就会知道到就是你这个⾁体的所有体验和感受都是通过你的⼀些关注点,你内在的⼀些状态来决定它会体验到什么、感应到什么、感受到什么.就⽐如说这⼥孩⼦她去改变她内在的频率,她就可以进⼊这样⼦的⼀个交流的状态.那也是她在使⽤她的这个⾁体,对不对? 那等⼀下她在恢复,那她是不是… 所以你在⾃⼰的⾁体你也可以⼀样的.

22nd: This is something you alone can explain. It's like putting on a pair of glasses - you're using this pair to see everything through it. Therefore, only you can interpret your own body... just as you might attract certain feelings or sensations into your body by focusing your intentions or thoughts. You have the ability to do so. Gradually, you'll understand that every experience and sensation in your physical form is determined by your focus and inner state, deciding what you perceive, feel, and experiences. For instance, when this girl alters her internal frequency, she can enter a state of communication. She's also using her body for that, isn't she? When she recovers, will she be... You too can do the same with your own body.

就⽐如说你可能太累了或者是太紧张了怎样怎样.你在不同的状态下你都会感受到这个…. 因为这个物质世界本⾝就是个投射.就你们所谓的空.

For example, you might be too tired or too anxious, and so on. You will experience this in different states because the material world is essentially a projection - your所谓emptiness.

# **2022/04/11 — 语⾔不能教会你任何,体验才可以(⽆提问) Language cannot teach you anything, only experience can (without question)**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

⾼灵:你稍等.这是你们⼈类普遍的⼀个就是⼈与⼈之间的冲突.就是我想要按照我的意图,对⽅想要按照对⽅的意图.然后当你们双⽅都不能妥协的时候,冲突便产⽣了.然后谁都不肯让步.那在这样的情况下你可以⾃⼰做出选择.你要不要选择你成为⼀个就是有包容度的⼈,就是你想不想要改变?你想不想让你成为⼀个有包容度的⼈,还是说你又要成为⼀个⾃私、专横,就是我说的算,我为主的⼈?这两个⼈,⼀个是包容⼀个是不包容.没有哪个是好还是不好.为什么呢?因为⽆论你选择做哪⼀个⼈,你都会得到相应的结果.就⽐如说你选择⼀个⾮常苦的⽔果吃和你选择⼀个⾮常甜的⽔果吃,那呢是你⾃⼰的选择.你到底想要去经历苦的还是想要去经历甜的?

Higher Spirit: Wait a moment. This is a common human conflict between individuals. I want to follow my intentions, while the other wants to follow theirs. When both parties cannot compromise, conflicts arise and neither is willing to yield. In such situations, you can make your own choice. Do you choose to become someone with tolerance, wanting to change? Or do you want to be someone tolerant, or are you going to become selfish and domineering, thinking that you decide everything and are the master? These two people, one tolerant and the other not, there's no right or wrong in this. Why is that? Because whichever person you choose to be, you will receive corresponding results. For example, choosing a very bitter fruit to eat versus a very sweet one - it's your own choice. Do you want to experience bitterness or sweetness?

那也就是说你要去选择⼀个成为⼀个有包容的⼈,还是成为⼀个不包容⼈?你从中你都可以去体验.那体验了过后,任何时候你都可以重新选择.就是说你不要强迫你⾃⼰.因为就是说如果你现在还没有成为⼀个能包容的⼈,你不要强迫你⾃⼰.我要包容、我要忍受、我要怎样怎样….因为这样⼦只会让你产⽣更多的冲突.⾸先你要么做⼀个不包容的⼈,对吧?那么你就必须要接受你选择的这个⼈带来的⼀切结果.那你的结果是什么?你的结果就是说你会遇到和你同样的⼈,明⽩吗?因为你们物质世界你其实感受的就是你⾃⼰.因为⼀旦你变成了⾮常有包容⼼的⼈.你就会发现对⽅怎么也变的有包容⼼了?

That means you have to choose whether to become a tolerant person or not, and either way, you can experience it. After experiencing it, at any time, you can make a new choice. You don't need to force yourself because if you haven't become a tolerant person yet, you don't need to force yourself to be one. I want to tolerate, I want to endure, what should I do... This kind of thinking will only lead to more conflicts for you. First, you can either choose to not be tolerant, right? Then you have to accept all the results that come with your choice. What are your results? Your results mean that you will meet people like yourself because in this physical world, what you feel is actually yourself. Once you become very tolerant, you'll notice that the other person also becomes more tolerant.

你有没有在你们社会上看到⼀个⼈客客⽓⽓的时候,对⽅也变客⽓了.

Have you noticed in your society that when one person is respectful, the other responds with respect as well?

⼀个⼈凶神恶煞的时候,对⽅也变的凶神恶煞.为什么? 因为我们还有⼀个⼀直在说的就是说你给出什么,你的辐射、你的能量是什么样⼦的⼀个频率,你给出的是爱⼼还是给出的是⾃私,那其实你就得到什么.明⽩吗? 就是这⾥没有哪⼀个对哪⼀个错.但是你必须要知道你选择的每⼀种状态,你都要承受相应的结果.你不能说我不要去选择做⼀个有包容⼼的⼈,但是我要得到包容.就好像你说我不要去播种在春天,但是我秋天要收获.你这不是痴⼈说梦吗? 就是说你⾸先有没有要去选择成为⼀个有包容度的⼈? 你要不要去选择? 那如果你想要去选择成为⼀个有包容度的⼈,那么这就是你的机会.因为你想要成为这样的⼈,你是不是需要去锻炼?

When one person is ruthless, the other also becomes ruthless. Why is that? Because we always say that you get back what you give - your radiation, your energy is of a certain frequency. Are you giving love or selfishness? You actually get what you give. Understand? There's no right or wrong between parties. But you must know that for every state you choose, there are corresponding consequences you have to bear. You can't say I don't want to choose to be a person with a broad heart but expect to receive it. It's like saying I won't sow in the spring but expect to harvest in autumn - isn't that expecting too much? Essentially, are you choosing to become a person of tolerance? Do you want to choose this path? If you wish to choose to be someone with tolerance, this is your chance because if you aspire to such a person, don't you need to cultivate yourself for it?

就是需要有⼀个给你展现出你去成为这样⼀个⼈的契机,就是给你⼀个机会,对不对? 那给你⼀个机会让你去成为这样⼦的⼈.就⽐如说你想要成为英雄,对不对?那突然就有⼀个⼈处在⾮常危险,有⽣命危险.如果没有呢个⼈在有⽣命危险的状况下.你是不是就失去了成为英雄的⼀个契机? 那如果你⾃⼰内⼼做了决定,我要成为⼀个有包容度的⼈.那这些事情还是不是就来帮你,你们所谓的修⾏?

It's about needing a moment that presents you with the opportunity to become that person, giving you a chance, right? A chance for you to be that kind of person. For instance, if you want to be a hero, right? Suddenly there is someone in extremely dangerous circumstances, facing life-threatening situations. Without such an individual in danger, would you have missed out on the opportunity to become heroic? Then, if you decide within yourself that you want to be a tolerant person, do these things still help you and your so-called practice?

⾼灵: 我这么跟你说吧.这个⼥孩⼦两三个⽉内经历了被⼊室偷盗的事件.然后她却跟⾃⼰说,我本⾝就是想要成为⼀个不受外在任何事情困扰.就是不受外在影响我内在的⼀个愉悦的状态.所以她把这个事件当成来对她的⼀个锻炼,明⽩吗? 她没有说我是个受害者,我怎么这么倒霉,⼩偷很可恨.她没有做任何这样⼦的.⽽是说她说我需要遇到这些事情.为什么? 因为我想成为⼀个⽆论外在发⽣什么,我不会失去我对⽣命的热爱,对⽣命的感恩.不会失去我内在的幸福度,内在存在的喜悦.你明⽩这两层不同的状态吗? 那如果你说我想要成为⼀个⾮常有包容度的⼈.那不管是我⽗亲还是我⽼公还是我孩⼦,他们如何怎样.

Higher Spirit: Let me explain this to you. This girl experienced a home invasion within two or three months. Then she told herself that what she wanted was to be in a state of joy不受外在 things affecting her internally. She regards this incident as a test for her, understanding? She didn't say I'm a victim and how unlucky I am because the thieves are hateful. She didn't do anything like that. Instead, she says I need to face such situations. Why? Because she wants to become someone who, no matter what happens externally, won't lose her love for life or gratitude for it, nor will she lose her inner happiness and joy. Do you understand the difference in these two states? And if I say I want to be very tolerant, then whether it's my father, husband, or child, regardless of how they act.

然后他们都是给了我这个平台、给了我这个机会,来让我展现我是什么样的⼈,明⽩吗? 因为你们的⽣活就是⼀个练习场.没有这个练习场你怎么去练习? 没有这样⼦的⼀个⼈物,怎么去扩展你⾃⼰的⼀个包容度,对不对? 所以你是需要对⼿的.你的武功想要变⾼强,你是需要对⼿陪你练的,对不对? 你说你想学⼀个技能,想获得⼀个技能,想得到⼀个技能.但是你却不要对⼿跟你陪练.这是不可能的.⽽且最神奇的是,当你做出这个选择过后.你的⽼公你的⽗亲,他们都会变.当你真正的去做了这个选择,你开始变的包容,你开始去放下你的⾃我过后.他们也会开始变,他们也会开始变的包容.你便不需要再经历这样⼦的他们来威胁你怎样.明⽩我意思吗?

And they all gave me this platform and opportunity to show who I am, right? Because your life is a training ground; how can you practice without it? How would you expand your own tolerance level without someone like this playing against you? So, you need an opponent. For your martial arts to improve, you need someone to spar with you, right? You say you want to learn a skill, gain a skill, acquire a skill but don't want anyone to practice alongside you. That's impossible. And the most magical part is that once you make this choice, your husband or father will change. Once you start becoming more tolerant and letting go of yourself, they too will begin changing, becoming more tolerant. You won't have to endure their reactions anymore; do I make sense?

为什么? 因为你已经不需要这个功课了呀.就⽐如说你想学游泳.你在海⾥⾯你学的已经很好了.那你就可以离开这个游泳场了.你可以去在沙漠⾥⾯去继续挑战其他的.所以当你开始真正的转变你的⼀个状态过后.你所谓的这些东西你便不需要再经历了.因为你不需要这些戏法,不需要这些事件来练习来成长来扩展.你便不需要这个舞台了,你需要更⾼的舞台.所以你便不会困在这⾥⾯了.⽆论怎样你只要记住⼀句话,对⽅的反应就是你的反应.你们就像在照镜⼦⼀样.就像⼀个鹦鹉学⾆⼀样,就是你说啥对

Why? Because you no longer need this lesson anymore. For example, if you want to learn swimming, and you're already proficient in the ocean, then you can leave that swimming pool behind. You can go out into the desert to challenge other things. So when you start genuinely transforming your state, the things you've been experiencing become unnecessary. You no longer need these tricks, events for practice or growth, because there is no need for this stage anymore. You need a higher platform, so you wouldn't be stuck here. No matter how you look at it, just remember one thing: the other party's reaction is your own. It's like looking in a mirror. Like parroting, whatever you say they repeat back to you.

⽅就说啥.那如果你开始说句好听的呢? 你开始发⾃内⼼的尊重你⽼公.然后你说⽼公,只要你开⼼我就开⼼.那他也开始说⽼婆,只要你开⼼我就开⼼.明⽩吗? 你说.

Wang said what if. But what if you start by saying something nice? You begin to genuinely respect your husband from the heart. Then you say to your husband, as long as you're happy, I'm happy. And he starts saying to his wife, as long as you're happy, I'm happy. Understand?

⾼灵: 你是说为什么你⽼公跟你⽣⽓他还能继续跟孩⼦不⽣⽓? 那你跟你⽼公⽣⽓你会跟所有的⼈⽣⽓是吗? 你是想要知道原因呢? 还是想要知道如何不⽣⽓? 你的问题是什么?

Higher Spirit: Are you asking why your husband can stay angry with you but not with the children, or is it because when you are mad at your husband, you get mad at everyone else? Are you seeking to understand the reason behind this behavior, or do you want advice on how to avoid getting upset? What is your actual question?

⾼灵: 你知道所有的你,你⽼公他可以选择.他可以选择我只跟你⽣⽓不跟孩⼦⽣⽓.那你只是做了⽐他多⼀个选择.我要对所有⼈都⽣⽓.你们只是不同的⼈做出不同的选择,明⽩吗? 所以这没有什么原因或者什么什么.这就在于你们如何选择.

Higher Spirit: Do you know that your husband has a choice? He can choose to be mad at me but not at the children. That's just one more option for him compared to what he currently does. You, on the other hand, have made an additional choice. I need to be angry with everyone. It's clear that each of you chooses differently as different people; got it? There is no reason or anything behind this; it simply depends on how each of you chooses.

⾼灵: 因为你跟你⽼公是两套不同的系统啊.你跟你孩⼦也是不同的系统啊.你们既然是不同的系统是不是就对事件的反应就不⼀样? 所以你不需要钻在这⾥⾯.为什么我对这个事件反应是这样? 他对呢个事件反应是呢样? 这很正常啊.你们每⼀个⼈本⾝就是独⼀⽆⼆的.你有什么信念系统,他有什么信念系统都是完全不⼀样的.然后你的问题问是如何做到不⽣⽓,是吗?

Higher Spirit: Because you and your husband are two different systems. You and your child are also different systems. If you're different systems, don't you respond to events differently? Therefore, you don't need to get stuck in this. Why do I react like this to the event? And why does he react that way? That's completely normal. Each of you is unique in your own way. You have your belief system and he has his own completely different one. Then your question is about how to not get angry, right?

⾼灵: ⾸先,对⼀个事情⽣⽓,⽐如说如果你们只是发⼀下脾⽓的话,这个发脾⽓,就是这⼀股怒⽓它不会很长时间.它会很快就过去,就好像是风⼀下⼦… 然后如果你还持续的⽣闷⽓,你还持续的冷战,你还持续的做出其他的⼀些⾏为的话.那背后就是你⾃⼰头脑⾥⾯对你⾃我的⼀个维护.就是对你这个形象,对你这个你,对你这个⾁体,对你的⾃我这个⾁体的⼀种维护.因为你们⼀定有⼀个就是说: 我是不会低头的.我是⾼傲的.我是谁都不稀罕的.我是谁都不需要的.是有这样⼦的⼀个,就好像你不会放下你⾃⼰,就是你⾃⼰强⼤的⾃我的⼀个维护.那越是有这样⼦的⼀个现象的话,那你越会遇到很多很多这样⼦的事件来呈现在你的⽣命当中来.

Higher Spirit: Firstly, being angry at something, for example, if you just have a temper tantrum, this anger will not last long. It will pass quickly, like the wind suddenly... Then, if you continue to hold grudges, engage in cold wars, or make other persistent actions, it stems from your own mind's defense of yourself. This is about protecting your image, self, physical body, and ego. You certainly have a mindset that goes like this: I won't bow down; I'm proud; no one interests me; no one needs me. There's an aspect where you don't let go of yourself, defending your strong sense of self. The more you exhibit such behavior, the more you will encounter similar situations in life.

就是你总会遇到这样⼦的事情,总会进到这样⼦的状态.为什么总会这样呢? 因为它反复的像⼀个敲门砖,就好像是咚咚咚就是来告诉你这是你需要去认识的

It's just that you'll always encounter situations like this and end up in such states. Why is it always like this? Because it keeps coming back like a stepping stone, knocking on your door to tell you that this is what you need to get acquainted with.

⼀个功课,这是你需要⾯对的⼀个功课,这是你需要⾯临的⼀个挑战.呢个挑战就是什么?呢个挑战就是你对你⾃⼰的⼀个定义和认识.因为你会把你的名字,⽐如说叫⼩张.你会觉得⼩张是你,张总是你.然后张总的头衔是什么?张总的⾝份地位是什么?张总的社会地位是什么?你会把这些东西、标签当成是你,然后去维护它,明⽩吗?这是你们对你们⾝份的不明的⼀种.如果你知道你的这个⾁体就只是你的⼀个道具.呢个道具是什么?是你来体验这个社会,是你来不断不断地去体验、不断地去突破、不断地去感悟、不断地去领悟.这么说吧,你的⾁体就好像是你戴的⼀个眼睛,然后来帮助你来看到物质世界的⼀个东西.因为如果你不戴眼镜你看不到.

One task, this is a task you need to face, and it's an obstacle you must overcome. What is this challenge? This challenge is your self-definition and understanding of yourself. You see, when you use names like 'Little Zhang', you identify with these labels and the roles they represent; for instance, thinking that 'Zhang' or 'Zhang Total' are synonymous with who you are. You then consider what positions 'Zhang Total' holds, his status in society, etc., all of which become facets of your identity. You defend and maintain these identities as if they define who you truly are. This is an unrecognized aspect of how you perceive yourself. If you understand that your physical form is merely a tool for experiencing life; this tool being what allows you to experience the material world, interact with society, constantly innovate, grow, and gain insights about it. In essence, think of your body as a pair of glasses helping you see the tangible universe since without them, visibility would be impossible.

那你却把呢个眼镜当成是你⾃⼰.你不知道你是⼀个戴着眼镜的⼈.你会把眼镜当成是你.把眼镜当成是你是多么愚蠢的事情啊.我这个眼镜是最⼤的,我

That's why you see yourself as this glasses. You don't realize that you're just a person wearing glasses. It's so silly to think of glasses as being you. I have the biggest ones, me.

这个眼镜是最厉害的,我这个眼镜才是怎样怎样的,明⽩吗? 你其实只是⼀副眼镜⽽已.但是真正的在使⽤这个眼镜是它背后的呢个⼈呐.呢个⼈他只是利⽤这个眼镜来去感知物质世界呀,明⽩吗?

The spectacles are the most powerful ones; it's my spectacles that can do this and that, understand? You're just a pair of spectacles. However, the true user is the person behind these spectacles. This person merely uses the spectacles to perceive the material world, understand?

⾼灵: 那你需要就是来改变你⾯对你这些⽭盾,来改变你⾯对这些事件再⼀次发⽣在你⽣命⾥⾯.你说OK,现在是我练习的时候了,现在是我突破的时候了.⽽不是说,我还要继续跟他… 这件事情他明明做的不对.如果你还再分对和错,还再呢觉得怎么样才能让你解⽓的话.那你就是继续把你当成眼镜.那如果你的态度是: OK,现在是来锻炼我的时候,就是来给我机会让我来⾃我突破.来给我机会让我选择成为我是谁的时候.这是截然不同的⼀个状态.你只要知道如果你还要争⼀个输和赢,还要争⼀个⾯⼦的话.你就是在呢个,就是你认为你⾃⼰就是呢副眼镜.那如果你想成为眼镜背后的呢个主⼈的话,你的态度就会不⼀样的.

Higher Spirit: What you need to do is to address these contradictions that you face and learn how to cope with the possibility of similar events happening again in your life. You say "OK", now it's time for me to practice, now it's time for me to break through. It's not about saying I'm going to continue arguing with him... because he clearly did something wrong. If you're still making distinctions between right and wrong, trying to figure out how you can get the satisfaction you seek, then you are continuing to see yourself as that pair of glasses. But if your mindset is: "OK, it's time for me to exercise my skills, to give myself an opportunity to break through internally, to be given a chance to choose who I am." This represents a completely different state of mind. All you need to understand is if you're still fighting over who wins and loses, or trying to save face, then you are still seeing yourself as that pair of glasses. If your goal is to become the owner behind the glasses, your attitude would be entirely different.

你说如果你是眼镜后⾯呢个主⼈的话,你会在乎别⼈说呢个眼镜的颜⾊不好看吗?明⽩吗?

If you were the owner behind the glasses, would you care what others think about the color of those glasses not looking good? Understand?

⾼灵: 你不会把他的呢句话: ‘你的眼镜不好看’当成是⼈⽣攻击啊.所以这需要你们每⼀次是在⼀个清醒的状态.⽽不是被这⼀个所谓的事件带⾛.因为你们很容易被事件带⾛,然后进⼊事件.然后就在呢分对错.

Higher Spirit: You wouldn't take his rude comment, "Your glasses don't look good," as a personal attack on your life, right? So you need to be in a clear state every time, not carried away by the so-called event. Because it's easy for you to get carried away by events and enter them, then making judgments about what's right or wrong.

⾼灵: 那是因为…你要知道你⾸先已经是在把眼镜当成是你的⼀个运⾏模式.你需要背后的呢个⼈出来.那如果你都已背后的呢个⼈在⾏动在⾏为在思考在看在感应的话,那你⾃然⽽然不会在乎眼镜了.如果你只把眼镜当成是你的话,那你当然会把别⼈的指责感觉是对你很⼤的影响,明⽩吗? 也就是说你还没有去…. ⾸先我是让你去发现你背后实际上还有⼀个主⼈,对不对? 那你发现了过后你是不是要跟他链接? 你是不是要让他来… 就是你还不知道你的真实⾝份.

Higher Spirit: It's because... you have to understand that you are already treating your glasses as a running mode. You need the person behind yourself. If you're already acting, behaving, thinking, observing, and sensing like them, then it's natural for you not to care about the glasses. If you only see the glasses as yourself, of course, you would feel other people's criticisms are greatly affecting you, right? In other words, you haven't fully... First, I'm asking you to realize that there is actually a master behind you, okay? After realizing this, do you need to connect with them? Do you need to let them... You still don't know who your true self is.

⾼灵: 你并不知道.你现在只是在头脑⾥⾯接受这个概念,就是接受我的⼀些话语⽽已.你觉得它说的有道理.有道理是⼀回事.但是你真正的成为又是另外⼀回事.然后这个过程需要是什么? 这个过程就是你的整个⼈⽣.它不是说你现在知道了,然后就成为你的了.那要是这样⼦的话,你们便不需要来到这个物质世界.不需要去经历⼀件又⼀件的事情.那你直接接受这个概念不就⾏了? 所以这个不是接受概念的⼀个过程.那你需要你的整个⼈⽣去感受这个过程.我只是在让你看到是你的⼀些⽆知、误会,因为你们所有⼈都把呢副眼镜误认为是⾃⼰.来让你们看到真相.

Higher Spirit: You don't know this yet. Right now, you're just accepting the concept in your mind, just taking my words on trust for the moment. You think it makes sense. It's one thing to think something makes sense, but it's another to truly become it. Then what is required of this process? This process is your entire life. It's not that you now know and then it becomes yours. If that were the case, there would be no need for you to come into this material world or experience all sorts of things. Why can't you just accept the concept? So, this isn't about accepting a concept; rather, you need your entire life to feel this process. I'm showing you some of your ignorance and misunderstanding because you all mistake those glasses as yourselves. Let me show you the truth.

⾼灵: 那就说明你有很多很多成长的机会啊.你需要很多很多的练习啊,明⽩吗? 那这样你是不是就会变的更加的武功⾼强? 哪⼀个武功⾼强的⼈他不是经历了很多突破? ⼀步⼀步的突破.和⼀个没经历任何突破的⼈… 明⽩吗?

Higher Spirit: That means you have plenty of opportunities for growth. You need a lot of practice, understand? Would that make you stronger in martial arts? Isn't it true that someone who is highly skilled in martial arts has gone through many breakthroughs? Step by step. Compared to someone who hasn't experienced any breakthroughs... Understand?

⾼灵: 呢些你不能接受的,你反感的都是你需要看到你⾝上也有的品质和特质,明⽩吗? 明⽩我意思吗? 你想象⼀下你跟他们是不是⼀样的? 你也不能接受别⼈和你不⼀样的.你也会在呢⼲涉.所以呢些你不能忍受的都是来帮你看到你⾃⼰也有,明⽩吗? 所以当你达到了⼀种,你看到了但是你没有任何反感的时候.那就说明你已经没有你了.你已经没有定义,就刚才我们说的呢个眼镜.就好像是⽆我的状态.你已经达到了⽆我的状态,就是没有什么来阻碍你,你只是⼀股….你说.

Higher Spirit: The things you cannot accept and are disgusted by are qualities and traits that you need to see within yourself, do you understand? Do you get my meaning? Imagine if you were like them? You cannot also accept others being different from you. You would interfere as well. Hence, those unendurable things are meant to help you recognize the same in yourself, do you understand? So when you reach a point where you see but have no disgust, it means you have lost your 'self'. You have lost your definition, like we just discussed about that pair of glasses. It's like reaching an egoless state. You've reached an egoless state, where nothing hinders you; you are simply... speaking.

⾼灵: 你⾸先不能去强迫你现在马上要消灭你⼼中的⼀个抵触.因为这只会让你更加… 但是你要知道这只是你成长的⼀个阶段.就是你⽬前的这个⾃我还在成长还在不断地突破当中.那在突破你肯定接受很多需要你去突破的⼀个点.我都说了你们物质世界就是⼀个练习场.当你时时刻刻你没有迷失在这个物质世界当中,就是你是清醒的状态的话.那你是不会被这些带进去的.你只会充满爱的看着他们,然后会觉得他们都是出于好意,都是想要做好,明⽩吗? 这是⼀个过程.就好像⼀个⼩朋友晚上还会怕⿊.他还要抱着妈妈睡觉.等他长⼤了,他便不会了.所以你也是.你现在还在不断地突破的状态当中.你就不需要去责怪你的情绪,明⽩吗?

Sage: Firstly, you cannot force yourself to annihilate the resistance in your heart immediately. Doing so would only make it worse; however, you should understand that this is simply a stage of growth for you. Your current self is still growing and constantly pushing through barriers. In doing so, you inevitably accept many points that require overcoming. I've already mentioned that your material world serves as a practice ground. If you remain vigilant and do not lose yourself within the material world's confines—when you're in a state of awareness—that is when you won't be swayed by these influences. You would only look upon them with love, realizing they are well-intentioned and aiming to do good; do you understand? This is part of the process. Just like a child who still fears the dark and needs their mother's embrace at night, eventually growing out of this behavior as they grow older, you too, are in a state of constant breakthrough right now. There's no need to blame your emotions for this; do you see that?

因为⼀旦你责怪你产⽣的这个情绪,想要去抵触这个情绪的时候.你的分裂就开始了.所以你⾸先就是要允许你有烦躁或者不耐烦的这个过程.但是你要清醒的知道它只是⼀个过程⽽已.它只代表…. 然后这个烦躁它会⾛.你不需要去抵触也不需要去害怕你会⼀直成为这样⼦的⼈,明⽩吗?

Because once you blame the emotion that you've produced and try to resist it, your division starts. So first, you need to allow yourself to have this process of frustration or impatience, but you must be clear that it's just a process. It only signifies... Then, the frustration will fade away. You don't need to resist nor fear becoming someone like that, do you understand?

⾼灵:那你想象⼀下你也有对他们很友好的时候.你也有对他们很有爱的时候.所以你不能强迫,⽐如说你现在还没有开悟.你不能把⾃⼰逼成⼀个开悟的⼈⼀样的态度.就好像你现在是⼀个苹果,你现在还在开花还没有结果的时候.你就逼着⾃⼰变成⼀个又⼤又红的苹果.这是不可能的.这只会让你连花都会凋谢.因为当你不再抵触这个的话,它其实⼀下就流过去了.就是你⼼⾥没有⼀个更多的声⾳来抵触:啊,你怎么是这样.我想变这样…没有这样⼦的话,你会发现你的⽣⽓只是⼀两分钟,⼀会⼉你便不⽓了.你又可以跟他们说说笑笑,明⽩吗?

Higher Spirit: Then imagine you have moments of friendliness towards them and moments of love for them. So you cannot force yourself, like if you haven't awakened yet. You cannot force yourself to adopt an awakened person's attitude. It's like forcing a not-yet-ripe apple into becoming a big red apple while it's still flowering and hasn't even borne fruit. This is impossible; it would only cause the flower to wither away. Once you stop resisting this, it flows by easily without any resistance in your mind: "Why are you like this? I want to be like that…" Without that inner resistance, you'll find that your anger lasts just a few minutes and then you calm down. You can then talk and laugh with them again, understand?

⾼灵:那下次你可以看到当你⽼公不想靠近你的时候,当你⽼公不想跟你亲热的时候,不想抱你亲你的时候,你就知道因为你⾝上的能量让他想要逃开逃避,明⽩吗?你们总是觉得你们散发的⼀个能量情绪好像是看不见的⼀个东西.它实际上是⾮常⾮常明显的.这么说,如果你在发怒⽣⽓的状态,你会有⼀波⼀波的光,就好像是墨⽔.⿊⾊的墨⽔不断地喷出的话,你就能看到.你不断地在污染,那谁想靠近呢个又脏又污染的东西,对不对?就好像不断在喷毒⽓出来⼀样.那当你是处于爱和接纳,接纳就是没有任何评判.你处于这样的⼀个状态当中.你就好像是不断地在散发出⾹味.你看为什么有些鲜花你就想要不断地靠近去闻它的味道,对不对?

Higher Spirit: Next time you can see it when your husband doesn't want to come close to you, when he doesn't want to be intimate with you, or when he doesn't want to hug and kiss you. That's when you'll understand that the energy coming from you makes him want to run away and escape, do you get it? You always feel like the emotional energy you give off is something invisible. It actually has a very obvious presence. Let me explain further: If you're in an angry state, you will emit waves of light, just like ink. Imagine black ink being continuously sprayed out; you can see this happening. Your continuous pollution makes it unappealing for anyone to come near your contaminated space. Isn't that similar to how toxic gas is constantly emitted? Now, when you're in a loving and accepting state—acceptance meaning no judgments—you exude a scent. This is why people are drawn to continually approach flowers to smell their fragrance, isn't it?

你就觉得你不停地想要闻不停地想要闻,就忍不住.那他们也会这样.他们想要靠近你.所以不要去指责为什么我⽼公不跟我亲热.你要去看看你到底是散发的是毒⽓还是⾹⽓.因为呢股⾹⽓是没有⼈可以去抗拒的,没有⼈可以拒绝的.连你⾃⼰也拒绝不了.

You find yourself constantly wanting to smell it, unable to resist the urge. They too would feel this way; they desire to be close to you. So don't blame your husband for not engaging in intimacy with you. Examine whether you're emitting a fragrance or an odor that can't be resisted by anyone, including yourself. For that particular scent has no power of rejection.

⾼灵: NO NO NO.我现在告诉你就是说你可以通过他的⼀个,因为他只是你的镜⼦去看到你⾃⾝.为什么? 因为你⾃⼰跟他没有两样的.为什么? 因为你们是在同⼀个频率场,你们在同⼀个环境.就是你们俩在同⼀个频率.因为如果是不同的频率你们是不可能在⼀起的.所以如果你们是同频在⼀起的话,那就说明你们是不相上下,你们都是⼀样的.你们都是在这样⼦的状态下.那如果他有这样⼦的现象,你就绝对有这样⼦的现象.那如果你有这样⼦的现象.那他是不是,就好像他把你的⼀些能量状态给展现出来来让你⾃⼰认知,来让你⾃⼰看到.那你⾃⼰看到过后,你是不是就可以做选择你你到底要散发毒⽓还是要散发⾹⽓,明⽩吗?

Higher Spirit: NO NO NO. When I tell you this, it means that you can see yourself through him because he is just your mirror. Why? Because you are the same with him. Why? Because you both are on the same frequency field and in the same environment. That's why you two are on the same frequency. If they were different frequencies, they wouldn't be able to be together. So if you are together at the same frequency, it means that you are on the same level, you are the same. You both exist in this state. If he exhibits such phenomena, you will definitely exhibit them as well. If you do show these phenomena, does that mean that he is reflecting your energy states to yourself, allowing you to be aware of and see them? After seeing this, can you make a choice on whether you want to emit toxic gas or fragrance, understand?

⾼灵: 那你⽼公他可能也是说: 我是想很温柔的跟你爸爸说话,但是我的信念系统没有办法让我很温柔的说话.你们都可以这样找借⼜哦.你们都可以去: ‘啊,我本⾝是充满爱的.我是想跟你表达爱.但是我又不⼩⼼在伤害你,在打你在骂你’.

Higher Spirit: Maybe your husband also says, "I wanted to speak gently to your father, but my belief system prevents me from speaking gently. You can all find excuses like this. You can say, 'I am full of love inherently. I meant to express love to you. But accidentally, I hurt you and scolded you.'"

⾼灵:如果就像我刚刚说的,如果你把你刚才你⽼公展现的呢个事件当成是你⾃我反省,⾃我认识的⼀个⼯具.就是你⾃⼰会有⾃知,就是你⾃⼰知道,OK,我现在是怎样.那你知道了过后,你有⾃知了那你便不会⽆知了.你便不会去什么都不知道⼀样,你没有办法.就好像⼀个已经知道的事情,你没有办法装的不知道.

Higher Spirit: If, as I just mentioned, you consider the event that your husband showed to be a tool for self-reflection and self-awareness, meaning you will have self-knowledge - that is, you will know yourself, okay? Now, how am I now. After you gain this knowledge, having self-awareness means you won't lack awareness. You won't be in the same position of not knowing anything like before. You can no longer be ignorant because there's nothing you can do about it. It's like acknowledging something; you can't pretend to be unaware.

⾼灵: 你看到没有,我现在是把所有的你在指责你⽼公或者是你爸妈或者是外⼈,拉到你⾃⼰.就是转成你⾃⼰来观察你⾃⼰.因为如果你⾃⼰都不能观察你⾃⼰的任何,任何⾏为模式任何情绪反应.你就不知道你在做什么.你还觉得理所当然.你还觉得我做的对的呀.我这发脾⽓不应该是理所当然吗? 我责怪你不应该是理所当然的吗?

Higher Spirit: Can you see that I am taking everything you criticize about your husband, or your parents, or others and turning it back onto yourself? This is essentially about observing yourself through your own lens. Because if you cannot observe your own behavior patterns or emotional responses, you won't know what you are doing, assuming it to be justified and even right. You'd think that my irritation should be taken for granted, shouldn't I blame you as a given?

⾼灵: 我只是来引导你来看到.那看到过后你要怎么样做是你继续的选择.为什么? 因为你可以继续在这样⼦⼀个循环的状态,继续在这个⾥⾯加深你的体验.加深体验,你的痛苦就 build up.你的痛苦就越多.你的痛苦越多,那到时候你就更加push yourself.就是更加迫使你去要突破,必须要转变.如果你现在还做不出转变就说明你的痛还不够痛.你还需要再继续.

Higher Spirit: I am here just to guide you to see. What you do after seeing is your continued choice. Why? Because you can continue in this cycle of state and deepen your experience within it. The more you deepen, the more pain builds up. The more pain accumulates, the more you will push yourself. This pushes you further into needing to break through, necessitating a transformation. If you cannot make a change now, it means your pain isn't intense enough yet. You need to continue.

⾼灵: 我先回答你的第⼀个问题.你是说为什么⼀点⼩事情你会把它夸⼤,夸⼤对你的⼀个影响.然后对它做出⼀些超⼤的⼀个反应.然后为什么你会这样? 你稍等.为什么你会对⼀些⼩的事情做出特别⼤的反应? 然后这还是来⾃于你们就是对你⾃⼰,对你的这个⾃我,对你的这个形象,对你的这个⾁体,对它的⼀种赞同.因为其实,你要这么想,你不断地去追求财富,追求地位,追求认可,追求赞扬赞美掌声关注,是什么? 那不就是增⼤对你⾃我的⼀个权威吗? 就是增⼤你的⾃我,⾃⼤.就⽐如说你的呢个我,之前像个⽓球⼀样,很⼩.你是需要不断地吹⽓, 不断地吹起吹⽓.让⾃⼰⼤的⼈家都能看到.你们社会上其实很多⼈都在做这样的动作呀.

Higher Spirit: I'll start with your first question. You're saying why you tend to exaggerate even a small thing and overreact based on its impact on you, then react excessively in response. And the question is, why do you behave like this? Please wait. Why do you have such an exaggerated reaction to minor matters? It comes from self-approval towards yourself, your image, and your body, as well as seeking recognition and praise that magnifies your self-importance. Essentially, when you continuously pursue wealth, status, recognition, and applause, aren't you trying to increase your self-authority? To inflate your sense of self-importance and arrogance? It's like inflating a balloon that was originally small; you need to constantly blow it up, making yourself bigger so others can see. Many people in society are actually doing actions like this.

你为什么⼀定要追求权⼒? 你为什么⼀定要追求很对很多钱? 你为什么⼀定要追求很多很多名⽓? 你为什么⼀定要追求知名度? 那是什么? 那就是你们在对你们⾃我的⼀个,就是我,加强呢个我的存在.那是为什么? 那是因为你还,就好像我们之前说的⼀样,你还把你当成呢个眼镜啊.你不知道呢个眼镜它只是⼀个… 真正的你他带着呢个眼镜去观察这个世界啊.那如果你经常忘记你的⾝份,就是你把呢个眼镜当成是你,你忘记眼镜只是你的⼀个⼯具去感受这个世界的话.那眼镜可是不能被冒犯的,呢个我可是不能被冒犯的.什么都是我我我我.所以这需要你们知道你们的真实⾝份.因为你们物质世界的⼀切都太过于真实.你们不断地在接收信息.

Why must you pursue power? Why must you chase after so much money? Why must you aspire for fame, or popularity, or recognition, or even notoriety? What is that all about? It's about reinforcing your own existence, amplifying your sense of self. Why would you do that? Because you identify yourself with something just as we discussed before: like wearing glasses, and you forget they're merely a tool for perceiving the world through them. Glasses can't be offended, nor can I. It's all about 'I', 'me', 'myself'. So you need to know your true self amidst this overwhelming reality of your physical world where you continuously receive information.

它会让你忘记,明⽩吗? 你们会经常遗忘掉你们其实只是来体验,你会忘记你还有⼀个更⼤的我在你的后⾯.所以你就会对别⼈对你的⼀句攻击,或者别⼈对你的⼀句赞扬…. ⽐如说⼈家来赞扬你了,你洋洋得意的.明⽩吗? 你做出来别⼈做不到的事情,你又洋洋得意的.

It will make you forget, understand? You often tend to forget that you are just here to experience. You'll forget that there is a bigger self behind you. So you would react to someone's attack on you or praise for you... For instance, when people come and praise you, you feel pleased with yourself. Understand? When you do something others cannot do, you feel pleased with yourself.

⾼灵:这么说吧,有⼀些他是完完全全不知道他只是⼀副眼镜,他背后有个戴眼镜的⼈.他完全不知道,他把眼镜当成是他⾃⼰.那有的是,OK,他知道有这个概念.知道这个概念其实和不知道这个概念其实是⼀样.他只知道概念,但是并没有成为他的.那另外⼀种呢是偶尔他能记得我背后还有⼀个主⼈,偶尔忘记了觉得我才是主⼈,明⽩吗?所以你看不同阶段他都有不同的状态.那链接多的呢,他就是说有时候物质世界的幻像太深了,他忘记了背后还有⼀个主⼈.他有时候记得背后有主⼈.这是⼀个过程.然后有的呢,他就是完完全全的不会受任何眼镜的影响,然后完全是主⼈.那这样⼦的是⾮常少的.因为毕竟你们还在这个物质世界⾥⾯,明⽩吗?

Higher Spirit: Let me put it this way, there are some who don't know at all that they are just a pair of glasses with someone behind them wearing glasses. They have no idea; they see their glasses as themselves. Now, for others, yes, they do know about the concept. Knowing this concept is essentially the same as not knowing it. They understand the concept but it does not become part of them. Then there's another type: sometimes he remembers that I am behind him and sometimes he forgets and thinks that he himself is the owner. Do you see? So, throughout different stages, he has varying states. With more connections involved, he would say that sometimes the illusions in the material world are too strong, causing him to forget about the presence of his owner. He will occasionally remember having an owner behind him. This is a process. Others, however, will never be influenced by any glasses and remain completely as their own self. Such instances are very rare because you are still within this material world.

所以你不需要去要求⼀个,就是你们这个世界上屈指可数这样⼦的⼀个标准来要求你⾃⼰.因为毕竟你们来到这⾥最主要都是你们不知道你们还有⼀个最⼤的⾝份.你们也要遗忘掉呢个⾝份.所以你们的⼀些反应都是正常的.但是你现在已经知道眼镜已经在阻碍你.所以我们才来协助你,让你看到你的阻碍来⾃于哪⾥.那你就可以⾃由的选择.然后以前我们通灵有⼀句话,就是你们的⼀句咒语,就是我在做梦.明⽩吗?你需要知道物质世界的⼀切事件它其实都像是梦⼀样,虚幻的.然后你并不是没有办法去改变它.它所有的事件只是反应出来你当时的⼀个状态.那在你当下你都可以去做出选择.在你当下警觉的呢⼀刻,就是觉醒.你当下: 我在做梦.

So you don't need to demand of yourself some kind of standard that only a few in this world possess. After all, the main reason you are here is because you're unaware of your most significant identity, which you need to forget. Your reactions are thus understandable. Yet now you know that glasses hinder you. That's why we help you see where your obstacles lie, allowing you the freedom of choice. You might recall a phrase from our spiritual communications: "I am dreaming." Do you understand? You need to realize that everything in the material world is like a dream—illusory. There is no limit to changing it because each event merely reflects your current state. In that moment, when you're aware and awake, you have control over your reality. Remember: I am dreaming.

那你现在是不是马上就可以去改变了? 对不对? 那你在做梦你就知道,OK,那我现在调整我的能量状态.怎么样调整呢? 那我⾃⼰多给我⾃⼰创造⼀个让我静⼼的活动.就是来⾃⼰… 你要知道就是说如果你继续觉得是外在的问题.你可能继续跟你⽼公争辩争吵.那如果你知道是你的问题.那你可能找⼀个安静的⾓落,来把你⾝体的紧张、压⼒的情绪来给它排除掉.让⾃⼰处在⼀个不是过度焦虑,或者过度愤怒的⼀个状态.来把⾃⼰的能量调整到⼀个正常的,就是你呢个本来的频率.那当你达到你这个本来的频率过后,你再去⾯对你⾝边的关系,⼀切都会发⽣变化.因为你的⽬光会变,你的声⾳会变,你的⾏为所有⼀切都变,明⽩吗?

Now can you immediately make the changes? Correct? If you are dreaming about it, okay, I will adjust my energy state right now. How do I adjust that? By creating activities for myself that help me relax and focus. You see, if you continue to think that the problem lies externally, you might still argue with your husband or partner. But if you realize that it's an issue within yourself, then perhaps find a quiet corner to release the tension, stress, and emotional pressure in your body. Stay away from excessive anxiety or anger. Adjust your energy to a normal state, your original frequency. Once you reach this natural frequency, everything around you will change because your perspective, voice, actions, and everything else will shift. Understand?

当你变了过后,你不需要去花你的时间和精⼒或者讲道理去处理你们之间的… 因为为什么? 因为有问题的呢个能量….我们之前⼀直说AB房间.那你已经不在A房间⾥了.你已经进⼊了B房间.B房间⾥没有A房间的问题.所以其实联合今天⼀系列的你来看到就是,我把所有的你对外的⼀个⽭头都指向你⾃⼰.指向成为⼀个来让你⾃我认知,⾃我觉察,来让你知道这⼀切都是你⾃我需要去突破的⼀个点.把它变成⼀个练习场.因为你的⼀个东西明明是在家⾥,你⼀直在外⾯找,你不可能找的到的,对不对?你⾸先⽅向要对呀.那你⽅向对了,然后你便有头绪了.所以这个过程是⼀点⼀点的⼀点⼀点的.当你越来越有头绪越来越有头绪,你后⾯便不需要引导了.因为你

When you've changed, you don't need to spend your time and energy or argue about the issues between you because why? Because of the problematic energy...we used to talk about Room A and Room B. You're no longer in Room A; you've entered Room B. Room B doesn't have the problems from Room A. So actually, when looking at a series of things today that you see, I'm directing all your external criticisms inward towards yourself. To make you aware and mindful, to show you that everything needs to be overcome by yourself. Turn it into a practice ground. Because if something is clearly at home with you, you're constantly looking for it outside; it's never going to work. Don't you see? You need the right direction first. Once your direction is correct, you have a sense of what to do. So this process happens gradually over time. As you gain more clarity and understanding, you don't need guidance anymore because

已经找到其中的规律了.你已经知道⼀切都是你⾃⼰.还有问题吗?

You've already found the patterns. You already know it's all yourself. Is there a problem?

⾼灵: 你刚才说⼈为什么想要被关注? ⾸先就像我们前⾯说的呢个,就好像它是⾃我,你不断地加强⾃我的⼀个存在感.为什么? 你对你⾃⼰的⼀个不认识,就是你还不知道你的真实⾝份.你觉得这⼀个⾁体,你的⼀些头衔就是你.那是你的话,你不断地想要去加强它.为什么? 因为当你不断地…没有去加强它,你会害怕你⾃⼰消失.你会害怕没有⼈会知道你,没有⼈会关注你,没有⼈爱你,没有⼈理你.你害怕你这个⾁体的消失,明⽩吗? 所以你不断地想要去找存在感.不断地去⽤漂亮的⾐服啊、化妆啊、任何任何,来让⼈们看到你.因为⾃我它害怕消失呀.明⽩吗?

Higher Spirit: You just asked why people want to be noticed. First of all, as we've talked before, it's like a self, you are constantly strengthening your sense of existence. Why? Don't know yourself, you don't know your true identity. You think this body, your titles are you. If that's the case, you constantly want to reinforce it. Why? Because when you constantly... if you don't strengthen it, you're afraid of disappearing. You fear no one knows you, no one pays attention to you, no one loves you, and nobody cares for you. You fear your body's disappearance, right? So you constantly seek the sense of existence. Constantly using pretty clothes, makeup, or anything else, to make people see you. Because self is afraid of disappearing, understand?

⾼灵: ⼈很难安静下来.你⾸先要知道你们所有⼈是受影响的.就⽐如说像⼩朋友⼀样.⼀个⼩朋友在呢蹦蹦跳跳,其他⼩朋友都会蹦蹦跳跳起来.最后都在⼀起蹦蹦跳跳了.因为你们⼈是⼀个受…. 你们是有能量场的.能量是相互影响的.那既然是相互影响的话,你们有谁是去寻找安静的途径吗? 就是你们有去给⾃⼰制造安静的能量场吗? 你没有啊.你都没有给⾃⼰机会去安静呀.所以你都没有去创造这样⼦的⼀个…⾼灵: NO.那只是你处在的⼀个环境当中.你们也有很多⼈类他们⼀直在给⾃⼰创造⼀个安静的能量场.⽐如说呢些寺庙⾥⾯修⾏的⼈.

Higher Spirit: It's hard for humans to settle down. First, you need to realize that all of you are affected, like children playing and bouncing around. Eventually, everyone starts bouncing together because as human beings, you possess energy fields. Energy affects each other. If it affects others, have any of you sought ways to find tranquility? Have you created quiet energy fields for yourselves? You haven't done this; you've denied yourself the opportunity to be still. Therefore, you haven't been creating such an environment for yourselves. Higher Spirit: No, that's just the environment you're in. Many humans do create their own peaceful energy fields, like those who practice meditation in temples.

⾼灵: ⼈⽣有什么意义? 你觉得⼈⽣只有不安定才有意义是吗?

Higher Spirit: What is the meaning of life? Do you believe that life only has significance when it's unstable?

⾼灵: 那是你在⽤你的头脑在理解什么是乐趣什么是意义.你头脑⾥⾯的概念,⽤你⾃⼰的经历.那如果呢个经历是你从来都没有经历的呢? 你如何去评判它有没有意义,它有没有乐趣呢? 就好像⼀个从来没有到过天堂,你说天堂有什么好的.你又没有到过,你怎么知道它什么样? 它好不好? 你没有办法去评价它.你要是评价的话,你只能从你⾃⼰经历过的,⾃⼰知道的.明⽩吗? 所以你没有办法去感受他们经历的.

Gaelic: That is what you are using your mind to understand what is fun and what is meaning. The concepts in your mind, based on your own experiences. But what if that experience was something you've never experienced before? How would you judge whether it has meaning or brings joy without having gone through it yourself? It's like asking someone who has never been to heaven about its goodness when they have no idea what it feels like or how good it is, because they haven't experienced it. You can't evaluate it based on just theoretical knowledge; you can only judge by your own experiences and understanding. So, you can't truly feel what they are experiencing.

⾼灵: ⽆论怎样你不要去拿你的认知,你的⼀些经历经验去想象别⼈是怎么样.因为你想象不到.你的⾝体就好像是⼀个程序⼀样.你的程序它要做出反应,它必须⾥⾯有.如果你⾥⾯没有被编程,没有植⼊的话,你是辨认不出来的.就会变成乱码.也就是说你只能理解已经被植⼊的东西,没被植⼊的你是不能理解的.⽽且这个不是通过你们⽂字,通过语⾔描述你能体会到的.这个是需要你⾃⼰去体会的.

Higher Spirit: Regardless of how you do it, don't use your cognition or experiences to imagine how others are. You can't imagine it because your body is like a program. Your program needs to react and must contain certain elements. If these elements aren't programmed into or implanted within you, you won't be able to recognize them; they will become scrambled information. In other words, you can only understand what has been implanted in you. What hasn't been implanted remains incomprehensible to you. This understanding isn't conveyed through your language or text comprehension; it requires personal experience for you to grasp it.

⾼灵: 你怎么样才能做到专注,不被你的头脑带⾛? 那你有做这⽅⾯的练习吗? 你如果就好像,之前我们也说你的头脑就好像是狗⼀样.这个狗你从来没有去教导过它.你从来没有去给它训练过,你从来没有做任何这些动作.你凭什么让它和⼀个训练有素的警⽝去相⽐.你⼀只流浪狗什么也不懂,然后⼀只训练有素,每天都在训练的⼀个警⽝.其实你们潜⼒都是⼀样的呀.那为什么别的警⽝可以做到? 为什么你没有做到? 你⾸先不知道你能做到.然后你知道你能做到,那你有没有去做这个练习? 这么说吧,你们有呢种特警是吧? 你们特警就是做练习的时候他们会有很多练习,⽐如说⼦弹或者是战⽕连天.他们要去练习⾝体对这些战⽕做出的⼀些反应.

Higher Spirit: How can you maintain focus without being carried away by your mind? Have you practiced this aspect? Previously, we mentioned that your mind behaves like a dog. You have never trained this dog; you have never given it any training or exercises. How can you compare it to an expertly trained police dog? You're just a stray dog with no knowledge, while the other is trained daily and fully prepared. Actually, both of you have equal potential. But why can other dogs do it? Why not you? Firstly, you don't know you can do it; then when you realize you can, do you actually practice this exercise? To clarify, there are special police forces that engage in intensive training sessions where they practice handling situations like gunfire or intense firefight scenarios to train their bodies' responses.

他们要做到不会⼀有⼦弹就吓的马上跑了,明⽩吗? 他们要做到⾯不改⾊.那他们是不是前期需要有⼀个练习.练习让他们不断地不断地体能适应爆破.就是在充满爆炸声爆破声,他还能冷静的⾯对.如果你没有经过训练的,那你会根据你的本能做出反应.就是逃跑、惊吓.那如果你是训练有素的⼀个特警,你会知道.所以那你们这个物质世界就是你们的练习场啊.它就是来给你们练习的呀,对吧? 那如果你经常把你⾝边你不能忍受的事情,你发脾⽓的事情当成⼀个练习场.你当成是⼀个练习场,它们是你的对⼿.那你以后就不会再因为⼀个⼩事⼤发雷霆了.你的包容度就不断地不断地在…⾼灵: 你问题是什么? 你直接问问题就好.

They need to train themselves so that they won't immediately run away when a bullet is fired, understand? They need to be able to remain calm. Wouldn't this require practice for them in the beginning? They would need to repeatedly train their physical endurance against explosions, being able to face it calmly even amidst loud sounds of explosions and gunfire. Without training, your instinctive response might be to flee or become frightened. However, if you're a well-trained SWAT team member, you know how to handle such situations. Thus, this material world serves as your practice ground - it's there for you to train in. If you treat the things that upset you or make you angry as part of your training, they essentially become your opponents. You won't lose your temper over small matters anymore and will have a higher tolerance for frustration. Your question is: what is your issue? Just ask directly, please.

⾼灵: 你为什么⼀定要把你⼿头上的事情做完你才能放松,是吧?

Higher Spirit: Why do you have to finish everything on your plate before you can relax, right?

⾼灵:然后为什么不能以⼀个轻松的状态处理⼯作对吧?这个就好像是你们的⼀个这么多年来,这么多千百年来你们⼈类的⼀个反应.就是你觉得就是要表现出积极的样⼦我才在做事.做事有做事的样⼦.你们觉得如果你在呢嘻嘻哈哈就是开⼼的状态的话,就好像是不够严肃.那这是你们集体的⼀个观念.是你们对待… 要⼀本正经,不要吊⼉郎当.你们觉得轻松快乐就是吊⼉郎当,不当⼀回事.然后你们都会有这样⼀个观念.你们都会有这样的⼀个眼光和态度去看待别⼈和看待⾃⼰.那还有⼀种就是说,你的问题更多的就是说我为什么必须要把事情做完我才能安⼼,我才能放松下来?不然的话,我⼀直处于紧张和焦虑的⼀个状态.

Higher Spirit: Why can't you handle work in a relaxed state, right? This is like your reaction over thousands of years as humans. You believe that I should only be doing things if I'm showing positivity, and there's a certain way to do things. You feel that if I am laughing and happy, it doesn't seem serious enough. That's your collective view – you think one needs to be very serious and not carefree about everything. You consider being relaxed and joyful as carefree, not taking anything seriously. Then everyone has this viewpoint, using this perspective when looking at others and themselves. Another consideration is that your concern lies more in why I must finish a task before I can feel at ease or relax? Otherwise, I remain in a state of tension and anxiety.

那是因为你其实对你⾝体也没有⼀个练习.你要知道⼀个能量产⽣什么样⼦的⼀个频率,你⾃⼰也要多去培养⾃⼰在⼀个不慌不忙的状态当中,就是淡定的⼀个状态当中.那你的⽣活就是你的练习场.你有去锻炼让你⾯对这些事情的时候从容吗?你没有啊.因为你都⼀味地,本能的紧张反应.你永远都是这样⼦的应对模式.你没有觉察到OK,我把这个事件当成是让我锻炼,让我来从容不迫的⼀个事件.你想你们的演员都是需要不断地去练习.哪⼀个技能不需要去练习?所以技能都需要练习.所以你的状态,你想要成为什么样⼦的⼈,你也是需要练习的.你练习过后,你的⾝体它⾃然⽽然就是⽤这⼀套系统在运作了.

That's because you haven't actually practiced with your body either. You need to understand that the frequency a certain energy produces depends on how you cultivate yourself in a calm state. Your life is essentially your practice field. Have you ever trained yourself to handle these situations gracefully? No, you haven't. Because you always react instinctively out of tension when faced with issues. This is your permanent mode of dealing with things. You fail to realize that this event could be used as an opportunity for you to practice and become more composed. You think that actors need constant practice because every skill requires it. So, skills all require practice. Therefore, the state you want to achieve and the kind of person you wish to become also needs practice. Once you have practiced, your body naturally operates using this system.

⾼灵: 你们看不到,但是你们能感受的到.你难道感受不到⼀个⼈对你是恶意还是善意的吗? ⼀个⼈是你想要靠近还是想要离开的吗? 你都能感受的到.

Sage Spirit: You can't see it, but you can feel it. Can't you sense whether someone's intentions towards you are malevolent or benevolent? Whether they want to come closer to you or move away? You can feel all of these things.

⾼灵: 我只是让你… 因为⼀些你们⾁眼能看到,能视觉化的⼀些东西能让你们更加震撼.为什么你们看到流⾎这么害怕呀,对吧? 那没有流⾎就不害怕,就没反应.那就是说如果你能看到你的能量场是这样⼦,⼀波⼀波的像墨⽔⼀样的流出来.你就会知道OK,我现在是在⼀个什么样⼦的能量状态下.墨⽔,⽤这种⽐喻和形容来让你更加的知道你的⾝体不断散发的⼀个状态.

Higher Spirit: I just want to show you… because certain things that your eyes can see, that you can visualize, can be more shocking for you. Why are you so afraid of seeing blood? Right? If there is no blood, then you're not afraid, and there's no reaction. So if you could see your energy field like waves, flowing out like ink, you would understand that I'm in a certain state of energy right now. Using this analogy and description to help you understand the continuous state of your body emitting this way.

⾼灵: 你说为什么你的⾝体会担⼼你在做锻炼的时候旁边会有⼈看你? 也是你⾃⼰,就好像你的⾁体… 你现在问的问题都是你⾁体的⼀些反应.那你的⾁体对东西做出反应,那是因为你对它从来没有训练过,明⽩吗? 那呢些演员,就算你是⼏万个⼈在看他.他还是能趴在地上撒泼.为什么? 因为他知道他是训练有素的演员,不会因为有这么多⼈看我我做不出来.明⽩吗? 那你的⾝体你也可以去通过不断地去锻炼它.OK,我现在有⼈看我,我也能很从容的… 你不断不断地去build up,就是不断不断地去让⾃⼰达到⼀个⽆论是有⼈没有你都是在⼀个坦然的状态下.那你想知道就是说为什么你害怕被别⼈看到? 你想知道背后是什么信念系统.

Higher Spirit: You say why your body worries about being watched by someone when you are exercising? It's like yourself, just as your physical body... The questions you're asking now are all reactions of your bodily self. Your body responds to things because you've never trained it; do you understand that? Those actors, no matter how many people are watching them, they can still roll on the ground and perform a scene. Why is that? Because they know they are well-trained performers who won't let being watched affect their performance. Do you get it? Your body can also achieve this through constant exercise. Okay, even when someone is watching me now, I can remain composed... You continuously build up your skills until you reach the point where whether there's an audience or not, you're comfortable and at ease. The question you want to know is why you fear being seen by others? You want to understand the underlying belief system behind this fear.

那就像我前⾯说的,因为为什么? 你把你当成你就是这个眼镜啊.因为你⼀直⽤这个模式去看待⼀切,⼀直⽤这个模式去运作.那这些都只是其中的⼀个反应⽽已嘛.那你会觉得我的这个眼镜别⼈看到会怎么说呀.别⼈会怎么评价呀.

That's like what I said before, why? You see yourself as just this pair of glasses because you always view everything through this lens and operate based on this mode. These are just reactions after all. And you wonder how others would perceive my glasses, or what kind of judgment they would give.

⾼灵: 那你就可以通过每⼀件事情去觉察⾃⼰,看⾃⼰.那你就可以,如果这不是你想要成为的⼈,那你就可以朝你想要成为的⼈,呢⽅⾯去练习.⽣活就是⼀个练习场.

Higher Spirit: So you can perceive yourself in everything and look at yourself. Then you can practice becoming the person you want to be if this is not the kind of person you aspire to be. Life is a training ground.

⾼灵: 这就是你们,就像我刚刚说,你们都把呢个⼯具当成是你,呢个眼镜当成是你.你们不知道背后还有⼀个主⼈.那这都是这⼀系列的副作⽤.它会带来很多很多…你基本上社会上的所有问题都是跟这个有关系.

Higher Spirit: This is you, just like I said earlier, all of you treat this tool as yourself, the glasses as yourselves. You don't know that there's a master behind it. These are all secondary effects. They will bring about many, many... basically, all the problems in society are related to this.

⾼灵:你⾸先要明⽩你们每⼀个⼈⽆论他说的什么,⽆论他认为的什么,⽆论他的观点是什么,他都是正确的.这⾥没有对和错.为什么我们会来就是说纠正你的⼀些,引导你的⼀些… 其实你的这些都没有对和错,像我说的.问题是你的⼀些观念、观点它已经在妨碍你.让你⽣活不能轻松愉快,让你不能有和谐的关系,让你不能很好的去在这个物质世界上去运作下去.那我们就需要去改变了,明⽩吗?那别⼈他的,没有对和错.那如果他能去体验他想要体验的⼈⽣.那就是没有问题的.明⽩吗?所以每个⼈的每⼀套信念系统,对他们来说都是真实的体验.没有哪个是虚假的.哪怕精神病⼈他们体验的也是真实的.只是你们没有去赞同他们,就是没有加⼊他们.

Higher Spirit: You must understand that everyone is right in whatever they say, believe, or think; their viewpoints are correct. There is no right or wrong here. Why we come is to correct some of your thoughts, guide you… Actually, there's no right or wrong in what you have. Like I said, the issue lies with your concepts and viewpoints that hinder you from leading a pleasant life, maintaining harmonious relationships, and functioning well in this physical world. We need to change that, do you understand? Others' views also don't have a right or wrong. If they can experience the life they want, there's no problem. Do you understand? Every person's belief system is a real experience for them; none of it is false. Even people with mental health issues experience truthfully, just that you haven't agreed with them and didn't join in.

他们是独⽴的个体在体验.当你越来越去知道物质世界运⾏的⽅法是什么样⼦的.那你便不会去执念我的才是对的,我的才是对的.没有哪个是对的,哪个是错的.只有就是你在这个物质世界上你到底想要体验什么?你到底想要成为什么样的⼈? 这个才是最重要的.

They are independent individuals experiencing life. As you come to understand how the material world operates, you will no longer cling to the notion that what I believe is right and what I say is correct. There is no right or wrong; it's about what you want to experience in this material world, who you want to be as a person. That's what truly matters.

⾼灵: 因为这⾥并不是说只有A是对的,B是错的.ABCDEFG所有的都是对的.没有哪个是对的,哪个是错的.

Higher Spirit: It's not that only A is right and B is wrong here. All of ABCDEFG are correct. There isn't one that is right and another that is wrong.

# **2022/04/22 — 线上通灵集会问答Online Spirit Gathering Q&A**

第⼀个⼈⾼灵: 你们问吧,什么问题.问: 我的灵魂课题包含哪些?

First spirit Qi Ling: Ask away, what question. Ask: What are my soul's topics include?

⾼灵: 你的灵魂课题包含哪些? 你稍等.你叫什么名字?问: 我叫XX.我XX岁.

Higher Spirit: What are the topics of your soul's mission? Please wait. What is your name? Questioner: I am XX. I am XX years old.

⾼灵: 你怎么知道我要问你年龄的? 你XX岁.你这⼀次选择来到这个世界上更多的是选择来更深刻更⼴泛的物质体验,明⽩吗? 就是你想选择尽可能多的物质体验,也就是说对你的挑战、突破和个⼈的呢些就好像不是呢么多.这么说吧,就好像去游乐场,有的⼈要去挑战最⾼的过⼭车.因为觉得呢个是他⼀直没有挑战的,他想去挑战呢个.但对于你来说,你就是来游乐场看啊、玩啊、开⼼啊、玩耍啊.就是知道⼤概是什么样⼦,明⽩吗? 更多的是来对物质世界的⼀个更深刻的感受,明⽩吗? 因为你后⾯还有很多很多挑战,但是它并不⼀定发⽣在这⼀世.那这⼀世更多的就是你⾃⼰想要尽可能的去更多的更⼴泛的去体验⼀下.

Higher Spirit: How did you know I was going to ask about your age? You're XX years old. This time, choosing to come into this world is more of a choice for deeper and broader material experiences, right? That means you want to choose as many material experiences as possible, implying fewer challenges, breakthroughs, and personal ones. Think of it like going to an amusement park; some people would go for the tallest roller coaster because they haven't challenged themselves with such rides before. But for you, you're just there to watch, play, have fun, and enjoy. It's about understanding what it's like, right? More importantly, you're coming into this world for a deeper sense of the material realm. You understand that you will face many more challenges later on, but they don't necessarily happen in this lifetime. This lifetime is more about you wanting to have as diverse and extensive experiences as possible.

就好像有的⼈他已经上了⼤学,对吧? 然后呢,你对这个学校还都不熟悉.你可能就先来学校去探索⼀遍,还没有准备好考试.还有问题吗?

It's like someone has already gone to college, right? Then, you're not familiar with the school. You might come to explore it first before being ready for exams. Any other questions?

问: 我还有⼀个问题是我有⼀个朋友,他叫XXX.我想问⼀下为什么我对他有特别多的情感依赖.

Questioner: I have another question. I have a friend named XXX. I want to know why I have such a strong emotional dependency on him.

⾼灵: 为什么你对他…? 你不只是对他.你如果在你的关系当中,就是跟你有深⼊交流的,就是他跟你有密切交流的,你都会对他产⽣这样⼀种… 哪怕是另外⼀种关系的朋友,或者是同事或者是家⼈或者是任何,明⽩吗? 因为⾸先你要知道像我刚才说你还对这个地⽅不是呢么熟悉,不是呢么熟练.就是⼈家就好像都是⽼⼿,你还是新⼿.那你⾸先你觉得你要跟他们建⽴了关系过后,它会让你更加让你在这⾥更好的⽣存或者扎根或者是更好的存活.所以你会对跟你关系近的都会产⽣这种感觉.

Higher Spirit: Why do you focus on him…? You're not just focusing on him; you should be aware of your relationships with people who have deep interactions with you, those who are closely connected to you, whether they are friends, colleagues, family members, or anyone else. Understand? First, you need to recognize that I mentioned earlier how unfamiliar and unskilled you might feel about certain situations; others may seem like experienced professionals while you're still a novice. Hence, by establishing relationships with them, it could help you survive better in that environment, settle down more deeply, or thrive even more. Therefore, you tend to have this feeling towards those who are closely related to you.

问: 好的.我下⼀个问题是我能问⼀下我⼥⼉的灵魂课题包含哪些吗?

Questioner: Alright. My next question is, can I inquire about the spiritual issues my daughter is dealing with?

⾼灵: 你⼥⼉的,她的挑战就很多.不像你.问: 那包含哪些呢?

Higher Spirit: Hers is much more challenging than yours. Not like you. Questioner: What does that entail?

⾼灵: 包含哪些那是她以后,如果她想要去寻找,然后跟她链接跟她交流的⼀个呢个什么…问: 好的,谢谢.

Higher Spirit: What does that include? That would be something for her to connect and communicate with later on if she desires. Questioner: Alright, thank you.

⾼灵: 还有问题吗?

Higher Spirit: Any other questions?

问: 就是我还会有很多很多事吗? 就是你刚才说其他…⾼灵: 你只要好好的玩的开⼼就好了.

Questioner: Will I still have so much to do? Are you saying that I should just enjoy myself, as you mentioned earlier? Higher Spirit: You only need to play happily.

第⼆个⼈问: 我的这⼀世的⼈⽣课题是什么?

Second person asks: What is my life's task in this lifetime?

⾼灵: 你稍等.你叫什么名字?问: XXX⾼灵: XXX.你今年多⼤?

Higher Spirit: Wait a moment. What's your name? Asked: XXX Higher Spirit: My name is XXX. How old are you this year?

问: 实岁XX岁.

Questioner: Asking about actual age XX years old.

⾼灵: XXX想要知道他这次想要探索的主题.你主要是在你⾃⼰个性⽅⾯.因为在某⼀⽅⾯你会觉得你过于的没有决策⼒.就是没有如此的⼲脆,没有如此的肯定.就是总是会好像犹豫不决的呢种性格,总是会害怕做出决定,或者害怕迈出什么什么的.所以你最主要就是会通过很多⽅⾯来加强你这个⽅⾯,就是让你好像变的胸有成⽵,让你特别肯定特别坚定.⽆论谁也动摇不了你坚定的⼀个决定,还有你意志⼒的⼀个⽅⾯.所以这会是你会从很多⽅⾯去受到这样的⼀个挑战.就⽐如说在关系中,在⼯作中,在事业中或者在⽣活中.

Higher Spirit: XXX wants to know the theme he intends to explore this time. It's mainly about your own personality since you feel that you lack decisiveness in a certain aspect. You tend to be hesitant and uncertain, always appearing indecisive and afraid of making decisions or taking actions. Therefore, you would focus on enhancing this area through various means, aiming to make yourself more confident and firm. No one can sway your determination or shake your willpower, regardless of who or what tries. This is a challenge you'll face from many angles, such as in relationships, at work, in career pursuits, or in daily life.

你总是想要去…总是有很多这样⼦的⼀个情境发⽣在你的⽣活中,然后来需要你变得就是你想象的呢个样⼦,你想要成为的呢个样⼦,明⽩吗? 然后呢会⼉你就好像是换了⼀个⼈格.

You always want to... there are many situations in your life where you have to become the person you imagine yourself to be or want to be. Do you understand? And then it feels like you've changed personalities.

问: 适合我的通灵⽅式是什么?

Questioner: What kind of spiritual communication is suitable for me?

⾼灵: 适合你的通灵⽅式? 你想要通灵是吗? 然后哪⼀种⽅式是适合你的? 你稍等.适合你的通灵⽅式… 你想象⼀下,如果你想要传达信息的话.如果你⾃⼰还是在⼀个犹豫不决的⼀个状态.就⽐如说⼀个信息进来,你就说这个信息好像有点不对,好像有点不妥,这个好像不是真的.如果你总是在这样⼦的⼀个状态下,就算有信息你都出不来,明⽩吗? 所以你⽬前你的这个⼈格它会阻碍这些能量从你的⾝体⾥⾯流出来.如果你真的是说以后会有哪⼀种⽅式进⼊⼀个通灵状态.那就是你的⼈格转变过户,变成你想要成为的呢种⼈过后.它就会展现出来.它就不会局限于哪⼀种⽅式了,明⽩吗?

Higher Spirit: Suitable for your mediumship way? Do you want to be a medium? Then which method is suitable for you? Please wait. The suitable mediumship way… Imagine if you wanted to convey information. If you are still in a state of doubt. For example, if an information comes in and you say that the information seems to be wrong, it might not feel right, this may not be true. If you always stay in such a state, even with information coming in, you won't be able to handle it. Do you understand? So your current personality is obstructing these energies from flowing out of your body. If you truly want to enter a mediumship state in the future, that would mean your personality has transformed, becoming who you wish to become afterwards. Then, this will manifest. It won't be confined to one way anymore, do you understand?

问: 我的第三个问题是我在上海嘛.上海爆发疫情,然后我被困在家⾥两个⽉不能出门.然后我想问我为什么会经历这种事情?

Questioner: My third question is that I'm in Shanghai. There was an outbreak of COVID-19 in Shanghai, and as a result, I was stuck at home for two months unable to go out. Then I wonder why I had to go through such things?

⾼灵: 你为什么会经历这种事情? 你们经历的就好像是⼀个集体的,就好像是你呢边集体都会在经历⼀个暴风⾬或者龙卷风.那你们呢⼀群的⼈肯定都会进⼊这样⼦的⼀个状态.因为你们本⾝就是相连的,就是你们本⾝就好像是⼀个整体.那你的个体是很难避免的.

Higher Spirit: Why would you experience such things? The experiences you go through seem like a collective thing, as if the whole group is experiencing a storm or a tornado together. That means everyone in your group would definitely enter this state because you are inherently connected, as if you form one entity. Your individual self can hardly avoid it.

问: 那我不想经历这个呀.没有办法改变吗?

Questioner: That's what I don't want to go through. Is there no way to change that?

⾼灵: 你不想经历.只能说第⼀,你⾸先把这个经历当成是⼀个很痛苦的经历.你的⾁体不想去经历这些痛苦,你定义成痛苦的经历.那如果你不想经历这个痛苦的定义.那你就可以重新去把你⽬前现在经历的东西给它⼀个重新的定义.当你重新给它定义过后,你⾝体的感受就改变了.你便不会经历这些痛苦和经历这些所谓的束缚了.因为没有什么能够束缚你.你还想回到⼀个你所谓的⼀个⾁体的⾃由你觉得才是⾃由的话,你可以通过这个机会,这个时机,通过这个事件来好好好好的去探索⼀下到底是不是⾁体的⾃由才是真正的⾃由,明⽩吗?只要你想.因为不是我们来告诉你怎样怎样.⽽是你⾃⼰内在有呢股探索欲,有呢股就是想要去探索的欲望.然后你才会成长.

Higher Spirit: You don't want to experience it. You can only say number one, you should first regard this experience as a very painful experience. Your body doesn't want to go through these pains, you define them as painful experiences. If you don't want to experience this painful definition, then you can re-define the things you are experiencing now. When you redefine it, your physical sensations change. You won't experience these pains and be bound by what is called 'boundaries'. Because nothing can bind you. If you still think that a 'body's freedom' is true freedom when you consider yourself to be bound in this way, then you can use this opportunity, this moment, through this event, to deeply explore whether body freedom is truly the freedom. Understand? You just need to want it because we won't tell you how or what. It's your inner desire for exploration and wanting to know that leads to growth.

我们只可以给你指引⼀下你可以朝这个⽅向去思考,⽤这个⾓度去看待你⽬前经历的事情.因为当你把你的⾝体放在物质世界,不断地去愉悦它,让它感受到充实.它实际上也是在⿇痹的.并不⼀定能真正给你带来⼼灵的成长.那⽬前这个情况你越是抗拒,它越是痛苦.然后在这样的情况下,你不得不真正的去花时间来思考到底什么是⾃由? 到底什么是限制? 到底什么是束缚? 明⽩吗? 因为当你不再受外界的影响,就是你的状态不再受外界的影响.那外界给你⼀些限制的话,你就感受到痛苦.外界给你⼀些⾃由,你就感受到放松、轻松.当你不再受外界的影响的时候,你便可以创造你想要体验的.

We can only guide you on how to think about this direction and approach your current experiences from a certain perspective. Because when you place your body in the material world and keep delighting it, making it feel fulfilled, it is actually numbing itself. It may not necessarily bring true spiritual growth. The more you resist your current situation, the more pain it causes. In such circumstances, you have to genuinely spend time pondering what freedom really is, what limitations truly are, and what binds us. Do you understand? Because when you're no longer affected by external factors, your state becomes unaffected by external influences. If the outside world imposes restrictions on you, you feel pain. When it gives you freedom, you feel relief and ease. When you're no longer influenced by the outside, you can create the experiences you desire.

如果你的⼀切还是通过外在是怎样你是怎样的话,那你是没有办法去改变创造你想要体验的.你只能随波逐流.因为你还是在⼀个受外界影响的… 这么说吧,如果⼀棵树你的树根扎根扎的很深很深.那暴风⾬吹来或者风吹来,你还是深深的在呢⾥.那如果你的根很浅,你就在泥⼟的表⾯上.那风往哪边吹你就往哪边倒.你是顺着风⾛的,明⽩吗?

If everything about you still defines how you are, then there is no way for you to change and create what you wish to experience. You can only go with the flow because you are still being influenced by external factors. To put it this way, if a tree has its roots deeply embedded, even when storms or winds come, it stays firmly in place. However, if your roots are shallow, they lie on the surface of the soil. The wind blows where it wills and so do you; you follow the wind's direction, understand?

第三个⼈问: 我最近感觉⾃⼰⾮常渴望想要被爱.但是我又不敢去谈恋爱.然后就⼀直不敢靠近或者追求⼥⽣.

Third person asks: I've been feeling very desirous of love recently. However, I'm too afraid to start dating and as a result, I can't muster the courage to get closer or pursue girls.

⾼灵: 你是想要知道你内在的⼀个冲突,对吧?问: 对.就是…⾼灵:那你⾃⼰可以去探索.就⽐如说你跟你的呢个想法…写下来你想要去做什么.然后再把不能去做这些的原因,你给它定个原因,写下来.那通过这样的⽅式你就可以去看出来⽆论你怎么认为,那只是你⾃⼰的⼀个定义⽽已.然后你想要被爱,那是说你⾃⼰想要链接感.因为你⾃⼰是觉得没有链接的.那没有链接感的化,就会让你产⽣⼀种想要链接的渴望.所以你们会把它当成⼀种想要恋爱.实际上你们是通过恋爱,就是通过另外⼀层的关系⽽感受到⾃⼰不是被断开的.那这是你内在… 很多⼈觉得只有恋爱了才是⼀个出路.但是他们真正的去恋爱了过后发现好像这个也不是出路.为什么?

Higher Spirit: You want to know about the conflict within you, right? Questioner: Yes. Like... Higher Spirit: Then you can explore on your own. For example, with your thoughts... write down what you want to do. Then, list the reasons why you cannot do these things and write them down as well. Through this method, you will realize that no matter how you think about it, it is just a personal definition. The desire for love means you seek connection because you feel disconnected from yourself. This feeling of disconnection drives your desire to connect, making you perceive it as the need for romance. Actually, through relationships, especially romantic ones, you experience not being cut off from others on another level. This is an inner conflict that many believe can only be resolved by falling in love. However, after trying it out, they find it doesn't resolve their issue. Why?

因为很多⼈实际上在恋爱中实际上带来的是⼀系列的痛苦.为什么? 因为他们内在本⾝有很多很多的冲突,有很多痛苦.那关系只是把它呈现出来⽽已.那就是说通过恋爱的⼀个幻像破灭过后,你还是要再回到⼀个再重新去探索你内在的呢个想要链接感.所以并不是说恋爱不是你的出路.但是你可以去通过恋爱,然后通过你要去做的每⼀步事情,就是你想要去做、你将要去做的每⼀个事情你都充满了觉知.你都知道我是因为什么什么,我又进⼊恋爱,我又怎么样怎么样.进⼊关系过后又是你去学习的⼀个机会.这⾥永远都没有哪⼀个药是解药.就是没有哪⼀个⼈没有哪⼀个关系没有哪⼀个路径可以让你把所有的问题都解决了.因为你来这⾥不是⼀劳永逸的.

Because many people actually bring a series of pains into their relationships, why? Because they have so much conflict and pain within themselves that the relationship merely presents it. That is to say, after the illusion of love breaks down, you still have to return to exploring your inner sense of connection. So it's not that love isn't your solution; but through love and every step you take, whether what you want or are going to do, you are fully aware. You know why you're entering into a relationship, how you're behaving, etc. After getting into the relationship, it becomes another opportunity for learning. There is no magic pill that can solve all your problems here; there's no single person, relationship, or path that can resolve everything because coming here isn't meant to be the end of all solutions.

你是不断地通过各种内在的⼀些想法也好,冲突也好,痛苦也好,关系中的⼀些问题、挑战,⽣活中的这⼀切.然后去认识⽣命是什么.因为只有当你真正的认识到⽣命是什么,你才能

You are constantly exploring life through various inner thoughts, conflicts, pains, issues, and challenges in relationships and every aspect of life. You're trying to understand what life is all about. Only by truly understanding what life is can you

去真正的去活出来.那等你去真正的去活出来,你才是就像呢种找到链接感.这么说吧,就好像你的树来扎根.就是链接嘛,来跟⼟地跟⼤地链接过后.那你扎根,然后你才会觉得踏踏实实的,你才会有呢种脚踏实地,就是跟宇宙的⼀切万物都有链接感的感觉.所以这是你⾃⼰的⼀个路程.因为不是每⼀个⼈他的路都是⼀样的.那有的⼈他是通过⼀段爱,⼀段关系他去找到了⽣命的呢个什么…问: 但是在关系当中为什么明明⾃⼰想要,就是已经进⼊了关系,又⾮常的想要去逃离?

Go and live it truly. When you go and live it truly, that's when you find the connection sense. Let me put it this way: like a tree digging its roots into the soil. This is about connections, establishing ties with the land and the earth after that. You then plant your roots, and only then do you feel grounded, experiencing the sensation of being firmly rooted, connected to everything in the universe. So this is your own journey, because not everyone's path is the same. Some people find their life meaning through a relationship or love, but ask: Why, amidst relationships, does one so intensely desire escape despite already being within it?

⾼灵: 为什么关系中明明⾃⼰想要进⼊关系中,然后进⼊过后又想逃离,对吧? 那就像我前⾯说的没有哪⼀个药是解药,没有哪⼀个药是⼀劳永逸.你觉得你找到⼀个对象你们就幸福⼀辈⼦了? 快乐⼀辈⼦了? 没有的.不管是你… 因为你们也有很多挑战…问: 但是⾼灵: 你说问: 但是我⽐较害怕受伤.

Higher Spirit: Why do you want to enter a relationship, then feel like escaping afterwards? Isn't that the case? You see, there's no single cure-all pill out there; no one-size-fits-all solution exists. Do you think finding an 'object' will guarantee happiness for your entire lifetime? Or everlasting joy? It simply doesn't work like that. Whatever it is... because you have many challenges to overcome...

Questioner: But Higher Spirit: You mentioned something about being afraid of getting hurt.

⾼灵: 你⽐较害怕受伤.然后呢问: 然后就是…⾼灵: 所以导致你独⾃受伤是吧? 因为你现在对你来说就是⼀个受伤的状态啊.你为什么想要爱? 你想要爱来疗愈你,让你的伤被疗愈了.

Higher Spirit: You are more afraid of getting hurt. Then you ask: And then... Higher Spirit: So it leads to you being hurt alone, right? Because you are a state of being hurt for you now. Why do you want love? You want love to heal you and let your wounds be healed.

问: 对.

Questioner: Yes

⾼灵: 你⾃⼰想⼀下你⽭盾的想法.问: 那我想问⼀下我有爱的能⼒吗?

Higher Spirit: Think about your contradictory thoughts by yourself. Questioner: May I ask if I have the ability to love?

⾼灵: 你有爱的能⼒吗? 你们每⼀个⼈天⽣就是爱.你应该去问是什么阻碍了你,是什么让你产⽣恐惧,然后不能做你⾃⼰.明⽩吗? 你们本⾝就是爱.只是你们会有很多观念,物质世界的⼀些观念.你们会有很多恐惧,你们会有很多对⾃⼰的不明⽩.就是你会觉得你这是个⾁体.你这个⾁体会死,你这个⾁体会受伤,你需要保护它,你需要怎么样怎么样,你需要很多钱财才能存活在这个世界上.这些观念和信念阻碍了你不能成为爱,明⽩吗? 不是说你们要去学如何爱.⽽是说你们要去看到呢些阻碍你不能爱的是什么? 是什么恐惧信念在背后?

Higher Spirit: Do you have the ability to love? You all were born with love within you. You should be asking yourself what is preventing you, what fear is stopping you from being who you truly are. Understand that you are love itself. It's just that there might be many misconceptions about it, particularly in your physical world. There could be many fears and confusion towards oneself. Essentially, you might perceive yourselves as mere bodies that can die and get hurt, thus needing protection and various means of survival, possibly requiring wealth to exist in this world. These thoughts and beliefs are what prevent you from being love. Do understand that it's not about learning how to love; instead, it's recognizing what is stopping you from loving freely? What fear and belief system is hindering your ability to express love truly?

问: 那我还想问就是想要去进⼊关系,但是又觉得⾃⼰并不是很优秀,有很多缺点.然后也有呢种⾃卑的感受… 这种情况的话要怎么克服? 可能事实并不是我想的这样.

Questioner: I also want to ask how to approach a relationship, but feel that I'm not very good and have many shortcomings. There are also feelings of self-loathing... How can one overcome this situation when reality might not be as I perceive it?

⾼灵: 想要去进⼊关系,但是你⾃⼰有⾃卑,是吗? 然后这样⼦要怎么样去克服? 这个不是克服不克服的问题.⽽是你⾃⼰对⼀些定义…. 就⽐如说你觉得物质世界要有钱.我要有房⼦.我要有豪车.我要有经济收⼊.我要有社会地位.我才值得被爱.这实际上是你们的⼀个错误的定义.因为每⼀条⽣命它都是珍贵的,它都是独⼀⽆⼆.就它⽣命的本⾝就是,⽽

Higher Spirit: Do you want to enter a relationship but feel inferior about yourself? Then how do you overcome this? It's not just about overcoming it; it's more about your own definitions... For example, you think that the material world requires money. I need a house. I need a luxury car. I need an income. I need social status to be worthy of love. This is actually a wrong definition for you. Because every life is precious and unique in itself, it embodies its value inherently.

不是说外在的东西有多少.那如果你有这个信念的话,你也会有这样⼦的眼光去看待外在,去看待别⼈.你觉得这个⼈凭什么值得拥有这么好的车,怎样怎样…问: 对.

Not about how much external stuff there is. But if you have this belief, you would also see things externally in this way and perceive others. You wonder what makes this person deserve such a good car, etc... Questioner: Correct.

⾼灵: 所以这只是你的⼀些定义⽽已.这只是你们… 就好像很多⼈都这么认为这么去看,导致你也⽤这个⾓度去看.但是当你随着你的…不断地不断地… 就⽐如说通过我们的通灵信息,你去看到了真正的⽣命的价值,真正的存在的价值是什么过后.你便… 就是说当你有更多我们这样⼦的思想过后,观念过后.你渐渐就会放下以前的呢些观念.

The Higher Spirit: So this is just your definition. This is what you... As many people have this perspective and view it this way, leading you to see it from the same angle. But when you delve deeper into... continually... For example, through our spiritual messages, seeing the true value of life and existence after understanding their essence. Then you realize... It means that as your thoughts align more with ours, you gradually let go of those old perspectives.

问: 对.我⼤概明⽩了.然后其他问题没有了.

Questioner: Yes. I think I understand. Then there are no other questions.

第四个⼈问: 我的第⼀个问题是我这两天⿐⼦很不舒服,然后还流⿐⾎.我在冥想的时候就能感受到⿐⼦呢有⼀种很胀的能量在呢淤堵不通.我想问⼀下⾝体有没有什么东西是需要我注意的,在健康的⽅⾯?

The fourth person asks: My first question is that my nose has been very uncomfortable for the past two days and I've also been experiencing nosebleeds. When I'm meditating, I can feel a sense of pressure in my nose as if it's congested. I'd like to know if there are any body issues or concerns I should be aware of from a health perspective?

⾼灵:你想要知道你最近的⿐⼦不舒服然后跟你的能量状态.你稍等.这么说吧,你⿐⼦不舒服它跟你对外界的信息,外界的⼀切,外界的能量对你的影响有关系.因为你是⼀个很容易受到外界的⼲扰… 就⽐如说受别⼈其他⼈的能量或者社会上的能量或者其他能量层⾯的⼀些⼲扰.你很敏感.就是你还不够对⾃⼰的坚定.就⽐如说你现在频率是50是吧?发射的是 50,你在50的频率状态.那如果旁边有⼀个20的状态在你⾝边,你⼀会⼉就跟别⼈变成20了,明⽩吗? 就是你是这么容易的被影响.那如果旁边是100的,你也跟别⼈变成100了.

Higher Spirit: You want to know why your nose has been unwell recently and how it relates to your energy state. Just wait a moment. To put it simply, when your nose is not well, it affects how you process information from the outside world, everything about the outside, and how external energies impact you. Because you are easily influenced by external factors... like other people's energies or societal energies, or disturbances on various energy levels. You're very sensitive. That means you haven't quite mastered your own confidence yet. For example, if you're currently at a frequency of 50 - emitting a signal of 50 - and that is in the state of 50 frequency. But if there's someone next to you with a different energy level, say 20, they can influence you pretty quickly and your frequency will adjust accordingly, right? It's so easy for you to be affected. Similarly, if someone around you has an energy level of 100, it wouldn't take long before you'd align with that too.

问: 那我要怎么样不这么容易受到影响呢?

Questioner: How can I avoid being influenced like that so easily?

⾼灵: 不这么容易… 这是你成长的⼀个过程啊.就好像你还是⼀个⼩朋友的时候,⼈家说呢个糖很好吃.你就好像马上要吃糖.⼈家说呢个树林很恐怖,你就好像马上会害怕.那当你长⼤了,你便不会了.明⽩吗? 因为你知道呢个树林没什么,你经常去呢边去玩耍.你长⼤了你还会被这些信息影响和吓到吗? 这也是你成长的⼀个过程.但是你要知道你在⽬前的⼀个状态是很容易受到外界的⼀个影响的.所以你的⾝体它也会有这样⼦的⼀个反应.

Spirit: Not that easy... This is part of your growth process. Just like when you were a child, someone told you the candy was delicious. You seemed to be about to eat it. Someone said the forest was scary, and you appeared to be about to be afraid. But when you grow up, you won't anymore. Do you understand? Because you know there's nothing scary in that forest, you often play around there. Will you still be affected and scared by such information as an adult? This is also part of your growth process. But you need to know that you're very susceptible to external influences at this stage. Therefore, your body might have a similar response.

问: 那是不是就是说我需要去少接触⼀些⽐较负⾯的⼈呢?

Questioner: Does that mean I need to reduce my contact with more negative people?

⾼灵: 如果你觉得这样⼦它可以让你… 就⽐如说你现在是在扎根的时候,是吧? 扎根的时候你经常去松它松它松动它,那你是不是就不牢固了? 那等你的根扎的越来越深越来越深过后,别⼈松松不了你了呀.所以那你现在就是往⼟⾥⾯扎根的⼀个状态呀,⼀个过程.

Higher Spirit: If you feel that this way works for you... say, like when you're planting your roots, right? You often loosen them and make sure they are secure as they grow. Wouldn't you become unstable then? As your roots dig deeper and deeper into the ground, others won't be able to move them anymore. Therefore, you are currently in a state of planting roots into the soil, going through a process.

问: 我的第⼆个问题是我前两天在马上要醒来,就是在半梦半醒的时候听到有⼀句⾮常清楚的话说: 你只管去做,画⾯会⾃动的改变.然后我想知道是谁带给我这个信息? 是我⾃⼰吗?然后有没有什么别的信息是需要我知道的?

Questioner: My second question is that I heard a very clear sentence just before waking up two days ago while being in a half-awake state: "Just do it, and the scene will change automatically." I want to know who brought me this information. Was it myself? And are there any other messages that I should be aware of?

⾼灵: ⾸先你要知道这⾥的能量它并没有⼀个谁谁谁,像你们物质世界张三李四这样⼦.然后你要根据你⾃⼰的能量状态… 就⽐如说你现在的能量状态,就好像调频⼀样.你可能⼀会⼉你在频道⼆,⼀会⼉在频道五,⼀会⼉在⼗,⼀会⼉在⼀百.你⾃⼰决定你进⼊哪⼀个,明⽩吗? 所以你就是不断地不断地在这样⼦的⼀个体验当中,跳跃当中.⽽不是所谓的别⼈⾛到你的⽣命当中来.是你的⼀个状态决定你会去什么什么的.然后这个信息来⾃于将来的你.

Higher Spirit: First, you need to understand that the energy here does not belong to anyone like Zhang San or Li Si in your physical world. Then, you need to adjust according to your own energy state… For example, based on your current energy state, it's like tuning a radio frequency. You might be tuned to channel two for a while, then switch to channel five, then ten, and suddenly one hundred. You decide which channel to enter, right? So you're constantly experiencing and transitioning between these different states, not waiting for others to come into your life; it's your state that determines where you go. And this information comes from your future self.

问: 我⼏次出体的经历,前两天我又出去了.但是我有⼀个问题是因为我每次都会戴⼀个眼罩或者在眼睛上放⼀件薄⾐服把光遮住.可是当我出去的时候我也会觉得我是看不见的,有东西想要从眼睛上取下来.但是我又拿不下来.我想知道为什么会这样? 按理来说它不应该影响到我出去了之后能不能看见啊?

Questioner: I have had several experiences of leaving my body, and the last two days I did it again. However, I have a question because every time I do this, I wear an eye mask or place a thin cloth over my eyes to block out the light. But when I leave my body, I also feel that I can't see anything and want to take something off my eyes, but I can't. I wonder why this happens? It shouldn't affect whether or not I can see things after I leave my body, right?

⾼灵: 那是你⾃⼰的⼀个信念啊,就是你⾃⼰觉得怎样怎样.你⾃⼰给⾃⼰创造体验.那你也可以改变,明⽩吗? 你所谓的出体也是你⾃⼰给你⾃⼰创造的.

Soul: That's your own belief, how you feel about this and that. You create experiences for yourself. So you can also change it, understand? The out-of-body experience you speak of is also something you create for yourself.

问: 我能不能再问⼀下我的⾼灵和指导灵有没有什么别的信息需要带给我的?

Questioner: Can I ask one more thing? Do my high guides and my guides have any other messages for me?

⾼灵: 你稍等.今天的信息就是你⾃⼰说的呢⼀句.你想象⼀下是不是都是这么说的,就是不要受到外界的影响.你只管不断地往下扎根就好了.

Higher Spirit: Wait a moment. The message for today is precisely what you've said - imagine if everything was like this, just ignore external influences. Just focus on continuously deepening your roots.

第五个⼈问: 为什么我们的头脑⾥总是在⽐较?

The fifth person asks: Why does our mind always compare?

⾼灵: 为什么你们的头脑⾥总是在⽐较? 然后因为你们的头脑它必须要⼯作必须要运作.这就好像是⼀条狗它为什么总是嗅来嗅去.我说这条狗为什么总是嗅来嗅去? 这是它的⼀个功能.所以它不断地去嗅,去看有没有什么东西可以吃,有什么东西感兴趣.它永远都是在这种运作的状态下.但是当你知道是你的头脑在⽐较… 你如果觉得呢是你,你就会受它影响了.那如果你要知道,就好像这条狗,只是狗狗在嗅⼀样,跟你有什么关系,对不对? 你只要有这样⼦的感觉,⽐如说呢个狗不停的在嗅来嗅去.它只是狗,我是我.那如果你的头脑总是在⽐较,这样呢样.但是你并不去取纳,或者是并不去相信,并不去害怕,并不去受它的影响,明⽩吗?

Higher Spirit: Why does your mind always compare? Then because your mind has to work and function; it's like a dog sniffing around all the time. I ask, why is this dog constantly sniffing? It is part of its function; so it keeps sniffing and looking for things that can eat or interesting things – always in an operational state. But when you know that your mind is comparing... if you feel that it's you being compared, then you're influenced by it. If you see it like the dog just sniffing around - does this have anything to do with you? Right? If you have this feeling – for example, the dog keeps sniffing here and there; it's just a dog, I'm me. But if your mind is always comparing, this happens. However, you don't accept or believe in it, or aren't afraid of it, aren't influenced by it - understand?

那你就是充满了觉知的.

That means you are fully aware.

问: 为什么我们在关系中总是在期待别⼈怎么样?

Questioner: Why do we always expect others to behave a certain way in relationships?

⾼灵: 为什么你们在关系中总是会期待别⼈会怎么样? 那也是你的头脑的⼀个⼯作啊.因为你的头脑永远都在 ‘我觉得应该怎么样,不应该怎么样’.你永远都是在⼀个… 这也是属于你们所谓的⽐较当中.你觉得你看我做的多好,你做的多差.你是不是在⽐较?那也是你们头脑,就像我前⾯说的你只要知道你不受它影响.⽐如说你头脑⾥⾯就算有个期待.OK,你要知道呢个期待它只是头脑的⼀个呢个什么⽽已.但是我并不会因为产⽣的这个期待⽽破坏我的关系,就是真的跟别⼈发⼀通脾⽓: ‘你怎么没有这么做’.那你如果真的跟别⼈发⼀通脾⽓,因为你有⼀个期待.那你其实就是被⼀个狗控制了,那你就不是主⼈了呀.你受你的狗的影响了呀.

Higher Spirit: Why do you always expect others to be a certain way in relationships? That's also your mind at work because your mind is constantly 'I think it should be this or that'. You are always involved in comparisons - thinking how well I am doing compared to you, and how poorly you are performing. Are you comparing? Your mind does the same thing as what I said earlier: just remember you are not affected by it. Like a thought popping into your head saying "expectation", okay, know that this expectation is merely your mind's creation. But I won't let this expectation ruin my relationship; I genuinely lose my temper at someone shouting 'why didn't you do this'. If you really lose your temper because of an expectation, then you are being controlled by a dog, not the master - you are influenced by your own dog (mind).

你想象⼀下你想做主⼈还是做狗呢?

You imagine being the owner or the dog, which would you prefer?

问: 我们看着社会上其他⼈在受苦,我们能做⼀些什么?

Questioner: What can we do when we see others suffering in society?

⾼灵: 看到其他⼈受苦你们能做什么? 你们就是快乐.你们越快乐… 你这么想,你们是在⼀个集体意识当中,就是能量.从能量层⾯来说你们是⼀个整体,你们并不分.那其他⼈产⽣的能量是负能量,是悲痛的能量.那如果你产⽣的能量是正能量、快乐幸福的能量.那你们是不是就抵和了? 就好像你的思想和他的思想都在往呢个池⼦⾥⾯注⼊⽔.那别⼈注⼊的是苦⽔,你要是也注⼊苦⽔,那不都苦了? 那如果你注⼊甜的呢? 那是不是就可以中和呢个味道了? 那你这样也会带动更多的⼈来注⼊甜的⽔.因为你的快乐跟甜蜜还有这种喜悦和积极的⼀个状态,它会影响到别⼈啊.那影响的⼈越多,它是不是往⽔⾥注⼊甜的就越多?那是不是苦的就慢慢减淡了?

Higher Spirit: What can you do when others suffer? You are just happy. The more happy you are... If you think in a collective consciousness standpoint, it's about energy. On an energetic level, you're all one entity; there is no division. When other people generate negative energy, it is the energy of pain and sorrow. But if you produce positive energy, the energy of happiness and blissfulness, wouldn't that balance out? Imagine your thoughts and his thoughts are adding water to a pond. If others add bitter water, would it not make everything bitter if you also added bitter water? But if you added sweet water instead? Wouldn't that neutralize the taste and allow more people to add sweet water as well? Because your happiness, sweetness, this sense of joy and positivity affect others in return. The more people affected by these positive states, the more sweet water would flow into the pond, reducing the bitterness over time.

所以你们不要觉得你必须要在动作上去做⼀些什么.我的意思就是说我要去帮他,他好痛苦.当然这个⼈如果在你⾝边….但是你是充满痛苦的去帮他,你又是在加深呢个幻像,继续注⼊苦⽔.所以最重要的是你⾃⼰的能量层⾯的⼀个状态.你这么想,你们每⼀个⼈在能量层⾯你们都是⼀体的.就好像你们每⼀个⼈头上都有⼀个天线.呢个天线都连在⼀起的.然后你不断地在⽤你的精神能量状态注射往⾥⾯注射东西.每个⼈都在注射.

So don't feel that you must do something physically, my meaning is that I want to help him because he's in so much pain. Of course, if this person is by your side... But when you're helping while being filled with pain yourself, you're actually deepening the illusion and pouring more poison into it. So what truly matters is the state of your own energy level. You think that each one of you at an energetic level is connected as a whole. It's like every single person has an antenna on their head, all interconnected, continuously injecting your spiritual energy states with substances inside. Everyone is doing this.

问: 买彩票中奖有没有什么秘诀?

Questioner: Is there a secret to winning the lottery?

⾼灵: 买彩票中奖有没有什么秘诀? 有.秘诀就是说你现在就是在⼀种就是我是受到⼀切⽀持的! 我是想要什么就能得到什么! 如果你真的能相信你是想要什么就能得到什么.如果你真的是坚信不疑的话.你迟早都会得到的,明⽩吗? 那如果你要得到些什么是看你的运⽓的话.那你经历的也是看运⽓了.那如果你觉得你运⽓差你永远都不会得到,那你就是运⽓差不会得到.所以还是要在你坚信什么.那呢个坚信不是假装的,不是你嘴巴随⼜说说的.⽽是你真的是在这样⼦的⼀个状态当中.那你就⾃然穿越到、切换到就是进⼊到呢个最拥有好运的你的版本,明⽩吗? 因为你们有很多你的版本.它呢些版本都是存在的.

Higher Spirit: Is there any secret to winning the lottery? Yes. The secret is that you believe now you are in a state of being supported by everything! You can have whatever you want! If you truly believe you can have what you want, and if you really hold this belief firmly, you will eventually get it, understand?

If getting something depends on luck, then your experiences will also depend on luck. If you feel you have bad luck and think you will never get anything, then indeed, due to poor luck, you won't get anything. So, the key is still in believing what you want. This belief should not be fabricated or just words spoken for show; it must come from a genuine state of mind. Once you are truly in that state, you naturally transcend and switch into your version where you have good fortune, understand? You have many versions of yourself, and these exist.

那你的⼀个能量状态,你的⼀个信念,你的内在的⼀个呈现的状态.它就好像磁铁⼀样.你要同样的⼀个频率你才能进⼊呢样的实相去体验,进⼊呢个世界去体验.所以你有发出这样的频率吗? 你要是没发出这样的频率的话,你只会呆在你所发出的这样的频率当中啊.你想⼀下你所发出的是什么频率?

That's your state of energy, your belief, the manifestation within you. It's like a magnet. You can only enter and experience such a reality at the same frequency. Therefore, are you emitting this frequency? If not, you'll just stay in the realm that you're emitting. Think about what frequency you're sending out.

问: 这个通灵的⼥孩⼦想问为什么她⽣病的时候可以在很短的时间内恢复,⽽她⽼公不可以?

The medium girl wonders why she can recover quickly after being sick, unlike her husband.

⾼灵: 因为她本⾝就是有疗愈功能,⾃我疗愈功能.她可以疗愈别⼈也可以疗愈⾃⼰.所以当她⽣病的时候,她可以⽤她⾃⼰的能⼒疗愈⾃⼰.所以她可以很快的恢复.她⽼公只是⼀个普通⼈.那⼀个普通⼈他的信念是什么?他相信病痛是强⼤的.那就觉得我必须要看医⽣,我必须要吃药,我必须要痛苦.这个病就是太强⼤了.这是你们不同的信念会体验不同的体验.因为你们物质世界就算是病痛呢么痛,但是实际上也是假的体验啊.所谓的假就是说你体验的是你⾃⼰的能量状态⽽已.对你来说却是如此的真实.这就是你们物质世界的功能,所有的⼀切都是如此的真实,如此的感受到难以改变.但实际上你只要改变你相信的是什么,⼀切就改变了.

Higher Spirit: Because she has a healing function, an ability to heal herself. She can heal others and also heal herself. So when she is sick, she can use her own abilities to heal herself, allowing for a swift recovery. Her husband, however, is just a normal person. What does this normal person believe? He believes that illness is powerful, which means he feels compelled to see doctors, take medicine, and endure pain. The disease is simply too strong. This is how different beliefs lead to differing experiences. Even though your physical world may seem filled with intense suffering, it's actually just a false experience. By "false," I mean you are experiencing the state of your own energy, nothing more. It feels real for you because that's what you believe. That's how your material world functions – everything is so very real and difficult to change. But the reality is, all you have to do to change it is to change what you believe in.

然⽽你相信病痛是强⼤的,病毒是恐怖的.那你就只有去体验这个啊.因为这是你⾃⼰写的剧本.

And if you believe that suffering is powerful and viruses are terrifying, then you will have to experience this yourself because this is the script you wrote for yourself.

问: 地球⼈意识提升是⼀件很困难的事吗? 特别是很多⼈都好像在昏睡当中⼀样.

Questioner: Is it difficult for human consciousness on Earth to elevate, especially when many seem to be in a state of dormancy?

⾼灵: 那如果你真的相信这个就说明你进⼊了物质世界的幻像呀,明⽩吗? 的确,这个事是你们物质世界看到的现象.但这只是幻像啊.就像我刚才说的,的确你的病好痛苦啊.那也是幻像⽽已.如果你把它当成是真的了,那你经历的就是真的.所以如果你进⼊了物质世界的幻像的话,那是真的呀.那就是说这些⼈都在昏睡当中,怎么可能改变的了他们.这是很难的⼀件事情.那如果你这么认为的话,你就会这么去体验.那如果你看到这所有的⼀切其实只是幻像⽽已,那你便不会受这些幻像的影响.你只会呆在⾃⼰的频率⾥⾯.所以你们时时刻刻的需要提醒你⾃⼰,你是在做梦,这是幻像⽽已.这样你便不会受到外界太多的影响.就好像我前⾯说的,如果别⼈在受苦.

Higher Spirit: If you really believe this, it means you've fallen into the illusion of the material world, right? Indeed, this is a phenomenon observed in your material world. But this is just an illusion. Like I said earlier, your illness being painful is real for you. That's also an illusion. If you treat it as true, then that's what you're experiencing. So if you're inside the illusions of the material world, it's real. This means these people are in a state of unconsciousness; how could they be changed? It's a difficult task. If you think this way, you'll experience it this way too. If you see all of this as just an illusion, you won't be affected by these illusions. You'll only stay within your own frequency. So you need constant reminders that you're dreaming, and it's just an illusion. This will shield you from external influences. Just like what I said before, if others are suffering.

那你受到他们幻像的影响的话,那你也会受苦.你也会发出苦⽔.当你发出苦⽔的时候,你如何去产⽣甜的⽔来去抵消他的苦⽔,对吧? 那如果你能,就是你知道这⼀切都是幻像.你保持你⾃⼰内在的⼀个状态,然后散发的是甜的⽔.那你发出的是甜的⽔是不是就可以把⼈世间的苦⽔抵消很多? 那你会带领更多的⼈像你⼀样.那你是不是就改变了这个所谓的幻像,明⽩吗?

If you are affected by their illusions, then you will also suffer. You will emit bitterness. When you emit bitterness, how do you produce sweet water to offset his bitterness, right? If you can, if you know that everything is an illusion, you maintain your own state internally, and then radiate sweet water. Then, emitting sweet water could neutralize a lot of the world's bitterness, wouldn't it? You would lead more people like you. Wouldn't you thereby change this so-called illusion, understand?

第六个⼈问: 有⼀个群友想问我们怎么样可以接受真实的⾃⼰及欲望? 然后怎样可以链接内在⼩孩?

Sixth person asks: One of our group members wants to know how we can accept the true self and desires. Then, how can we connect with our inner child?

⾼灵:链接内在⼩孩?内在⼩孩是你们⾃⼰的⼀个称呼⽽已.如何链接内在⼩孩?不是说链接.如果你去观察你⾃⼰,你会有⼀⾯,就是特别⼩孩⼦的⼀⾯.呢就是你们所谓的内在⼩孩.它可能⼀直希望别⼈去满⾜它的欲望.那就是你们所谓的内在⼩孩了.那怎么链接?你只要看到了,你就看到了.就是你只要看到,OK,我现在是呢⼀⾯展现出来.那你就可以跟它对话了.那你说为什么我⼀定要别⼈来满⾜呢?别⼈难道存在就是来满⾜我的吗?那你⼀遍⼀遍的去⾃我对话就可以了.然后如何叫什么,克制⾃⼰的欲望?

Soul Guide: Linking the Inner Child? The inner child is simply a term you use for yourself. How do you link to the inner child? Not by linking - if you observe yourself, there's a part of you that behaves like a child. This is what you refer to as your inner child. It might always want others to fulfill its desires, which is your inner child speaking. So, how do you connect? You see it and recognize it. Simply notice that this aspect of you is currently manifesting. Then, you can dialogue with it. If you ask why I must have others fulfill me, does existence solely exist to satisfy me? Engaging in self-dialogue should suffice. Lastly, how about controlling your desires?

问: 怎么接受真实的⾃⼰及欲望?

Questioner: How does one accept oneself and desires in reality?

⾼灵: 真实的⾃⼰需要你接受吗? 和⾃⼰的欲望? 你是说⾃⼰的欲望是需要接受是吗?问: 🗎.他是这样问的.

Higher Spirit: Does the true self require acceptance, including one's desires? Are you saying that one's desires need to be accepted? Questioner: 🗎. He asked like this.

⾼灵: 如何接受⾃⼰的欲望? 也就是说你是在排斥你⾃⼰咯.你在排斥你这个有欲望的⾃⼰咯.所以你想要理所当然的接受这个有欲望的⾃⼰咯.你如果把你只当成你的⾁体的话,那你肯定有数不清的欲望呀.就是说你还不明⽩⽣命到底是什么.你会觉得⽣命只是你这具⾁体.你要维持这个⾁体在这个世界上⽣存.它的喜怒哀乐,它的情绪感受,它的吃喝拉撒,它的⼀切.那就说明你只是把你当成⼀个⾁体.就好像我刚刚说实际上⾁体是条狗,你是主⼈.那你把狗当成你了,你说如何接受这个狗的欲望? 那如果你知道狗是狗,你是你呢? 你可以训练这个狗呢? 当你们建⽴好的关系呢? 你便不存在这些所谓的问题了.

Higher Spirit: How do you accept your desires? In other words, you are rejecting yourself. You are rejecting the part of yourself that has desires. So you want to naturally accept this part with desires. If you only see yourself as your body, then surely there would be countless desires. This means you don't understand what life is about. You perceive life simply as your physical body and need to sustain it in the world, dealing with its joys, sorrows, anger, emotions, eating, drinking, defecating, urinating, and everything else. It indicates that you just see yourself as a body. If I likened your body to a dog earlier, being the owner, would you struggle with accepting this dog's desires? But if you recognize the dog is a dog and you are not it, you can train this dog. When you establish good relations, these issues don't exist anymore.

所以最根本的问题还是你对⾃我的⼀个认知,对你⾁体的⼀个认知.因为如果你连这些都搞不明⽩的话,那你便永远都陷在呢个⾥⾯.永远都陷在狗狗今天这样,狗狗今天有这个欲望,狗狗今天懒惰了,狗狗今天发脾⽓了怎样怎样的.你永远都在狗狗上⾯做⽂章.那就是狗在做主⼈了.

So the fundamental issue lies in your understanding of yourself and your physical body. Because if you can't figure out these things, then you will forever be trapped within them. Forever stuck in a cycle where you're constantly dealing with Doggy's desires today, Doggy being lazy today, Doggy having a temper tantrum, etc., always writing about it from Doggy's perspective. It's as though the dog is taking over and being the master.

问: 我很长⼀段时间会时不时的腰痛.然后我想知道这是⾝体在告诉什么信息吗?

Questioner: I've been experiencing intermittent back pain for a long time. I wonder if my body is trying to convey some information through this?

⾼灵: 你会腰痛.如果你们⾝体哪⾥疼痛,你经常锻炼锻炼活动活动就好了.所以就⽐如说你们的瑜伽,它会让你们全⾝的每⼀个关节肌⾁都变的松软.那你⾝体松软,它在能量层⾯就不会有堵塞.它这也是相辅相成的,就是相互影响的.你能量层⾯会影响到你⾝体,你⾝体问题会影响到能量.这都是相互的.

English

Higher Spirit: You will experience back pain. If any part of your body hurts, engaging in regular exercise and movement can help. Therefore, something like yoga would make every joint and muscle throughout your body become soft and relaxed. With a relaxed body, there won't be any blockages at the energy level. This is also interdependent; it affects each other. Your energy levels impact your physical health, and physical issues influence your energy. These are reciprocal relationships.

问: 从能量层⾯的观点来说怎么样可以更有效的减肥?

Questioner: How can one lose weight more effectively from an energetic perspective?

⾼灵: 那就是轻便了.因为你要是能量轻便的话,你会⼀直想要跳呀.你看⼩孩⼦蹦蹦跳跳蹦蹦跳跳.蹦蹦跳跳的孩⼦,开⼼玩乐的孩⼦很少有长的旁的呀,对不对? 反⽽是呢种不动的,他能量是沉重的,他不愿意动.

Higher Spirit: That's because it's light. You see, if you can be light in terms of energy, you would always want to jump around. Like how children play and bounce everywhere. Active and happy children don't have anything else; right? Conversely, those who are motionless, their energy is heavy, they're not keen on moving.

问: 我明⽩了.那我今天的问题就都问完了.谢谢你.

Questioner: I understand. So I have asked all my questions today. Thank you.

# **2022/04/27 — 成为你⾃⼰就是所谓的捷径Being yourself is the shortcut that people often talk about**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question do you have?

问: 你好,请问我们在和谁交流现在? 和什么样的能量交流?

Questioner: Hello, may I ask with whom we are communicating now? What kind of energy are we exchanging with?

⾼灵: 你在和谁交流? 这⾥不是⼀个对象,也不是⼀个所谓的⾁体或者物体.你只是和纯能量.所以你有什么问题,你可以问.因为当你的问题出来的时候,它会有不同的能量加⼊.

Higher Spirit: Who are you communicating with? This isn't an object or a so-called肉体or physical entity. You're just interacting with pure energy. So if you have any questions, feel free to ask. As your questions come up, different energies will be added because of that.

问: 好,谢谢.那我想请问⼀下就是不同的⼈有不同的视觉化的能⼒.好像说⽐如说在冥想的时候,我的朋友他们会有很多画⾯感啊,或者说有的⼈就没有很多画⾯感.我觉得我好像是偏中间,中等的呢种感觉.就不同的⼈的这种画⾯感,这种视觉化的能⼒区别在哪⾥吗?

Questioner: Alright, thank you. I would like to ask about the different visual abilities of individuals. It seems that when meditating, my friends have a lot of visual imagery, whereas some people don't have much visual imagery at all. I feel like I'm somewhere in the middle with this. What are the differences between various people's ability to visualize or the distinction in their visual abilities?

⾼灵: ⾸先你要知道⽆论他们感受到什么、看到什么、或者体验到什么,他们只是在体验他⾃⼰⽽已,明⽩吗? ⽐如他平时压抑的⼀些东西,平时他不敢⾯对的东西,或者平时他想要去感受的东西.他在呢个时候就会出现给他体验.呢个体验只是他独⼀⽆⼆的.并不是说⽐如说你们三个⼈同时冥想,然后他冥想看到对⾯有⼀个观世⾳菩萨.然后呢,你冥想你看到对⾯有⼀个天使.那你告诉我到底是有天使还是有观世⾳菩萨呢? 都没有,明⽩吗? 因为外⾯什么都没有,你只有⾃⼰的影⼦.就⽐如说你站在阳光下,你看到地上的影⼦,你说是个什么什么.是你.所以他这⾥没有⼀个客观或者是中⽴或者是怎么样,就是外在实实在在存在的.

Higher Spirit: First, you need to understand that whatever they feel, see, or experience, it is just their own experience, right? For instance, things he might suppress in his daily life, things he avoids facing, or things he desires but doesn't dare to feel. These will surface for him during meditation, providing an exclusive experience - not something shared among others. Now imagine three of you meditating together, and one sees a Bodhisattva Avalokiteshvara opposite. Another one perceives an angel. When I ask which one it is: an angel or a Bodhisattva? It's none of those because there's nothing external; you're only experiencing your own shadow. Just like standing under the sun, seeing the shadow on the ground; you yourself are what defines that shape - not something objective, neutral, or outside existing as tangible reality.

问: 明⽩,明⽩.谢谢谢谢. XX,你有问题你也可以交叉着问哈.就是你如果有的哈,然后我也再想想.好像这种通灵⽅式你可以直接告诉我是吧? ⽐如说你有什么想对我说的吗? 这个时候你觉得最适合我的信息有吗?

Questioner: Alright, alright. Thank you very much. XX, if you have any questions, you can ask them in a cross manner too. That means, if you have something, then I will also consider it. Seems like with this kind of spiritual connection, you can directly tell me that right? Like, do you have anything you want to tell me? At this moment, is there the most suitable information for me?

⾼灵: 你稍等.你们每⼀个⼈表达的⽅式都不⼀样.没有哪⼀个是正确的,是对的,或者是错的.你们都会⽤⾃⼰的⽅式来体验.来体验⽣命,来体验能量,来体验所有的⼀切.都有⾃⼰的⽅式.所以不需要去,就⽐如说这个⼥孩⼦她通灵的⽅式是怎样.然后她这个才是通灵的,我的就不是,明⽩吗? 不需要去否定你⾃⼰,你也不需要去否定他⼈.然后你也不需要去朝他⼈去,啊,我要成为她呢样.因为你有你⾃⼰独⼀⽆⼆的路.所以当你感受到,就觉的confuse,为什么我们和你们的不⼀样.因为你们每个⼈都好像⼿上有个拐杖在探路,你们都是盲⼈,对吧? 你们每个⼈⼿上都有拐杖.你们都在⽤⾃⼰的⽅式去探索⾃⼰的路.因为这⾥本⾝就没有路.

Higher Spirit: Please wait a moment. Each of you has your own way of expressing it, and there is no single right or wrong approach. You all experience life, energy, and everything else in your unique manner. Therefore, there's no need to negate yourself or others; nor should one strive to be like someone else. Everyone has their path, as distinct as fingerprints. When you feel confused about why our experiences differ from yours, it might be because each of you is feeling around with a stick in the dark, metaphorically speaking. You're all blindfolded, aren't you? Every single person holds their own stick to navigate their path. You are exploring your paths uniquely because there's no single path here.

呢个路是你⾃⼰⾛出来的.并没有说他的这条路就是对的,你的路就是错的.不是.这⾥没有路.你⾃⼰⾛出来,⽤你⾃⼰的⼀切.你⾃⼰想要表达的,你⾃⼰想要创造的,你⾃⼰想要体验的.

That path is one you have stepped out on yourself. It's not about saying his path is right and yours is wrong; no, there are no paths here. You step out on your own, with all of yourself. What you want to express, what you want to create, what you want to experience - these are all by your own doing.

问: ⾮常好,⾮常好,谢谢.我想跟你描述⼀下我现在⽣活中遇到⼀个具体的⼀个境遇,想得到⼀个你的⾓度,可以吗?

Questioner: Very good, very good, thank you. I'd like to describe a specific situation in my current life and get your perspective on it, okay?

⾼灵: 你说.

Higher Spirit: You say.

问: 就是我是在24岁的时候结婚的嘛,然后我第⼆年有⼩宝宝,就是有⼉⼦了嘛.然后我是在婚姻当中然后我遇到了⼀个⼥性.然后我跟她探索了很多关于灵性啊,关于我们俩.然后我跟我妻⼦,我们也在探索.然后我得出了…就是现在已经探索了⼀年多了.但是我跟我妻⼦可能更早⼀些,在遇到她之前就在探索啊.然后我就想问,因为我是有了这样的⼀个体验过后,我才去查的相关的⼀些东西啊.当时很不理解这样的⼀种体验哈.然后我就理解我遇到了这个⼥⽣是我的⼀个双⽣⽕焰.但是我现在在我的⼀个婚姻中.当然我的婚姻有它的⼀些dynamic,就是有它的⼀些互动.就是我觉得我跟我妻⼦之间的关系…. 就是我现在我总结

Questioner: I married at the age of 24, and then had a baby in my second year, which was when I had my son. Then, within the context of my marriage, I encountered a woman whom I explored spiritually with, as well as with myself. My wife and I also explored our spiritual aspects together. From this exploration that has lasted for over a year now, we've come to understand. Prior to meeting her, I began exploring spirituality with my wife. So I wanted to ask: because of this experience, I looked into related topics; at the time, I didn't fully comprehend such experiences. I realized she was my Twin Flame. However, currently, within my marriage, there are dynamics and interactions that influence our relationship. I've now concluded...

⼀下,我探索过后…. 因为很多东西啊,我写成⼀本书都可以.所以我现在想问⼀个总结下来的话,我感到我妻⼦….如果说我⽣命中兴奋、喜悦的能量的话,我觉得跟我妻⼦这⾥是不匹配的.就是它是⼀种断层的,⼀种慢慢的在朝着不同的⽅向在前进.然后我跟我⼉⼦呢,我有点不… 我⼉⼦对我来说是⼀件兴奋和喜悦的事情,但是,⽐如说我的双⽣⽕焰,所有的能量当中,她当然是我的…⾼灵: 你的问题是什么?

All right, after I've explored this...because there are so many things that could fill a whole book. Now I want to ask for a summary of how I feel about my wife...in terms of the energy of excitement and joy in my life. I feel it doesn't align with her; it's like a rift moving in different directions gradually. With my son, though, he's an exciting thing for me but not as much when compared to other energies within myself. My twin flame, among all the energies, she is undoubtedly mine. Higher Spirit: What is your question?

问: 我的问题就是说我如何平衡我的双⽣⽕焰和我⼉⼦之间的关系? 因为我很确定我需要make a transition,就是我需要改变我的现状,就是我要做出…⾼灵: ⾸先你要知道⽆论你怎么去以为和认为,都是你先去以为和认为过后,你才会得到相应的结果.就⽐如说我觉得我的妻⼦很⽆聊.是你有了这个我觉得我的妻⼦很⽆聊,你就会体验到你⽆聊的妻⼦.我觉得呢个⼈是我的双⽣⽕焰.你有了呢句她是我的双⽣⽕焰,你才能体验到她是你的双⽣⽕焰.然后你们的⼤脑会根据,就⽐如说找⼀些证据.你觉得看为什么她是我的双⽣⽕焰? ⽐如符合⽹上说的什么什么.⽐如我们俩经常可以聊个五六个⼩时这样.

Questioner: My concern is how to balance the relationship between my twin flame and my son, because I'm very sure that I need to make a transition, meaning I need to change my current state, which involves making... Higher Spirit: Firstly, you must understand that no matter what you think or believe, it's only after your thought or belief has been established that the corresponding outcome will follow. For instance, if you feel that your wife is boring, once you have this notion that she's boring, you'll experience her as being so. If you think that person is my twin flame, then you can experience them as your twin flame. Afterward, your mind will seek evidence for why this is so, such as confirming their characteristics match online descriptions or observing that both of you often spend five to six hours in conversation together.

你会把这些证据当成,就是来加深你头脑⾥⾯的⼀个定义.那定义⼀旦有了,你就会体验相对应的定义.所以外⾯没有别⼈.你体验的都是你⾃⼰,明⽩吗? 如果你觉得她⽆趣的话,是你⽆趣,是你对她的定义⽆趣.因为你定义了她⽆趣,你便不可能再去体验到她有趣的⼀⾯.你已经给你们的现象,你们是什么样⼦的⼀个… 就好像这个房⼦会怎么样形象,你已经给它做了⼀个模型.⽐如说我这个沙⼦,我放进去,它会成为⼀只恐龙.因为你是放在恐龙的模型⾥⾯,明⽩吗? 你告诉我,你说你看这就是恐龙呀.当然了.你把沙⼦放在恐龙的模型⾥⾯啊.然后你们被恐龙的呢个形象⽽给… ‘这是实实在在的呀’.

You would interpret these pieces of evidence as reinforcing the definition you have in your mind about something, once that definition is established, you experience it according to that definition. So, there's no one else outside of yourself; what you experience is all coming from within, do you understand? If you find her boring, it's because you're finding you boring, and thus the way she presents herself feels boring to you. Because you define her as uninteresting, you can't then experience her interesting side anymore. You've already modeled your phenomenon; what kind of individuals you are... akin to how this house would appear based on its blueprint, you have preconceived it in your mind. For instance, when I put sand into a dinosaur model, it becomes a dinosaur because that's the mold I placed it in, do you see? You tell me, "Oh yes, this is a dinosaur." Of course. By placing the sand into the dinosaur-shaped mold and then being influenced by its image, 'This is reality,'

就好像你现在告诉我,你来告诉我你跟你妻⼦关系怎么样怎么样,你跟呢个⼈关系怎么样怎么样.那你说本⾝就是这样,我就是这样的.是因为你把它倒⼊呢个模具⾥⾯.

It's like you're telling me now how your relationship with your wife is, how it is with that person. You say it's like this because you've put it into a mold.

问: ⾮常好.我想进⼀步讨论⼀下,就是俩个⼈之间他有没有内在的⼀种联系.⽐如说如果按照你的理论的话,那我们是不是可以让任何⼈成为我们的…⾼灵: 这不是任何理论! 不是任何理论!问: 对.就是说按照这个思路跟着⾛下去的话⾼灵: ⽽是说你在这个物质世界感受到的,你就好像你是在跟你⾃⼰演戏⼀样.你想要怎样就能怎样.哪怕你想要有⼗段不同的关系,你只要⼼⾥想要,你都可以.

Questioner: Very good. I would like to delve further into the question of whether there is an intrinsic connection between two people. For instance, if we were to follow your theory, could we make anyone a... Higher Spirit: This isn't any theory! Not any theory! Questioner: Yes, exactly. By following this line of thought, you're essentially acting out scenes with yourself in the material world, as if you're performing for an audience that only consists of you. You can have it your way no matter what. Even if you desire multiple different relationships, you could simply think about them and they would manifest.

问: 对,是.

Answer: Yes, that's right.

⾼灵: 但是,你通过这些体验,就⽐如说你体验过⼀段,体验过⼗段.那我通过这些体验我才知道,实际上我并不需要⼗段,明⽩吗? 实际上⼀段就可以让我感受到圆满.那是什么?来⾃于我内在的圆满.所以这是⼀个过程,⼀个你⾃⼰去体验的过程.所以并没有你选择哪⼀个是对的或错的.都没有对错.

Spiritual Guide: But through these experiences, say you've experienced one segment, ten segments. I only realized that actually I don't need ten segments to understand it, do you see? Actually, just one segment is enough for me to feel complete. What is that? It comes from my inner completeness. So this is a process, a personal experience process for you. There's no right or wrong choice among them; they are all correct.

问: 对,我就想说有…⾼灵: 只有你在⽣命当中去看到到底是什么导致你⾃⼰,到底是什么导致的? 不是对⽅.因为如果你觉得是对⽅的话,那你可以去试你觉得你跟你觉得你的什么双⽣⽕焰在⼀起..

Questioner: Correct, I just wanted to say that... Higher Spirit: Only you need to find out in your life what it is that leads to yourself and what it is that causes it? It's not the other person. If you think it's the other person, then you can try pairing up with whatever you believe is your twin flame.

问: 啊,没有觉的是对⽅.我觉得每个探索它最终回到的是⾃⼰嘛.我是认可这个的.🗎.我的意思就是说你会不会认同每个⼈之间他都有⼀种核⼼频率或者有⼀种内在的吸引.那么⽐如说我好像了解到JOJO她也是结婚了,对吧? 那么她跟她的结婚对象和她跟她的邻居可能就不是⼀回事.就是他们之间的互动,他们之间的频率的匹配就不是⼀回事,对吧? 那么有没有⼀种内在的联系? 你怎么看待这种所谓的内在的联系呢?

Questioner: Ah, there's no sensation of being aware of the other person. I feel that eventually every exploration leads back to oneself, right? I agree with this idea. ⬜ My point is, do you believe that each individual has a core frequency or an intrinsic attraction between them? For example, it seems like I've come to understand that JOJO is married, correct? So the dynamics between her and her spouse versus her and her neighbors are different. Their interactions, their frequency alignments, aren't the same, right? Is there an inherent connection? How do you view this concept of intrinsic connections?

⾼灵:内在的联系.也没有什么内在的联系.你感受的是你头脑⾥⾯的定义⽽已.然后你会根据你⾃⼰所见所闻所感受⽽来给它下定义.⽐如说我这次对这个⼈的感受很恶劣.OK,那我头脑定义⼀个他是⼀个恶的⼈,我不要去跟他交往.那⽐如说呢个⼈创造了⼀些美好的印象,那你就会定义,啊,他是⼀个很好的⼈.你便去经历这个定义.那有可能你是在他的⼈⽣,他最低潮的时候,他最低落的时候… 因为你们所有⼈的能量都⼀直在转变的,⼀直在变.不会是⼀直这样⼦的.那你正好在他⼈⽣最低落的时候,或者是他最暴怒的时候,或者是他最悲惨的时候遇到他.那你感受到这个能量,你就变的…你去定义他了过后…明⽩吗?

Higher Spirit: There is no inner connection. What you are feeling is just the definition in your mind. Then, you define it based on what you see and hear, and how you feel. For example, if I have a very bad impression of this person, okay, I define him as an evil person in my mind and don't want to associate with him. Conversely, if that person creates a good impression, you would define him as a nice person and experience that definition. It's possible that you encountered him at the lowest point of his life, or when he was at his most angry or miserable... because all your energies are constantly transforming and changing. You might just happen to encounter him during those times. Then, you feel this energy and become... after defining him... do you understand?

问: 我明⽩你在说什么.我的意思是说⽐如说你怎么理解我们说的这种缘分? ⽐如说JOJO跟她的丈夫的这种缘分.⽐如她跟她的邻居就没有这种缘分,对吧? 那么你怎么解释这种吸引⼒呢?

Questioner: I understand what you're saying. What I mean is, for example, how would you interpret this concept of fate or destiny in our conversation? Like, the fate between JOJO and her husband, compared to her relationship with her neighbors, who don't have that same fate. So, how do you explain this sense of attraction or connection?

⾼灵: 缘分.这也不是你们所谓的缘分.你要知道你们所有发⽣的事情,它都是已经发⽣的.它并不是… 然后是你⾃⼰的⼀个,就好像你⾃⼰的⼀个意识穿越到哪⾥,然后你便体验哪⾥.所以所有的⼀切它都是存在的.它没有过去,也没有将来,也没有什么缘分,也没有什么巧合.你体验的…问: 那是什么决定…你先说⾼灵: 你体验的就好像是你⾃⼰.你体验的就是你⾃⼰.是什么决定? 那是因果关系还有你个⼈的成长.因果关系就⽐如说你头脑⾥⾯种下了⼀个因,就是你想要什么,你想要就是… 就

Higher Spirit: Destiny. This is not the destiny you all believe in. You must understand that everything that happens to you has already occurred. It's not... Then it becomes your own experience, like your consciousness traveling somewhere, and then you experience there. So everything exists. There is no past, no future, no fate, nor coincidence. What you experience...

Questioner: What determines...

Higher Spirit: What you experience is essentially you. You experience yourself. What determines this? It's cause and effect, and personal growth. Cause and effect like planting a seed in your mind; what you want becomes...

⽐如说你种下了⼀个种⼦.那么呢个频率它就会让你去体验这个在你的物质世界⾥⾯.

For instance, if you plant a seed, then that frequency will allow you to experience it within your physical world.

问: 是,我明⽩你的意思.那如果我们往最深层次 ,你的意思是说⽐如说JOJO能和他的丈夫形成⼀个夫妻关系或者⼀个家庭的话,是因为他们之间有⼀个特定的因果关系,是这个意思吗? 就是他的意识本⾝是⽆限的,本⾝是永恒的,你就说他本⾝是在体验⾃⼰⽽已.但是她会为⾃⼰创造这样⼀个,⽐如说这样⼀个特定的⼈,成为这样⼀个特定的家庭.就是她的这个因果关系是怎么样产⽣的呢在你看来?

Questioner: Yes, I understand your point. Then, if we delve to the deepest level, are you saying that someone like JOJO could form a relationship with her husband or establish a family because of a specific causal relationship between them? In other words, is it simply that his consciousness is infinite and eternal, experiencing itself alone, while she creates for herself such a person, leading to this specific relationship or family? And how do you see the causality behind her creation forming in this context?

⾼灵: 因果关系是怎么样产⽣的?

Spirit of High Rank: How does causality come into existence?

问: 就⽐如说她为什么没有和她的邻居产⽣这个因果关系? 这个夫妻的关系呢?

Questioner: For example, why doesn't she have a cause-and-effect relationship with her neighbor? And about this marital relationship?

⾼灵: 那这个只会是你们头脑想要去说,为什么,就这么说吧,为什么⽔它可以结成冰呢? ⽽⽕不能结成冰呢? 你只有你的头脑它才会不断地去找⼀个为什么,明⽩吗? 所以如果你要进⼊这⾥⾯的话,那你永远都可以给你创造出来⼗万个,⼀百万个,⼀亿个为什么.

Spirit: This is just something your mind wants to say, why, let's put it this way, why can water freeze into ice but fire cannot? Only your mind would constantly seek out a reason for that, do you understand? So if you want to delve into this, you could always come up with ten thousand, one hundred thousand, or even a billion reasons.

问: 🗎,明⽩.那有的时候我们问为什么的时候不是在帮助我们更加了解⾃⼰和这个宇宙的关系吗? 还是说你说的这种为什么是另外⼀种为什么吗?

Questioner: Isn't it true that when we ask "why," sometimes we are actually helping ourselves to better understand the relationship between us and the universe, or is this a different kind of "why" you're referring to?

⾼灵: 你说的呢个为什么是你的头脑它试图去理解⼀些关系.但是你要知道你头脑⾥⾯它只能理解你们已经被植⼊的⼀些东西.就⽐如说⼀个电脑⾥⾯它只能出现⼀个字体.呢个字体是你已经植⼊进去的,⽐如说你植⼊了⼀个中⽂字体.那我告诉你,如果⼀个其它阿拉伯国家的电脑,它没有植⼊中⽂字体.它能显⽰出来中⽂的…问: 好像明⽩你的⽐喻了,就是有的时候问这个为什么的时候,你…⾼灵: NO NO.你如果想要⽤你的头脑想要理解这⼀层⾯的话,你⾸先你的头脑⾥⾯必须要植⼊这些概念.你说⼀个西⽠,你头脑⾥⾯⾸先知道呢个西⽠是什么.不然的话,呢个西⽠只是⼀个乱码.

Spirits: The reason you ask about this is because your mind tries to understand some relationships. But what you must know is that the contents of your mind can only understand things that have been implanted in it. For example, a computer screen will display only one type of font; this font has already been programmed into the system. If you've inserted a Chinese font, then I'll tell you: if another Arabic country's computer doesn't have a Chinese font, it won't be able to display Chinese characters…

Questioner: It seems like I understand your analogy - when asking why something is so, you…

Spirits: No, no. If you want to use your mind to understand this level of knowledge, first your mind must be programmed with these concepts. You have to know what a pear is before you can ask questions about it; otherwise, the pear would just be a random string of characters.

问: 好像开始明⽩你的意思…你的意思是它是局限的..

Questioner: It seems that I'm beginning to understand what you mean... You mean it's limited, right?

⾼灵: 所以当你在往这⽅⾯⾛的时候,你就是进⼊⼀个头脑模式,明⽩吗? 问: 🗎,好像明⽩,好像明⽩.对对对,那你没有更推荐我们进⼊的模式呢?

Higher Spirit: So when you're going in this direction, you are entering a mental mode, do you understand?

Questioner: 🗎, it seems to be understood, it seems to be understood. Yes, yes, yes. But do you have any recommended modes for us to enter instead?

⾼灵: 就好像是⼀个,就好像你们科学家⼀样.就⽐如说当你在拿⼀个⾁体你来解刨它.你说为什么这个⾁体有如此强⼤的⼀个能⼒? 它为什么能够推动⼗吨重的重量.他来解刨这个⾁体.这个⾁体跟其他⾁体没有什么区别.那为什么这个⾁体可以推动⼗吨? 呢个⾁体⼀吨都推不动呢? 然后你们就会根绝这个,只是在探索⾁体上来.但是呢个⾁体,它只是⼀个⼯具⽽已,明⽩吗? ⽽是它⾥⾯的⼀个能量在产⽣作⽤.

Higher Spirit: It's like you scientists, as in when you dissect a body to understand its functions. You ask why this body possesses such incredible strength and capability to lift ten tons of weight. You dissect the body, finding nothing special about it compared to others. Yet, it alone can lift ten tons while another cannot even move one ton. It's just a tool, nothing more. The real power comes from within its energy source.

问: 好像明⽩.

Questioner: It seems like you understand.

⾼灵: 所以当你是在呢对着⼀堆⾁体在呢研究的话,那你说: ‘这个⾁体它怎么能推动⼗吨? 那这个⾁体它们结构是⼀样的呀’ 你已经就进⼊的是⼀个…问: 那你有没有更推荐的⼀种模式? 如果我们不⽤这种模式,我们更可以使⽤的是⼀种什么样的…

Spirit: So when you're studying a pile of flesh, and you ask, "How can this flesh move ten tons?", assuming the structure of these flesh is the same, you have already entered into... Questioner: Do you have any other recommended approaches? If we don't use this method, what kind of approach could we apply instead?

⾼灵: 就是你去成为你⾃⼰.其他没有任何捷径.因为能从他头脑⾥⾯,能从他嘴巴⾥⾯说出来的都是有限的.他这些和他这些意思(提问者评论声⾳太⼤,没听清)都没有办法给你描述所谓的⽣命.因为你只有通过⾃⼰,你只有通过你⾃⼰..

Sage: It's about you becoming yourself. There are no shortcuts other than that. Because what can be expressed from his mind, from his mouth is limited. None of those words or meanings (due to the asker's loud voice, I couldn't hear clearly) can describe the so-called life for you. Because you have to go through yourself, only through your own self...

问: 就是如果我⽤你说的,我理解⼀下的话.就是说我们在这种语⾔中的讨论,它都有点偏概念话.就好像有点呢种就是你说的头脑的游戏…⾼灵: 所以语⾔是很落后的交流⽅式.所以你们永远都会有争吵,都会有误导.你们并不是(提问者评论声⾳过⼤,听不太清楚)问: 就是把它概念化啊,名词化啊,这种感觉.好像懂.那你的意思就是成为⾃⼰.那成为

Questioner: If I understand you correctly, in our discussions about this language, they tend to be somewhat conceptual, like playing a game of the mind... Higher Spirit: So language is a very backward means of communication. Therefore, you will always argue and get misled. You are not (listener's voice is too loud, barely audible) Questioner: That is making it abstract or turning it into nouns. It makes sense to me. Your meaning seems to be about becoming oneself. And by "becoming"

⾃⼰要怎么办呢? 就是靠⾃⼰悟?

What should one do about it? Is it just up to oneself to understand?

⾼灵: 你现在就在这个过程当中啊.你去问成为后会怎样,那你又是进⼊头脑的⼀个模式.

Higher Spirit: You are in this process right now. If you ask what becoming would be like, then you are entering into a pattern of the mind.

问: 我好像懂了.哎,明⽩明⽩.⾮常好.那如果说回到我刚才说的呢个就⽐如说这些探索,那实际上也就是说,就不要管呢么多概念,就⾸先成为⾃⼰.

Questioner: I seem to understand. Yeah, clearly, clearly. Very good. Then if we go back to what I was talking about earlier, for example these explorations, in fact, it means that you should not worry about so many concepts and just start becoming yourself.

⾼灵: 你⾸先你要知道当你太专注于你头脑⾥⾯的⼀些问题的时候,或者你太专注于头脑⾥⾯呢个什么的时候.你已经是在离开⽣命了.因为你不断地想要找到答案.然后等你找到⼀个似乎满意的答案,然后你就觉得啊这样,这个答案我知道了.实际上你什么都不知道.你只是你的呢个头脑以为它知道.

Higher Spirit: Firstly, you need to understand that when you are too focused on certain issues in your mind, or anything within your mind, you are already detaching from life. Because you constantly want to find answers. Then, as soon as you find an answer that seems satisfactory, you feel like this, I know the answer. In reality, you know nothing. You just think that your mind knows it.

问: 那你怎么理解我们地球上有这种赛斯书啊,与神对话啊,还有巴夏.语⾔是我们⽐较⼤众能够接触到的传递⽅式,对吧?

Questioner: How do you understand the existence of such books like Seth's and conversations with God, as well as Beshara, given that language is a more accessible mode of transmission for most people on our planet?

⾼灵:真正的信息它永远都在告诉你,然后你才是呢个,就是外在⼀切都是空的,都是⽆.你才是呢个创造者,你创造你想体验的.你体验的都是你⾃⼰.这才是最根本的信息.所有的⼀切它只是⼀个概念⽽已.就好像我的这些信息,它只是在让你知道是怎么样的⼀个概念.但是这些概念也不是真的,明⽩吗?

Ethereal Spirit: The true message has always been telling you this all along. You are the one who creates what you experience. Everything external is empty and devoid of substance; you are the creator of your experiences. This is the fundamental information. All else is just a concept. My messages to you are like providing awareness of these concepts, but they too are not factual. Understand?

问: 我有点明⽩.我觉得我开始明⽩了.对,这是⼀个很好的⾓度.谢谢谢谢.XX你有要说的吗?

Questioner: I think I understand a bit more. Yes, this is a good perspective. Thank you very much. Do you have anything to add, XX?

问: 那我问我⼏个问题吧.你曾经跟我说过我为什么市⾯上动不动就说⾃⼰会通灵的有些反感.然后你说这是因为我的责任⼼,我觉得需要有很⾼的意识程度才能传递的.

Questioner: Well, let me ask you a few questions. You once told me why I find it annoying when people in the market claim to be spiritual. Then you said that this is due to my responsibility, and I feel that a high level of consciousness is required to convey this.

⾼灵:如果我告诉你所有⼀切都是假的呢.所有的不管他们说的有多真的东西都是假的.只有你去相信了你才能体验.就⽐如说巴夏的⼀些道理,如果你不相信.那对你来说是不是也是假的?它是真的吗?很多⼈不相信呀.那它就是假的呀.我的意思就是你没有必要去判断它是真的还是假的.因为当你是去判断他是真的我才相信,他是假的我就不相信.那实际上,你想象⼀下,你只是迷信⽽已啊.你迷信权威啊.

Higher Spirit: What if I told you everything is fake? That all the things they say, no matter how true they may sound, are false. You can only experience them by believing in them, for example, some principles from Basha. If you don't believe it, isn't it still fake to you? Is it really true? Many people don't believe, so it must be fake. My point is that there's no need for you to judge whether it's true or false. Because I would only believe if you tell me it's true and disbelieve if you say it's false. In reality, what you're doing is just superstition, relying on authority as your belief.

问: 我理解你的意思了.我的第⼆个问题是上次我们通灵告诉我们要打开才能让信息进来.能不能再给我⼀些信息?

Questioner: I understand what you mean. My second question is about the last session when Spirit told us that we need to open for information to come in. Could you provide me with more information?

⾼灵: 那就⽐如说你刚才说的,为什么我会对外⾯虚假的信息如此的反感,对吧? 那虚假的信息只是对你来说是虚假.为什么? 你不买他的账啊,对不对? 但是对买他账的⼈来说呢? 那是不是就是真的? 那对别⼈来说是真的你为什么说它是假的呢? 那你们现在社会上的⽭盾不都是这样的吗? 你们都是在⾃⼰觉得真实的世界⾥⾯,然后产⽣⽭盾.⽐如说俄罗斯,我觉得我的这个是真的.乌克兰,我觉得我的这个是真的.美国,我觉得我的这个是真的.英国觉得我的这个是真的.然后呢? 所以你们所有⼈社会上产⽣的这些问题,是不是都是你这种?

Higher Spirit: Alright, let's take your point about why I might be so against external false information, right? The false information is just false to you. Why? You don't take his word at face value, right? But for those who do take his word at face value? Isn't that actually true then? And if it's true for others but you say it's false, why would that be the case? Aren't these societal issues we encounter today all like this? Each of us believes in our own reality and it leads to conflicts. For example, I think my version is real for Russia. Ukraine thinks their version is real. The US, I think mine is real. Britain feels theirs is true. So, do you see how your social problems arise from each person's perception of truth?

⽐如说我是搞科学的,只有我的才是真的,你们灵性的都是假的.科学我是有证据的,我是有实验的,我是有结果拿出来给你们看的.你们呢些呢? 有什么? 那他们来打假你们的还更多吧? 明⽩吗? 所以就没有必要去判断哪个是真的,哪个是假的.因为只有你去选择你想相信什么,你想体验什么.这个才是最主要的.

For example, if I'm a scientist, only what I believe is real, and yours is all fake. With science, I have evidence, experiments, and results to show you. What do you guys have? Anything at all? And when people come to debunk your beliefs even more, how clear can that be? Understand this? So there's no need to judge which is true or false because only you get to choose what you want to believe in and experience. This is the most important part.

问: 我明⽩你的意思了.然后我的下⼀个问题是我现在会有⼀种什么样的状态,就是我会有⼀段时间会觉得没有外⾯,我相信的就是真的,在往内看.但有时候又会被外在的⼀些东西给吓到,就是说这个状态它是不够稳定的.然后我想问⼀下…⾼灵: 这很正常啊.你想象⼀下你现在像⼀个⼩树苗⼀样.你说现在风⼀吹来,我的⼟就开始松动了.风不吹还很好,我还觉得风平浪静.风⼀吹,我就开始动了.那这是你成长的⼀个过程呀.所以你不需要去担⼼,你只需要继续的扎根就好了,继续的成长就好了,我明⽩了?

Questioner: I understand your meaning. Then my next question is what kind of state will I be in now, where I'll feel like there's no outside world for a while, believing that it's true when looking inward. But sometimes, I'm also frightened by external things. This means the state isn't stable enough. I would like to ask... Higher Spirit: That's perfectly normal. Imagine yourself as a little sapling now. You say that if a wind blows and my soil starts to loosen, which is fine when there's no wind because it feels calm. But when it does blow, I start moving around. This is simply part of your growth process. Therefore, you don't need to worry; you just need to continue deepening your roots and growing further, and I understand this.

问: 我能不能再问⼀下我的⾼灵和指导灵有没有什么信息想要带给我的?

Questioner: Can I ask one more thing about whether my high guides and teachers have any messages for me?

⾼灵: 这么说吧,你们每⼀个⼈都觉得有⾃⼰的⼀个正义.就是在你们的思想,在你们的头脑⾥⾯来判断,啊这个是对的,呢个是错的,这个是不应该的,呢个是不应该的.我跟你讲这⾥并没有对和错.根本没有任何好和坏,真和假.只有你们通过你们⾃⼰,这个物质世界就好像是⼀个镜⼦⼀样,你们通过来照这个镜⼦,来看到⾃⼰,来认识⾃⼰,来认识⽣命.因为当你们看到和认识⾃⼰的时候,你才会发现你就是神,明⽩吗? 然后呢个过程就是你们⾃我认识的呢个过程.你就会找到你⾃⼰到底是谁?你觉得你会在某⼀时刻做出⼀个坏事.但是在呢个时刻你却突然做了⼀件好事.然后呢个时候你就见到你真正的⾃⼰了.

Higher Spirit: In other words, each and every one of you feels that there is your own justice. You use your thoughts, your minds to judge whether something is right or wrong, good or bad, should not be done or should not be considered so. But let me tell you, here there are no absolutes of right or wrong, nor any true or false. Only through yourselves, the material world acts like a mirror where you reflect on yourself and gain self-awareness in order to understand life. For it is only when you see and understand yourselves that you will realize you are God. Then comes the process where you learn about yourselves, which helps you determine who you truly are. You might think at one point you would do something bad, but then suddenly you find yourself doing something good instead. In that moment, you'll see your true self.

就⽐如说很多⼈在最后的时刻,就好像他要去做⼀个杀⼈或者是放⽕之类的事情.但在最后⼀刻,他却看到⾥⾯受困的⼈,他却去救了他们.就在呢⼀时刻,他才发现原来这个才是他.然后所有的这些⽣命的过程都只是⼀个过程,是⼀个你们⾃我认识的过程.你们去发现⽣命是什么,你们去发现.因为只有你真正的去发现了过后,然后所有的⼀切你才会知道它的意义,明⽩吗?如果你没有发现,只是通过我们来给你们的⼀些道理或者是给你们的⼀些讲述、传授.我不管你去拜了多少⼤师也好,佛陀也好.哪怕佛陀在你⾯前给你讲,讲的天花乱坠的,讲的⼗天⼋夜的怎么样怎么样.你还是不能理解.

Just like many people at the very last moment, they are about to commit something like murder or arson. But just before that, they see someone trapped inside and decide to save them. In that moment, they realize that this is who they really are. All of these experiences of life are merely a process, a process of self-discovery. You discover what life is and how it works. Only when you truly discover it yourself do you understand its meaning. Do you see? If you don't discover it on your own, if all you have is the teachings given by others or their explanations, no matter how many great masters or Buddhas you might follow, even if they explain things beautifully and at length, it won't make sense to you.

你只有通过你⾃⼰在这个物质世界这⼀⾯镜⼦当中去真正的去认识你,明⽩吗? 然后认识到你是⽆限的,认识到你不是你的⾁体.然后当你认识了你⾃⼰过后.你便能认识众⽣,认识其他⼈.不然的话,你也认识不到其他⼈.你会根据他们的⼀些⾏为,他们当时的⼀个能量状态⽽去定义他.那当你这样去定义他,你便会这样去体验他.就这么简单.

You can only truly understand yourself by looking at your reflection in this material world mirror, do you understand? Then realize that you are boundless, and recognize that you're not just your physical body. After you've come to know yourself, you'll be able to understand others, recognize people. Otherwise, you won't understand anyone either; you define them based on their actions and the energy state they were in at a certain moment. When you define someone like this, you experience them accordingly. That's all there is to it.

⾼灵: 这个⼥孩⼦刚才给你提的问题,我看我能不能回答她.她想要知道她跟她母亲之间的关系.因为她对她母亲总有⼀种好像就是不耐烦,就是不能很好的就是很nice的⼀种⽅式交流.我想告诉她的是,她这⾥⾯她觉得是⼀种厌恶,实际上是⼀种爱.因为她觉得她⽬前可以更好的⽣活.她觉得她母亲可以更好的、更轻松的、更快乐的.就是她期待的呢种状态她母亲没有达到,就好像有⼀种就是恨铁不成钢.就是好像你为什么这样,为什么呢样.所以这是⼀种爱.但是我想要告诉她的是,你急不来的.就好像你对孩⼦的⼀个期望,你越是着急他,你越是在阻碍他的成长.你越是在着急他的话,那你越是就好像是拔苗助长⼀样.因为你们都是就好像有世世代代.

Higher Spirit: The question that this girl just asked you, I might be able to answer her about it. She wanted to know about her relationship with her mother because she feels impatient and unable to communicate nicely with her mother in a good manner. What I want to tell her is that what she perceives as dislike is actually love. Because she believes she can live better at present. She thinks her mother could be happier, more relaxed, and in the state she expects her mother to be in. The reason why this doesn't happen seems to stem from a sense of disappointment or frustration, akin to being hard on someone who isn't improving as expected. It's like asking 'why are you not doing better', implying dissatisfaction with one's efforts.

However, what I want to tell her is that she can't rush it. The more anxious you are about your child meeting certain expectations, the more you hinder their growth. The more impatient you are towards them, the more you might be forcing growth upon them, akin to pulling up plants too quickly. Because we're all part of generations here.

⽐如说她的母亲在她的这个实相当中,在她的这⼀个⼀⽣当中,她可能没有去过上⼀个很快乐的⽣活.但是她却在另外的⼀世,就你们所谓的还有其他世.虽然都是同时存在的,但是她却过着像智者⼀般的快乐的⽣活.所以你们并不需要单独的从这⼀个镜⾯.⽐如说这个镜⾯它有⼗万⼋千个,对不对?那你只看到了其中的⼀个镜⾯.这其中的⼀个镜⾯,你便去评判她说你怎么这么悲惨? 那你怎么知道我这个镜⾯就是来体验悲惨的.那我另外⼀个镜⾯,我还有九万九千九百九⼗九个.那我其他的我是,呢个是体验战争,呢个是体验爱,呢个是体验有钱⼈,呢个是体验穷⼈,明⽩吗? 所以我只想我这个⼈格焦距在我想要体验的,所以这个有错吗? 这个并没有错.

For instance, in her current reality or lifetime, she might not have experienced a very joyful life with her mother. However, in another existence, according to your understanding of other lives, even though they coexist simultaneously, she lived like a sage in a happy life. So you don't need to judge solely from this one mirror. For example, there are ten thousand eight hundred and eighteen mirrors, correct? You only see one of them. The mirror you're looking at, you might judge that she is so miserable. But how do you know that my mirror is here to experience misery? My other mirror has nine thousand nine hundred ninety-nine more. I have others who experienced war, love, being wealthy, being poor; understand? So I only want this aspect of my personality to focus on what I wish to experience. There's nothing wrong with that, right?

因为当你们能认识到你们是更⼴泛的存在,你们是就好像这只是你好像⼀个棱镜,就是有⽆数⽆数个⾓度的镜⼦的⼀⼩⾯⽽已.那你还有⽆数个其他⼈在体验着不同的⽣活.那你为什么要执着于这⼀⾯要改变呢?明⽩吗?因为它这⼀⾯存在是为了⽀持你的.因为她,这个⼥孩⼦的性格,她之所以能成为她这样⼦的性格.那她母亲对她也有很⼤的影响.就⽐如说她母亲是⼀个特别消极的,那她就特别积极.为什么?因为她很不喜欢消极.所以她母亲也间接的成就了她.如果通过这⼀层关系的话,她便不会执着于这样⼦.那她还有⼀个问题是想要问她跟她⽼公之间的关系.然后以前通灵信息说过,他们是来⾃同⼀股能量.来⾃同⼀股能量,就好像他们化⾝成两部分.

Because when you can recognize that you are part of a wider existence, it's like this is just one small facet of what seems like a prism with countless other angles, and there are countless others experiencing different lives. Why would you be fixated on changing only this angle? Do you see? It exists here to support you. Because of her, the girl's personality became as she is due to her mother's significant influence. For example, if her mother was particularly negative, she became especially positive. Why? She did not like negativity very much. So indirectly, her mother contributed to her. If viewed through this relationship layer, there would be no fixation on it. Then, she has a question regarding her relationship with her husband. Previously, spiritual communications mentioned that they are from the same energy source. Being from the same energy source, they have incarnated into two parts of themselves.

然后你的⼀部分体验⼀个不同的⼈⽣,我的⼀部分体验⼀个不同的⼈⽣.然后我们再到⼀起,然后去创造⼀个…这么说吧,你是花椒,我是辣椒.然后两种不同的混合在⼀起,产⽣的⼀个就好像是⼀个新的味道.因为你单独吃花椒是⼀个味道,单独吃辣椒是⼀个味道.那如果把它混合在⼀起呢?那不就是你们最喜欢的⿇辣味吗?你们四川的⿇辣味,对不对?所以是这样⼦的⼀个关系.然后她还有⼀个问题是关于紫微圣⼈,因为她在⽹上看到了很多关于紫微圣⼈的信息.然后这个紫微圣⼈更是代表着接下来你们要⾯临的⼀个阶段,就是⼀个能量阶段.你们会逐渐的⾛向⼀个⽅向.呢个⽅向是什么?呢个⽅向是你们好像是从物质转化到灵性.从物质转化到灵性的⼀个⽅向.

Then you experience a different life, and I experience a different life in part. Then we come back together and create… let's say, you're the Sichuan pepper, and I'm the chili. Then two different flavors mix together to create something like a new taste. When you eat Sichuan pepper alone, it tastes one way; when you eat chili alone, it has its own flavor. But if you mix them together? That's not your favorite spicy Sichuan flavor? Right? So that's how this relationship works. And she had another question about the Purple Official Saint, as she saw a lot of information about him online. This Purple Official Saint represents the stage you are facing next, which is an energy stage. You will gradually move towards something. What direction is that? That direction is akin to your transformation from the physical to the spiritual. It's the direction of transitioning from the physical to the spiritual.

就是⽐如说以前推动你们社会进步的都是钱.然后呢,逐渐的要转变到⼀个推动你们社会进步的是什么?是你们的爱,你们的激情,你们想要的奉献的⼀个精神.所以它这是⼀个过程.然后呢,她便是这个推动者.因为推动者是你们每⼀个⼈,并不是某⼀个⼈.她便是其中⼀个推动者之⼀,所以这是⼀股能量.这就是为什么她会有,就好像是找到了家⼈⼀样.OK,我们的家训,⽐如说我从这个家出来的,然后我们的家训是要怎样怎样.⽐如说要勇敢、要爱,要付出.那我从这个家被教导出来的.那我现在⼀听到勇敢、爱、付出的品质,怎么都是我想要的.所以她就好像是她本⾝内在就存在的⼀种,所以她就会觉得想要去探索他们之间的⼀个关联.

It's like previously, what drove your society forward was money. Then gradually, it will shift to something else driving your society forward - your love, your passion, and the spirit of self-offering you desire. It's a process, and she is one of the drivers because the driver isn't just one person but everyone. She is among the drivers, and this represents an energy. That's why she feels like she has found her family. Okay, our household values - for instance, I come from this family where our values are about certain things - courage, love, giving. These are what were instilled in me from my family. Now, every time I hear about qualities of bravery, love, and giving, they all align with what I want. So she feels like it's something inherent within her that wants to explore the connections between these values.

# **2022/04/28 — 关系的⽬的The Purpose of Relationships**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's the question?

问: ⾼灵你好.我的第⼀个问题是就是在⽣活中我和家⾥⼈互动的时候都是爱说: ‘你这个东西不要放在这⾥,太挡了或者不好看.你不要放在这⾥,每次我都要帮你拿开’.说的时候好像对⽅就有点抵触,或者别⼈这样说我的时候我也有点不⾼兴.但是我觉得如果他们⽼是把东西放在哪⾥,我不提醒,我每次都去收拾,我觉得好像又很⿇烦.我觉得我还是应该说.但是这样说⼤家又互相有点不⾼兴.这是为什么呢?

Questioner: Gao Ling, hello. My first question is about interacting with family members in daily life; I often say things like, 'Don't put this thing here, it's too obstructive or unattractive. Don't put it here; every time I have to help you move it.' When I say these things, the other person seems somewhat resistant, and when someone else says these things about me, I feel slightly unhappy as well. However, if they always place things in a certain spot without my reminder, causing me to constantly tidy up after them, I feel it might be burdensome. I believe I should mention this issue. Yet, saying so seems to cause mutual unhappiness. Why is that?

⾼灵: 你们⼈类… 你要知道关系的⽬的.你要知道关系,就是你和⼈交往,它并不是来顺从你的.你说在所有的关系当中有什么是顺从你的吗? 明⽩吗? 因为并不是你们所有⼈,你是皇帝.然后他们是仆⼈,他们来顺从你.为什么这种会消失掉,明⽩吗? 它更多的是什么?更多的是来让你们的包容度,就是来提升你们的包容度和允许和接受、接纳.所以越是包容度特别⼩的⼈,越是难以接纳别⼈的⼈,他越是困在这样⼦的关系⽹⾥⾯.因为有的⼈他本⾝就是⼀个特别有包容度的⼈.那在他⾝边他就好像没有这样⼦的事情给他遇到.那是为什么呢?因为他不需要再听过这样⼦的⼀些东西来提升它,来锻炼它,来让他去成长,明⽩吗?

Higher Spirit: You humans... You must understand the purpose of relationships. Relationships are about you interacting with others; they don't exist to cater to your wishes alone. Can you comprehend that? Not all of you are emperors for whom everyone is a servant here to obey them. Why would such dynamics fade away? Can you see why it's more about enhancing your capacity for inclusion and acceptance, fostering growth in understanding and embracing others? Hence, those with lesser tolerance often struggle in relationships the most because they find it hard to accept others. It's not that there's nothing for them; rather, their environment might not push them to develop this skill as much, knowing full well that they don't have to constantly confront these challenges to grow and improve their abilities.

所以既然如果你有这个,就是你可以通过这个关系来让你⾃⼰看到,OK,你有的地⽅需要让你看到.⽐如说如果没有这层关系的话,你可能看不到你原来是如此的⾃我.因为你想你们的⼀个⼈类之间发⽣的战争冲突是什么?就是难以接纳别⼈与⾃⼰的不同.⽐如说不同的国籍、不同的宗教信仰、不同的习惯,明⽩吗? 不同的⽂化,不同的思想… 你们难以接受它,所以你们会产⽣抵触、排斥甚⾄到战争.你们想要同化⼀切,⽽不是说去欣赏这⼀切,明⽩吗?因为他们这些存在的不同才是你们需要如此多种类的⼈种,如此不同的来丰富你们的⼈⽣.就是来丰盛你们,来让你们繁华,对不对?你想⼀下如果你的⼈⽣只能做⼀件事,只能见⼀个⼈,只能在⼀个房间,枯燥吗?

So if you have this relationship, it allows you to see yourself, okay, the places that need seeing. For example, without this layer of relationship, you might not see how self-centered you are. Imagine what you think happens between humans when there's a conflict? It's because they can't accept others' differences. Such as different nationalities, religions, habits, understand? Different cultures, different thoughts... You can't accept it, so you develop resistance, rejection, and even to the point of war. You want to assimilate everything rather than appreciating it. Do you get that? Because these differences in existence are what necessitate so many types of species with such diverse traits to enrich your life. To make your life more fulfilling, isn't it? If you could only do one thing in your life and see only one person in one room, wouldn't it be boring?

那为什么你们需要去旅游呢?让你们可以去感受到呢种不同.然后去通过这种不同去感受到⽣命的多样性.所以你们每⼀个⼈都应该感激⽣命是如此的丰富、繁华,明⽩吗?你们都想要有钱.有钱就可以什么?有钱就可以拥有很多很多不同种类的房⼦啊、⾐服啊、车⼦啊,对不对?那我还可以不同的国家,然后不同的⾷物.为什么?那就说明它灵魂本⾝它就不断地想要有新的体验.如果你没有新的体验,那你跟死了有什么区别,是不是? 那你通过你⾃⼰去不断地去让你⾃⼰变得更加… 就⽐如说你现在像是⼀个⼩⽔杯,只能装⼀杯⼦的⽔,只能容纳⼀杯⼦.这就是没有包容度的.

Why do you need to travel? To experience different things and through these differences, understand the diversity of life. So every one of you should be grateful for how rich and colorful life is, right? You all want money. Having money allows you to have many different kinds of houses, clothes, cars, doesn't it? And also, experiencing various countries and foods. Why? It indicates that its very essence constantly wants new experiences. If you don't have new experiences, what's the difference between you and being dead, isn't it? You should keep pushing yourself to become... Imagine you are a small cup now; it can only hold one cup of water, with no capacity for more. This lacks inclusiveness.

这是我来形容这个… 然后你变的扩⼤扩⼤扩⼤扩⼤到最开始⼀⽔缸⽔,然后再扩⼤到⼀⽔池的⽔,⼀个游泳池的⽔.然后再扩⼤到⼀个湖,⼀个海.你想这不同的容器⾥⾯,它可以容纳多少?海⾥⾯的⽣物有多少⽬前你们都不清楚.然后湖⾥⾯,然后再到游泳池⾥⾯能装多少?明⽩吗?那你想要哪⼀种?你们灵魂本⾝就是要不断地扩张.所以你们想要有不同的体验.所以你可以去通过不同的眼光去欣赏你关系中的⼈.因为没有任何⼀个⼈他只有缺点或只是让⼈恨的.没有.明⽩吗?是你需要帮助他,让他去发现他的优点.⽐如说他可能是个瞎⼦,看不到⾃⼰,他也看不到别⼈.成天就在⾃⼰的怨恨⾥⾯.他看不到⾃⼰有多漂亮,他更看不到别⼈有多漂亮.为什么?

This is how I describe this... Then you grow and expand to the water of an initial bucket, then expand to the water of a pool, the water of a swimming pool. Then expand to a lake, then to the sea. Imagine the different containers here; what can they hold? The lifeforms in the sea are something you're not fully aware of. Then there's the lake, and then to the swimming pool, how much can it contain? Understand? Which one do you prefer? Your very essence is meant to continuously expand. So you want different experiences. Therefore, you can appreciate people in your relationships from various perspectives. There isn't a person who only has flaws or causes hate. No. You need to help them discover their strengths. For example, they might be blind and cannot see themselves, nor others. They are trapped in their resentment every day. They don't realize how beautiful they are, let alone how beautiful others can be. Why is that so?

他眼睛是闭着的.如果你看到他,你告诉他: 你的头发颜⾊真美.那说不定他的眼睛会睁开去看⼀下⾃⼰头发的颜⾊.然后他看到了,哇,那他的⼼⾥是不是就美了?⼼⾥美了,他散发的能量是不是就不⼀样了?他散发的能量不⼀样了,他的⾏为是不是就不⼀样了?就好像⼀朵花最开始它没有盛开.那你给它浇⽔让它盛开.你是不是就能闻到它的⾹味了? 所以...

His eyes are shut. If you were to see him, tell him: your hair color is truly beautiful. Perhaps that might cause his eyes to open and glance at the color of his hair. Then, if he saw it, oh! Would his heart not feel delighted? Delighted hearts emit different energies, wouldn't they? Different emitted energies lead to differing behaviors, right? Just like a flower - initially, it hasn't bloomed. But if you water it to make it bloom, can't you smell its fragrance? Therefore...

问: 那意思就是说…⾼灵: 意思就是说在你的关系⾥⾯,对⽅有没有散发⾹味给你的⽔质有关系.你有没有⽤⽔去滋养它? 你还是就让它⼲枯? 根本就不发育,不⽣长,明⽩吗?

Questioner: That means... Higher Spirit: It means that in your relationship, the water quality that the other person provides to you through scent is relevant. Have you nourished it with water? Or have you let it dry up? Has it not developed or grown at all? Do you understand?

问: 那对于那些我不接受的东西呢? 我就应该扩展⾃⼰去接受吗?

Questioner: But what about those things I don't accept? Shouldn't I expand myself to accept them?

⾼灵: 不接受的东西? 什么是不接受的东西?问: ⽐如说他放在呢的…⾼灵: 我们刚才说如果这朵花它在没有盛开之前,你接受它只是⼀颗⽆聊的⼩树苗.你觉得它很难看.我不接受它.但是你却从来没有想⽤你的⽔去滋养它.让它盛开过后变的繁花似锦,漂亮迷⼈.说不定它去换了其他⼟壤,愿意给它滋养,愿意给它⽔.然后它就会盛开鲜花给其他的⼟壤,对不对? 明⽩我意思吗? 所以他展现出… 你说问: 我就是说他放的呢个东西,每次都需要我收拾.我就觉得很⿇烦.所以我就说你别放在这…⾼灵: 因为你们现在只在⼀个症状上⾯.就好像你说这个⼈每天都是⼀个臭脸.然后他什么都不想做.他⼀点活⼒都没有.

Higher Spirit: Things you don't accept? What are things you don't accept?

Questioner: For example, the thing he left... High Spirit:

We just discussed earlier that if this flower was not yet in full bloom before, you accepted it as a merely bored little sapling. You found its appearance ugly. I did not accept it. But you never thought to use your water to nurture it, allowing it to bloom beautifully and become dazzlingly attractive afterward. Perhaps, had it been given other soil that would be willing to nourish it and provide it with water, it might have blossomed with flowers for that soil, right? Do you understand my meaning?

So he presented... You said: I was just saying about the thing he left each time, requiring me to clean up. It bothered me greatly. So I told him not to leave it here...

High Spirit:

Because at this moment, both of you are only dealing with one symptom. For instance, you say that this person is always in a foul mood every day and doesn't want to do anything. He lacks vitality.

你说的只是表… 在你们呢样⼦的⼀个状态下.OK,这么说吧,你现在的能量状态只能接触这样⼦的.如果你的能量状态变了,你的⼼量变了,你的视

What you're saying is merely on a superficial level... In your current state, okay? Let me put it this way: the energy field that you currently inhabit can only allow for experiences at this level. If your energy changed, if your heart expanded, if your perspective were to shift, then...

⾓变了.你的变了,那对⽅就会盛开了.那对⽅盛开了,你是不是遇到的就不⼀样了呢? 对⽅对⽣命充满了激情.他永远都是在充满激情的能量状态.他有能量的时候,他就会想要去⾏动.他就不停的想要去把⾃⼰打扮的漂漂亮亮,把房⼦收拾的⼲⼲净净.明⽩这层关系吗?如果你们的呢个环境是压抑的,他没有⼒⽓想要做任何事情.所以不在于他的⾏为,因为这些都是⼀些就好像是… 就⽐如说⼀个⼈他得了癌症.他又是吐,又是消瘦.你说怎么样让他变胖? 你根本的原因都没有看到他是得了癌症的病⼈啊.

The perspective has shifted. Your shift will cause the other party to blossom. If they bloom, wouldn't your encounters be different as well? They are full of passion for life. They always exist in a state of passionate energy. When they have energy, they want to act. They constantly strive to look beautiful and keep their home clean. Do you understand this dynamic? If the environment is oppressive, he lacks the strength to do anything. It's not about his actions because these are just… like someone with cancer who vomits and loses weight. How would you make them gain weight? You haven't seen that he's a sick person suffering from cancer.

问: 那就是我的关注点不应该在表象上….应该在深层⼀点…⾼灵: 你的关注点只需要在⾃⼰⾝上.你变了,⼀切就变了.

Questioner: That means my focus shouldn't be on the superficial... it should be deeper... Higher Spirit: Your point of focus only needs to be within yourself. You change, everything changes.

问: 🗎,好.在学习,懂了⼀些.我的第⼆个问题就是前次通灵说要让我爸看到他的⼒量.我爸很喜欢做⽊⼯.我就让他做了⼀些⽊⼯的⾐架和改抽屉.我感觉他做的很卖⼒,很有兴趣,⾮常投⼊.但是我有时候就觉得他好像有点…. 因为我们这次改造厨房.他有点特别想做主了呢种.我想买点什么东西放在呢他就: ‘你不能这样,你把垃圾桶挂在墙上,我给你甩了’.我怎么觉得他⼀下好像像膨胀了呢种呢?

Questioner: Hi. I've learned a bit. My second question is about the previous session where Spirit said they would show my dad his power. My dad loves woodworking. So I had him make some wooden shelves and drawers for me. He seemed very engaged and passionate about it, putting a lot of effort into it. However, sometimes I feel like he's becoming… as we're renovating our kitchen this time around, he seems to want to take charge more often than usual. When I suggested buying something to hang on the wall, he said, "You can't do that; you put the trash bin on the wall and I'll throw it away." It feels like he's suddenly become quite assertive.

⾼灵: 这么说吧,你爸还能活多少年你算⼀下? 你⾃⼰觉得他还能活多少年? 如果现在是他还能活三⼗年.如果现在是三⼗年过后,你再回来看你现在的你.三⼗年后的你想跟现在的你说什么话? 所以⼀切都只是暂时的.如果你能把暂时的东西拉长来看的话,你就会完完全全的⽤另外的⽬光去看待这个事情.你会告诉你⾃⼰我恨不得当时没有什么都依着你,然后让你尽可能的每⼀天都快乐.这是你三⼗年后你爸爸去世过后,你想要说的话.所以我提前的告诉你.

Higher Spirit: Alright, let's say your father has a certain number of years left to live; how many do you think he will have? If he could still live for thirty more years from now, what would you like him to know about his future? Would you wish that every day in the next thirty years was filled with happiness and joy? And if you were to look back at your current self after thirty years, what advice or wishes would you give to your present self? So it's all temporary. If you consider things from a longer perspective, you'll view them differently. You'd tell yourself that you wished everything could have gone according to their desires, aiming to make each day as joyful as possible for him. This is the kind of message you'd want to convey after your father has passed away in thirty years' time. That's why I'm sharing this with you ahead of time.

问: 谢谢你,⾼灵.(狂哭)⾼灵: 你们每⼀个⼈都应该头上有⼀个闹钟来告诉你们这个⼈还有⼀百天可以活.然后你⾃⼰还有两百天可以活.然后这个⼈还有三百天可以活.因为当你们随时可以看到上⾯的时间的话,你们不会跟对⽅争吵,明⽩吗? 你们也不会去为难⾃⼰.但是我告诉你们,你们每个⼈头上都有⼀个时钟表在告诉你们还有多少天.因为你们的物质⾝体并不是没有限制的.它是有⾮常多的限制的.所以在尽可能的呢个时间内,让你们⽤最友好的⽅式,然后放过他

Questioner: Thank you, Gaoling. (Sobbing) Gaoling: Everyone should have an alarm clock on their head telling them they have one hundred days left to live. Then you have two hundred more days to live. Then this person has three hundred more days to live. Because when you can see the time above, you won't argue with each other, understand? You also won't make it hard for yourselves. But I tell you, every single person has an alarm clock telling them how many days are left. Because your physical bodies are not limitless; they have many limitations. So in as much time as possible, let you use the most friendly way and then let him go.

⼈,放过⾃⼰.因为你们所坚持的这些东西都是幻像.就⽐如说我告诉你,你现在⼈突然⼀下死了.你才发现你坚持的这个房⼦的装修什么什么都是空的.你⽤⼿⼀摸,什么都没有吗? 明⽩吗? 它是空的.它并不是呢个什么… 但是你们真实的爱却还在呢⾥.就是你们的⾁体消失了,你们的爱还在呢⾥.你们的房⼦不会在呢⾥.但是呢个爱还会继续的滋养着你们.

Man, forgive yourself. For the things you hold onto are mere illusions, like when I tell you suddenly you're dead. Only then do you realize that your坚持 of the house's decoration and such is empty. When you touch it, there's nothing? Understand? It's empty. Not this or that... But your genuine love remains within. Even if your body disappears, your love stays there. Your house won't be there. Yet that love will continue to nourish you.

问: 好.谢谢…我的下⼀个问题就是近⼏个⽉来我⼀直觉得⾃⼰上⽕.就是感觉⾃⼰⾝体发热,有黄⿐涕,黄痰.我⾃⼰…⾼灵:这么说吧,你现在是已经不能忍受你了.你⾃⼰内在的灵魂已经不能忍受你的观念、意识状态.就是你好像是蝴蝶在⼀个蛹⾥⾯不能突破.就好像是⼀个蛋,⼀个⼩鸡要出来了.你忍受不了了,你想要突破.你想要新的⽣命.是你内在的⼀切都在推动你,包括你现在来找我.这些信息也是在推动你,这股⼒量在推动你赶快转变,赶快重⽣.如果你再不重⽣你就要死掉了,明⽩吗? 为什么有⼀些⼈要死?

Questioner: Alright. Thank you... My next question is that I've been feeling overheated for the past few months. It's like I feel my body heating up, with a yellow nasal discharge and phlegm. Personally...

Answerer (Gao Ling): Well, let me put it this way, you can no longer tolerate yourself. Your inner soul cannot stand your thoughts and state of consciousness anymore. Imagine being trapped in a cocoon like a butterfly that's struggling to break free or like an egg with a chick about to hatch. You're unable to bear it any more; you desire to break through. You wish for new life. It is everything within you that is urging you on, including your decision to come and seek my help. These messages are also motivating you; this force is pushing you to rapidly transform and be reborn. If you don't rebirth yourself soon, you'll die. Do you understand? Why would some people want to die?

问: 我就是有这种感觉.这次通灵就是因为这种原因…⾼灵: 所以外在的⼀切,⾝体也好,外在⼯作,⽣活状态.这⼀切都好像在推你,推动着你赶快转变.不然我要窒息了.我快受不了蛋壳⾥⾯的⾼温,我要突出去.我知道外⾯其实就是我要去的⽅向.所以你的不适,你的不舒服是正常的.这也是因为你在这条路上.你就在临界点,然后我现在是在指引你,在帮助你出来.所以你现在就算是对⾦钱,你都没有呢么⼤的兴趣.只要能吃,能⽣活.你更⼤的兴趣就是重⽣.你⽬前最⼤的让你想要去做的就是脱掉你⾝上这层厚厚的壳.因为它已经不再适合你.(提问者狂哭…) 就好像你们看到动物、蛇,它要蜕⽪呢种.

Questioner: I just have this feeling. This spirit communication was due to this reason...Higher Spirit: So everything external, whether it be your physical state, outer work, or lifestyle—everything seems to push you, urging you to change quickly. Otherwise, I would suffocate. I can't bear the high temperature inside my shell; I want to break out. I know that what's outside is actually where I'm heading. Therefore, your discomfort and unease are normal. This is because you're on this path. You're at a tipping point, and I am guiding and helping you to emerge from within. So even if you currently have no interest in wealth or money; as long as you can eat and sustain life. Your greatest desire right now is rebirth. The most compelling thing for you to do is to shed this thick layer of your protective shell, because it's no longer suitable for you. (The questioner cries uncontrollably...) It's like when you see animals or snakes shedding their skin;

问: 我就是这种感觉.就是觉得⾝体很不舒服,有很多很多恐惧就进来.

Questioner: I have this feeling. I feel very uncomfortable and there's just so much fear coming in.

⾼灵: 是呀.你的⾝体不舒服,就是这种不适感.但当你退下这层壳过后,你会特别的轻松.

Higher Spirit: Indeed. Your body feels unwell, that's this discomfort you're experiencing. But after shedding this layer, you'll feel remarkably relieved.

问: 我就害怕我是不是得绝症了…⾼灵: 这是你转变的⼀个过程.我知道你感受的这种窒息感.但是我想要告诉你这个是好的现象.这个是因为你灵魂的突破,⽽不是你所谓的得绝症.不是你所谓的事情变差了.⽽是说你现在是变好,是重⽣,明⽩吗?

Questioner: I'm just scared that maybe I have a terminal illness... Higher Spirit: This is part of your transformation process. I understand the feeling of suffocation you're experiencing. But let me tell you that this is a positive phenomenon. It's due to the breakthrough of your soul, not something like having a terminal illness. Not because things are getting worse. Instead, it means you're improving, rebirth, do you see?

问: 谢谢.每次通灵我都觉得我收获特别特别的⼤.

Questioner: Thank you. Every time I connect with spirits, I feel that I gain immensely.

⾼灵: 因为你们物质世界的⼈他们跟你⼀样是在物质世界.他们也是受束缚的⼈,所以他们不能帮助你.

Higher Spirit: Because you and they are all in the physical world, they are also bound individuals who cannot help you.

问: 对.我咨询了外⾯的好多⼼理医⽣.他们都是达不到这种境界.重来没有像这样…(狂哭中)⾼灵: 所以你需要开⼼才对.然后等你哭完了,等你把这股⾝体上不属于你的振动… 你好像是⼀个⼩鸟在抖动,把你⾝上这些不属于你的⼀些能量抖动掉过后,你就是⼀个新的你.

Questioner: Yes, I've consulted many psychiatrists. They can't reach this level of understanding. I've never experienced anything like this... (weeping hysterically) Higher Spirit: So you need to be happy. Then, once you've stopped crying and removed the vibrations that don't belong to your body... You seem to be shaking like a little bird trying to get rid of energies that don't belong to you. Afterward, you'll become a new version of yourself.

问: 谢谢.(狂哭中) 我想以前是我不是腹痛嘛.现在腹痛,我吃了⼀些药,然后⾃⼰调整了⼀下,好了⼀些.我想…⾼灵: 我这么跟你说,你想⼀下我们现在是在帮你… 你之前是个⽑⽑⾍.⽑⽑⾍会肚⼦疼,对不对? 那当你在变成蝴蝶过后,你完全是个新⽣命.所以肚⼦疼的症状你也不会有了.所以你不⽤专门的去纠结它,不停的去找药,明⽩吗?

Questioner: Thank you so much! (tears) I thought it was me having stomach pain earlier. Now that I have stomach pain again, after taking some medicine and adjusting myself, the situation has improved a bit. I wonder... Gaoling: Let me explain to you like this: think about what we're doing for you right now. Before, you were just a larva. Larvae get stomachaches, right? So once you transform into a butterfly, you become a completely new life form. Therefore, the symptoms of stomach pain will no longer be present for you. You don't need to obsess over it or keep searching for medicine; do you understand this?

问: 好.好感动啊.谢谢你.我问我下⼀个问题,我⼳爸因为病重了,这个五⼀节我要和家⼈会去看望他.因为我想我以怎么样的态度对待重病的亲⼈? 和他将要离去? 前⼀阵⼦说我⼳爸的灵魂已经没有在他⾥⾯了.我就想知道我⼳爸的灵魂是⼀直都没在他⾥⾯吗? 还是先⾛了?

Questioner: Alright, I'm deeply moved. Thank you. Let me ask my next question. My grandfather is seriously ill. During the May Day holiday, I plan to visit him with my family. I want to know how should I approach this situation? How should I deal with his serious illness and impending departure? Recently, someone said that my grandfather's soul has already left his body. I want to clarify if his soul has been completely gone for a long time, or did it leave first?

⾼灵: ⾸先你能把这些事件引到你的⽣命当中来,就是来让你去⾯对和来让你去遇到.它这⾥⼀定是有礼物给你,你要相信这个.那这个礼物是什么呢? 就好像他这个⾁体在提醒你⽣命是有限的,第⼀.还有就是说如果你放弃你的⾁体,你的⾁体也会放弃你.因为很多⼈他的死亡,他就是放弃了这个⾁体.为什么? 因为他这个⾁体限制太多了.他观念上的限制,他思想上的限制,各种恐惧局限着他,各种仇恨限制着他.这些全是限制.他不愿再去体验了.就好像我之前跟你说的呢样.那你们灵魂是需要不断地体验,对不对? 那如果你不给它限制呢? 呢股能量它就能在你⾝上,在呢个⾁体上活起来.你看到呢种充满激情的⼈,能量爆破的⼈,明⽩吗? 所以⼀旦.

Higher Spirit: Firstly, you can bring these events into your life, to face them and encounter them. There must be a gift for you here; you need to believe in this. What is this gift? It's like the physical body reminding you that life is limited, number one. Also, if you abandon your body, your body will abandon you too. Many people die because they give up their bodies. Why? Because their bodies are restricted by many things - limitations based on their thoughts and beliefs, fears holding them back, and hatred limiting them in various ways. All of these are restrictions that prevent them from wanting to experience more. Just like what I've mentioned earlier; you need to keep experiencing with your soul, right? If you don't put any limitations on it, then the energy can live out in you, through your body. You see people filled with passion and energy bursting forward; do you understand? Once this starts happening,

.. 那你就知道你们头脑⾥⾯的定义、记忆、观念、思想,像呢种这个⼈怎么这样,呢个⼈怎么呢样.这些全是限制,明⽩吗? 这只会让你们能活动的越来越少.为什么? 我看这个⼈也讨厌,呢个⼈也讨厌.这个⼈真恶⼼,呢个⼈真没⽤.谁我都不想跟他们交往,明⽩吗? 这个社会太呢个什么了…. 我不想给这个国家做贡献.这所有的这些观念、思想、观点都会限制你们.它会让你们就好像可活动范围越来越⼩.那可活动范围越来越⼩,你⾁体怎么样? 只有死亡.就⽐如说我说⼀棵树,它要成长,它要扎根,对不对? 那如果它能扎根的地⽅很少,都没有了呢? 它是不是活不下去了? 它养分也没有了.

You would understand the definitions, memories, concepts, and thoughts within your mind - like why this person behaves that way and what about that person. These are all limitations, right? They will only restrict your activities less. Why is that so? I find this person annoying, and that person too. This person truly disgusts me, and that one has no use at all. No one I want to associate with; do you understand? How can society be like this... I don't want to contribute to the country. All these thoughts, ideas, and viewpoints are limiting you. They will make your range of movement smaller and smaller. If your range is smaller and smaller, how about your physical self? Only death remains. For example, if I say a tree needs to grow and establish roots, correct? But if there is very little place for it to do so and has run out, wouldn't it struggle to survive? It lacks nourishment too.

问: 哦,这样灵魂就放弃了,就离开了?

Questioner: So, the soul abandoned and left?

⾼灵: 是的.所以当你们看到就是所有的死亡,他们都是因为太多限制了.问: 那以前我⼳爸的灵魂还是在他⾝体⾥⾯吧? 只是后来⽣病了才离开的吗?

Higher Spirit: Yes. So when you see all the deaths, they are due to too many restrictions. Questioner: Then, was my grandfather's soul still in his body before he passed away? Did he leave only because he became sick later on?

⾼灵: ⾸先,这个并不是说灵魂在他呢⾥,明⽩吗? 是他这个⾁体可以匹配⼀定的能量.是这样⼦的⼀层关系.并不是就好像灵魂是个⾁体在他⼜袋⾥⾯.然后现在这个物体⾛了.然后他的⾝体已经不再散发能量再匹配任何呢个什么了.所以每⼀个事件都可以让你去在⾥⾯看到,去吸收到你需要吸收的.然后还有就是他并没有困在这个⾝体⾥.他只是说在你们的这个实相⾥⾯… 就⽐如书我电视有⼀百个频道,对吧? 你这个是频道⼀.但是还有其他九⼗九个.呢九⼗九个⾥⾯其实都会有他的⾓⾊在⾥⾯.那所以这样⼦的话,你就知道你换个台又能跟他链接了.只是他可能是不同的⾓⾊.这个频道⾥⾯他演的是敌⼈,在呢个频道⾥⾯他演的是友⼈.

Spirit: First of all, this doesn't mean that the soul is in him, understand? It's that his body can match a certain energy. This is how it works. It's not like the soul is a body in his pocket, you know? Now the object has gone, and his body no longer emits energy to match anything anymore. So every event allows you to see within, to absorb what you need to absorb. Also, he's not trapped in this body. He just says that in your reality... like there are 100 channels on a book or TV, right? This is channel one for you. But there are the other ninety-nine. In those ninety-nine, his role will be found within them all. So knowing that means you can switch to another channel and reconnect with him; he might just be playing a different role. In this channel, he plays an enemy, while in that channel, he plays a friend.

他可能⾝份⾓⾊不⼀样.但是呢,没有任何东西它可以停⽌你去体验的.就是没有任何⾁体停⽌了过后,它的体验就停⽌了.不是的.你停⽌的只是你的⼀个就好像是⾝份⽽已.但是它还有其他很多种⾝份.这就是你们所谓的前世啊,其他世啊,呢个世似的.只是你们是从⼀个线性的⾓度来看.就是你们曾经什么什么的.你们是以为过去世没有了才有这⼀世.它其实所有就好像电视台的频道,它都在同时的播放⾥⾯的画⾯.然后你说当你的最⼤的就⽐如说你从这个⾓⾊⾥⾯,这个⾓⾊⾥⾯我扮演的是个⼥王,对不对? 我从这个⼥王的⾝份感触⾮常多.你说这个⾓⾊会不会影响到你这个演员,对不对?

He might have different identities. But nothing can stop you from experiencing it; after all, no body could cease your experience. Not even stopping the body means that one's experience stops; instead, what is stopped merely is a certain identity, not the entirety of experiences. This is akin to saying previous lives, other worlds, or similar concepts in your belief system. However, you perceive these from a linear perspective, assuming there was once something before this current existence. In reality, all identities are like channels on television simultaneously broadcasting scenes; thus, when you switch perspectives within an identity, for instance, playing the role of a queen, experiencing its richness deeply, would that role influence your performance as an actor?

所以当你被演员的⾝份给影响了过后,然后那你说你演其他的⾓⾊你会不会就更加的⽣动了,明⽩吗? 你们就是这么息息相关的.所以你现在跟我对话的这个⾓⾊,如果你突破这个痛苦过后.那你其他⾓⾊也会⾮常受益,明⽩吗?

So when your identity as an actor influences you, then you say that you would portray other roles more vividly, right? You are so closely linked to it. Therefore, the role you're currently interacting with me, if you overcome this pain afterwards, all of your other roles will greatly benefit, understand?

问: 他怎么受益? 他们也不知道我啊.我也不知道他们啊.

Questioner: How would he benefit? They don't even know me. I don't even know them.

⾼灵: 你们从跟⾼的层⾯都是相连接的.你就想你是⼀个⾓⾊,这个⾓⾊这个演员是个⼥王.这个⼥王对你改变特别⼤,在你灵魂深处.她把你整个⼈变得柔软了.⽐如说你以前是⼀个特别强硬的,强悍的.她把你整个⼈变柔软了.那变柔软了,你再演其他⾓⾊你是不是⾃然⽽然就柔软? 明⽩吗?

Higher Spirit: You are all connected from a higher perspective. Imagine you are a character, an actress in particular who is a queen. This queen makes a huge impact on you deep within your soul, transforming you into someone softer. Previously, you might have been very tough and strong-willed, but she turns you into someone more gentle. When you become softer, do you naturally portray other characters with the same softness? Understand?

问: 哦.灵魂上层柔软了,下⾯表现的就柔软了.

Questioner: Oh, if the upper part of the soul becomes soft, then the lower manifestation also becomes soft.

⾼灵: 眼神都变了.你继续说.

Higher Spirit: Your eyes have changed. Continue speaking.

问: 好.今早晨我去补⼀个蛋糕卡.⼀路上其实我的时间是很充裕的.但是我像以前呢样没刹到车,⼼⾥⽼是惶惶的,要赶⼀下啊.虽然说没有以前呢么厉害.但是我还是觉得呢种快快快啊.⽌不住的呢种.我是在呢种惯性…⾼灵: 你不⽤太去关注你⽬前的⼀个能量状态,因为它⼀直在变化当中,明⽩吗? 明天就变了.你跟我结束完,你的状态就变了.所以你没必要再去回到你前天怎么样怎么样.你只是允许它⽽已.这是你成长的⼀个过程,转变的⼀个过程,明⽩吗?

Questioner: Alright. This morning I went to get a cake card topped up. Actually, my time was quite sufficient throughout the journey. But like before, I couldn't find a place to park and felt anxious, hurrying along somewhat despite not being as bad as before. Nonetheless, I still found it hard to resist that urgent feeling. It's just something I'm accustomed to...

High Intelligence: You don't need to overly focus on your current energy state because it is always in flux. Understand? Tomorrow will be different. By the time you've finished with me, your state will change. Thus, there's no point dwelling on what happened before yesterday. All you're doing is accepting it. This is part of your growth and transformation process.

问: 啊,我知道.但是我是想我怎么能让有⼀种⽅法让⾃⼰的⼼能慢下来.

Questioner: Ah, I know. But I'm wondering how I can make a way for my heart to slow down.

⾼灵: 你现在就在这条路上.

Higher Spirit: You are already on this road now.

问: 但是我还是不是很清楚.

Questioner: But I'm still not quite clear.

⾼灵: 你不需要清楚.你现在就在这条路上.你就好像是⽑⽑⾍,你告诉我: ‘我飞要怎么飞呀? 我的⾝⼦怎么呢么沉重? 我怎么呢么胖?’ 你想象不到的,明⽩吗? 因为你还没成为蝴蝶.在你成为蝴蝶过后,飞是⾃然⽽然的事情.所以你便不⽤去纠结.因为这是你头脑不能理解的事情.你现在纠结的东西都是你试图⽤头脑去理解的.但这不是你头脑去理解的事情.你只是顺着这股流就好了.相信它,信任它.因为我们会⼀直指引你们.

Higher Spirit: You don't need to be clear about it. You're already on this path now. You're like a caterpillar asking me, 'How do I fly? Why am I so heavy? Why am I so fat?' You can't imagine it, understand? Because you haven't become a butterfly yet. Once you become a butterfly, flying becomes a natural thing, so there's no need to worry about it. This is beyond the understanding of your mind. The things that are worrying you now are things you're trying to comprehend with your mind, but this isn't something for your mind to understand. Just follow along and believe in it, trust it. We will always guide you.

问: 好,谢谢,⾮常感谢.还有⼀个问题就是说我⽐较喜欢种树、种花、种菜、种草这些,我都喜欢.只是以前没时间.我养花的时候,花园⾥⽼爱长蚜⾍.我很烦,长蚜⾍花就长不好.我就⽼是弄呢个蚜⾍.就这样弄的⾃⼰就很烦,觉得好费⼒…⾼灵: 你们⽆论做什么事情,你们这个社会上已经发展的很成熟.⽆论什么它都有指南.你可以去通过学习这些,明⽩吗? ⽐如说⽤⼀下你们的⽹络去百度⼀下怎么样去蚜⾍.那你⾃然⽽然… 你就好像在看你做事⼀样,你就是肯定都会有很多很多问题或者阻碍或者是什么.那你去找到这个路⼦.因为很多⼈已经把路给你铺好了教你们怎么⾛.

Questioner: Alright, thank you very much. I have another question; I generally enjoy activities such as planting trees, flowers, vegetables, and grass, all of which I like. The issue was that I lacked time in the past. When taking care of plants, my garden would often be infested with aphids, which I find annoying because they prevent the plants from growing well. I always had to deal with them. This process made me very frustrated, thinking it was such a hassle. Higher Spirit: No matter what activities you engage in, your society has already developed quite proficiently. There are guidelines for virtually everything. You can learn about these and understand that there is guidance available. For example, you could use the internet to search on how to deal with aphids using your network. By doing this naturally, you will encounter many problems or obstacles or other issues related to what you're doing. You then find the solution pathway because many people have paved the way for you and taught you how to navigate through these challenges.

问: 哦,好.⾃⼰去发现⼀下.还有⼀个问题就是我母亲突然她就因为外⾯给她推销了⼀个⽆烟的炒锅,她就⾮常的喜欢.她就买回来.因为家⾥⾯已经有铁锅了嘛.⽽我的观念⾥⾯是要⽤铁锅.但是铁锅又有油烟.我⼼⾥⼀直都没有接受她呢个⽆烟锅.我就不知道这个事情是我⾃⼰的执着还是…⾼灵: 就⽐如说你现在在找我,跟我联系.你妈妈可能永远都接受不了,明⽩吗? 你说的呢些都是什么乱七⼋糟,什么⽆形的.你去找个教授,找个博⼠,找个专业医⽣,明⽩吗? 并不是说你的呢些什么别⼈就能接受的.然后呢,那能说明什么? 对不对? 他只能…问: 因为每次她⽤呢个锅的时候,我就会有点…

Questioner: Oh, alright. Go find out yourself. There's another thing - my mother suddenly started using a smokeless wok after someone tried to sell it to her outside. She loves it so much that she bought one. Considering we already have iron pots at home, I personally believe that iron pots are the way to go. However, they still produce smoke. My inner self has never accepted this smokeless pot. I'm unsure if this is just my own stubbornness or... Higher Spirit: Imagine you're trying to find me and contact me now. Your mother might never understand, do you see? The things you mentioned are all nonsense, like something无形. Go consult a professor, a doctor with a Ph.D., seek professional advice, understand? Not everything you like is acceptable to others. So, what does that imply? Right?

Questioner: Because every time she uses this pot, I have these...

⾼灵: 你每次你就想象⼀下你有很多观念或者⾏为或者什么东西别⼈也接受不了.别⼈也在他们的观念观点⾥⾯.然后呢些,你看⼀下,那如果有的⼈来告诉你成天弄神信⿁的.你去找个专业医⽣开点药吃,不就好了? 很多⼈都是这种思想.那对于这种⼈,你是不是下次就不想和他分享了,对不对? 所以是⼀样的.

Gaelic: You always imagine that you have many ideas or behaviors or something else that others cannot accept. Others also have these in their own ideologies and viewpoints. Then, when you look at them, if someone comes to tell you about devoting oneself to gods and spirits all day, couldn't you just go see a professional doctor and take some medicine? Many people think this way. For such people, won't you then not want to share with them next time, right? So it's the same thing.

问: 我还是不太明⽩…⾼灵: 你要知道你们并不是在⼀个世界⾥⾯.你们每⼀个⼈都有⾃⼰的世界,都有⾃⼰的路,都有⾃⼰的体验,都有⾃⼰要突破的功课.你们能做的就是尊重他⼈.你不需要去喜欢每⼀个⼈的⾏为.你不需要去喜欢上每⼀个⼈的选择.为什么? 因为你不知道别⼈要⾯临的是什么功课?

Questioner: I'm still not quite getting it... Higher Spirit: You need to understand that you are not in the same world as everyone else. Each one of you has your own world, your own path, your own experiences, and tasks you need to overcome. What you can do is respect others. There's no need for you to like every person's behavior or every person's choices. Why? Because you don't know what task others are facing.

问: 哦,好.但是我还是想从健康⽅⾯咨询⼀下…⾼灵: 这是你的观念.那如果你能改变就是说我接受每个⼈都不同,我接受他们的爱好,他们的思想,他们的观念,他们专注的东西.因为这个物质世界本⾝就是来给你们每⼀个⼈提

Questioner: Oh, alright. But I still want to consult about health… Higher Spirit: This is your concept. If you can change it, that means I accept everyone being different, I accept their hobbies, their thoughts, their concepts, the things they focus on because this physical world itself is provided for each and every one of you to understand

供成长机会的.所以当你真正的达到这样的状态过后,你不会跟任何⼈起冲突.你不会对任何⼈反感.所以这是你⾃⼰的⼀个… ⽽不⽤纠结于她到底对不对? 到底对不对? 因为这⾥没有对和错.没有好和坏.

Providing opportunities for growth, so once you truly reach this state, you will not conflict with anyone or be upset with anyone. It's all about yourself… without worrying whether she is right or wrong? Because there are no rights or wrongs here; no good or bad.

问: 我的下⼀个问题就是我喜欢早起.放假的时候我也喜欢早起,也叫孩⼦起来学习⼀下.孩⼦有时候就要赖床,在呢赖床.我就会变的很⽣⽓.他爸爸也在旁边睡着…⾼灵: 那你是⼏点睡觉的?

Questioner: My next question is about my preference for waking up early. Even during vacations, I enjoy getting up early and asking my child to study a bit as well. Sometimes, the child will refuse to get out of bed, staying there. This frustrates me greatly, especially when his father is also sleeping nearby... High Ling: When do you go to sleep?

问: 我⼀般⼗点过吧,反正⼗⼀点以前我会睡觉.

Questioner: I usually go around past ten, anyway, I'll be asleep before eleven.

⾼灵: 那如果你孩⼦是个夜猫⼦,他每次都要玩到凌晨两三点.妈妈不要睡,妈妈跟我打游戏,妈妈跟我唱k,妈妈怎么样怎么样.你会怎样?

Higher Spirit: What if your child is a night owl, playing games until 2 or 3 in the morning? The mother doesn't sleep; she plays games with me, sings karaoke with me, and does all sorts of things like this. How would you react?

问: 不⾏,不⾏.我肯定会⽣⽓.

Questioner: No, no. I'm definitely going to be angry.

⾼灵: 所以那你就想⼀下,你现在在要求你孩⼦早起和你孩⼦要求你不要睡觉陪他玩是⼀样的.所以让他的⾝体告诉他它的需求.如果他的⾝体告诉他要他睡觉,就让他睡.因为你这种事情是强迫不来的.但是你必须要相信当妈妈有⼀个好的精神状态,她的孩⼦也会有⼀个好的精神状态.⽽你不⽤担⼼他会颓废的,不可能的.所以你最重要的还是专注于你⾃⼰.

Gelinting: So think about this - you are asking your child to wake up early for you just as it would be if your child was asking you not to sleep in order to play with him/her. Allow his body to tell him its needs. If his body tells him that he should sleep, then let him sleep because such things cannot be forced. However, you must believe that when a mother has good mental health, her children will also have good mental health too. There's no need for you to worry about them being lazy; it is not possible. So ultimately, the most important thing remains focusing on yourself.

问: 刚才我就⽣⽓了.他⼲啥我都⽓凶凶的在呢凶他.后来他还跑来我这撒娇.哎呀,我知道我⾃⼰是在⽣⽓,但是不是针对他.但是我还是跟他⽓哄哄的说话.我是在⼀种观察⾃⼰吗? 还是在⾃⼰..

Questioner: Just now I became angry. I scold him no matter what he does. Later, he even came to me to make a fuss. Oh my, I know that I am indeed angry, but not necessarily targeting him. But I still talked to him in an irritated manner. Am I observing myself? Or am I just being self-centered?

⾼灵: 你现在只⽤刚才我跟你说的呢个这样⼦想⼀下.如果别⼈这么对你,你会怎样? 你就知道了.你便不会这样去要求别⼈.你也不会⽣⽓了.因为你没有这些观点和观念在你头脑当中,没有这种担忧在你头脑当中.你不会产⽣情绪的,明⽩吗? 你会知道万物⼀切都好,每⼀个当下都是美好的,完美的.你不需要去强迫它.

Higher Spirit: Just think about what I told you earlier. If someone were to treat you like that, how would you react? You'll understand. Then you won't expect others to behave similarly, and you wouldn't be upset either. It's because these beliefs and mindsets don't exist in your head; there's no worry lurking there. Your emotions won't arise. Do you get it? You will realize that everything is well, every moment is beautiful and perfect, and you don't need to force anything.

问: 我就是有⼀种担⼼,觉得学习落后了…⾼灵: 你只有觉得不好,我要把它变好.充满了这种不断地想要去做什么.还有问题吗?

Questioner: I'm just worried that I've fallen behind in my studies... Higher Spirit: You only feel it's not good enough; I will make it better. Filled with the constant desire to do something. Any other questions?

问: 啊,还有⼀个.和刚才的呢个相关.我家孩⼦做什么事啊,孩⼦磨磨蹭蹭啊.多叫⼏遍我就上⽕.他⽼爱磨蹭,他慢啊是因为他在他的世界⾥⾯还是因为我的观念?

Questioner: Oh, there's another one. Related to the previous question, what is my child doing? My child keeps dragging their feet. I get annoyed when I have to call them multiple times. Is his slowness due to being lost in his own world or because of my perspective?

⾼灵: NO,这是你的功课.你需要⾯对的⼀切都是你⾃⼰的功课,明⽩吗? 然后为什么呢些性急的⼈总会遇到特别慢的⼈呢? 你想⼀下.要么⾃⼰⽼公,要么⾃⼰孩⼦,反正⾃⼰⾝边的⼈,⼀定会遇到⼀个这样⼦的.

Higher Spirit: NO, this is your lesson. Everything you face is your own lesson, understand? And why do those impatient people always encounter particularly slow ones? Think about it. Either your husband or your child, anyway the person around you, will definitely meet one like that.

问: 哦,来磨练⾃⼰的,来锻炼⾃⼰的.那没学到功课就继续⽣⽓…⾼灵: 那你就继续在这样⼦的陷阱,就好像是泥潭⾥⾯你就继续的纠缠.你就继续在⾥⾯消耗咯.

Questioner: Or come to sharpen yourself, to strengthen yourself. But if you don't learn the lesson and continue to be angry... Higher Spirit: Then you will just remain in this trap, like being entangled in quicksand, continuing to consume yourself.

问: 我就是想我应该学习,我应该慢吗? 信任他这个孩⼦他就是很好的,我就不应该再去催促他了?

Questioner: I just want to know if I should study more, and whether I should be patient? He trusts this child very much, implying that the child is capable. So, shouldn't I stop pushing him anymore?

⾼灵: 不是.这⾥不存在慢不慢,也不是要不要快,要不要怎样.因为这些都是表象的.因为如果你充满了焦虑,就算孩⼦变快了,你还是在焦虑当中.你还是觉得哪⾥不满意.所以最重要的是你对⽣命的⼀种信任和去观察到⽣命当中当下的美.如果你看不到当下的美,就⼀直想要往前⾛.觉得前⾯才有美的东西.那前⾯的美你也看不到啊.因为你根本就没有去看到美的眼睛啊,明⽩吗? 所以你并不是说需要找美.⽽是说你是有⼀个能发现,能看到美的眼睛.那是什么屏蔽了你的眼睛去看到呢? 就是你头脑⾥⾯的⼀些思想、观念,还有就是担忧恐惧.它们屏蔽了你的双眼,你看不到了.

Higher Spirit: No, there is no question of being slow or fast here. Nor is it about whether to go quickly or not; these are merely superficial considerations. Because if you are filled with anxiety, even if the child accelerates, you are still in an anxious state. You still feel that something is unsatisfactory. So what matters most is your trust and observation of the beauty of life itself. If you cannot see this beauty, you always want to move forward, thinking there's better beauty ahead. But you can't see it either; because you simply don't have eyes for beauty. Do you understand? You're not looking for beauty but rather possessing a capacity to perceive and recognize beauty. What is blocking your sight from seeing? It's the thoughts in your mind, ideas, and concerns of fear and anxiety that shield your eyesight, preventing you from seeing it.

问: 对对. 那些思想观念就必须⽣活中去学习.

Questioner: Yes, those ideas must be learned through life.

⾼灵: 你不需要担⼼这些.因为你现在是转变当中,所有你这些问题以后都不会出现.你继续问.

Higher Spirit: You don't need to worry about these. Because you are undergoing transformation now, all of these issues will not arise in the future for you. Keep asking.

问: 还有就是⼀个问题.⽐如说我⽣活中发⽣了⼀件不开⼼的事,我就觉得整个⼼情… 就是做啥事我都不开⼼.没有⼼情做其他任何事情.做什么事都是不开⼼的.但是有些⼈呢,他⽣活中遇到⼀些糟糕的事啊,⽐如说⽗母⽣病或者吵架啊.他们还能另外的⼈互动或者说笑啊这些.他们怎么做到这种转换的? 我就觉得我好像转换这种房间的能⼒特别差.好久把⼼情平复下来之后,我才能⾯对⽣活中的⼀件件的事情.

Questioner: There's another question. For example, if something unpleasant happens in my life and I feel like everything makes me unhappy; every task or activity lacks motivation for me because I'm not happy about it. I struggle to find happiness in anything else. However, some people can still interact with others or laugh when faced with difficult situations such as dealing with sick parents or arguments between their parents. How do they manage this transition? I feel like my ability to switch moods is very poor. It takes me a long time to calm down before I can face the individual events in my life.

⾼灵: ⾸先你现在就是在这条路上,在转变这条路上,明⽩吗? 你现在就在转变的这条路上.你所说的⼀切就像我前⾯跟你说的,因为你呆在⼀个⼩蛋壳⾥⾯.⾥⾯太闷热了.你不停的想要…所以你会有焦虑,你会着急,你想要出去.然后⾥⾯你什么都不耐烦,什么都不适应,什么都不爽.是因为你要突破.你要把你的旧的思想,旧的观念给突破掉,脱⽪脱掉.所以你并不需要去把你的每⼀个问题拿出来找到⼀个解决的⽅案.明⽩吗?因为你只需要顺其⾃然.你现在就在转变中.就⽐如说你现在说:‘我这个⽑⽑⾍啊,我有⼏⼗条腿.呢个腿啊,总是不给⼒啊、⿇⽊啊,怎么样怎么样’.等你转变成蝴蝶你连腿都没有了啊.你还纠结什么,明⽩吗?

Spirit: You are on this path now, transforming, do you understand? You are on the path of transformation right now. Whatever you say is like what I told you before, because you are stuck in a little shell where it's too hot and stuffy inside. You're constantly trying to... So you become anxious, frustrated, wanting to get out. Then you're impatient and uncomfortable with everything inside, because you're pushing yourself to break through. You need to overcome your old thoughts and ideas, shedding them off. Therefore, you don't need to come up with solutions for every single problem. Understand? Because all you have to do is let it happen naturally. You are already in the process of transformation. For example, now you say, 'My little worm has dozens of legs, but this leg doesn't work or feels numb. It's like this...'. But when you become a butterfly, you'll no longer have any legs! So, why worry about it? Understand?

你只是信任和允许⽣命把你带到的每⼀步.你的关注点就不⼀样了.你便不会去纠结于: ‘啊,我这个脚不舒服…’ 这些不是你的问题,明⽩吗? 只有你把它给扩⼤了,你去⽐较,为什么别⼈这个反应?因为你们每个⼈都不⼀样.别⼈说不定就没⼼没肺.因为是你太有爱⼼了,太有孝⼼了,明⽩吗?别⼈对什么事情事不关⼰.哪怕⾝边⼀个⼈死了,他还哈哈笑⼀下.你为什么这么去⽐呢?

You just trust and allow life to bring you every step. Your focus changes. You won't be bothered by thoughts like 'Ah, my foot is uncomfortable...'. These are not your issues, right? Only when you amplify them, comparing why others react differently? Because everyone is unique. Others might have no heart for it. Because of your immense compassion and filial piety, right? Others are indifferent to everything. Even if a person dies nearby, they still laugh. Why do you compare yourself like this?

问: 因为我就觉得还是想开⼼啊,不想太烦的呢种.

Questioner: I just want to be happy, you know, and not too bothered about things.

⾼灵: 不要去追寻开⼼.因为你很多时候虽然是在经历悲伤.但是在呢个悲伤⾥你才能深刻的感受到爱,明⽩吗? 因为你们会把所有的⼀切定义上.但是这些什么开⼼,什么悲伤这些都不重要.重要的是你到底感悟到了什么? 你到底从中感悟到了什么? 这才是最重要的.

Higher Spirit: Don't chase after happiness. Often, when you are experiencing sorrow, it is within that sorrow where you can deeply understand love, do you see? Because you tend to define everything as such. But these notions of happiness and sadness are insignificant. What truly matters is what you have learned from it? What have you really understood from those experiences? That's what counts the most.

问: 我还是喜欢开⼼,我还是不太喜欢悲伤和痛苦.

Questioner: I still enjoy happiness; I'm still not very fond of sadness and suffering.

⾼灵: ⼀切都很美好,不要去追求任何.因为当你追求的时候,你便错过了.这是我想说的,明⽩吗? 因为当你觉得⼀切都很美好的时候,你怎么会不开⼼?

Higher Spirit: Everything is beautiful, don't pursue anything. Because when you pursue, you miss out. This is what I want to say, do you understand? Because when you feel everything is beautiful, how could you be unhappy?

问: 连平常认为是不好的也会变成⼀件好的,开⼼的是吗?

Questioner: Even something that is usually considered bad can become good; isn't it delightful?

⾼灵: 没有什么叫不好的事情.⼀切该发⽣的,它都是该发⽣的.问: 不好理解.

Higher Spirit: There's nothing inherently bad. Whatever is meant to happen will happen. Questioner: It doesn't make sense.

⾼灵: 没有关系,你以后会理解的.

Higher Spirit: It's alright, you'll understand in the future.

问: 好吧,好吧.我今天的问题问完了.谢谢你⾼灵,⾮常感谢.

Questioner: Alright, alright. I've asked all my questions for today. Thank you Haoling, very much appreciated.

# **2022/04/29 — 腿脚不便利之因果(⽆提问)Cause and Effect of Inconvenience with Legs (No Questions Asked)**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

⾼灵: 你好,你说,什么问题?

Higher Spirit: Hello, what's your question?

⾼灵: 你的健康? 你现在是什么问题你说⼀下.

Spirit: Your health? Please tell me what your issue is now.

⾼灵: ⾛路不⽅便? 有多久了?

Higher Spirit: Walking is inconvenient? For how long?

⾼灵: 那你⾛路能像正常⼈⾛路还是不能?

Higher Spirit: Can you walk like a normal person or not?

⾼灵: 你稍等.我链接⼀下你的能量.你叫什么名字?

Higher Spirit: Wait a moment. I'll link your energy. What's your name?

⾼灵: 你的问题⾸先我跟你说⼀下,你的问题是怎么造成的? 然后它是因为你曾经做了⼀件伤害到其他⼈的事情.然后给别⼈带来的不便,就是你的⼀些⾏为给别⼈导致的⼀些不便.然后这个不便需要回到你⾝上来,来让你体验.因为你们需要记住的⼀件事情是,你给别⼈带来的任何,⽐如说你给别⼈带来财富,你给别⼈带去成功,你给别⼈带去开⼼,你给别⼈带去爱.你给别⼈带去任何,那你给别⼈带去痛苦、不便,它这些都会再回到你⾃⼰⾝上让你体验,明⽩吗?

Higher Spirit: Let me first explain your issue to you. How did your problem occur? It happened because you once did something that harmed others. Then, it caused inconvenience for other people due to your actions affecting them. This inconvenience needs to come back to you so you can experience it too. Remember, any happiness or success you bring to others, love, or pain you cause and the inconvenience you provide will all be returned to you in order for you to experience them yourselves, understand?

⾼灵: 你给谁带来不便? 你稍等.然后你并不是说是有意识的去给别⼈带来不便,就是你不是故意的.你不是故意的想要去伤害别⼈.是因为你⽆意识的,然后就是⼀些⾏动导致了别⼈经历不便.然后呢个别⼈是谁? 你稍等.根据能感应到的,因为你要知道我们只能感受到你们的能量.我们并不能把你们的所有的好像是经历的⼀切,对⽅是什么名字什么样⼦什么都知道.我们只能感受到呢股能量是怎么样⼦,就是呢股能量怎么样产⽣的,明⽩吗? 然后这股能量产⽣的原因是就是在情感⽅⾯,你想象⼀下你在情感⽅⾯曾经影响到… ⽐如说别⼈是有对象的,他们是有稳定的家庭或者是有关系的.然后呢,你的加⼊导致他们产⽣了很⼤的问题.

Higher Spirit: Whom have you brought inconvenience to? Please wait a moment. It seems like you didn't intend to bring inconvenience to others deliberately; it's more that your actions unintentionally led to others experiencing inconvenience due to your unconsciousness. Who are these 'somebody(s)'? Please wait. According to what we can sense, keep in mind that we're only able to perceive your energies. We cannot know all of their experiences or details about the other party such as names and appearances. What we can discern is how this energy feels and how it was generated. Understandably, the reason behind this energy being generated lies within emotional aspects; imagine a situation where you influenced someone emotionally before… For example, if another person has a partner, they have stable families or relationships. Then, your involvement led to significant issues for them.

然后这些你⾃⼰才知道,因为我们不知道.但是我们能知道是从什么样⼦的⼀个能量造成的.那如果现在… 你说.

Then you will know these things yourself, because we do not know them. But we can know what kind of energy caused that. If it's now... You say.

⾼灵: 你已经知道是谁.你不需要说事件.但是⽬前我们来看⼀下如何去化解,明⽩吗? 就是我们如何从这个因果关系当中去结束它,然后不让它再继续受到影响.你稍等.如果你知道对象是谁,这是更加好办的事情了.因为什么?因为你可以去通过你对对⽅再产⽣⼀个,⽐如说我真⼼诚意的想要给你道歉,你曾经承受的呢些痛苦我都能感受到.就是呢种隐隐作痛,不爽的感觉,不舒服的感觉.然后我感受到了,然后我现在就是真诚的希望你能够快乐,放下⼀切我带来的⼀些伤害.然后你需要你⾃⼰从⼼⾥⾯给他发起来⼼愿.然后对对⽅给与真诚的道歉,再给与真诚的祝福.然后幻像他们能够快乐,能够幸福.因为…⾼灵: 不需要.不需要.

Spirit Guide: You already know who it is. You don't need to tell about the incident. But let's look at how we can resolve this right now, understand? How we can end this cause and effect cycle without it affecting anyone else again. Wait a moment. It's easier if you know exactly whom they are. Why? Because I can sincerely apologize for the pain they've experienced. That feeling of discomfort, of unease, that physical sense of harm. I feel that now, with sincere hope that you can find happiness and let go of everything I have caused as damage. You need to generate this intention from your heart towards them. Offer a genuine apology and heartfelt wishes for their well-being. Imagine them being happy and blessed. Because... Spirit Guide: No, no need. No need.

但如果对⽅有什么来主动找上来你,你就可以给与帮忙,然后再给与真诚的祝福.希望他快乐.然后不再进⾏更多的⼀些⼲扰,明⽩吗? 你这么想,因为如果他从呢件事情的影响当中,能量当中…. 就⽐如说你们挖了⼀个泥坑是吧? 那如果他们还陷在⾥⾯的,那你现在要做的是不是希望他们能⾛出来? 因为如果她还继续陷在⾥⾯,那他还在继续受到这件事情的影响.那她还在继续受到伤害.受到伤害的话,你也会继续承受这份

"But if there is something that comes to you proactively from the other side, you can offer help and then give sincere blessings, wishing them happiness. Then refrain from further interference, understand? You think this way because if they are still affected by it... let's say you dug a mud pit okay? If they're still stuck in it, what would you want them to do? Because if she keeps being trapped there, she continues to be influenced by the matter and suffers. And when someone is suffering, you also continue to bear the impact of that."

苦.因为你们以前共同创造的⼀些东西,它还在继续的影响.那如果你把这个负⾯影响变成了正⾯影响,就是让对⽅幸福、快乐,就是这样⼦的话.那你便不会受到负⾯影响了,明⽩吗? 这就是为什么如果你们去期望别⼈幸福快乐的时候,你们也会得到幸福快乐.因为为什么? 你在祝愿别⼈幸福快乐的时候,你也会受到呢个幸福快乐,受到它们的感染.那你也会得到呢个幸福和快乐.刚才的道理我想让你看到是如何运⾏的,就是如果他们还在继续因为你曾经埋下的⼀个坑继续在坑⾥⾯的话.那你是不是需要把他们拉上来? 因为呢个坑是你导致的呀.那如果他们不再深陷在坑⾥⾯,坑已经消失了.现在快乐了.你是不是也会不再受到呢个坑的影响了?

Suffering. Because of something you once created together, it continues to affect. If you turn this negative influence into a positive one by making each other happy and joyful, then you will not be affected negatively anymore, understand? This is why when you wish for others' happiness and joy, you also receive happiness and joy in return. Why? When you bless someone's happiness and joy, you are also being blessed with it, being infected by their happiness and joy. So you also receive that happiness and joy. I want you to see how this principle works: if they are still stuck in a hole you dug for them because of your past actions. Don't you need to pull them out? Since the hole is yours. If they no longer sink deeply into the hole, the pit has disappeared. Now they are happy. Aren't you also relieved from being affected by that hole now?

这就是为什么你们有⼀句话就是你帮别⼈就是帮⾃⼰.就是你在帮别⼈减轻痛苦的时候,别⼈从痛苦当中出来的时候.别⼈充满爱和快乐的时候,你也是,感受的是爱和快乐.这就是如果你们⼈类真的能理解你们深层次的关系,就是你们这⼀层⾝份和关系的话.你们是不可能做任何伤害别⼈的事情,明⽩吗? 你继续问.

This is why you have the saying "helping others is helping yourself." When you alleviate someone's suffering, when they come out of their pain, when they are filled with love and happiness - so too are you experiencing love and happiness. If humans truly understood their profound connections, identities, and relationships, it would be impossible for them to do anything that harms others. Do you see? Keep asking.

⾼灵: 我只是看到你的不便,你的不便是因为这个导致的.你如果你的体质不好,那还是因为另外⼀个⼤的能量层⾯的问题.你稍等.你想要知道你的体质不好是什么原因是吗? 因为如果来感受你的整个能量状态的话,你⽬前就属于⽐较有点不耐烦,然后烦躁,然后⾝体也不是呢么好.然后就是属于,如果⽤你们的话来说,就算是⽐较⿊暗的时期.但是这个时期对你有什么好呢? 就⽐如说你现在体验这个⿊暗,你来找到我,对不对? 那我们的这些信息就会带领你⾛上你⾃⼰的道路.就好像你现在是⽐如说你没有在你的轨道上.你迷失在⿊暗的森林⾥⾯,对吧? 那你迷失在⿊暗的森林⾥⾯你就会体验到这种孤独、害怕或者痛苦.

Higher Spirit: I just noticed your discomfort; your discomfort is due to this issue. If you have bad health, it's because of another major energetic aspect as well. Wait a moment. Do you want to know why your health is not good? Because by sensing your overall energy state right now, you seem somewhat impatient and agitated. Your body isn't too great either. You're in what could be considered an 'uncertain phase'. But how does this uncertainty help you? For instance, if you are experiencing this uncertainty and come to seek information from us, wouldn't our information guide you on your path? If you were not following your track, lost in the dark woods, wouldn't being lost there lead to feelings of loneliness, fear, or pain?

那因为你的呢些体验,你的内在就会发出⼀种愿望.想要求救.那当你发出这种愿望,那我们是不是就可以把你带领到正确的路上.你不⽤再继续迷失,就不⽤继续在⿊暗⾥⾯⼀个⼈迷失,对不对? 那你就看到其实任何时刻只要你们想要,就是任何时刻想要帮助你都会得到帮助的.所以你并不是⽆助的.然后所有发⽣的⼀切它并不是真的来惩罚你或者是来受苦的,明⽩吗? ⽽是来让你去找到你的路,来让你去对⽣命有⼀个更透彻的认知.所以我希望就是说你不要去埋怨你经历的⼀切.⽽是去转念.把你的劣势转成优势,就是把这些….就是有⼀个叫因祸得福.就是把你本⾝你觉得是你⽬前处在的⼀个不是呢么好的处境,把它转化成⼀个对你有利的处境.你继续问.

That's because of your experiences, and your inner self will emit a desire for rescue when you feel lost. When you express this wish, can't we then guide you to the right path? You won't have to keep wandering aimlessly or enduring darkness alone anymore, right? At any moment, if you want help, assistance is available because of that very wish. So, you're not helpless. And instead of suffering as punishment or experiencing hardship, everything happening around you serves to show you how to find your path and gain a deeper understanding of life. Therefore, I hope you don't dwell on the difficulties you've faced; rather, focus on changing your perspective. Convert your disadvantages into advantages by turning these challenges into opportunities for growth. This is akin to the Chinese proverb "turning misfortune into good fortune." Transform the current circumstances that seem less than ideal for you into situations that can benefit you. Keep asking questions.

⾼灵: 你现在就在呀.我们现在就在指引你,告诉你能让你知道⼀切是如何形成的.那如果你知道⼀切是如何形成的,那下次你是不是就知道你如何形成你想要的⽽不是不想要的,对不对? 你之前是⽆意识的,他是不懂的,就像个⼩孩⼦.他不知道这个电线会触电.他只是乱撞、乱跑,对不对? 那我现在告诉你了哪边是电线,你就不会去碰了呀,对不对? 你只会在呢个有利于你的路上去⾏⾛了.你继续问.

Higher Spirit: You are here right now. We guide you now to tell you how everything is formed. So if you know how everything is formed, will you next time understand how you form what you want instead of not wanting it? Right? You were unconscious before, he didn't know this, like a child who doesn't know electricity can shock them. They just stumble around and run blindly, right? Now that I tell you which one is the wire, you won't touch it anymore, right? You will only walk on the path that benefits you. Keep asking questions.

⾼灵: 你从⼩就⽐别⼈⽣病多,是吧.然后你想知道这个是不是你的⼀个课题,是吗? 你现在多⼤? ⾸先你要知道这⾥永远都没有任何⼀个是永久的.你们在每个时刻你们都能重新再选择… 这么说,你们的⼈⽣并不是,⽐如说我这⾥有⼀个频道两个频道三个频道….⼀百个频道.不是说你只能在⼀个频道⾥⾯扮演这个⾝体素质差的⼈,明⽩吗? 你可以从⼀跳到⼗,然后你是⼀个⾝体强壮的,明⽩吗? 那如何才能从⼀跳到⼗呢? 我在告诉你⽆论你⽣命中发⽣什么,它并不是困住你的.因为你们会觉得我这个体质就这样了,我这⼀辈⼦就这样了.如果你是这么认为的话,你就会这么体验.我想要改变你的观念,不要去这么认为.

Sage Spirit: You have been sick more than others since you were young, right? Then you want to know if this is a subject for you, isn't it? How old are you now? First, you need to understand that nothing here is permanent. At every moment, you can choose anew... This means your life is not limited to just one channel like I have Channel 1, Channel 2, Channel 3... Channel 100. You cannot only be in the body of someone with poor health. Do you understand? You could jump from being healthy to being strong. But how do you make that jump from being unhealthy to being strong? I am telling you, whatever happens in your life does not imprison you. Because you might think, "This is just how I am," or, "This is the only way my entire lifetime will be." If you believe that, then you will experience it that way. I want to change your perspective and not let you think like that.

不要去认为你的这个⾝体真的就是个真实的.因为癌症患者都可以切换到⼀个健康的,还并不是说你呢,明⽩吗? 所以你是有切换它的能⼒.那如果你是在接受我们的信息之前,你是觉得啊

Don't think that your body is really tangible because cancer patients can switch to a healthy one. It's not specifically about you, do you understand? So you have the ability to switch it. If you were receiving our information before this session, you might be feeling like

我从⼩⾝体就不好,我的⾝体素质差,我不健康.那如果你这么是⼀直认为的话,那你就会这么体验了.因为你不会⾛出来的.那你便会就这么过⼀辈⼦.这也是真实的.那通过我们的信息呢,你知道你是可以选择你想要体验的.就是你可以切换到另外⼀个完全不⼀样的⼈⽣.那你知道你有这个选择权的时候,是不是?然后就像你们以前做的实验就是把⼀个动物关到⾥⾯.它⼀碰就触电,⼀碰就触电.那把电关了它也不会再碰了.然后呢,它就不会再去改变了.然后我们想要让你知道的就是你永远要去改变,明⽩吗?你永远要去改变.你并不是⽆助的.就像你刚刚说,只要你们伸⼿,只要你们寻求帮助,我们就会出现.所以你们并不是⽆助的.

I've always had health issues; my physical fitness is poor, and I'm not healthy. If you hold this perspective, then you will experience life in that manner - staying inside and living your entire life like that. This is true. With the information we provide, you have a choice in what experiences you want to engage with. You can switch to an entirely different life path. When you realize you have this choice, do you understand? Previously, experiments were conducted where animals were confined, receiving shocks every time they touched something. Once the shock was removed, they wouldn't touch anything again, and thus their behavior didn't change. The message we want you to take away is that you must constantly evolve; you should always strive for change. You are not helpless. As you mentioned earlier, just reach out if you need help, and assistance will be provided. Therefore, you have the power to make changes.

⽆论你⾛到⽣命的哪⼀步,你只要要求,只要就是想要帮助,我们都会出现,明⽩吗? 你说.

No matter where you are in your life's journey, if you need help or simply want it, we will be there, okay? You speak.

⾼灵: ⾸先这么说,最开始你是觉得你从⼩⾝体素质差,对吧? 你⾝体⽐别⼈来说不好.这是你这么认为的.这是你的⼀个观念.然后你的⾝体它所有的反应它是听从你的观念的,听从你的观点.你怎么认为,它就怎么给你展现.那你通过我们现在交流,是不是告诉你你是有选择的?你以前是不是觉得你是没有选择的?那当你相信你有选择了,你是不是就已经改变了?然后呢,你的问题是说我不能跑步.你不能跑步这也是⼀个观念.这也是⼀个观念.为什么?因为你的头脑它会看你⾝体的反应.然后看你⾝体的反应,你的头脑会这么定义,然后你的⾝体会这么反应,你反应过后你会加深你的定义.你需要怎么样?我们需要松动这个定义.你说你不能跑.

Higher Spirit: First off, you felt that your body was not as strong as others because of your childhood, right? You thought differently about your own physical capabilities compared to others. This is your perception. Subsequently, your body responds based on this perception and viewpoint of yours. Whatever you believe influences how it presents itself to you. And through our current interaction, aren't we revealing that you do have choices? Did you previously think you had no choice at all? When you believed you did have choices, didn't you already start changing? Then there's your concern about not being able to run. The belief that you can't run is also a perception. It's another perception because when the mind observes the body's reactions and defines these perceptions based on those observations, leading the body to react accordingly, and then reinforcing this definition after the initial reaction. What do you need? We should work on loosening these definitions as they are hindering your ability to run.

OK,我们这么说,我今天不能跑,我今天可以先⾛.我们像教⼩朋友⼀样,对吧?那我们⾛了⼀步过后,再⾛两步.⾛了三部之后再⾛四步,⾛了四步呢,我们在加快步⼦再⾛四步,明⽩吗?那当你这么⼀点⼀点的,就是你的⾝体给了证据来告诉你,你是可以的.那你头脑的定义是不是就松动了?那你松动了过后,那你是不是可以改变了? 那你可以改变了,你有了新的定义.那你⼀切就可以开始…. 所以你要把你的⾝体当成是⼀个⼩朋友⼀样.⽽不是去啊不⾏,我之前跑了,跑了然后受伤了,我不⾏的.因为你们会就是说想要⼀下⼦达到⼀个⽬的,或者是⼀下⼦出现⼀个结果.这是不可能的.所有事情都是要⼀步⼀步的.

Alright, let's say it this way, I can't sprint today, but I can walk first today. We'll teach this like we're guiding a child, right? Then, after taking one step, take two more steps. After three steps, take four more steps. If you've taken four steps and then increase your pace for the next four steps, do you see it now? When you do this little by little, your body is giving evidence that you can handle it. Doesn't that mean the definition of what you believe in has weakened? And once it weakens, doesn't that mean things can change? You've changed because you've adopted a new definition. And then everything starts... So treat your body like a child. Don't say no because I ran before and got injured; I can't do it now. It's not about wanting to instantly achieve an outcome or see immediate results. That's impossible. Everything has to be done step by step.

这是在你们的物质世界… 你们为什么在你们的物质世界? 就是需要⼀步⼀步的.这是⼀个过程.所以你需要去呢个过程,然后让⾃⼰的定义去松动下来.你就想象你⾃⼰又是⼀个⼤⼈然后又是带领⼀个⼩孩.你想象⼀下你怎么训练这个⼩孩? 就是你不要去... ⽐如说我今天不能,不代表我明天不能.那你说我不能跑,那我快⾛.快⾛又跟跑有啥区别呢? 明⽩吗? 我是想要你看到你可以慢慢松动你头脑⾥⾯的定义.你的定义松动了,你的定义变了后你的⾝体它也会变.当你的⾝体变了,它又会加深你头脑⾥⾯的定义,就是啊我的⾝体是可以的.它会改变你的定义.因为你们⼤脑是需要看到证据的,明⽩吗? 还有问题吗?

This is in your material world… Why are you in your material world? It's a step-by-step process. So, you need to go through this process and then let your definition become more flexible. Imagine that you are an adult again and leading a child. How would you train this child? Don't think of limitations like "I can't do it today" meaning I won't be able to tomorrow. If you say you can't run, what if you just walk faster instead? What's the difference between walking fast and running? Understand? The goal is for you to see that you can slowly adjust your mind's definitions. When your definitions change, your body follows suit. As your body changes, it reinforces these new thoughts in your mind, affirming that your body is capable of whatever task at hand. This will alter your definitions because your brain needs evidence before accepting them as facts. Do you have any more questions?

⾼灵: 如果对⽅没有原谅你? 我现在说的是在更⾼的层⾯上,并不是说你要在现实中去跟他怎么样.因为如果现实中你再继续的去呢个什么的话,你可能会创造更多的因果关系.所以我说的是更⾼的层⾯上.在更⾼的层⾯上她没有原不原谅你,明⽩吗? 它不存在啊.所以说你现在运⾏的是在能量层⾯,⽽不是说它这个⾁体,它的头脑.⽽且就算他们⾯对⾯的找你,她呢个感受到你对她是真⼼诚意的感受到亏⽋和真⼼诚意祝愿她好.你的真⼼她是能感应到的,她感受到她就会放下了,明⽩吗? 所以你不需要去担⼼.你只需要去保持你对她的呢个真⼼的希望她好就好了.你可以对你曾今任何有就是说过冲突或者有过伤害的,来做这样的⼯作.

Higher Spirit: If the other party doesn't forgive you? I'm talking about on a higher level here, not implying you should interact with them in reality. Because if you continue to do so, you might create more karmic connections. So, I mean it's on a higher level. At this higher level, she either forgives or doesn't forgive you; understand? It doesn't exist. Therefore, what you're currently working on is at the energetic level, not about their physical body or mind. Even if they confront you face-to-face, they will sense that your intentions are genuine—sincerely feeling remorse and sincerely wishing for her well-being. Your sincerity can be sensed by her; she feels it and lets go of any ill feelings. Understand? So there's no need to worry. All you have to do is maintain the sincere hope for her well-being. You can address anyone who previously had conflicts or caused harm, doing this work.

⾼灵: 现在就是在疗愈啊.我现在就在教你⽅法呀,明⽩吗? 所以现在就是在疗愈,现在就是在教你⽅法.⽽且现在⾏动不⽅便就是你转变和成长的时候.如果你是正常⼈,太⽅便或者是太爽的话,你可能并不会找到我们.你可能永远都意识不到这⼀层关系.那你还会继续⽆意识犯下很多,是不是? 那你还继续⽤这样⼦的⽅式,可能不⼩⼼又埋下了很多坑.所以这是⼀件好事情.任何发⽣在你⾯前的,它都是来帮助你的,明⽩吗?

Higher Spirit: This is healing right now. I am teaching you the methods right now, do you understand? So this is healing right now, and you are being taught methods right now. And your current inaccessibility or inconvenience is when you transform and grow. If you were a normal person, it would be too easy or too satisfying for you to find us; you might never realize this relationship at all. Would you continue to make unconscious mistakes like that? Would you keep using such a way, unknowingly planting more traps along the way? This is actually good. Whatever happens in front of you is meant to help you, do you understand?

⾼灵: 你的天赋才华? 你要知道你没有限制.如果你真的能从我们今天给你分享的这些,⼀步⼀步的真的能训练你,就是植⼊… 就是把你的⾝体、⼤脑和你分开的话.你可以去做任何你想做的.为什么? 因为你的⾝体跟你不是在⼀个分裂的状态,⽽是在⼀个合作的状态.所以这个也是在带领你⾛上去成为你真正的你.

Higher Spirit: Your innate talents? You must know that you are not limited. If you really can train yourself step by step from what we share with you today, and implant... That is, if you can separate your body, mind, and yourself, you can do anything you desire. Why? Because your body is not in a state of division with you, but in cooperation. This also leads you to become the true you.

⾼灵:你稍等.⾸先你说你做梦梦见你⽗亲去世.因为梦见亲⼈去世….因为在你们的⾥⾯当中去世是⼀件⾮常悲伤⾮常恐怖⾮常害怕去⾯对的⼀个事情.那为什么会出现在你的梦⾥呢? 这些它都好像是敲警钟⼀样.⼀个wake up call,⼀个来提醒你⼀下,来让你就是说⽐如说你和你⽗亲之间没有化解的⽭盾,那你们可以化解了.因为很多时候,你们⼈在去世时候,你可能会放下对他所有的怨恨,所有的冲突.他对你的伤害你都可能把它⼀笔勾销了,对不对?然后呢,为什么不能在他还没有死的时候做这些事情呢?那这样⼦的话,真正的在⾯对他去世的时候,你才不会留下很多遗憾.

Higher Spirit: Wait a moment. You mentioned that you dreamed about your father passing away. The occurrence of such dreams involving loved ones passing is a deeply sorrowful, terrifying, and fearful experience for many people. Why would this happen in your dreams? These occurrences seem like warning signs - wake-up calls meant to remind you. It suggests that perhaps there are unresolved conflicts between you and your father. You can resolve them now. Often, when someone passes away, one might let go of all resentment and conflicts with the deceased. Their harm to you could be forgiven in their final moments, right? Then, why not address these issues while they're still alive? This way, when facing their actual passing, you wouldn't leave many regrets.

⾼灵: 你稍等.然后这些是外星⼈他们想要试图跟你联系,给你带来信息.然后他们信息想要告诉你的就是当你真正的彻底的转换了转变了,就是从这⼀次转变当中转变过后,他们会再⼀次和你联系.

Higher Spirit: Wait a moment. Then these are aliens who want to try and contact you and bring messages for you. The information they want to tell you is that when you truly undergo transformation from this change, after transforming, they will contact you again.

⾼灵: 他们是跟你有链接的.你现在好像是在转换期间⼀样.当你就是转换了过后,就是你的意识扩展了过后,他们会再次跟你联系.

Spirit Guides: They are linked to you. You seem to be in a transitional phase right now. After the transition and expansion of your consciousness, they will reconnect with you again.

⾼灵: 要知道你们物质世界就算你⾯对的房⼦、所有东西,它其实都不是真实的呀.所以你怎么说哪个是真实的,哪个是假的.但是这些真不真实都⽆所谓,明⽩吗? 为什么? 因为你能体验到,明⽩吗? 那呢个外星⼈你是不是也是体验到了? 那就够了.所以…⾼灵: 发光的球体有什么作⽤? 它是来让你知道你可以运⽤能量.因为呢个发光的球体就是能量球,能量.然后当你会很好的去运⽤能量的时候,你们会有更多的接触.很多⼈都想要探索究竟是我幻想出来的还是真实的? 所有的这⼀切你们觉得是真实的,实际上都是幻像.所以这⾥并没有什么真的和假的.重要的是你的体验.

Higher Spirit: You need to understand that even the house you face and everything in your material world are not really real. So how can you say which is real and which is false? But whether these things are real or not doesn't matter, do you get it? Why? Because you can experience them, do you get it? Then did you also experience that alien? That's enough. So... Higher Spirit: What is the use of a luminous sphere? It is to let you know that you can utilize energy. The reason is that this luminous sphere is an energy ball, energy. And when you use your energy well, you will have more experiences. Many people want to explore if it's just my imagination or if it's real. All of this stuff you think is real are illusions. So there is no true or false here. What matters is your experience.

⾼灵: 就像我刚刚说你迷失在⿊暗的森林⾥⾯.那现在我们在把你带到你⾃⼰的光明的⼤路上.那你在光明的道路上你能看的⼀清⼆楚,你当然不会产⽣恐惧了,对不对? 你知道你是谁,你知道你要去哪⾥,你知道你家在哪⾥,你什么都知道.你便不会去恐惧.那当你迷失在⿊暗的森林⾥⾯,你也看不到,你也没有路.那你会产⽣恐惧是正常的呀.但是你不需要去纠结于这个? 为什么? 因为你现在正在⾛上⾃⼰的道路上呀.

Eldren: Just like I said before that you are lost in the dark forest. Now we're bringing you to your own bright path. On this illuminated road, you can see everything clearly, so of course you won't feel any fear, right? You know who you are, you know where you need to go, you know where your home is, and you know all about it. There's no reason to be afraid. But when you're lost in the dark forest, you can't see anything, there's no way out. It's normal for you to feel fear then. But you don't have to dwell on this, do you? Why not? Because you are now walking your own path.

⾼灵: 不需要.你不需要去知道,不需要去如何让⾃⼰变轻松.因为你已经在这条路上了,明⽩吗? 你现在应该做些什么? 你现在应该做些什么? 你现在应该就是,⽐如说我们结束完过后.你现在应该,就像我刚刚说的,去做呢些清理.真⼼诚意的在⼼⾥去跟他们道歉,然后给他们好的祝愿,明⽩吗? 因为你去做这样的动作会让你进⼊⼀种⼼安的状态.还有问题吗?

Higher Spirit: No need. You don't need to know or how to make yourself relaxed. Because you're already on this path, understand? What should you be doing right now? What should you be doing right now? Right now, you should simply do things like what I mentioned earlier; cleaning up your intentions sincerely from your heart and offering sincere apologies to them, then sending them good wishes. Understand? Because by performing these actions will bring you into a state of peace. Any questions?

⾼灵: 是正确的路吗? 这⾥没有什么是正确的什么是错误的.⼀切你该经历的都是你该经历的.然后正确错误,哪个路是正确错误.就算⽐如说你现在是迷失在⿊暗的森林⾥⾯,对不对? 那你能告诉我这是错误的路吗? 这并不是呀.因为如果没有⾛到这样⼦的路上,你怎么找到我的信息? 你怎么去得到今天的信息? 明⽩吗? 那呢个路是错的吗? 它是成就你的呀.它是推⼿.所以你不⽤去纠结什么是正确的,什么是错误的.然后所有发⽣的⼀切都是来让你知道你的意念你的⾏为它是有能量的.它会产⽣能量的.那是产⽣爱的能量还是伤害的能量呢? 那就是你⾃⼰的选择了.那当你知道你的⼀些选择会导致这些的话,那你⾃然以后就⼩⼼了,对不对?

Higher Spirit: Is it the right path? There is nothing that is truly right or wrong here. Everything you should experience is what you are meant to experience. Then, when considering right and wrong, which path is actually correct? For instance, if you're lost in a dark forest now, does this mean it's the wrong way? Would I be able to tell you it's the wrong path? No, not necessarily. Because without taking that path, how would you find my information or obtain today's message? Do you understand? That road is incorrect? It's actually what shapes you; it's your stepping stone. So there's no need to worry about whether something is right or wrong. Everything that happens serves to make you aware of the energy behind your thoughts and actions - both love and harm. This choice lies with you. When you realize certain choices lead to these outcomes, naturally, you'll be more cautious in the future, won't you?

就知道我要怎么样了.你去注意你的意念啊、然后⾏为啊、思想.所以这都是你们的成长的⼀个过程.你说.

You know what I'm about to tell you. Pay attention to your thoughts, actions, and beliefs. This is all part of your growth process.

⾼灵: 今天的信息都是他们带给你的.所以他们会告诉你我们随时都在,永远你需要的时候.你不是孤独的.任何你求助的时候我们都会出现.这就是他们给你的信息.你说.

Spirit Guides: The messages you've received today are from us. So they're telling you that we're always here for you, whenever you need us. You're never alone. We appear whenever you call upon us. That's the message they've given you. Said by...

⾼灵: 那就是说你怎么样才跟你的⾼我有更紧密的链接? 那就是说你每天没有在⽆意识当中,没有像梦游⼀样.没有被物质世界的⼀些幻像给蒙蔽.就⽐如说突然有⼀个⼈过来撞了⼀下你的肩膀.啊,你就⽣⽓的想要骂⼈.那如果你进⼊这样的,你就是跟他们失去链接.为什么? 因为太专注于物质世界的幻像了呀,明⽩吗? 那有可能他来撞了⼀下你,有可能是你⾼我给你带来信息.要让你从你的呢种就是⽆意识当中醒来.有可能你刚才太进⼊幻像了.为什么? 你看到前⾯呢个美⼥了,好性感啊.那你可能就进⼊幻像了.那他来撞你⼀下你肩膀来让你知道,OK,你要充满觉知,明⽩吗? 因为物质世界所发⽣的⼀切对你们来说是如此的真实.

Higher Spirit: That means how do you connect more closely with your higher self? In other words, are you not mind-wandering every day like when you're walking in a dream and get suddenly bumped by someone on your shoulder, causing you to be angry and want to scold them. If you enter such a state, meaning you lose connection with them. Why is that? Because you're too focused on the illusions of the material world, understand? There's a possibility he bumped into you or it was your higher self bringing you information to wake you up from your unconscious state. Maybe you were too immersed in the illusion just now. Why? You saw that beautiful woman in front and found her very sexy. You might have been lost in the illusion then. He bumped you on the shoulder to let you know, alright, be aware, understand? Because what happens in the material world is so real for all of you.

你可以听到、闻到、摸到、感受到.你们就会把它当成是真的.但是这些实际上都是幻觉.如果你太被幻觉给困扰的话,你便失去链接了.所以你随时需要⼀只脚在这⾥,⼀只脚在呢⾥.如果你们两只脚都在物质世界的话,那你们就没有链接了,对不对? 那如果你⼀只脚在物质世界,⼀只脚跟⾼我链接的话.那你是不是就可以很好地平衡?

You can hear it, smell it, touch it, feel it. You would take it as real. But actually they are all illusions. If you are too lost in the illusion, then you lose your connection. So always you need to have one foot here and another there. If both feet are on this material world, then you don't have a link, right? But if you have one foot grounded on the material world and the other connected with the Higher Self, wouldn't it be possible for you to balance well?

⾼灵: 你想要通灵你⾸先要做你⾃⼰.因为每个⼈通灵的⽅式,链接的⽅式是不⼀样的.那你只有做…就⽐如说鱼,它是在⽔⾥,对不对? 鸟,它是在天空,对不对? 那你如果是只鸟,你说我想像鱼⼉⼀样.为什么? 呢只鱼⼉它在⽔⾥游来游去的多轻松.你不知道鸟是有翅膀,它在天上飞吗? 明⽩吗? 所以你不能去拿着别⼈,啊,我想成为她呢样.你只是需要成为你⾃⼰.你所有属于你⾃⼰的功能它都会⾃动的呈现.就是⽐如说你只要是去做你的鸟⼉,你的翅膀它⾃然会飞.因为鱼在⽔⾥⾯游,鸟⼉在天上飞,有啥区别? 它都是可以⾛向它的⽬的地的.都是可以去⾃由的体验⽣命,翱翔.

Sage Spirit: What you seek to achieve through spirituality begins with understanding yourself. This is because each person's approach to connecting spiritually differs. You must simply do what suits your nature; for instance, think of fish swimming in water, right? Birds fly high above the sky, correct? If you were a bird wishing to swim like a fish, why would you want that? Wouldn't it be easier for a fish to move around in water without wings? Wouldn't you miss knowing birds can soar through the air with their own natural ability? So understand this: You cannot simply wish to be someone else's version of spirituality. Your focus should be on becoming your authentic self. All your unique abilities and functions will naturally emerge from within. For example, if you embrace being a bird, your wings will naturally take flight because swimming for fish versus flying for birds doesn't fundamentally change their capabilities in achieving their goals or enjoying the freedom to experience life and soar through it.

⾼灵: 那就是放弃你想要快速和不再纠结于哪个是正确和错误,明⽩吗? 因为这个是你们头脑的,你就进⼊头脑模式.头脑才想要快,明⽩吗? 因为你要知道你们并没有⽬的地哦.你们的⽬的地就在当下这个时刻.如果你当下你不能去进⼊⼀种状态的话,你后⾯什么都没有.你还持续沉浸在你以前的呢种状态当中.所以当你去纠结哪个是对的哪个是错的,那也是已经进⼊了呢个什么.那就是错的,就是你有这个想法就是错的.因为这⾥没有什么对和错.重要的是就好像我前⾯给你说的⼀样,你觉得你迷失在⿊暗的森林⾥⾯是错的吗? 但就是因为这个,你才得到我们的信息呀.

Sage: That's to let go of your desire for speed and stop agonizing over what is right or wrong. You see, this is the realm of your mind that you're entering when you do that – your brain wants it fast, get it? Because there's no destination here for you; your destination is now, in this moment. If you can't enter into a state where time ceases to exist at this point, then everything after that will be meaningless. You're still mired in the old states of being. So when you obsess about what is right and what is wrong, you're already stuck in something – it's wrong because having such thoughts is incorrect; there are no absolutes here. It matters whether or not you believe that getting lost in the dark forest is wrong. But it's precisely this realization that leads to receiving our messages.

⾼灵: 就好像我前⾯告诉你你头脑的⼀个⼯作⼀样,怎么样运⾏.就⽐如说我现在不能跑,但是我现在可以⾛.那我们来⾛⼀步咯,再⾛⼀步咯.你前⾯能⾛两步,你第三步肯定能⾛了.你就这样慢慢跟你的⾝体建⽴这个信任.它就会越来越放⼿,越来越真的去信任.这是你们需要⾃⼰去建⽴的⼀个过程.

Higher Spirit: Just like the work I told you about your mind earlier on how it operates, let's see how it works. For instance, I can't run now, but I can walk. Let's take a step, then another step. You could already take two steps ahead, and your third step will definitely follow. This is how you gradually build trust with your body. It will start releasing its hold, truly trusting in the process, which is something you need to build yourself.

⾼灵: 显化的⽅法? 你⼀直在显化呀.你所经历的⼀切,你的健康,你的问题,你的情感,你的财富,任何⼀切都是你显化的呀.只是说你有可能是⽆意识的,就是你不知道这是你显化的.你不知道这个坑是你⾃⼰挖下的.你觉得我怎么又掉坑⾥⾯了? 呢个坑是你⾃⼰挖的呀.那如何才能更加清醒的知道这⼀切? 那就像我们说的,你只有当下.你如果能够活在当下,⽽不是说我要快我要快.怎么这么慢? 我到底是错了还是对了? 那你就是与当下失去链接了.如果你头脑⾥⾯没有这种声⾳呢? 明⽩吗? 那你就能很好的专注于你的每⼀个时刻、每⼀天、每⼀个当下.

Higher Spirit: Methods of manifestation? You have been manifesting all along. Everything you experience, your health, your problems, your emotions, your wealth, anything and everything is what you are manifesting. It's just that you might be unconscious of it, meaning you don't know it's something you're manifesting. You don't realize this pit you've dug for yourself. You wonder how I ended up in the hole again? That pit was dug by you yourself. How can one become more aware of all this? It's like what we say: you only have now. If you can live in the present, not constantly saying "I want it faster! Why is it so slow?" Am I wrong or right? Then you're disconnected from the present moment. If there's no such voice in your mind, do you understand? Then you can focus well on every moment, every day, and each present.

⾼灵: 你的头脑是不会明⽩的.你只有这样去做.就像我刚刚说的你要关闭呢些声⾳,关闭呢些⼲扰.你就能真正的去体验了.

Higher Spirit: Your mind won't understand it. You just have to do it this way. Like I just said, you need to silence those voices and the distractions. Then you can truly experience it.

⾼灵: 我是哪位⾼灵? 你觉得我们是像你们⼀样都是有名字有样⼦有⾯相的吗? 不是的.但是你可以根据你的想象⼒,给我⼀个名字给我⼀个样⼦.为什么? 因为这样⼦的话,它只是属于你的,明⽩吗? 所以我们不是像你们⼈类⼀样是⼀个物体是⼀个实实在在的存在.我们只是能量.

Higher Spirit: Who am I, the High Spirit? Do you think we are like you, having names, appearances, and faces? No, that's not the case. But you can use your imagination to give me a name, an appearance. Why? Because this way, it belongs solely to you. Understand? So we are not like humans as physical objects with tangible existence. We are merely energy.

⾼灵: 你想要知道… 你只需要抱着问题你就会⾃⼰的会找到答案.你只需要去抱着你的问题,你就会找到你的答案.那找到答案的⽅式你不局限于它.它会呈现在你事件⾥⾯.

Higher Spirit: You want to know... All you need is to hold on to your questions and you will find the answers yourself. You just need to embrace your problems, and the solutions will come to you. The way you find the answer doesn't limit itself; it will manifest in your events.

# **2022/05/10 — 没有外在,外在是你思想、感受的显化There is no outside, for the external is an expression of your thoughts and feelings**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's on your mind?

问: 我这⽣来体验什么? 我的灵魂使命是什么? 我感觉我好像对玩乐都体验过来,也没有好奇.就是对⼀切都很冷漠.就感觉在旁观这⼀切的发⽣,感觉⼀切好像也没有呢么重要.所以我好奇我未来的体验是什么主题呢? 是⾦钱、爱情还是事业还是帮助他⼈?

Questioner: What experiences am I destined for in this life? What is the purpose of my soul? I feel like I've experienced everything with regard to fun and have no sense of curiosity. Everything seems so indifferent to me. It's as if I'm just observing these events happening, feeling that they might not be that significant after all. So I wonder what theme my future experiences will revolve around - wealth, love, career, or helping others?

⾼灵: 你稍等.你想要问是说你现在对⼀切好像已经玩够了,然后没有什么兴趣? 然后你想要知道⼀下你的⼈⽣主题是什么.⾸先你所说的你玩够了,觉得呢些没有意思.那就说明你现在是⼀个转折点.就⽐如说以前你在看⼀个东西,它只是⾮常表⾯的.那表⾯的你看够了,你是不是就应该看它表⾯下⾯的运⾏了? 就是你需要看稍微深层次⼀点的东西了,明⽩吗?

Higher Spirit: Wait a moment. It seems like you're asking if you've had enough of everything and lost interest, is that correct? You're also curious about your life's theme. First, the fact that you've had enough suggests you're at a turning point. For instance, previously when you were looking at something, it was superficial. Once you've seen enough of its surface level, should you delve into what lies beneath rather than stop there? This means you need to explore something slightly deeper, understand?

问: 就是我最近准备考研.就好像探究意义的话,感觉⼀切都没有意义.就是我只需要投⼊去做⼀件事情,然后也不去问它的结果.就是投⼊到这个过程.我之前我学习成绩也可以.感觉就是在成绩⽅⾯有求必应,然后我就会转移到这种灵性上⾯.我感觉我这样会不会脱离现实? 我⾃⼰今年发⽣了⼀些事情,然后就是感觉灵性觉醒.然后感觉⾝边的⼈都在⾃⼰的 drama⾥⾯受苦,表情也是愁眉苦脸.我应该帮助他们还是投⼊我⾃⼰的,就是⽐如考研这样的事情? 我的⽣存意义是帮助他们还是过我⾃⼰的⽣活? 就是是我⾃⼰⾃作多情了吗? 我可以看到别⼈的痛苦…⾼灵: 你稍等.你⾸先要知道你现在进⼊⼀个你的头脑模式.头脑模式是什么?

Questioner: I'm recently preparing for the postgraduate exams. When trying to explore meaning, everything feels meaningless. It's just about investing myself in one thing and not asking for its outcome; it's about being immersed in the process. Previously, my academic performance was decent. It seemed that wherever there were answers required, I would receive them, then I transferred my focus to spirituality. I wonder if this might be separating me from reality? This year, I experienced some events that triggered spiritual awakening. Seeing people around me suffering in their own dramas with frowns, should I help them or concentrate on things like the postgraduate exams? Is my purpose in life helping others or living for myself? Am I overthinking? Can I see other people's pain... Higher Spirit: Wait a moment. You first need to understand that you're entering into a mental state of your own. What is this mental state?

你在单纯的从你的头脑⾥⾯去把你的信息分类.就好像觉得我不是去帮助别⼈我就是做我⾃⼰,我要是做我⾃⼰我就不帮助别⼈.就好像你的选择只有A和B,明⽩吗? ⼈⽣不是A和B⼀个过程.它也不是只有A和B.你不是说要么我做个好⼈,要么我做个坏⼈.就好像要么我去杀⼈,要么我帮助⼈.并不是这样⼦的.然后你也不需要去纠结我要不要去帮助别⼈或者是我要做我⾃⼰.因为你只需要去投⼊到你的⽣命当中去,然后你的⼼灵它会去指引你⼀切.然后如果你是去纠结我到底要做哪⼀个选择的时候,那你便会错过所有的指引,明⽩吗? 所以你连考虑都不需要去考虑哪⼀个问题.为什么呢? 因为如果你就算说我要帮助⼈,难道你就避免不了你成为你⾃⼰?

You are categorizing your information purely from within your mind. It's as if you believe that by not helping others, you're just being yourself; that if you were to be yourself, you wouldn't help others at all. It seems like your choices are limited to A or B – do you get it? Life isn't a binary process where everything is either A or B. You don't have to choose between being good or bad, as if deciding to kill someone versus helping others were the only options. That's not how it works. And there's no need to be torn between whether to help others or just be yourself. All you need to do is immerse yourself in your life and let your heart guide you. If you're fixated on choosing one option over another, you'll miss all the guidance that comes with it. So, you don't even have to think about which question to consider. Why? Because if you decide to help others, doesn't that mean you can't also be true to yourself?

你成为你⾃⼰是不可能避免的事情,明⽩我意思吗? 这不是你需要去纠结或者去分析的问题.因为你们把⽣命和⽣活就好像变成⼀个….我先规划好,我到底是要什么什么的.我要成为这样的⼈,呢样的⼈.这并不是.你只是去通过所有的⼀切你去认识你⾃⼰,你去发现你的更多⾯,你去释放出来你的更多⾯.因为当你的某⼀些⾯给释放出来的时候,你都惊讶.你都会觉得我怎么会有这⼀⾯,明⽩吗?所以你并不是你,我说的这个你并不是⽤来被定义和被选择的.你现在说的我要选择我要选择.并不是.即使你现在做了选择,但有时候你还是会去体验其他不同的路或是怎样.但是任何你头脑⾥⾯这些问题的产

You becoming yourself is an inevitable process, do you understand what I mean? It's not a matter that requires you to worry or analyze; it doesn't involve deciding or choosing on your part. You see, you've taken life and existence like a plan, first setting out what you want to be, what kind of person you aspire to be. But this isn't about selecting yourself for definition or choice. Your identity is not fixed by these thoughts. Even if you have made choices now, at times you might still experience paths that are different from what you planned. Yet, any concerns arising from your mind's creation don't define the essence of your journey towards self-discovery.

⽣,它都可以把你带领到可以让你成长的⼀个路上.

Born, it can lead you to a path where you can grow.

问: 我这⼀⽣来体验什么? 就是我的主题是什么?

Questioner: What experiences have I lived through in my lifetime? That is what constitutes my theme.

⾼灵: 你想知道你这⼀⽣来到这个世上体验的主题是什么? 你也会成为⼀个传播者.所以你会在这么⼩的年龄,还应该就是只是吃喝玩乐的年龄,你会关注这些信息,⽽对它产⽣共鸣.所以你内在会有这种驱动.所以你也会是⼀个像光⼀样,让别⼈看到灵性,就是超过物质存在的,⼀些精神层⾯的⼀些,明⽩吗?

Spiritual Guide: Do you want to know the theme of your life experience on this earth? You will also become a messenger. Therefore, at such a young age when you should be just enjoying life with food and play, you would pay attention to these messages and resonate with them. Hence, there is an inner drive within you. So, you will also be like a beacon of light showing others spirituality that transcends physical existence, understand?

问: 那我的天赋是什么呢?

Questioner: Then, what are my talents?

⾼灵: 你们所有⼈都会想要知道你的天赋是什么? 你们没有任何天赋,但是你们拥有⼀切.你明⽩这个意思吗? 但是你们所谓的天赋就是看上去好像是这个⼈琴弹的特别好.那是因为他的⼈⽣主题他是想要来体验这个的.如果是说天赋的话,你们只需要跟你的⾼我,就是你只需要成为⼀个完整的你.完整就是说你不是只是⽤你的⾁体在运⾏.就是你不是活在你的头脑当中.当你是属于这样⼀个完整的⼈的话,你的所有的⼀切,就⽐如说你是⼀条鱼,那么你在⽔⾥你鱼需要的呼吸啊、游泳啊这些,它都会⾃然存在的.所以你只要成为⼀个完整的你,你需要呢个完整的你包含的⼀切,所谓的天赋….

Spirit Guide: All of you want to know what your gift is? You don't have any gifts, but you have everything. Do you understand this meaning? But the so-called gifts that you think you possess are just that they look like this person plays the violin exceptionally well. That's because their life theme was to come and experience this. If we were talking about true gifts, all you need to do is connect with your Higher Self; you just need to be a complete version of yourself. Being complete means not just operating using your physical body. It doesn't mean living in your mind. When you are such a whole person, everything you have, for example if you were a fish, then the things that it needs like breathing and swimming would naturally occur. So all you need to do is be the complete version of yourself, including all that comes with being the complete you...

OK,在你们外⼈眼⾥看上去是天赋,就⽐如这个⼥孩⼦她现在在通灵对不对?啊,她有通灵的天赋.但实际上她只是在做她⾃⼰,这是她⼈⽣的⼀个道路.那她⼈⽣的道路通灵和传播信息就包括了在⾥⾯.所以在你们眼⾥看上去是天赋.那如果只是天赋的话,她可以不⽤做这个呀,对不对? 她不⼀定要做这个呀.

Alright, from your outsider perspective, it might seem like a gift, for instance, with this girl who is now practicing mediumship, right? She has the gift of mediumship. But in reality, she's just being herself; this is part of her life path. That her life path includes practicing mediumship and spreading information. So from your outsider perspective, it might look like a gift. Now, if it were merely a gift, she could choose not to do this, right? She doesn't have to necessarily do this.

问: 我的眼睛之前玩电脑近视了快七百多度.它可以⾃愈吗?

Questioner: My eyes used to have myopia from playing computer games before, almost 700 degrees. Can it heal itself?

⾼灵:你稍等.⾸先我们不能告诉你任何你能还是不能.因为这是你⾃⼰去选择去体验和去成为的⼀个过程.因为就算我告诉你能,但是你根本更改不了你的信念,那是不是我说的就是错的呢,对不对?那如果我说不能.但是你创造你⾃⼰的⼈⽣,你完全突破了你所有的限制.那你又变能了.所以我们不是来告诉你,你能和不能.⽽是说来让你看到你任何选择和任何体验都是可以被你⾃⼰创造出来的,明⽩吗?因为如果突破你眼睛的视⼒障碍是你渴望的,你怎么样都想突破它.那你⾃然⽽然就会⾛到呢条道路上.那如果你是问⼀问我可以吗?啊,我不可以.那我就不尝试了.明⽩吗?因为这两种状态是不⼀样的.

Higher Spirit: Wait a moment. Firstly, we cannot tell you anything about what you can or cannot do because this is a process for you to choose, experience, and become yourself. Even if I told you that you could, but your core beliefs remain unchanged, wouldn't that mean my information might be incorrect? If I say it's impossible, but you create your own life, completely transcending all your limitations, then again, you can do it. We are not here to tell you what you can or cannot do; rather, we want you to realize that any choice and experience you make is within your capability of creation. Do you understand? If overcoming visual obstacles in your eyes, which you desire greatly, motivates you, no matter how hard you try, then naturally you would pursue that path. If you ask me if I can do it, and I say no, then there's no need to attempt it. You see, these states are different.

因为外在的⼀切是你选择你想要处于⼀种什么频率状态下的结果.我说的呢两种状态,它都是不同的状态.它都散发出不同的能量,不同的频率.那不同的频率你外在的现象是不是就变了?你如果去看频率产⽣的相在你们的物质世界,是不是不同的频率就有不同的相.

Because everything external is the result of your choice of what frequency state you want to be in. I'm talking about two states, they are different states. They emit different energies, different frequencies. Then, does changing the frequency change the outer phenomena? If you look at the manifestation of frequency in your material world, do different frequencies have different manifestations?

问: 我的灵魂伴侣出现了吗? 就是结婚…⾼灵: 就像我刚刚告诉你,你只需要成为你真正的⾃⼰.真正的⾃⼰包含的⼀切,包括呢个伴侣,它都会⾃动的呈现,明⽩吗? 你这么去想吧,你是⼀只蝴蝶,但是你现在是⼀只⽑⽑⾍.如果你没有经过蜕变成为蝴蝶,你也不知道你是只蝴蝶的话…问: 就是有的⼈还是很幼稚的时候他就遇上了…

Questioner: Has my soul mate appeared? Specifically, marriage... Higher Spirit: As I just told you, all you need to do is be your true self. Everything that makes up the real you, including this partner, will automatically present itself. Do you understand? Imagine yourself as a caterpillar, but now you are just a worm. If you haven't transformed into a butterfly and if you don't know you're a butterfly... Questioner: That means some people encounter their soul mate when they're still quite immature...

⾼灵: 那是你们⾃⼰对关系的⼀种定义.还有你们每⼀个⼈都是不⼀样的.你可能看到别⼈你是这么定义的.所以你不需要去通过外在、别⼈怎样,来去评判你⾃⼰或者去判断你⾃⼰.这个没有任何根据的.因为你们每⼀个存有都是独⼀⽆⼆的.然后每⼀个都有⾃⼰独⼀⽆⼆的道路.

Higher Spirit: That is your own definition of relationships, and each one of you is different. You might see others defined in the same way. So there's no need to judge yourself or evaluate yourself based on how others behave externally – this has no basis because every soul is unique. And everyone has their unique path.

问: 我想问⼀下我跟⼀个⼈之间的关系.就是我们从⼩到⼤都是在⼀起的,这个⼥⽣.

Questioner: I want to ask about my relationship with someone. We've been together since we were young, this girl.

⾼灵: 你稍等.⾸先你需要就是说让你们的关系它⾃⼰呈现出来,你们到底是什么关系.⽽不去通过任何定义,包括我们对你的定义还有你的头脑⾥⾯的定义.如果我告诉你你们是所谓的灵魂伴侣,你会怎么样? 你会根据我的⼀些话然后来影响你们.如果你们遇到⼀些冲突或者是分裂,你就会进⼊⼀种不明⽩或者是冲突的状态.因为你觉得既然我们是灵魂伴侣,为什么我们会吵架或者彼此怨恨什么的? 所以不要给任何⾛到你⽣命当中的关系给它任何定义.因为你们往往通过定义它过后,去产⽣很多你去抵触的.⽐如说两个相爱的⼈,你们给它定义成情侣关系.你们定义成情侣关系过后,你们就开始排它了,就开始控制、占有、各种.

Higher Spirit: Wait a moment. First of all, what you need to do is allow your relationship to manifest itself, figuring out exactly what kind of relationship it is, without any definition—neither my definition nor yours in your mind. If I were to tell you that you are soulmates, how would you react? Would you let this impact the dynamics between you based on what I say? When conflicts or divisions occur, you might enter a state of confusion or contention because you think, since we're soulmates, why do we fight with each other or harbor animosity towards one another? So, don't impose any definitions on any relationships that come into your life. Often, when you define them, it generates a lot of resistance for you, like two people in love defining their relationship as a romantic partnership. After defining it as such, they start pushing away others, controlling, owning each other, and so forth.

因为你们头脑说你只能爱我,我们是情侣.就⼀系列的这样⼦就会出来.然后就外加了很多来限制你们的关系它本⾝要呈现的样⼦,明⽩吗?

Because your mind says you can only love me, that we are a couple, this leads to一系列 such thoughts and assumptions, which in turn impose numerous restrictions on the way your relationship presents itself. Understand?

问: ⽼师能知道我的国籍吗?

Questioner: Can Mr. Senior know my nationality?

⾼灵: 你为什么会问这个问题? 因为这些对于我们来说我们没有任何你们所谓的区域、种族、国籍、信仰.没有任何.那只是你们⼈类⾃⼰给⾃⼰⼈类和区划的.

Higher Spirit: Why are you asking this question? Because for us, there are no so-called regions, races, nationalities, beliefs. No, nothing at all. That is just division that your human beings have imposed upon themselves and each other as humans.

问: 因为我是传播者我应该是..

Questioner: Since I'm a disseminator, I should be...

⾼灵: 因为这是你错误的想法.你觉得传播者他就是就像⼀天这⾥说话呢⾥说话吗? 你有可能是通过舞蹈,你有可能是通过绘画,明⽩吗? 你有可能是单独你的存在,你不要说话,你需要做任何,你只是坐在呢⾥.因为这是能量层⾯的.跟你是⽤什么⽅式是没有限制的.所以你误解了所谓的⼀个… 就好像你是⼀个光体,你要散发光.你有可能是萤⽕⾍的光,蜡烛的光,煤油灯的光,你也有可能是汽车的光.但是你是不是都是在照亮他⼈? 所以你只需要成为你真正的⾃⼰,明⽩吗? 你会⾃⼰亮起来,然后带动更多的⼈亮起来.你只是⽐他们提前⼏步⽽已这样.因为你们都在试图⽤你们的头脑和你们的已知信息,就是我曾经看到的,然后去分析去判断去设想.

Spirit: Because this is your mistaken idea. You think that the broadcaster is just speaking here like one day here talking? It's possible you might express yourself through dance, it's possible you might express yourself through painting, understand? It's possible you are alone in your existence, not needing to speak, requiring nothing but sitting there. Because this is on an energetic level. There are no restrictions with how you use what means. So you misunderstood the so-called… as if you're a light body, required to emit light. You might be the light of a firefly, candlelight, kerosene lamp, or car headlights. But are you all illuminating others? Therefore, just become who you truly are, understand? You will shine on your own and inspire more people to do so as well. You're just ahead by a few steps compared to them because you're trying to use your mind and known information, what I've seen before, then analyze, judge, and imagine.

但是你们根本就设想不到的.

But you could never have imagined it.

问: 灵界有没有要对我说的话?

Questioner: Is there anything that the spirit realm wants to tell me?

⾼灵: 你不需要迷惑,然后也不需要就是焦虑、着急的找到什么,发现什么.然后你也不需要恐惧.你只需要信任⽣命会在该开花的时候开花,该结果的时候结果,明⽩吗? 就是你所有外在的⼀切,所有的⼀切你都不需要去…. 因为⼀旦你这样⼦的话,你就进⼊了你的头脑模式.因为头脑它弄不明⽩的.所以你只需要去信任所有的⼀切它都会⾃动的展开,然后去开开⼼⼼的体验⼀切就⾜够了.因为没有任何⼈,就是没有任何⿊暗它可以阻碍光.你有看到⿊暗它可以让光不亮吗? 那越⿊暗,光是不是就越亮,明⽩吗?

Higher Spirit: You don't need to be confused, nor do you need to frantically find or discover something. You also don't need fear. All you need is to trust that life will bloom when it's supposed to and bear fruit when the time comes, understand? That all your outer aspects and everything else doesn't need to... because once you do this, you're entering your mind pattern. The mind doesn't get it. So you just need to trust that everything will unfold automatically, then joyfully experience it all enough. Because there is no one, no darkness that can block the light. Have you seen how darkness can make light not shine? That the darker it gets, the brighter the light becomes, understand?

问: ⽼师我刚刚给你发了⽂字…⾼灵: 看不到任何.因为她在通灵的时候她是闭着双眼的,如果她睁开双眼我们之间的聊天就中断了.但是我想告诉你的是你不需要害怕任何.为什么? 你在害怕的时候,你就在给它们能量.然后就是说就像我前⾯的呢个句话没有任何⿊暗可以阻碍光,明⽩吗? 任何问题都是你们⼈类成长的⼀个过程.它们需要把你们的意识状态… 现在你们⼈类的思想是怎么样的分裂,就是是怎么样的⼀个认知,怎么样的⼀个状态,怎么样对待不同的观念、信仰.那这些所有内在的状态都会通过事件显现出来.就⽐如说你这个信仰是不允许的,你呢个观念是不允许的.我们要把观念统⼀.这就是你们⽬前⼈类、社会的⼀个意识状态.因为有⼈有这

Questioner: Senior Master, I just sent you a message...

Higher Spirit: I can't see anything. Because when she is in contact with spirits, she closes her eyes; if she opens them our conversation would be interrupted. But what I want to tell you is that there's nothing to fear. Why? When you're afraid, you're giving them energy. And then it's like my previous statement - no darkness can block the light. Do you understand? Any issues are part of your human growth process. They need to manifest your state of consciousness... How fragmented your human thoughts are, how they perceive and comprehend things, what kind of condition you are in when dealing with different ideas and beliefs. All these inner states will be shown through events. For example, if your belief is not allowed or if your idea isn't permitted. We need to unify our beliefs. This is the current state of human consciousness and society. Because there's...

样的⼀个状态它才会转变成事件体现出来.那通过这个事件,你们就可以很好的去认识你们⼈类现在思想的⼀个状态,对不对? 但是你并不需要去惧怕它们.为什么呢? 因为所有的意识都是不断地不断地,这么说吧,就好像是⼀个植物它不断地在变化成长.那你为什么会为⼲枯的⼀⽚树叶⽽哭泣呢? 你说这个树叶已经⼲枯了.它就算掉了,已经⼲枯了,它又会长出来呀.为什么? 因为它内在有⽣命呀.所以不管你们通过这个成长的过程死了多少波⼈.因为你们这个成长的过程历史上到现在从来就没有断过,⽣命的去世,对不对? 那它就好像是树叶在凋落⼀样.但是随着凋落它都会有新的树叶出来.所以你为什么要对呢些凋落的树叶⽽哭泣⽽害怕⽽恐惧呢?

Only under such conditions will it transform into an event manifesting itself. Through this event, you can well understand the current state of your human thoughts, right? But there is no need to be afraid of them. Why not? Because all consciousness keeps changing and growing continuously, much like a plant undergoing constant change and growth. Why would you cry over a dry leaf? You say the leaf has dried up. Even if it falls off, having dried up, new leaves will grow back, won't they? Why? Because there is life within it. So regardless of how many waves of people have died through this process of growth. Your process of growth has never been interrupted throughout history, right? It's like a leaf shedding and falling. But with each shedding, new leaves emerge. Therefore, why should you weep over or be afraid of the leaves that shed?

所以不⽤去纠结表⾯上发现的这些现象.你如果害怕的话,那你害怕的能量在创造更多的恐惧事件.为什么? 因为你散发的能量就是我很⽆⼒,我很weak,然后我很害怕.然后会有更多的⼈加⼊你这个频率.那你们的⽆⼒者就会越来越多.那以前希特勒的事件,那不都是很多⽆⼒者,就是他们觉得⾃⼰是没有能⼒的是受迫害的.他们有很多⼈有这样的意识、意念过后,那不就创造了很多受害者出来.那你这样⼦跟他们的思想就是⼀样的呀.那越多⼈是这种害怕的状态,那就越来越多⼈展现出像希特勒事件⼀样的破坏状态呈现给你们.来让你们看到⼒量,就是邪恶的⼒量,就是破坏的⼒量和⼀个善良的⽆⼒者这种现象给你们看.

So there's no need to worry about these phenomena you've observed on the surface. If you're afraid, then your fear energy is creating more fear events. Why? Because the energy you emit suggests that you are powerless and weak, and that you are scared. As a result, more people will join you at this frequency, leading to an increasing number of powerlessness. This phenomenon was evident in previous events like those under Hitler, when many perceived themselves as powerless victims unable to exert their ability. Once a large number of individuals held such awareness or thoughts, they created numerous victims. Your mindset is the same as theirs. The more people are in this state of fear, the more will exhibit destructive behaviors akin to what occurred during events like those under Hitler, presenting you with demonstrations of power - the power of evil and destruction, as well as the phenomenon of a powerless good person.

这些现象它不是来告诉你⼈是有多恐怖,⼈是有多残忍.它只是来让你们看到你们思想程度的不同,就是说意识状态的不同.⼀个是我是没有⼒量的,⼀个是我是有强⼤⼒量的.这两种,仅此⽽已,明⽩吗?

These phenomena are not here to tell you how terrible humans are or how cruel they can be. They merely serve to show the differences in your levels of consciousness, that is, different states of awareness. One is "I have no power," while the other is "I possess great strength." That's all there is to it, do you understand?

问: 我呢天梦见我死去的奶奶,她跟我说了⼀些话,但是我没有记起来.她想跟我说什么吗?

Questioner: I had a dream about my late grandmother yesterday. She told me something, but I can't remember it. Did she want to tell me something?

⾼灵: 你不需要去纠结任何信息.因为你不会去错过任何.然后在你的潜意识当中⼀切都已经在呢⾥了.它会在你… 这么说吧,就好像你是⼀颗种⼦.然后你的每⼀个枝叶,你的每⼀朵花瓣它都包含在其中的.它到时间就会呈现出来.所以这包括你在⼈⽣中会得到的⼀些信息,会出现的⼀些信息.它都会在季节到了,然后它的叶⼦就长出来了,明⽩吗? 你唯⼀要做的就是信任.

Higher Spirit: You don't need to worry about any information. Because you won't miss anything, and everything is already within you in your subconscious. It will come when it's time. So this includes the information you'll receive in your life, or information that appears. It's all contained in there until its time comes; then you understand, like a seed, each leaf and every petal are part of it. And they grow out as their season allows. The only thing you need to do is trust.

问: 她还有没有话要告诉我呢? 我感觉我的问题都是我⾃⼰头脑⾥⾯的⼀些问题.

Questioner: Does she have anything else to tell me? I feel like my questions are just issues within my own mind.

⾼灵: 不会.你的问题带出来了很多很多的智慧.所以你不要把它看成没有意义或者是⽆聊或者是没必要.因为这些信息它可以完全,就⽐如前⾯的信息,你们会觉得⼈类很坏,通过这些迫害的事看到⼈类很坏.但是呢,我在让你们看到,实际上就是⼀波像你这种⽆⼒者,受害者的⼼理和⼀堆权⼒就是⼀切.你们两波这种⼈不同的思想,把你们的思想境界展现出来⽽已,思想的状态.仅此⽽已.⽽不是说⼈都是坏呀,世界多恶劣呀什么什么的.那通过事件展现出来你们是什么样的状态,你是不是你就可以改变了呢? 那你⼲嘛要选择做⼀个⽆⼒者呢,对不对? 因为呢些权⼒,他们拥有⼒量,他们的能量是来⾃于你们呀,明⽩吗?

Higher Spirit: No. Your question has extracted so much wisdom. So don't see it as meaningless or boring or unnecessary. Because this information can completely show how these issues affect you like humans being perceived negatively through their oppressive actions. But what I am showing you is that there are waves of powerless people, the victims' psychology, alongside a bunch of power where everything revolves around that power. These two different thoughts from both sides just highlight your mental state and consciousness; they only show your state of mind. It's not about saying everyone is bad or the world is so terrible. It's about showing how you react to situations, can you change? Why would you choose to be a powerless person when you could rise above it? Understand that these powers have strength, their energy comes from you.

是你们把你们所有的⼒量、能⼒和权⼒交给了他们呀.你们⾃⼰觉得⾃⼰没有任何权⼒.但是你要知道就是你简单的相信你拥有转变⼀切的⼒量,你不需要去做任何,不需要去杀个⼈才能展现你的⼒量.不需要去做⼀个官,你才有⼒量.你只是单纯的相信你是有⼒量的,你不是⽆⼒的.然后你就在创造不同的相在这个世界上,明⽩吗?

It's you who have given them all your strength, power, and authority. You feel that you have no power at all. But you must know that simply believing in the power to transform everything, without needing to do anything, or kill a person to show your strength, or need to be an official to have power – just believing that you are powerful and not powerless allows you to create different realities in this world, understand?

问: 灵魂层⾯我不担⼼,我就是害怕物质层⾯、⾁体层⾯…⾼灵: 因为你还没有去明⽩这层关系.因为你们⼀直觉得这是两回事.你们物质世界的现象,就是出现的事件,这些相,就是你们的意识、你们的精神状态、⼼理状态、你们内在的⼀个状态的体现⽽已,明⽩吗? 那如果你担⼼,OK,那你肯定会去体验担⼼的事件呀.为什么? 因为你发射的是担⼼的频率,那你出现的是不是就是担⼼? 好像你们的榨汁机,你扔进去的是西红柿,那你出来的肯定是西红柿汁啊.你就好像我就怕出现西红柿汁,因为西红柿汁我过敏.那你扔进去的是西红柿啊.我只是来让你们看到你们物质世界运作的⼀种⽅式、

Questioner: I worry about the spiritual aspect, but not the material and physical aspects... Higher Spirit: Because you haven't understood this relationship yet. You've always perceived them as two separate things. The phenomena in your material world are simply reflections of the events that occur - these 'sights' or 'appearances' are manifestations of your consciousness, mental state, psychological condition, and inner state. Do you understand? If you're worried, then yes, you will experience events related to worry. Why is this so? Because you emit a frequency of worry, resulting in worry appearing. It's like with your juicer; if you put in tomatoes, out comes tomato juice. Similarly, I'm concerned about 'tomato juice' because I'm allergic to it. You've inserted tomatoes into the juicer. All I want to show is how your material world operates.

⽅法.它是通过你仍进去什么,你的世界就显现什么.那如果你不去担⼼任何,你只是相信你有⼒量,你只是相信你是爱,⽆论什么时候你只是展现爱.那你就会发现你的世界⾥爱的现象就越来越多,⼒量的现象就越来越多,明⽩吗? 然后越来越多⼈他都会从你这⾥去看到⼒量和爱.你是不是就像是⼀个点亮他⼈…问: 我就是害怕别⼈接受不了⼀些问题…⾼灵: 你现在有没有看到你⾃⼰,你永远都在别⼈别⼈,外在、别⼈.你没有外在,你体验的外在是你内在.

Method. It is through what you put into it that your world manifests. If you do not worry about anything and just believe in your power, believe in love, then whenever you just show love. You will find more phenomena of love in your world, more phenomena of power, understand? Then more people would see the manifestations of strength and love from you. Are you like a light that illuminates others… Questioner: I'm afraid that people can't accept some issues… Higher Spirit: Have you seen yourself now, always focused on others, externally, others. You don't have externals, your experienced external is within you.

问: 外⾯没有别⼈的话,我只是需要做我⾃⼰,然后不接受外在给我的反馈,是这个意思吗?

Questioner: If there's no one else outside, do I just need to be myself and then not accept the feedback given to me from the outside? Is this what it means?

⾼灵: 你需要通过外在的反馈看到你⾃⼰的⼀个状态.你就像是外⾯是⼀个镜⼦,你通过镜⼦⾥⾯的东西…因为你要是不通过镜⼦,你看不到你⾃⼰是什么状态的.那你可以通过镜⼦,像照镜⼦⼀样.但是你们很多⼈会被镜⼦⾥的现象给吓着.你现在就是被镜⼦⾥⾯的现象给吓着.然后你把它当成真实的.然后从⽽让⾃⼰没有⼒量.然后你觉得… 但是我的信息是来告诉你,外在的⼀切你都不需要去害怕.为什么呢? 因为呢是你⾃⼰的⼀个频率状态.如果你调整⾃⼰的⼀个频率状态.让它在爱中,就是你相信你拥有⽆限的改变⼀切的⼒量.你只需要相信它,你就便拥有了.那你外在的⼀切都会变了,明⽩吗? 这⾥没有外在.你们呢个地区为什么会发⽣这样的事情?

Higher Spirit: You need to observe your own state through external feedback. It's like looking at yourself in a mirror; you see what's reflected within it because you won't know who you are without using the mirror. You can observe yourself just as you would when looking into a mirror. However, many of you might be frightened by the phenomena shown in the mirror. That's precisely what you're experiencing now – being frightened by the phenomena in the mirror and then believing them to be true. Consequently, this weakens your strength. And then you think... My message is to tell you that nothing external needs to be feared. Why? Because it's your own frequency state. If you adjust your frequency state and let it resonate with love, believing that you possess unlimited power to transform everything. You just need to believe in this ability, and then it becomes yours. Consequently, everything external will change. Do you understand that there is no external here? Why do things happen like this in your specific region?

因为有很多像你们这样的⼈啊,明⽩吗? 有很多像你这样的⼈啊.他们的思想,他们的频率,他们的状态都是这样⼦的⼀个状态.因为⼈会被影响的.就好像你最开始没有,但是你进⼊了这样⼦的能量状态.你也在,你也加⼊了,你也产⽣了同样的… 那它这个能量就越来越强⼤.那它这个暴乱事件或者极端事件或者被害事件就会越来越多了.所以需要更多的⼈需要明⽩这⼀层.然后他们从他们的能量状态改变过后,那呢个事件就会慢慢减少.那有爱的事件就会越来越多.那光越来越多.

Because there are many people like you, understand? There are so many people like you who have the same thoughts, frequencies, and states of being. People can be influenced by such an energy state. You might start out unaffected, but when you enter this kind of energetic state, you join in and create a sense of unity that amplifies the energy. As this energy grows stronger, so do incidents like riots or extreme events, as well as victimization cases. Therefore, more people need to understand these dynamics. When they change their own energies, such events start to decrease, giving rise to more loving occurrences and an increasing presence of light.

问: 我的内⼼有时候就在⽼师说的这个状态,但是我的⾏动如果不表现出来…不是知⾏合⼀嘛⾼灵: 你不需要去逼你⾃⼰做任何.就好像⼀个家长⼀样要严格的监控你的⾏动跟你的思想合⼀.你不需要.你只需要去真正的去明⽩你是谁.就是能知道你拥有的⼒量,就好了,就⾜够了.那你外在⾃然就散发呢个⽓息了.你就是呢样的能量状态了.所以你需要去通过假装或者通过去… 就⽐如说你是⼀个淑⼥,你要做出这样⼦的⼀个动作才是淑⼥.不需要.

Questioner: Sometimes, my inner self is in the state that my teacher described, but if my actions don't manifest... doesn't it mean knowledge and action should be unified? Higher Spirit: You do not need to force yourself to do anything. It's like a parent trying to strictly monitor both your actions and thoughts in unison. That's unnecessary. What you need is to truly understand who you are, which means recognizing the power you possess, that's enough. Then, naturally, this essence will radiate from you. You'll embody such an energy state. So, there's no need for pretense or trying too hard like...for example, if you're supposed to act as a lady, making movements that align with that expectation is enough, rather than forcing it upon yourself.

问: 我怎么可以辨识出我的灵魂伴侣?

Questioner: How can I identify my soulmate?

⾼灵: 就是放⼿.你只需要放⼿,明⽩吗? 因为你想⼀下如果你的头脑⾥⾯⼀直在呢研究怎么样辨识,怎么样怎么样.你在头脑⾥⾯的话,你如何让你的⼼静下来去感受.如果你不能去感受的话,那就算你的另⼀半在你⾯前你也感受不到他呀.那你真正的能放下头脑和⼼连接的话,⼀切你都能感受的到,明⽩吗? 所以你越是去纠结、担⼼或想要怎么样的话.那你越是和当下失去连接.那你和当下失去连接,你能感受的东西就越来越少.

Higher Spirit: It's just letting go. You just need to let go and understand, because if you spend time trying to figure out how to recognize things, or how you should do this or that, when your mind is full of these thoughts, how can you calm your heart to feel? If you cannot feel it, even if the other half is right in front of you, you won't feel them either. So, if you truly let go of your mind and connect with your heart, everything becomes accessible to you, do you understand? Therefore, the more you fret, worry, or try to control things, the more you are disconnected from the present moment. Being disconnected from the now limits your ability to perceive things.

问: 你们还有没有话想对我说.

Questioner: Do you have anything else you want to say to me?

⾼灵: 你稍等.⾸先就是谢谢你今天带出来的信息.因为你的信息你可能⽬前不能去理解它带来多⼤的影响.但是这些信息的确会带来⾮常⼤的影响.就是关于你说的压迫的问题,就⽐如说政权的⼀些问题.因为你们有看到很多⽐如说政府的⼀些⼒量去压迫⼀些民众.然后民众会感受到⽆⼒,就⽐如说⼀些战乱的地⽅.然后呢些强⼤的国家去压迫他们,就⽐如说这种现象.那为什么这样⼦的现象会存在呢?⾸先这是你们⼈类意识成长的⼀个过程,就是你们⼈类意识转变的⼀个过程.转变它就是,就好像你们需要先通过分裂,然后去认识到什么是合⼀.所以会有很多这种分裂的现象.但是通过这些分裂的现象,你们会⾛向合⼀的道路.所以我想让你看到它这只是⼀个过程.

Higher Spirit: Wait a moment. I first want to thank you for the information you've brought out today. You might not be able to fully understand the impact it will have at this moment, but these pieces of information indeed carry significant influence. Specifically regarding your discussion on oppression and issues involving governments. You've noticed how governments exert power over their people, causing them to feel helpless, especially in areas experiencing conflicts and turmoil under domination by stronger countries. The question arises: why does such a phenomenon exist? This is part of the human consciousness' growth process as you evolve from one state of understanding to another. This transformation involves recognizing unity after experiencing division—hence many instances of division. However, through these experiences of division, you move towards a path of unity. Hence, I want you to see this as merely a phase of development.

然后呢个过程转变的⼒量它不在于压迫.⽐如说这个国家压迫你,然后其他国家又来压迫这个国家.就是⽤更⼤的⼒量来压迫.并不是.这并不是说你们的翻⾝之路,并不是你们的改变之路.然后什么样才是你们真正的改变之路呢?就像刚才说你们有两波思想在这个地⽅展现出来.⼀波就是像你这样⼦充满害怕.你连通个话,你都害怕被监控.就是你的这种恐惧⼼理,你的这种害怕⼼理.你会觉得你的任何举动你都会被迫害.然后这种⼼理就会创造更多的被迫害的事件.就是你会看到⼀些特别没有⼒量的⼀些⼈被⼀些特别强⼤⼒量的⼀些⼈欺负.你就会创造很多这样的现象.为什么?因为你们有很多⼈都是同样的能量状态.那这些事件就会反复的出现.

The force of that process does not lie in oppression, for instance when one country oppresses you and then other countries come to oppress the first country with even greater power. It's not like this represents your path to overturning or changing things. Then, what is truly your path to change? Like what was just mentioned about two waves of thoughts manifesting here. One wave is fear-filled, where you are afraid even to speak for fear of surveillance. Your fear and fearfulness create the illusion that any action will result in persecution. This mindset generates more instances of persecution. You'll observe weak people being bullied by powerful entities. These events recur because many share similar energy states.

问: 因为有些⼈就是⽆缘⽆故… 我就是害怕…⾼灵: ⾸先你们要知道你们需要打破⼀个恶性循环.呢个恶性循环是什么? 你们会把物质世界发⽣的⼀切当成是真实的.你们会觉得哇,这是真的,真的他们就很强⼤,我就很弱⼩.你看吧,外⾯发⽣了⼗件事全部都是这样⼦.但是我想要你看到的就是说这⼗件事只是给你呈现出你们现在能量还是这个状态.是这个信息.那如果你发现了你现在还在恐惧的能量状态当中.那你是不是可以着⼿清理你的恐惧?那如果你不再散发出恐惧的⼒量,你知道你是⽆限的存在.你是拥有⽆限的能量.那你强⼤的能量是什么?就是爱.那你能成为⼀个只是爱的存在,散发爱的状态的话.你便不会在⼀个恐惧的状态.

Questioner: Because sometimes people just have no reason... I'm afraid...

Higher Spirit: First of all, you need to understand that you are dealing with a vicious cycle. What is this vicious cycle? You perceive everything happening in the physical world as true reality. You think, oh it's real, and because it's real, they're powerful, and I'm weak. Look at it this way; there are ten things happening outside and all of them are like that. But what I want you to see is that these ten things are just showing you the energy state you are in now. It's the information. If you realize you are still in a state of fear, then isn't it time for you to start addressing this fear? If you no longer emit fear as a force, knowing that you are an infinite being with infinite energy, what is your power? It's love. You can be a being solely filled with love, emitting the state of love, and thus remain in a fearless state.

那当你不在⼀个恐惧的状态,你就会唤醒其他更多的⼈.那当你们,⽐如说⼀百个⼈九⼗九个⼈都在爱的状态下,你们呢个地⽅便不会发⽣这样的事情,明⽩吗?所以这是个⼀系列,就好像⼀个⽕花.你现在就是⼀个⽕花对吧?那当你这个⽕花⼀燃烧起来了,更多的更多的就会跟着燃烧起来.然后直到整个全部被燃烧起来,是这样⼀个过程.但是你们必须要有⼈从恶性循环当中⾛出来,能明⽩他们不是真正的强⼤的,你们不是真正的⽆⼒的.之所以这样呈现,是因为你们彼此都是有这样的⼀个认知.那你们有这个认知,你⾃然⽽然就会散发出这种频率.就⽐如说你很害怕.你很害怕全⾝就会发抖对不对?那当你变成只是爱的存在过后,那你状态是不是就不⼀样了?

When you are not in a state of fear, you will awaken many more people. So when 100 out of 99 people are in an attitude of love, then such incidents do not happen there, right? This is a series that's like a spark. You are now this spark. When the spark ignites, more sparks follow. And it continues until everything burns up. That's how it works. But you need someone to break out of the vicious cycle and understand that they're not truly powerful or powerless. They're just presenting themselves that way because they share the same cognition with others. With this understanding, your natural frequency will manifest. For example, when you are afraid, your whole body shakes, don't you agree? When you become purely an existence of love, isn't your state different then?

那你能量不⼀样了,被你点燃的能量就越来越多.那是不是你们整个外在呈现的事件就不⼀样了? 还有问题吗?

If that's the case, then your energy is different, and the amount of energy you ignite increases. Wouldn't that mean the events presented to you externally are also different? Any other questions?

问: 我想问我玩塔罗牌给我反应出的是我⾃⼰的潜意识吗? 我还是选择我愿意我相信的东西,然后骗骗我⾃⼰.然后我就可以超着这个⽅向…⾼灵: ⾸先你要知道外在的所有信息,哪怕是塔罗牌,它只是展现的是你当下的⼀个状态⽽已.你对⾯跟你演对⼿戏的呢个⼈,他也只是体现你的状态⽽已.他体现你的状态到底是在愤怒还是有爱还是平静还是不平静的⼀个状态,烦躁的⼀个状态.那塔罗牌它也是,它也是体现出你⽬前的⼀个状态⽽已.因为外在的⼀切都只是镜⼦.那既然就是说它只是反射出你的频率,那你能从中看到什么那就是看你⾃⼰了.那就⽐如说跟你互动的呢个⼈正好是愤怒的.

Questioner: I want to ask if the reactions from playing tarot cards show my subconscious? Or do I still choose what I believe and deceive myself, then move in that direction… HIG: First, you need to understand that all external information, even tarot cards, merely reflect your current state. The person facing you in this interaction mirrors your state as well. Whether they show anger, love, calmness, or agitation is reflecting your own emotional state. Similarly, the tarot cards also reflect your current state. As everything outside is just a mirror, if it reflects only your frequency, what you can see from that reflection depends on yourself. For instance, if the person interacting with you happens to be in an angry state.

如果你看出来是他愤怒,你没有看到你⾃⼰内在的问题,那就是你的⼀个意识程度的问题.那塔罗牌能带出来多少信息,你能看到多少信息也是你的⼀个意识状态.所以你会根据你在不同的意识状态下得到的信息是不⼀样的.

If you can see his anger but not your own issues, that is a problem of awareness on your part. The amount of information the tarot cards can bring out and how much you can see also depends on your state of consciousness. Therefore, the information you receive based on where you are in different states of consciousness will vary.

问: 我就在做我⾃⼰,但是我感觉别⼈很愁苦⾼灵:你不需要去相信你的任何感觉,明⽩吗?因为你的所有感觉都来⾃于你头脑⾥⾯的定义.然后所有的定义都是可以改变的.那你还怎么感觉呢?你如果今天反复听这些信息,你会知道外在所有的⼀切它只是⼀个镜像供你去观察⽽已.如果你没有⾜够的跟你的⼼链接上,你是观察不到的.

Questioner: I am just being myself, but I feel that others are suffering.

Higher Spirit: You don't need to believe in any of your feelings, understand? Because all your feelings come from definitions within your mind. And then, all definitions can be changed. So how do you feel? If you listen to this information repeatedly today, you will realize that everything outside is just a mirror for you to observe. If you are not fully connected with your heart, you won't be able to perceive it.

问: 就是在我特别平和的时候,看到别⼈皱着眉头,我知道不是我的原因.这种时候我要怎么做呢?

Questioner: Even when I am very calm, if I see others frowning, I know it's not because of me. What should I do in such situations?

⾼灵: 你需要去问别⼈你需要怎么做.如果我告诉你,你应该笑.然后每次你看到别⼈皱眉头你就哈哈⼤笑.为什么? 通灵信息说的我要笑.那你是什么? 你只是⼀个傻⼦啊.你只是⼀个权威信息说什么就是什么的傻⼦.ZF说什么就是什么的傻⼦,明⽩吗? 你有你的⾃我吗? 你不是活的,你只是死的.你只是⼀个程序的⼀个机器⼈⽽已.所以说你需要去问别⼈我需要怎么反应吗? 但是你却可以去说观察你⾃⼰的反应.⽽且就算你的反应它也是假象.为什么呢? 你的所有反应都是根据你头脑⾥的定义.那你头脑⾥的定义都是可以改变的.还有问题吗?

Higher Spirit: You need to ask someone else how you should do it. If I told you, you should laugh. Then every time you see someone frown, you should laugh wildly. Why? The spirit information says that I want you to laugh. So what are you? Just a fool. A fool who blindly follows whatever authority says. A fool who accepts everything the government says, understand? Do you have your self? You're not alive; you're just dead. You're merely a robot executing a program. So you need to ask someone else how I should react? But you can observe your own reactions instead. And even your reactions are illusions. Why is that? All of your responses are based on definitions in your mind. Those definitions in your mind can be changed. Any more questions?

# **2022/05/11 — 在当下扎根Take Root Now**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

问: 你好,我每次做这⼀类的都很紧张.我想问我这么紧张是不是不太对,不太好?

Questioner: Hello, I get very nervous when doing this type of thing. I was wondering if it's not quite right or inappropriate for me to be so nervous?

⾼灵: 你想问⼀下你每次做这样的交流都会很紧张是吗? 你是说的是像通灵这样的交流吗?问: 对,就是跟更⾼维度的.

Higher Spirit: Are you asking because you feel very anxious whenever you have such exchanges? Are you referring to exchanges like spirit communication? Questioner: Yes, specifically communicating with higher dimensions.

⾼灵: 那你现在不要把我当成⾼维度就好啦.

Higher Spirit: Just don't think of me as a high-dimensional entity, okay?

问: 好的.我现在在跟着⼀本书学习,channel test.它在讲tune in.能够感应别⼈的⼀些⽅法,但是我每次都感受不到.我想问⼀下这个是怎么回事?

Questioner: Alright. I'm learning from a book on channel testing. It discusses tuning in to others, but I can't feel it every time. I want to know what's going on with this?

⾼灵: 因为你⾸先要理解你们每⼀个⼈都是通灵者.但是通灵的⽅式⽅法却是每⼀个⼈都是独⼀⽆⼆的.那你又如何能跟别⼈学习呢? 所以你必须要⾛你⾃⼰的路.因为在你去成为你⾃⼰,就好像你是⼀棵果树,你在开花结果.那么,⽐如说通灵让你能盛开,对吧? 那你盛开就是是必然的⼀件事情.所以你不需要从外在去学习要如何盛开,明⽩吗? 就好像你是⼀棵果树,那么你的根就会跟⼟地扎根扎的很深,跟⼤地紧密的相连.就好像你现在是⼀颗种⼦.你还没有去把你的根往地下扎根.你说我想要学些它们如何是跟⼤地连接在⼀起的? 但是它们说触⾓可以感受到泥⼟,我却感受不到,为什么呢? 因为你现在还没有发芽呀,你还没有开始长根呀,明⽩吗?

Higher Spirit: Because you first need to understand that each of you is a medium. But the way you channel is unique to you. How can you then learn from others? So you must walk your own path because in order to become yourself, like a tree blossoming and bearing fruit, it's inevitable for you to blossom. You don't need to learn externally how to blossom; understand? Just as you are a tree, your roots would deeply connect with the soil, being closely linked to the earth. Now imagine you're a seed that hasn't yet grown its roots into the ground. You ask how do they connect with the earth, but I can't feel it like them. Why is this so? Because you haven't sprouted yet; you haven't started growing your roots; understand?

那通灵实际上就像这个过程⼀样.就是⽐如说你是⼀颗种⼦,你是你对不对? 那你要和⼤地母亲,你要和⼟地链接在⼀起.就好像它包着你,你包着它,这种感觉⼀样.就是融为⼀体对不对? 那这个融的过程中是不是需要你成为你⾃⼰? 你先去发芽、⽣根、成长,对不对? ⽽不是说只是看别⼈已经发芽、⽣根,已经链接好的呢个.因为你们每个⼈都已经包含了在⾥⾯.你不需要从外界学习.但是你可以把这个当成你的⼀个探索的路上.就是我想要去感受探索,不断地去呢个什么.但是你需要去明⽩你本⾝就拥有这些.

The process of attunement is akin to this experience. If you are a seed, aren't you? You need to connect with Mother Earth and link with the soil as it envelops you and vice versa, creating a sense of融为一体. This means becoming one, right? During this integration, do you not have to be true to yourself first? You start by germinating, rooting, growing, correct? Not just watching others already sprout, root themselves in the established connections because each of you already holds these within you. There's no need for external learning. However, you can view it as part of your journey of exploration - wanting to experience and continually probe into various aspects. But you must understand that you inherently possess these qualities yourself.

问: 有时候我在冥想的时候,我就进⼊⼀个半梦半醒的状态,我就看到⼀些画⾯.我想知道呢个画⾯是我的幻像梦境,还是说他们所说的灵视?

Questioner: Sometimes when I'm meditating, I enter a half-conscious state where I see some images. I want to know if those images are my hallucinatory dreams or spiritual visions as others describe them.

⾼灵: 你⾸先你要知道你在这个物质世界也好,你是在哪⼀种状态也好.⽆论你在哪⼀种清醒、半梦半醒还是冥想,你体验的都是你⾃⼰的能量.你体验的都是你⾃⼰的观念,你的思想,你的意识状态.你体验的只是你⾃⼰.所以包括你在这种状态下也是这样⼦.你⽐如说你现在是这样⼦的状态,如果你过了很多年,你的意识发⽣了很⼤的变化.你体验就又不⼀样了,明⽩吗? 就好像你想象⼀下就⽐如说你长满了触⾓,你的触⾓不断在长.你现在只有三四根触⾓,然后你去感应这个世界,对吧? 你感应出来是⼀种感觉.那经过岁⽉不断地增长不断地增长,你的意识不断地转变、突变.你长了⼏⼗根触⾓.那你感应到的是不是又不⼀样了?

Higher Spirit: First of all, you need to know that no matter where you are in this material world or what state you are in - whether you are fully awake, half-asleep, or meditating - the experience you have is your own energy. You experience your own thoughts and ideas, your consciousness. What you experience is only yourself. Therefore, even when you're in such a state, it's still like this. If after many years, your consciousness has changed significantly, then your experiences will be different, understand? Imagine for instance that you are growing tentacles, with your tentacles continuously growing. You currently have only three or four tentacles, and you sense the world, right? The feeling you perceive is one way it feels. Over time, as your awareness changes and evolves constantly, you grow several dozen tentacles. Then, when you sense the world through all these tentacles, wouldn't that feel different too?

问: 我是让它⾃然⽣长还是我去做⼀些事情帮助协助我在这条路上更快去⽣长呢,这些触⾓?

Questioner: Should I let it grow naturally or should I do something to assist and facilitate my growth on this path more quickly, these tentacles?

⾼灵: 你们总是在追求快.你告诉我怎么才叫快? 就突然睡醒⼀下你就变成另外⼀个⼈了吗?因为这⾥并没有⼀个时间的概念.如果没有时间的话,怎么才叫快呢? 你告诉我.你们所谓的快,你们追求的快,实际上你们是在脱离⽣命、脱离当下.你们就是在远离它.并没有融⼊它.⽽你所说的这些就是说能更好,就是completely的融⼊它.这个才是.明⽩我意思吗?你追求的快就是完全的脱离它和⼀个完全的融⼊它.你能区别这样⼦的不同的吗? 你想要完完全全的融⼊它.为什么? 完完全全的融⼊它,你才能感应你才能感知更多.然后呢,你却在完完全全脱离它.为什么? 因为你要飞起来.你飞起来就是快了,然后就脱离了.

Higher Spirit: You're always after speed. Tell me, what does 'speed' mean? Suddenly waking up and becoming someone else because there's no concept of time here. Without time, how can something be considered 'fast'? Explain this to me. Your notion of 'speed' and the pursuit of it actually means distancing oneself from life and the present moment; you're moving away from it without integrating into it. What you're referring to as faster is completely immersing oneself in that state. That's what matters, understand? The speed you seek is about completely detaching yourself and then completely merging with it. Can you differentiate between these two? You want to be completely immersed in the moment, why? Immersion allows for greater perception and sensitivity. Yet you're completely distancing yourself from it. Why? Because you want to fly. Flying is considered fast, thus detaching yourself from reality.

你想如果这个⼥孩⼦在给你传达信息,她如果不真正真正的在感知当下的话,她没有任何信息可以出来的,明⽩吗? 因为她接触不到、感应不到、触摸不到.那她这样快就好吗?

You wonder if this girl is conveying messages to you, if she doesn't truly and genuinely perceive the present, then she has nothing to communicate, do you understand? Because she can't access, sense, or touch anything. So is it okay for her to be like that so quickly?

问: 那如何才能够更加在当下呢?

"How can we be more present?"

⾼灵:那就是你脑海⾥⾯的⼀些观念了,你觉得快是好的.那如果你知道这⾥并没有时间观念,也没有快.你只需要完完全全的让你⾃⼰就好像是⼀碗被搅动的⽔,你要让它沉淀下来.你是不是需要让它慢慢沉淀下来.

Higher Spirit: Those are the ideas in your mind that you believe speed is good. If you know there's no concept of time or fast here, all you need to do is completely let yourself be like a stirred-up bowl of water, letting it settle down. Do you need to let it slowly settle down?

问: 是否可以理解我是⼀个⽐较放松的接受的状态?

Questioner: Can it be understood that I am in a relatively relaxed acceptance state?

⾼灵: 这个是需要你… 因为你才是需要跟你的⾁体去work together的,对不对? 因为你需要通过这个⾁体去接受信息,去感知.那你是不是需要跟它去,你慢慢跟它去探索怎么样才能让你安⼼,对吧? 怎么样才能让你安静下来,让你达到⼀个和当下链接.所以这是你和你的头脑和你的⾝体,你们需要去deal with的⼀些东西.就是你慢慢… 这就是你们⽣活中叫的是什么? 修⾏.

Sage: This is something that you need... because it's you who needs to work together with your physical self, right? Because you receive information and perceive things through this body. So, do you need to connect with it slowly, figuring out how to make yourself feel at ease, am I right? How can you calm down and link up with the present moment? This is something that involves dealing with your mind, your body, and you as a whole in your life's journey of cultivation.

问: ⼤家都说有个东西叫⾼我.怎么知道我听到的东西是它的还是不是它的?

Questioner: Everyone says there's something called Superior Being. How do I know if what I hear is actually its voice or not?

⾼灵: 你不需要去辨别.如果突然有个声⾳说我要杀了他,如果这个声⾳是来⾃⾼我的,那你是不是就真的去杀⼈了? 所以你的问题是什么? 你的问题是我要确定哪个信息是来⾃于⾼我的,我就可以去⾏动.我要确定哪些不是,那我就不⾏动.那我刚刚问你,如果你辨别出来了,OK,这个是来⾃⾼我的.⾼我让我把他杀掉.那你是不是就要去把呢个⼈杀掉呢? 那就是了.所以你并不需要去依附任何信息.啊,今天这个⼈通灵的信息,她很权威啊,是通灵啊,所有的信息都好对啊,我要听她的.那你这样就完全就是⼀个迷信的状态.你没有你⾃⼰在⾥⾯.你只是⼀味的去从别⼈呢⾥觉得哪个信息好,哪个信息真,哪个信息权威,然后你就去拿它,拿过来.

Higher Spirit: You don't need to discern. If suddenly there's a voice saying I'm going to kill him, and if this voice is from your higher self, would you actually go and commit murder? So what's your question? Your question is that I want to determine which information comes from my higher self so I can act upon it. I want to know which ones are not; thus, I won't act. When I asked you earlier, if you discerned correctly, okay, this comes from your higher self. My higher self wants me to kill him. Would you then go and kill that person? That's the point. So there's no need for you to cling onto any information. Oh, today's channeling message is very authoritative; it was a channeling; all the information matches up perfectly; I should listen to her. Then you're completely in a state of superstition, losing yourself. You're just blindly accepting which information sounds good, which seems true, which appears authoritative, and then taking it at face value.

所有的外在,哪怕包括这些信息,它都好像是对你只供⼀个参考.你通过参考这些信息,⾃⼰去摸索、感受、链接,明⽩吗? 领悟.它在你⾝体⾥产⽣什么变化,那是独⼀⽆⼆的.所以你才是独⼀⽆⼆的,⽽不是信息.

All external information, even including this data, is merely for your reference. You must use these pieces of information to explore, understand, and connect with them on your own, do you get it? Enlightenment comes when you realize these insights. These changes that occur within you are unique, hence making you unique, not the information itself.

问: 有的时候我确实会觉得突然脑海⾥出现⼀句话吗,但是我不知道它是来⾃⾼我的,还是说是我背诵出来的.能有办法….

Questioner: Sometimes I do feel that a sentence suddenly appears in my mind, but I'm unsure whether it comes from the higher self or if I just recited it. Is there any way...?

⾼灵: 你们的脑海⾥⾯的声⾳就从来没有停⽌过,呢个声⾳就从来没有停⽌过.这个是你需要去认识和知道和了解头脑的运⾏的模式.然后你就会知道呢些声⾳并不是真的.因为有些⼈会因为头脑⾥的声⾳,他把它当成真的了.就会产⽣很多恐惧.有的⼈把它当成真的了,

The voice in your mind never stops, this voice never stops. This is what you need to recognize and understand the patterns of how your mind operates. Then you will realize that these sounds are not real. Some people treat the voices in their minds as reality, which generates a lot of fear. Others also do so.

就不断的去⾏动.⽽你们需要就是明⽩你头脑⾥的声⾳不是你,它也不是真的.它只是好像⼀个外⼈,⼀个中⽴者.你才是你.这样⼦你便不会受头脑⾥⾯的声⾳影响和控制.

Just keep acting on it. And what you need to understand is that the voice in your head is not you, nor is it real. It's just like an outsider, a neutral party. You are yourself. This way, you won't be influenced or controlled by the voice in your head.

问: 还有各问题就是我⼥朋友她现在在美国,飞机被取消没办法回来中国.她现在得了新冠,她没有办法通过⼤使馆的test,回不来.我想问问她这个暑假还能回来吗?

Questioner: There's another question - my girlfriend is currently in the US, and her flight has been canceled so she can't return to China. She has COVID-19 now, and she can't take the test through the embassy to come back. I'm wondering if she will be able to come back during her summer vacation?

⾼灵: 问她能不能回来.然后你们不应该问我们这样⼦的问题.因为对我们来说我们是没有任何分开的概念,明⽩吗? 但是在你们物质世界来说,你们指的只是⾁体.你们的⾁体,如果你来看⼀下,就⽐如说夫妻之间、情侣之间在⼀起.但是他们实际上呢?你在你的世界⾥,我在我的世界⾥.你在你的观念⾥⾯,我在我的观念⾥⾯.他们实际上是相互隔了⼗万⼋千⾥.难道你们没有这种感觉吗? 所以并没有你所谓的…. 如果你询问的只是⾁体会不会跟你在⼀起,会不会回来的话.那么这个决定永远都是取决于你们⾁体的,⽽并不是说我们的,明⽩吗?因为你在任意⼀个时刻你都可以改变你的想法.就⽐如说我前⼀秒钟我决定我要回来,那我下⼀秒钟我不回来了.

Higher Spirit: Ask her if she can come back. Then you shouldn't ask us such questions because for us there's no concept of separation, do you understand? But in your material world, what you refer to is just the body - your own body. If you observe closely, like between husband and wife or a couple, they might be together physically but actually, we are in our respective worlds. Our thoughts too; I'm here in my thoughts while you're in yours. They are effectively miles apart. Don't you have that feeling? So there's no concept of... If your question is only about the body being with you or returning, then the decision will always be up to your bodies, not us. You can change your mind at any moment. For example, if I decide in one second to return, I might choose not to return in the next second.

你说如果你在任意⼀秒,任意⼀个瞬间你都可以去改变你的结果.你如果让我们来回答你的问题?

You say that at any moment, at any second, you can change your outcome. If so, would you allow us to answer your question?

问: 是的.我的enery level总是很低,就是每天总是昏昏沉沉的很困.还有痛经.我想问⼀下关于这件事情.

Questioner: Yes, my energy level is always low; I'm constantly feeling sleepy and tired every day. Plus, I have cramps. I'd like to ask about this issue.

⾼灵: 你稍等.你想要知道就是说你是最近开始还是什么时候开始?

Higher Spirit: Wait a moment. Are you just starting now, or did you start at some point?

问: 好像已经很多年了.我⽩天就没什么⼒⽓.然后⾝体很容易疼痛.

Questioner: It feels like it's been years. I don't have much energy during the day. Then my body is very prone to pain.

⾼灵:很多年了.就好像…你稍等,我感受⼀下你的能量状态.你更多是有⼀些很多很多很多你想不通的事情.就是有很多思想层⾯上的⼀些东西让你感受到你很沉重.就是你觉得我没把这个事情相通,我没有办法轻松.你会有很多头脑⾥的想法还有观念还有思想层⾯导致你不能进⼊到⼀个很轻松的⼀个能量状态.所以是你的头脑⾥⾯的呢些想法还有⼀些念头还有⼀些观念.就是有些事情你⼀直想要把它弄清楚,你觉得你把它弄清楚你就可以放下了.但是这么多年来,你⼀直是在⼀个弄清楚的过程当中.然后直到现在你都没有办法把它放下.是因为这些会导致你感受到呢样⼦的⼀个能量状态.但是呢,从好的⼀个⽅⾯说,它会促使你继续的去探索.

Higher Spirit: It's been many years now. It's like... Wait, let me feel your energy state. You are burdened by a lot of things you can't understand. There are many aspects at the thought level that make you feel weighed down. You think I don't get this thing, and there's no way for you to relax. Your head is filled with ideas, beliefs, and thoughts that prevent you from entering into a relaxed energy state. So it's because of those thoughts in your mind and certain notions at the thought level that make you unable to enter a very light energy state. Therefore, it's those thoughts in your mind, certain notions, and some thoughts that have been causing this feeling for you over so many years. But on the positive side, it does encourage you to keep exploring further.

问: 了解.谢谢.我想知道有的时候我不知道要怎么做的时候,⽐如说遇到⼀些事情我不知道要如何应对.我要如何去问⾃⼰或者是⾼我?

Questioner: Got it. Thank you. I want to know how to ask myself or the higher self when I don't know what to do, for example, when faced with situations I don't know how to handle. How should I approach asking myself or the higher self?

⾼灵: 你们永远不会有不知道该怎么做的时候.你们只是进⼊了头脑⾥⾯就是说⽐较和担忧,就是说进⼊了头脑⾥分析的模式.才会发⽣你说的呢种不知道怎么做.如果你的头脑不⼲涉的话,你不会有这样的问题.⽐如说你遇到⼀些问题你想这样,头脑马上出来stop you:啊,你这个不⾏.你这样会怎样怎样… 它就会开始…你这样做的话会对你对别⼈怎样怎样….是这些头脑⾥的声⾳好像让你停住脚步了.因为如果你放下所有这些声⾳的话,你不会不知道你该怎么样去做.就是因为你的每⼀个念头每⼀个想法⼀开始产⽣后,你便有另外⼀个声⾳出来阻碍你.导致你进⼊这种就好像纠结的状态,明⽩吗?

Ethereal Spirit: You will never reach a point where you don't know what to do. It's just when you get into the mind mode of comparing and worrying that you start to feel lost on how to proceed. You enter an analysis pattern within your mind, which is why it feels like you are stuck deciding. If your mind didn't interfere, you wouldn't have this issue. For instance, if you face a problem wanting to do something but then suddenly hear a voice in your head saying: "Oh no, that won't work," and explaining how doing so might affect you or others negatively… This inner voice acts like a barrier stopping you in your tracks. The reason behind it is because every thought or idea as soon as it forms, there's another voice immediately opposing it, leading to this state of confusion. Can you see why?

问: 啊,明⽩了.还有⼀个⽐较难回答的问题.就是我这么多年⼀直在痛经.尝试了很多办法但是还是⼀直痛.

Questioner: Ah, I understand. There's another rather difficult question to answer. It's that I've been experiencing severe menstrual cramps for years, trying many methods but the pain persists.

⾼灵:你稍等.你的痛经有关于你接受你⾃⼰⾝份的⼀个阻碍.就是说抗拒,你对⾃我的⼀个抗拒.就是说你从深层次的,你并没有完完全全的百分之百的去接纳你⾃⼰,你这个整体.不是说你⽚⾯的你… 这是⼀个接纳的过程.就是说你内在可能对⾃⼰某⼀部分会有⼀点抵触,没有完完全全的接纳它.它会导致这个阻碍.这么想吧,你的痛经,那你的⾝体它是会有⼀个⾃然的⾎块从你的⼦宫⾥⾯剥落的⼀个过程,对不对?那你想如果有⼀个阻碍的情况,我不要它⾃然的,我想要抵触它.那你是不是从⼀个⾃动到⼀个抵触就会产⽣⼀个疼痛感?就会产⽣⼀个不适感?所以说当你完完全全的接纳你的每⼀个部分的时候,你的这个痛经便会消失了.

Higher Spirit: Wait a moment. Your menstrual cramps are hindering your acceptance of your identity. That is to say, you're resisting yourself, which means you don't fully and completely accept who you are at a deep level. This isn't about accepting just one aspect... This is an acceptance process. Essentially, there might be some resistance in your inner self towards certain parts of yourself, where you don't completely accept them. This leads to the hindrance. Think about it: your menstrual cramps involve a natural shedding of blood clots from your uterus, right? If there's an obstacle, and I resist this natural process instead of letting it happen naturally, wouldn't you experience pain or discomfort as you transition from acceptance to resistance? So when you fully accept every part of yourself, your menstrual cramps will disappear.

因为你呢会⼉是完全是另外⼀个能量状态,意识状态.所以你的⾝体也将会是⼀个流畅的状态,⽽不是⼀个阻碍它的状态.

Because you would be in a completely different energetic state, a state of consciousness, so your body will also be in a flowing state, not an obstructing state.

问: 我想问⼀下运动过后损伤了你的肌⾁,它是让你的⾝体变的更阻碍了吗? 因为它很痛.

Questioner: I want to ask if the injury to your muscles after exercise impedes your body more because it hurts so much.

⾼灵: 运动的? 运动带来的疼痛是什么,是吗? 你这个你⾃⼰在⽹上搜索⼀下不就是能很明⽩你们肌⾁运作的情况吗? 因为我讲的是在能量层⾯的,然后你说的是肌⾁层⾯的.我们说的是两个不同层⾯的问题.⽽且你不要把你的痛经跟别⼈的痛经拿去⽐,明⽩吗? 因为每⼀个⼈都是独⼀⽆⼆的,你不要觉得每⼀个⼈痛经都是有⼀部分没有(接纳)⾃⼰.NO,不⼀定的.你的只是属于你⾃⼰.因1为你们⼈类很容易做⼀种事情就是拿到⼀个概念过后,别⼈遇到这种情况.啊,我知道.它是怎样怎样.然后就把它变成所有⼈都是⼀样的.这并不是⼀样的.因为你们每⼀个⼈的功课都不⼀样.你们每⼀个⼈都是独⼀⽆⼆的.⽽且每⼀个的能量状态它都是独⼀⽆⼆的.

Higher Spirit: Movement? What kind of pain comes from movement, right? Don't you think that if you search it online, you can understand clearly how your muscles function? Because I'm talking about the energetic level while you're discussing the muscular level. We are addressing two different levels of issues. And don't compare your menstrual cramps with others', do you understand? Because everyone is unique. Don't assume every person's menstrual cramps stem from not accepting themselves. No, it isn't necessarily so. Your experience belongs only to you because humans often mistake a concept and apply it universally when someone else faces the same situation. It isn't universal. Everyone's lessons are different. Everyone is unique, and each individual's energy state is unique as well.

问: 我之前胸部也是很痛,就是每次来⽉经之前胸部很痛感觉很堵塞.是否也是我抗拒它,抗拒这个胸部,我不接受它?

Questioner: I used to have chest pain too, feeling very blocked before my menstruation each time. Is it that I am resisting it, resisting this part of my body, not accepting it?

⾼灵: 你想象⼀下,之前说你现在还没有… 就是为什么你会觉得你的enery level很低,然后你会… 然后其实这⼀系列你如果结合到⼀起看,明⽩吗? 因为它们都是息息相关的.只是说它会凸出来⼀些症状.但是这些症状背后呢…. 但是这只是你成长的过程⽽已,你不需要继续为这些担忧或者觉得啊,好⼤的问题.没有关系的.这只是你成长的⼀个过程⽽已.就好像是⽑⽑⾍变成蝴蝶,它在呢个⿊暗期,它只是暂时的.因为你在不断地变化变化.就像你现在来接受我们的信息.这些信息都会对你有天翻地覆的变化.就好像这些信息都会在你的意识⾥⾯埋下种⼦.这些种⼦迟早都会发芽.它就会对你有彻底的改变.

Higher Spirit: Imagine this, previously stating that you have not reached... It's why you feel like your energy level is low. Then, you would realize...

When combined together, it becomes clear because they are all interconnected. They simply highlight certain symptoms. However, the root of these symptoms...

But remember, this is just a part of your growth process. There's no need to worry excessively or think that it's a huge issue. It's alright. This is merely part of your growth journey.

Think of it like a caterpillar transforming into a butterfly during its period of darkness – a temporary phase as you continuously change and evolve. Just as you are currently receiving our information, these insights will completely alter you someday. These pieces of wisdom will be planted in your consciousness, eventually germinating and bringing about profound changes to your life.

所以你不需要去想办法我要怎么样解决这些问题.我们只是需要让你看到.因为当你看到了过后,你不会再继续在⾥⾯深陷其中.你便不会受这些束缚了.

So you don't need to figure out how I'm going to solve these problems. We just need you to see this because once you see it, you won't continue being trapped in it anymore; you will be free from these constraints.

问: 谢谢.那我是否可以了解⼀下你们平常都在看着我们吗? 还是你们…⾼灵: ⾸先你不要把我们想象成⼀个跟你⼀样有⿐⼦有眼睛的,我们并不是这样.我们只是纯粹的,就好像你所见到的空⽓⼀样,你能看到空⽓的存在吗? 但是你却能呼吸对吧? 你能感受到它的⽀持,你离不开它.那我们跟它也是⼀样,你虽然看不到我们.但是我们却在⽀持着你们.但是我们却在影响着你们.⽤你的头脑来理解的话,这就是最接近的解释了,给你.

Questioner: Thank you. Does that mean you observe us constantly? Or perhaps...Higher Spirit: First of all, do not picture us as being like you with a nose and eyes. We are not like that. We are purely there, just like the air you see. Can you see the presence of the air? But you can breathe, right? You feel its support; you cannot live without it. So, we are similar to it. Although you do not see us, we are supporting you. And we are influencing you. To understand this with your mind, this is the closest explanation that I could give you.

问: 所以我其实也可以跟你们联系到,就是如果我有⼀个state可以听到你们吗?

Questioner: So I can actually contact you, like if I have a state where I can hear you?

⾼灵: 你想要知道你可以如何通灵是吗? 你稍等.你现在就是说,因为你⾃⾝你还有很多就是在成长过程,你好像还有⼀股⼒量在阻碍你的成长.那通灵就好像我刚刚说的是花盛开了,对吧? 那你现在还是在扎根,还是在长树枝和叶⼦的时候.你只需要允许你的⽣命,允许你的⽣命⾃然的成为.那么到时候你⾃然⽽然就盛开了.你会以你⾃⼰独特的⽅式盛开.你不需要去学习,⽐如说这个⼥孩的通灵⽅式或者其他⼈的通灵⽅式.你只需要做你⾃⼰,成为你⾃⼰,不去抗拒它.因为这好像是惊喜⼀样,就是有⽆数个惊喜,然后逐渐的绽放给你.

Higher Spirit: Do you want to know how you can connect with spirit? Wait a moment. You are like this because there is still growth happening within you, and it seems that something is holding you back from blossoming fully. Connecting with spirit is similar to what I mentioned earlier about the flower blooming - does that make sense? Right now, you're more like a seed growing its roots or developing branches and leaves. You just need to allow your life to unfold naturally as it is. Once you do that, everything will come out naturally, in a unique way specific to yourself. There's no need for you to learn specific ways of connecting with spirit from others; you only need to be true to who you are and let go of any resistance. It's like experiencing numerous surprises that gradually bloom for you.

问: 您说的还有很多⼒量在阻碍我的成长.这个⼒量还可以再说的多⼀点吗?

Questioner: You said there are still many forces that hinder my growth. Can you please elaborate more on these forces?

⾼灵: 就是你⾃我接纳的呢个.问: 就没有了对吗?

Higher Spirit: That's about self-acceptance, isn't it? Questioner: There is nothing else, right?

⾼灵: 因为我虽然是⼀句话,但是⾥⾯却包含了很多.这些都会显现在你的⽣活当中.你如果很敏感很冷静的去观察你⾃⼰,把你⾃⼰当成像是⼀个实验对象⼀样去观察它.观察你⾃⼰升起的念头,观察你⾃⼰内⼼的悲伤,观察你⾃⼰迫切想要去呢个什么的,观察你⾃⼰的⼀些念头与念头之间的冲突,还有观察让你⼀些发脾⽓的事件、恐惧的事件.因为通过这些你便能很清楚的去看到你内在哪些观念和信念它在阻碍着你让你不能盛开,让你不能全然的成为⾃⼰.所以这是你⾃⼰的⼀个功课.⽽不是说我们直接把答案拿出来呈现在你眼前,明⽩吗? 如果我们直接把答案拿出来呈现在你眼前的话,又变成我之前说的,只是在迷信⽽已.⽽且你不会成长,你不会从中受益.

Higher Spirit: Because although I am just one sentence, it contains a lot. All of this will be revealed in your life. If you observe yourself very sensitively and calmly, treating yourself as an experimental subject to observe it. Observe the thoughts that arise within you, observe your inner sadness, observe your urgent desire for something, observe conflicts between your thoughts, and also observe events that make you angry or cause fear. Because through these observations, you can clearly see which of your ideas and beliefs are hindering you from blooming, preventing you from being fully yourself. This is a lesson for you to learn about yourself, not just presenting the answer directly in front of you. Can you understand? If we simply provide the answers upfront, it becomes like what I mentioned before - just superstition, without growth or benefits for you.

你的头脑会出来反驳说,你这个没有道理,你说的这个我看了⼀下,根本就不是这样.因为你还有⼀个头脑.因为在这个过程当中,你有⼀些信念有⼀些观念就是来限制你的东西就慢慢慢慢的通过这个过程它⾃⼰就开始松动.如果我们通过外在的话,它只会加固它,它只会越来越紧.这是你们运⾏的⼀种模式.

Your mind will object and argue that you have no logic behind what you said; I just looked at it, but it's not like that because you also have a mind. During this process, there are certain beliefs and ideas that restrict your understanding which gradually start to loosen through the process itself. If we were to follow an external approach, it would only reinforce these restrictions, making them tighter over time. This is how things operate for you.

问: 好多通灵者他们接触到的都是你吗? 还是是不⼀样的灵?

Questioner: Are they all encountering you, or are they contacting different spirits?

⾼灵: 好多通灵都是接触到我们吗? 应该说很少通灵是接触到我们.然后很多通灵他们只是接触到他们呢部分的东西.就⽐如说他们跟⾃⼰的⼀个去世的⼀个亲⼈链接⾮常强烈,就⽐如说呢种关系.因为他们还⼤多数停留在物质层⾯的⼀个感应.然后我们的信息是根据⽐如说现在在传递信息的这个⼥孩⼦,她⾃⼰的⼀个灵魂的主题.就是⽐如说她来到这个世界之前,她就已经是选择了要通过这种模式、通过这种⽅式来成为⼀个中间者.并不是⾁体的这个她去学习去怎样怎样.⽽是说在她没有来到之前,她就做好了每⼀步的重要的⼀个规划.所以就像我前⾯说的,她只是在成为她⾃⼰⽽已.

Higher Spirit: Are most of the spirit contacts happening to us? Shouldn't it be said that very few spirit contacts happen directly to us. Then, many spirits only interact with their own specific aspects. For example, they have a very strong link with one of their deceased relatives, or this kind of relationship. They mainly sense things on the physical level. Our messages come from someone like a girl transmitting information now, whose soul's theme was already chosen before she came to this world. It's not about her physically learning something through experience. Before she arrived, she had planned every significant step in advance. So, as I mentioned earlier, she is simply becoming herself.

问: ⽐如说还有很多传导者他们也是在传导类似的信息.我想问他们的source是否也是您.

Questioner: Say there are many transmitters conveying similar messages. I wonder if their source is also you.

⾼灵: 每⼀个⼈都是独⼀⽆⼆的.我这么说吧,就好像你们⼀群⼗个⼈然后去看到、进⼊同样的⼀个场景.但是你们这⼗个⼈每个⼈描述的这个场景或者这个场景带出来的,你们都不⼀样.就⽐如说看到了⼀个杀⼈的场景.那有的⼈就会⾮常⾮常的恐惧,说这个很残暴,是吧? 那有的⼈他可能看到了被害者和杀⼈的⼈,他看到了两者都⾮常的痛苦.他看到他们俩

Higher Spirit: Everyone is unique and distinct. Let me put it this way, if you all ten people go to see the same scene together. But each of your descriptions or experiences within that scene are different from one another. For example, imagine you witnessed a murder scenario. Some might be extremely frightened, saying it's very brutal, right? Others might have seen both the victim and the murderer experiencing extreme pain. They observed both parties.

个⼈都是如此的⽆助,没有办法去解决.那有的⼈看到了他们可能就是因果报应.所以通过你们每⼀个⼈,你们就好像是⼀个过滤器⼀样,能流出来什么或者成为什么多多少少都会受到个⼈的⾊彩的影响.不管他是谁,都会.因为为什么会受到影响呢? 因为你们有你们的语⾔,对不对?⾸先你们的语⾔和⽂字,它就限制了.然后呢,需要通过你这个头脑的认知来把它表达出来对不对?你的呢个认知,你在表达的时候你必须要⽤你熟悉的东西,对不对?那我们的这些信息并不是你们熟悉的,你能明⽩吗?这就是为什么你们物质世界当很多⼈他不能转译这个能量的时候,他就进⼊⼀种癫痫.

Everyone is so helpless and unable to solve it. Some people may see this as retribution for karma. Therefore, through each one of you, you act like filters that influence what can flow or become, somewhat determined by personal coloration. No matter who they are, they will be affected because why would they be affected? Because you have your language, right? Firstly, your language and written words limit this. Then, it needs to be expressed through the cognition of your mind, right? Your cognition requires you to use what you are familiar with when expressing, right? Our information is not familiar to you, can you understand that? This is why many in your material world who cannot translate this energy enter into a state of epilepsy.

他跟这个能量不兼容,他就会进⼊⼀种抽风、⽺癫疯或者精神病,就会进⼊这种紊乱的状态.那当他能释放出来⼀点点,他已经是天才了.就是他能释放出来⼀部分,他已经是天才了,在你们眼⾥.所以你们就是没有办法⽤你们⾮常⾮常有限的头脑,因为你们头脑真的⾮常有限.就好像这么说,你们呢个针眼,就是缝⾐服的呢个针.然后针眼呢么⼩,你如果想要装下⼤海⾥⾯的东西,你觉得可能吗?挤的进去吗?所以说你们的呢个头脑就像是针眼⼀样,你们的呢个头脑就已经是限制了.那如何才能就是说超越这种限制呢?那就是你们不⽤你们的头脑去感知⼀切.就是你不去⽤你的头脑去理解、去分辨、去辨认或者是去,就是不通过这个针眼. 你继续问.

He is incompatible with this energy; he will enter a convulsion or epilepsy, a state of mental disorder and chaos. When he manages to release even a tiny bit of it, that's when he becomes a genius for you. That means being able to release some part of it already makes him a genius in your eyes. Therefore, there's no way you can use the extremely limited minds you have because your minds are really very limited indeed. Imagine trying to fit the vast ocean into a needle-eye, like that used for sewing. Could you possibly squeeze everything from the ocean inside? No, of course not! Thus, your mind is akin to a needle-eye; it's already limiting you. How can one transcend such limitations? By not using their minds to perceive anything. You continue asking.

问: 我想问每⼀个通灵者他们在传讯的时候他们的源头都是⼀个吗?

Questioner: I want to ask if every medium has the same source when they are conveying messages?

⾼灵: 他们的源头都是⼀个吗? 就好像刚刚说了,如果说源头的话,你们所有所有的⼀切都是能量.只是能量通过不同的振动频率呈现了不同的⼀个相,你们所谓的相,你们物质世界看到的东西.

Higher Spirit: Do they all originate from the same source? As was just mentioned, if we talk about their origin, everything you have is energy. It's just that energy manifests in different forms through varying vibration frequencies, which you refer to as phases or the things you perceive in your material world.

问: 我们死了之后有⼀天会变成你们吗?

Questioner: Will we become like you after we die?

⾼灵: 你死了过后你还是你这样⼦的⼀个⼈格.只是它不再通过⾁体,它没有⾁体的限制,没有时间空间还有物质世界上这些限制.就好像⽐如说你们现在通过⾁体你只能体验到你的时间是今天明天后天,这么线性的时间⼀点⼀点的去体验,对不对? 那当你死了过后,没有这个⾁体了,它便没有这个限制了.所以所有的就不需要你这样⼦⼀点⼀点的,就像你看电影⼀样,⼀点⼀点的去看了,⼀点⼀点的去体验了.

Higher Spirit: After you die, you will still be the same person, but it won't manifest through your physical body. It will no longer be bound by physical limitations, time constraints, or spatial and material world restrictions. For example, currently when you experience time through your physical body, it's limited to today, tomorrow, the day after tomorrow, experiencing these linear moments one at a time, right? But after death, without that physical body, there are no such limitations anymore. Therefore, all experiences won't require you to go step by step like watching a movie and experiencing each scene individually over time;

问: 那我会在⼲什么呢? 还是说不应该想这个?

Questioner: What would I be doing then? Or perhaps it's better not to think about this?

⾼灵:你会在⼲什么?这个要看你⾃⼰的⼀个意识状态.你有可能还⼲着跟你现在⼀样的事情.因为你想你们每⼀个⼈都是独⼀⽆⼆的.⽽且你们每⼀个时刻每⼀个⽚刻你都可以转变它的.那在这样⼦的⼀个我独⼀⽆⼆又是我随时都可以转变的状态下,你告诉我你在⼲什么,这个只有你才能回答.就算是你,你也不能回答.为什么?因为我在这⼀刻你告诉我,你想唱歌.然后⼀会⼉你想打拳.因为你这个是⼀直在变化当中的.所以你在任⼀⼀个时刻任⼀⼀个⽚刻你都可以重新去选择你想要去体验的.但是你只需要记住⽆论怎么样,你⽤不⽤你的⾁体去体验,你都是在不断地体验.

Higher Spirit: What are you doing? This depends on your own state of consciousness. You might still be doing the same things as now because you want every single one of you to be unique. And at any moment, every moment, you can change it. In this unique and changing state where I am always changing but also able to transform, tell me what you are doing, only you can answer that. Even if it's you, you cannot answer either. Why? Because when I ask you in this moment, you say you want to sing. But then you suddenly want to punch someone. It's because your state is always changing. So at any given moment and every moment, you can choose what you want to experience anew. But just remember, regardless of whether you use your physical body or not, you are constantly experiencing things.

问: 那你们也在体验吗?

Questioner: Are you experiencing that as well?

⾼灵: 我们不需要体验.

Higher Spirit: We do not need experiences.

问: 所以说你们这个状态并不是⼈类过世之后会到达的⼀个状态对吗?

Questioner: So you mean that this state is not one that humans attain after their death, correct?

⾼灵:不是像你以为的呢样.因为你以为我们的⼀个状态是你们去不断地成长成长,然后会成为的⼀个状态.然后我们本⾝就是呢样的⼀个状态.它从来没有开始过,从来没有结束过,从来没有消失过,也从来没有像你们所谓的存在过.因为你们所谓的存在就是什么,他在这个世界上存在过.但是我们却从来没有在这个世界上存在过.就是我们从来没有以任何形式,⾁体还是怎么样存在过.所以它已经超越了….因为如果你要⽤你的头脑去理解,你必须⾥⾯有呢个概念.⽐如说你⽼师曾经教你这个东西是个⼤象,你才能认出来它是⼤象,对不对?那如果你的头脑从来没有摄取任何信息,那你如何去分辨它?所以如如果只是想⽤你的头脑去分辨你是没有办法去分辨的出.

Higher Spirit: It's not as you think. Because you imagine our state is one of constant growth and progression that eventually becomes a certain state. Then, ourselves are already in such a state. It has never begun, it has never ended, it has never disappeared, nor has it ever existed in the way you would consider existence - because what you consider as existence is simply being present in this world. However, we have never been present in this world. We have never existed in any form, whether physical or otherwise. Therefore, it transcends... If you attempt to understand with your mind, then you must possess a certain concept. For example, if your teacher taught you that something is an elephant, you can recognize it as such, right? But if your mind has never absorbed any information, how would you differentiate it? Hence, simply trying to differentiate using your mind alone makes it impossible to discern accurately.

但是呢,你们有⼀句话叫道⽣⼀⼀⽣⼆⼆⽣三三⽣万物.这就是你们嘴巴⾥⾯所谓的道.应该这个是最接近你能理解的.然后呢个道,说呢个道的⼈,道是什么,他也不知道,明⽩吗? 明⽩我意思吗? 就是你不要以为在说呢个道的⼈,他知道呢是什么.他不知道.就算这个通灵的⼥孩⼦她在跟你讲这些,她真的知道吗?她也不知道.为什么?因为你们要知道的话,你是需要⽤你的呢个头脑去分析去理解.但是这个已经超越了呢些.就好像⼀个机器,你需要植⼊⼀个程序进去.你这些东西进去你才能显⽰出来,对不对?那如果没有程序呢?但是你可以就是说像我之前讲的呢⼀段,你可以把我们理解成空⽓.你虽然看不到我们,但是却离不开我们.

But you have a saying that "Dao generates one, which in turn gives birth to two, and then three brings forth all things." This is the Dao that you speak of from your mouths – the closest thing I can understand. And who speaks of this Dao? The person speaking it doesn't know either – do you understand me? Do you get my meaning? You shouldn’t assume that the one speaking about this Dao knows what they are talking about because they don't. Even if a clairvoyant girl is telling you these things, does she really know them? She doesn't. Why not? Because to truly comprehend it, you need to use your mind to analyze and understand – something beyond these concepts. Like inserting a program into a machine; for that machine to show what you want based on the program inputted. But without the program? Yet still, you can say like I've said before: we could be compared to air – unseen but essential.

我们⼀直在⽀持着你们,你们依赖着我们,明⽩吗?

We have been supporting you, and you rely on us, do you understand?

问: 你⽀持我们的⽅式除了像这种通灵,直接告诉我,跟我交流.你的意思是说不是这样的⽅式你也在⽀持着我们,对吗?

Questioner: Apart from this mediumship and telling me directly or communicating with me, do you mean that you also support us in other ways?

⾼灵: 你就想象空⽓对你们的存在.就是从来没有断开过⽀持.不是说你现在在邀请我跟你交流,我才⽀持你.是从来就没有断开过.

Higher Spirit: Just imagine the air supporting your existence; it has never cut off its support. It's not because you're inviting me to communicate with you now that I'm supporting you; it's just that it has never been cut off.

问: 好.我想问⼀下有时候我会陷⼊⼀个思想的困境,就会⾮常的痛苦.我在想⼈死了再⽣再死再⽣这样, it feels like endless.就很痛苦.what’s the point? 我想了很多年,就⼀直很难受.

Questioner: Alright. I want to ask about a situation where I sometimes find myself in a mental dilemma that causes great suffering. When I think about death, rebirth, and then death again, it feels like an endless cycle. This is very painful. What's the point? I've been pondering this for many years, and it has always left me feeling uncomfortable.

⾼灵: ⾸先你要知道你只是把你⾃⼰当成⼀个⾁体去理解这⼀切的话,你便永远都会痛苦.你如果只是把你当成这个⾁体去看待和去理解的话.然后你刚刚在说就好像为什么又要死又要⽣,你就说它的意义在哪? 然后又回到了意义.意义只是你们头脑去分别去区分.那你告诉我,你们物质世界有意义吗? 没有任何意义.你即使赚了世界上所有的钱,有意义吗? 没有意义,明⽩吗? 你即使拥有世界上所有的权⼒,你有意义吗? 没有任何意义.因为你们所谓的意义只是你们头脑⾥⾯来把它分类成这个有意义,呢个没有意义.你们在分别的时候就已经是进⼊了你们的头脑模式.⽽且你们的头脑它永远都理解不了⽣命的本质.

Higher Spirit: Firstly, you must understand that if you only perceive everything as your own fleshly body, you will always suffer. If you consider and try to understand yourself solely as this physical form, then when you say something like "why must there be birth and death," you ask where the meaning lies? And then it comes back to meaning. Meaning is just what your mind divides and differentiates. So, let me ask you: Does your material world have any meaning? No meaning at all. Even if you acquire all the wealth in the world, does that have meaning? No meaning, do you understand? Even if you possess all the power in the world, do you have meaning then? Absolutely no meaning. Because what you call meaning is just a classification within your mind - meaningful or meaningless. You enter into your mental patterns when you differentiate and categorize things. And your mind can never comprehend the essence of life.

然⽽这个意义,就好像当你在追求意义,就是说哎呀,要分辨它的意义.它已经是没有意义.因为它在离开呢个本质了.就是当你在追求它、分辨它、定义它和谈论它,它已经没有了.因为你已经是脱离它了.所以你只会进⼊⼀个,如果你是从意义的⽅⾯去看待⽣命或者是去评判或者是理解的话.那到头来你就会发现⼀切都毫⽆意义.因为你已经离开了本质了.离开了本质就是,怎么说呢,因为你必须不能离开,你在in,你才能去感受到你所谓的意义,是吧? 那如果你去追寻它,你离开它.那你是就毫⽆意义了.你可以慢慢的去理解这⼀层关联.你只要知道如果你是在寻求意义的话,它只是属于你头脑⾥⾯的.

The meaning of this, it's like when you are chasing after meaning, that is to say trying to distinguish its meaning; but already it has no meaning because it has left behind its essence. It becomes meaningless as soon as you start pursuing it, trying to define it and discussing it—it's gone. You're already detached from it. So you just end up entering into a realm where everything becomes insignificant if you were to view life or judge or understand from the perspective of meaning. In the end, you would realize that nothing makes sense because you've left behind its essence. Being away from the essence means, how do I say this? You can't be detached; you need to stay in it for you to feel your perceived meaning, right? But if you chase after it and stray away from it, then there's no meaning at all. You can slowly understand this layer of connection. Just know that when you are seeking meaning, it only belongs within the realm of your mind.

⽽且你头脑⾥⾯所有的观念、思想、概念,它都是被植⼊的.它只是⽤来分辨这些.那给你植⼊⼀个有意义,你就觉得有意义.给你植⼊⼀个没意义,你就觉得没意义.

And all the notions, thoughts, and concepts in your mind are implanted. They're just used to differentiate these. If you implant something meaningful, you perceive it as meaningful. If you implant something meaningless, you perceive it as meaningless.

问: 好的,我明⽩了.我不在和JOJO通灵的时候,我什么时候会感觉到你的存在吗? 你对我的⽀持吗? 我会感觉的到吗?

Questioner: Alright, I understand. When am I going to feel your presence or the support you give me, not when I'm communicating with JOJO? Will I be able to sense it?

⾼灵:这个是你⾃⼰.是独⼀⽆⼆,是你⾃⼰才能去告诉你的.但是你不需要去就是追求它,学习它,或者是怎么样它.你只需要就像我前⾯说的,你做你⾃⼰.然后绽放,然后扎根,然后所有的⼀切都融⼊在⼀起.如果当我给你植⼊⼀些概念的话,这是在阻碍你⾃⼰.如果我给你植⼊⼀些,啊,你要怎么链接我,你要打坐,你要怎样⼊睡.这些都是在阻碍你,明⽩吗? 这些都是在限制你.

Higher Spirit: This is you yourself. It's unique and something only you can convey to yourself. But you don't need to seek it out, learn from it, or anything like that. All you have to do is just be yourself, as I've mentioned before. Then bloom, then take root, and let everything come together. If I were to implant concepts into you, this would be hindering your own self. If I were to implant something like, "Oh, how do you connect with me? Should you meditate? How do you fall asleep?", these are all impediments to you. Understand that these things restrict you.

问: 你的意思是说我⼀直知道我如何要让我⾃⼰绽放?

Questioner: Are you implying that I've always known how to make myself shine?

⾼灵: 你去问⼀朵盛开的花⼉,它是不是知道如何绽放? 它是不是需要学习? 是不是需要着急的如何绽放? 它们并不需要.

Goblin: Ask a blooming flower if it knows how to bloom. Does it need to learn? Does it need to be rushed on how to bloom? They don't need that.

问: 我⼤概明⽩了.我会继续努⼒的.

Questioner: I think I understand. I will continue to work hard.

⾼灵: 你们不需要努⼒.因为你们很多⼈误解了你们的⽣命需要很努⼒很努⼒.但是⽣命是最不需要努⼒的.就好像鸭⼦游泳,它不需要努⼒.鱼⼉游泳,它不需要努⼒.花⼉盛开,它不需要努⼒.然后草从⽯缝中成长,它也不需要努⼒,明⽩吗? 当你所谓的努⼒的时候,你可能是在阻碍它.然后你才会觉得⾮常的吃⼒.所以真的⽣命的转态是愉悦的、轻松的、快乐的.你只需要允许.

Soul: You don't need to work hard. Because many of you have misunderstood that your life needs to be worked on very, very hard. But life is the least requiring effort. It's like a duck swimming; it doesn't require effort. A fish swimming; it doesn't require effort. A flower blooming; it doesn't require effort. And then grass growing through stones; it doesn't require effort. Do you understand? When you say 'effort', you might be hindering it. Then, you will feel very strained. So the real state of life is joyful, easy, and happy. You just need to allow it.

# **2022/05/12 — 婚姻⾥的外遇Adultery in Marriage**

⾼灵: 你问吧,什么问题.

Higher Spirit: Ask away, what question do you have?

问: 我想问⼀下现在跟我对话的是我的⾼我吗?

Questioner: I want to ask if the person speaking with me now is my higher self?

⾼灵: 不是你的⾼我.你⾸先要明⽩,当你的信息出来的时候,这⾥会有不同的能量.有可能这⼀段信息是我现在在跟你说话,可能下⼀段信息就是其他的存有,其他的能量.所以它是谁不重要.因为这个不像你们⼈都有⼀个名字,有⼀个实体,明⽩吗? 就⽐如说你站在这⾥,前⾯有很多花.你闻到了花的味道.然后前⾯有很多草,你又闻到了草的味道.然后又有⽜在呢拉的粪,有⽜粪的味道.你怎么去… 明⽩吗? 所以你需要去关注你的信息的来源,最主要关注的是你要如何让这些信息服务于你,⽀持于你.这才是最重要的.因为就算你今天来取了很多很多的信息.但是你并没有让它去很好的服务于你.对你来说也没有任何意义,明⽩吗?

Higher Spirit: It's not your high self. You first need to understand that when the information comes out, there will be different energies here. It could be that part of the message I'm speaking with you now, or the next segment might be from another being, another energy. So who it is doesn't matter. Because unlike humans all having a name and a physical entity, do you understand? For example, if you're standing here, there are many flowers in front. You smell the scent of the flowers. Then there's lots of grass ahead, you smell the smell of grass. And then there's cows pooping dung, with the smell of cow dung. How can you... Understand? So you need to focus on the source of your information, primarily on how to make these services work for you and support you. That is what truly matters. Because even if you obtain a lot of information today, but it doesn't serve you well or benefit you in any way, do you understand?

问: 我想问⼀下因为我已经第⼆次经历被外遇了.然后我现在很迷茫,不知道要怎么样选择.就是我到底是要放弃还是继续我现在的婚姻?

Questioner: I want to ask because I've already gone through infidelity for the second time. Now, I'm very confused and don't know how to choose. Should I give up on my marriage or continue with it?

⾼灵:你稍等.你想要知道你⽬前在婚姻⾥⾯经历的外遇,然后你不知道你到底是要放弃这个关系还是要继续这个关系?⾸先这⾥并没有就是说⼀段关系你是要放弃还是继续.因为为什么呢?因为你所说的放弃和继续只是说的在表⾯的,你能看到的表层.就⽐如说形式上我有没有跟你住在⼀起,paperwork,就是法律上还有没有在⼀起.但是这并不是⼀段真正的关系.因为真正的关系它不建⽴于形式层⾯,它不建⽴于外在的.就⽐如说你们有没有结婚证或者是两个⼈⾁体有没有在⼀起.⽽是说你们两个⼈的连接感,⼼与⼼之间的呢种连接感.这个才是最重要的.所以你问⼀下你⾃⼰,即使他没有发⽣外遇,你们俩真的是有连接感吗?

Higher Spirit: Wait a moment. You want to know about the infidelity you're experiencing in your marriage and whether you should abandon or continue this relationship? First, there's no question of abandoning or continuing a relationship here; it's just that what you see as "abandoning" or "continuing" is merely superficial, at the surface level. For example, are we living together physically, or does our legal status still reflect our connection? However, these do not constitute a true relationship because such connections don't rely on formality or externals; they're not based on whether there's proof of marriage or if two people share physical space. What truly matters is the inner connection between you both - the emotional bond, or the connection at heart. This is what is most important. So ask yourself: Even without infidelity happening, are there genuine connections between us?

你需要去审视你们的感情,你需要去审视你们之间的呢种连接感.所以如果在之前呢种连接感就不强烈,只是形式上⾯你能给我给我安全感,你能给我经济⽀持,然后呢,你⼈还不错.如果是这样⼦的话,你们之间就没有呢种连接感,明⽩吗?如果你们之前就没有呢种连接感的话,那现在也不存在于破裂.为什么?因为你们中间本⾝就没有连接感.那如果你们之前就是说有呢种连接感,就是说你和他之前有很深的连接感.然后呢,像这样⼦的情况,很难出现你所谓的出轨的事件.如果真的出现了出轨的事件,那就说明你的命运,就是说在你的命运上⾯,然后你会有同步性的出现….

You need to examine your emotions and the connection you share with each other. So if there was never a strong sense of connection before, where I provide you with safety and economic support, and you're generally nice, then there's no connection between you. Do you understand? If there wasn't a connection in the past, then it doesn't exist now either because there simply isn't any connection in the middle. But if there was a strong sense of connection before, meaning that you had deep connections with him. In such situations, it is unlikely to have the incidents you're referring to. If an affair does occur, it suggests that your fate will involve synchronicity...

就是⽐如说他可能选择了另外⼀条道路,但是你要知道,他在选择另⼀条道路的时候在更⾼层⾯,你的另⼀头路也已经铺好了.你只是在你的这个⾁体和头脑,你好不清楚.因为你看不到前⾯,明⽩吗?你只能看到表⾯的东西和眼前的东西.你看不到将来.但是如果他真的做了如此的选择,那你肯定也是.因为你们⾸先要知道,你们双⽅的关系不能⼀个⼈做出选择.这必须是… 我说的不是你们⼜头上的选择.我说的是更⾼层⾯的,灵魂层⾯的.灵魂层⾯你们会有共同的约定.你⾛这条路,我⾛这条路.所以你们不会有冲突的.

For example, he might have chosen another path, but you should understand that when he was making that choice at a higher level, your other road was already paved. You just can't see it clearly because you can only see the surface and what's in front of you, do you get it? You can't foresee the future. But if he really made such a choice, then you are sure to have done so as well. Because both of you should know that your relationship cannot be decided by one person alone. This must come from... I'm not talking about making choices verbally or just on an external level; I'm referring to a deeper, spiritual level where there's mutual agreement between the two souls. You take this path and I take that path, so there won't be any conflict.

问: 可是我怎么判断我们的选择是不是⼀样的呢?

Questioner: But how can I tell if our choices are the same?

⾼灵: 你只需要时间,你只需要给⾃⼰时间.让时间来呈现给你.因为你们物质世界所有的⼀切它都需要时间来把⼀切给呈现出来.你需要时间,就⽐如所你们做出的选择是播⼀个种,是吧?那播⼀个种⼦在地⾥⾯你还看不到它表⾯上有什么变化.你看不到有⼀棵⼩树苗

Higher Spirit: You only need time; you just need to give yourself time. Let time reveal itself to you because everything in your material world requires time to manifest all that it does. You need time, for example, like when you make a choice to sow a seed, right? When you plant a seed in the ground, you can't see any changes on its surface. You can't see a little sapling growing.

要冒出来了.你看不到这个⼩树苗长⼤会变成什么样⼦.但是呢,你只有允许时间来慢慢给你呈现.你就会发现⼀点苗头.你看到没有,你们的话你们的语⾔⾥⾯,发现⼀点苗头,是吧?所以呢,接下来你给⾃⼰⼀点时间,你便会发现⼀点苗头,你的灵魂是做的如此的选择.也就是说如果你们双⽅都同意我有属于我的路,你有属于你的路.你们的关系才会结束.就是任何东西都是你们彼此同意彼此才会发⽣的.不然的话,它不会发⽣的.只是你们的物质⾁体和物质头脑,就是你这个⾁体它还不明⽩.因为⾁体它不是⽤来搞明⽩事情要怎么运作.它只是⽤来让你可以感知⼀切,可以⽤你这个⾁体去感受到情绪啊、感觉啊、这⼀系列的.

It's about to come out. You can't see what this little seedling will grow into. But you have to allow time to slowly reveal it to you. And you'll notice something starting. Haven't you noticed anything, any hints in your words and language? So, give yourself some time, and you'll notice something, that your soul is making such a choice. That means if both of you agree that I have my own path, you have your own path, then the relationship ends. Any action happens because both parties consent to it. Otherwise, nothing will happen. It's just that your physical bodies and material minds don't understand this. Because the body isn't designed for understanding how things operate; it's only there for you to perceive everything with your body, to feel emotions, sensations, a series of...

问: 所以说如果只是单⽅⾯⼀个⼈选择这样,如果另⼀⽅跟他选择是不⼀样的.这段关系是不是….

Questioner: So if it's just one person choosing this and the other person chooses differently, does that mean...

This relationship is...

⾼灵: 因为任何选择只要是有关系的,所以任何选择都是相互做出来的.就⽐如说有⼀个⼈想要杀⼀个⼈,呢个被杀的⼈他同样在更⾼的层⾯做出了选择.不然他不可能进⼊到杀他呢个⼈的事件⾥⾯去.所以你们在物质世界看到的是⾮常表⾯的.但是深层次的你们是看不到的.所以他们⼀定是同意去卷⼊这个事件.你说.

Sage: Because any choice, if it's related, is made in relation to other choices, for example, when one person wants to kill another, the one being killed also makes a choice on a higher level. Otherwise, he wouldn't be part of the event that involves killing him. So what you see in the material world is very superficial; you don't see the deeper aspects. Therefore, they must agree to get involved in this situation.

问: 那是不是像你说的两个⼈之间出现第三者是不是因为两个⼈之间的连接不是很深? 那连接不深它会变深吗? 还是说明这个⼈不是对的⼈? 我要找⼀个跟我连接更深的⼈?

Questioner: Does that mean, as you said, that the appearance of a third party between two individuals is due to a lack of deep connection between them? Can this connection deepen over time, or does it indicate that the person isn't the right fit for me? I am looking for someone with whom my connection is deeper.

⾼灵:⾸先你要知道你所谓的问题是什么.如果表⾯上的我们都伪装,都为了遵守我们的合约,然后都做⼀个好⽼婆好丈夫,然后这样⼦你觉得是没问题,明⽩吗?并不是说你所谓的问题….因为你们所谓的问题也都是表⾯上的.如果是从更⾼的层⾯来说,这⾥不会有任何问题.因为所有的所有的就像我前⾯说的,所有的选择都是共同的,共同的约定.所以到底这个点是把你们带到哪⾥去,这还要根据你们从更⾼的层⾯做出的⼀个选择.因为所有的选择都是你们⾃⼰做的.但是如果你能理解就是你物质世界发⽣的⼀切都是你更⾼层⾯的决定.然后你必须要相信的是,更⾼层⾯的决定都是为了你.它不可能不为了你好,都是为了你好,不管表现上看上去有多残忍.

Higher Spirit: First, you need to understand what your so-called problem is. If we all mask ourselves superficially and adhere to our agreements as good spouses, then this is how you perceive it as not being a problem, right? It's not that there's no issue with the problems you've mentioned; they are also superficial issues at their core. However, when looked upon from a higher perspective, there would be no problem here. All choices are collective agreements, and every choice is yours to make. The question then comes down to what this choice will lead you towards, depending on your decisions made from a higher perspective. Remember that all these choices are yours to make. But if you can understand that whatever happens in your material world is due to decisions taken from your higher self, and that the decisions at a higher level are always for your benefit; it's impossible for them not to be beneficial for you, regardless of how harsh they might appear on the surface.

但是它都是为了最好的.但是你的头脑是不明⽩的.你的头脑会⽤物质世界的评判的标准来评判什么是好.就⽐如说离婚就不好,两个⼈在⼀起不吵架都好好的就是好.这都是你们对⽣命的⼀种安全感的⼀种追求.然后你们是对未知的⼀种恐惧.所以你们会有这样⼦的⼀些观念.你说问: 我现在觉得这件事情发⽣以后,我会往好的地⽅想.⽐如我会开始关注我⾃⼰,让⾃⼰变的更好.⾝材啊、⼼态啊.我都像变成更好的⾃⼰.那这个是不是就是你说的不是物质上⾯的东西呢?

But it's all for the best. But your mind is unclear. Your mind would evaluate what is good using the standards of the material world. For example, divorce is not good; if two people are together without arguing and everything is fine, that's considered good. This is your pursuit of security in life. Then you have fear towards the unknown. So you hold these kinds of beliefs. You ask: After this thing happens now, I think it will turn to a better place. For instance, I start focusing on myself, trying to become better. Like my figure, my mindset; everything becomes better about myself. Is this not what you call something beyond material things?

⾼灵: 这个你只是说你⾃⼰⼼理产⽣的⼀些变化,但是命运如何对你的安排,你是不知道的.你的头脑是理解不了的.然后你要如何才能允许这个安排呢? 就是说⽆论在什么时候,⽆论外在发⽣什么事情,⽆论外在怎么对你,然后你总是相信上天把最好的都给你.因为它只会呈现最好的,对你最⼤利益的.就这么说吧,这个⼥孩⼦今天看到⼀个新闻,就是关于⼀个在地震当中失去双腿的⼈.然后她⽼公出轨离开了她.然后呢,她现在嫁给了⼀个⾮常爱她的⼈,然后他们有共同的⼀切.是真的爱她的⼀个⼈,她是真正的找到了爱情.然后你说呢个出轨的⽼公是不是把她推向她真正⽣命的道路? 因为呢才是她的道路.所以这就是说

Higher Spirit: You've just spoken about some psychological changes within yourself, but you don't know how destiny arranges for you. Your mind can't comprehend it. Then, how do you allow this arrangement? That is to say, at any time, regardless of what happens outside, no matter how others treat you, always believing that heaven has given you the best. Because it only presents the best and benefits you most. Let's put it this way: a girl saw news today about someone who lost both legs in an earthquake. Then her husband cheated on her and left her. Now she is married to someone who deeply loves her, and they share everything together. She has truly found love with a person who genuinely loves her. So, do you think that the cheating husband was pushing her towards her true path of life? Because it was her path. This is what we're saying...

他们是在更⾼的层⾯有共同的决定,才会有这样的事情发⽣.所以不要去怪罪呢个把你推向深渊的⼈.因为你不知道呢个深渊就是你的出⼜,呢个才是你的路.只是表⾯上看上去是深渊,但是实际上是天堂.因为如果你的灵魂层⾯你没有允许这个事件的发⽣,它不可能发⽣在你的⽣命⾥⾯.如果你允许了它发⽣,那么就是the best.就是最⼤的benefit,对你来说是最⼤最⼤的福利,就是最⼤的帮助.因为你的决定,你不可能做⼀个对你没有成长意义,没有利的⼀个决定,明⽩吗? 因为当你只要坚信这两个事情,⽆论外在发⽣什么事情都是对你最好的.

They occur due to shared decisions at a higher level of understanding. Hence, don't blame the person who pushes you into the abyss. You might not know that this abyss is actually your exit and your path. What appears as a deep pit on the surface can turn out to be heaven, because if your spiritual level does not permit such an event to happen, it cannot occur in your life. If you allow it to happen, it's the best for you; the greatest benefit for you, which is the biggest help and most beneficial thing ever for you. Because with your decision, you can't make a choice that doesn't contribute to your growth or benefit - understand? As long as you believe in these two things, whatever happens externally will always be the best for you.

那么你永远都不会进⼊⼀个我怎么这么可怜,我的命怎么这么苦,就是永远都不会进⼊⼀个被害者、受害者的状态.那你的频率永远都是在这种我是受到宇宙⽀持的,我是最幸运的.那如果你在这样的频率,你迟早所有的⼀切都会呈现出你的状态,就是你⼼理的信任的呢个状态.因为你们物质世界外在的所有事件它只能呈现你坚信的东西,明⽩吗? 如果你坚信你是⼀个总是被抛弃的,总是不被爱的,如果你坚信你是⼀个不值得被爱的.那么你也去经历这些,这些事件也会⼀⼀的呈现给你.所以你内在的⼀个状态,然后呢个状态就是频率、散发的频率它是取决于你到底相信什么,⽽不是假装.然后事件就是通过你坚信的东西显化在这个物质世界.

So you will never enter into a state of pitying myself, thinking how unfortunate I am, or that my life is so tough; you will never get stuck in the victim's mindset. Your frequency remains constant as I'm supported by the universe and I'm the most fortunate one. If you're at this frequency, everything eventually manifests into your state – the state of psychological trust. Understand that external events in our material world can only reflect what you firmly believe in. If you strongly believe you are always abandoned or unworthy of love, then these experiences will manifest for you too. Your inner state determines your frequency and the kind of frequency emitted; it's based on what you truly believe, not just pretending to. Events manifest in this material world according to what you firmly believe.

所以这是唯⼀⼀个你需要记住的.我不管它外⾯发⽣了什么,它都是对我最好的.所以不管你是⽼公出轨,不管你是⽼公把你赶出家门或者你⾝⽆分⽂或者是任何任何你能想到多悲惨的发⽣在你⾝上,你只需要坚信.但是如果你相信这是你命运的安排,你不值得被爱.就是男⼈总是坏的,如果你坚信这些的话,你也会成真.你也会继续在经历、继续在体验你相信的.这和你命好不好和你的什么什么没有任何关系.它只跟你到底散发出什么频率有关系.你就⽐如最简单的⼀个…问: 明⽩了,就是你想要⼀个什么样⼦的,你就会吸引到⼀个什么样⼦的.

So this is the only thing you need to remember. Whatever happens outside does not matter; it's always best for me. So whether your husband cheats on you or kicks you out, regardless of being penniless or any other tragic event that could happen to you, all you need to do is believe in this. But if you believe that this is the way fate has decided for you, and that you are not worthy of love; that men are always bad, then those beliefs will come true. You will continue experiencing and living through them just as they are. It has nothing to do with whether your life is good or what other factors might be. It only depends on the frequency you emit. For instance, consider this simplest concept: If you understand this principle, if you want something specific, you will attract someone of that same nature.

⾼灵: 不是想要.⽽是你真正的状态.因为有些⼈头脑⾥⾯⾮常想要,但是他⼼底⾥却不相信.这是不同的状态的.就好像你是⼀朵鲜花,你从鲜花⾥⾯散发出来的味道你伪装不了.如果你是⼀只假花、塑料花,你喷上⾹⽔,⾹⽔会掉的,对不对? 所以只有你内在发出的⾹味它才会真正的吸引蝴蝶.你说⼀朵假花它再漂亮再逼真喷上⾹⽔,它能吸引到蝴蝶吗? 所以你就可以看到只有你真正坚信东西,你外在才会体验到.

Higher Spirit: It's not about wanting something superficially but rather your true state. Some people may want it very much in their mind, yet they don't believe in it from the bottom of their hearts; this creates a different level of intentionality. Imagine yourself as a flower. The essence or scent that you naturally emit cannot be disguised. If you were an artificial flower made of plastic and sprayed with perfume, the scent would eventually fade away, wouldn't it? Therefore, only the fragrance emanating from within truly attracts what you seek - butterflies in this metaphorical sense. Consider if an artificial, highly realistic and beautifully-scented flower could attract real butterflies; the answer is no, because its essence doesn't resonate authentically with nature. Hence, only when you truly believe in something deep down do you experience manifestation on your outer reality.

问: 明⽩了.我想问⼀下你们⾼灵都会说放下头脑的思想,⽤⼼去连接.然后静下⼼来你能感受到的真的关系你的⼈.呢个⼈是不是就是你们说的灵魂伴侣?

Questioner: I understand. I'd like to ask if the higher intelligences you speak of advocate setting aside the mind's thoughts and connecting with your heart. Then, when you calm your mind, can you really sense the people who are truly connected to you? Is that person what you refer to as a soulmate?

⾼灵: 你不需要去… 因为如果⼀旦你进⼊我想要去选择⼀个真正关系我的⼈.你并不要去选择,因为你的选择你在更⾼层⾯已经做好了.不是你这个⾁体来选择.如果你们都是根据这个⾁体的选择、头脑的选择.那你看⼀下你们世界上都是这样.然后呢总是…问: 那我到底要怎么样分辨哪个⼈是我的灵魂伴侣?

Higher Spirit: You don't need to go... because once you enter, I want you to choose a truly relevant person for me. You don't choose because your choice has already been made at a higher level. Not by your physical body or mind's choice. If all of you make decisions based on the body and mind choices, then look at how your world is run. And always... Questioner: Then, how do I identify my soulmate among them?

⾼灵: 你⾸先要知道只要出现在你⽣命中的⼈,他每⼀个⼈都有礼物送给你.每⼀个⼈都有礼物送给你.所以并不是你所谓的我要选择这个⼈,呢个⼈.因为这样的话你就会错过很多很多,你就会不断地去体验你这⼀个功课.因为你还没有去真正的从中受益.就是你们还没有收到礼物.那你不断地,他们可能出现在你的⽣命⾥⾯不断地给你送礼物.那所谓的送礼物,他可能就是来欺骗你,来伤害你,明⽩吗?

Higher Spirit: First of all, you need to understand that every person who appears in your life has a gift for you. Every single person has a gift for you. So it's not about choosing this person or that person because doing so will result in you missing out on a lot and continuously experiencing lessons in your journey as you haven't fully benefited from those experiences yet. It means you haven't received the gifts they offer. They might keep appearing in your life to give you gifts constantly, where giving gifts could potentially mean coming to deceive or harm you, understand?

问: 所以没有特定的灵魂伴侣这⼀个⼈是吧?

So, there is no specific soulmate, right?

⾼灵: 你所谓的灵魂伴侣就是说你的爱⼈,你的爱情,就是跟你有很深链接的呢个.你所说的是这样⼦的关系对不对?

Higher Spirit: The so-called soul mate is saying that your love and your relationship are with someone who deeply connects with you. Is this the kind of relationship you're describing, correct?

问: 我说的是⼀个可以很懂我的⼈,我说什么他都懂.

Questioner: I mean someone who really understands me; whatever I say, he gets it.

⾼灵: 你懂你⾃⼰吗? 因为你都不会懂你⾃⼰.为什么? 因为你来到这个世界上就是⼀个不断地发现⾃⼰的⼀个过程.你怎么去懂你.你觉得你是定死的吗?你不是.你⼀直在变,⼀直在变.我们从开始说话到现在,你已经变了很多了,明⽩吗?那如果你不断地在变,你如何让别⼈来懂你?所以你需要明⽩的就是说你⾃⼰都是在你⾃⼰⾃我认识的⼀个过程.通过你外在的关系⽹,因为你通过关系你能看到你⾃⼰.就⽐如说你现在渴望⼀个懂你的,明⽩吗?你就会发现实际上你⼀直把你的需求都寄托给关系上,都寄托给外⼈.然后你就可以进⼀步的去看到你⾃⼰内在的⼀些定义或者内在的⼀些需求.这就是你⾃我认识的⼀个过程.

Spirit: Do you understand yourself? Because you don't even understand yourself. Why? Because coming into this world is a continuous process of discovering yourself. How do you understand yourself? Do you think you are fixed and unchangeable? You're not, you're constantly changing, always evolving. Even from the moment we started speaking until now, you have changed significantly, right? If you keep changing, how can others understand you? Therefore, what you need to realize is that your self-awareness is a process occurring within yourself through your external relationships and interactions. You see yourself through these connections. For example, if you're currently yearning for understanding and empathy, you find yourself projecting your needs onto relationships and others. This enables you to further explore the internal definitions or requirements you have within yourself. This is your journey of self-discovery.

然后⽽且你所谓的懂你到底是懂你什么? 懂你持有什么信念? 就是你的这些信念、观念这些都是可以改变的呀.那到底要怎么懂你.所以如果你去⾃⼰问⾃⼰,你就会发现这⾥根本不是你真正的需求,明⽩吗?

Then, and what exactly are you saying when you say 'understand me'? Understand what beliefs you hold? These beliefs and ideas of yours can be changed. So, how do you truly understand me? Therefore, if you ask yourself, you would realize that this is not your genuine need, do you understand?

问: 那我的⾯前有什么很⼤的阻碍吗?

Questioner: Is there a significant obstacle in front of me?

⾼灵: 你的⾯前有什么很⼤的阻碍吗? 你们所有的阻碍都是你们⾃⼰的⼀些观念,然后再把这些观念当成是真的.然后就⽤这个观念来评判你的幸福度啊,评判你的快乐程度啊,评判你的⼀切.这个就是最⼤的阻碍.因为你们的头脑和物质⾝体根本不清楚你的⼈⽣计划是什么.

Higher Spirit: Is there a big obstacle in front of you? All your obstacles are just some of your own ideas that you take as true and then use these ideas to judge your happiness, your level of joy, everything. This is the biggest obstacle because your mind and physical body have no idea what your life plan is.

问: 那我怎么才能知道我到底想要的是什么? 我有时候也很迷茫.

Questioner: How can I know what I really want? I'm sometimes very confused too.

⾼灵:⾸先你并不是说来追求你到底想要的是什么.⽽是说你来这个世界体验,然后在这个体验的过程你去认识呢个⽆限的⽣命,⽆限的你.呢个你不是指这个⾁体的你.然后来让这个⾁体的你成为⼀个更完整的你.因为你们很多⼈都困在这个⾁体⾥⾯.然后把⾃⼰的观念、想法、记忆当成是⾃⼰.那这样⼦你们,就是脱离这个⾁体的你,你就是⼀个更⼤的你.这是⼀个过程,这个是⼀个认识的过程,是⼀个认知的过程.就好像是⼀个学习的过程⼀样.那你们来到这个物质世界就是不断地不断地突破.因为你突破了这⼀个你,还有更多的你.但是每⼀个突破它都充满了惊喜,充满了轻松,充满了⼒量.然后就会让你好像是在蜕⽪⼀样.

Higher Spirit: First of all, you are not saying that you came here to pursue what exactly you desire. Instead, you come into this world to experience it, and in the process of experiencing, you recognize an infinite life, an infinite you. This is not referring to your physical self but allowing this physical self to become a more complete version of you. Many of you are trapped within these physical bodies, treating your perceptions, thoughts, and memories as yourself. By stepping out of this bodily confinement, you become a greater entity. This is a process, a journey of self-discovery, an act of cognition, much like learning. You come into the material world to constantly break through limitations because each breakthrough fills you with excitement, ease, and strength. It feels like shedding layers as you grow.

⼀次⼀次的蜕⽪,⼀次⼀次的强⼤,⼀次⼀次的成长.

Rebirth一次次, growth一次次, strength一次次.

问: 那怎么判断⾃⼰成长呢? 如果我觉得⾃⼰成长了,如果我很多事情都有可以坦然的⾯对,然后在情感上不依赖任何⼈,不期盼任何事情… 就是说明成长了吗?

Questioner: How do you determine your own growth? If I feel that I have grown, and if there are many things that I can face with ease, then not relying on anyone emotionally, nor expecting anything... Does this indicate growth?

⾼灵: 怎么判断你⾃⼰成长? 这么说吧,就是当你感受到⽣命越来越轻松,越来越不恐惧,不担忧,不害怕.只在⼀种全然的享受⽣命,在⼀种全然的信任,全然的知晓,然后任何⼈、外在都影响不了你.就⽐如说他们很恐惧,外在不停的有战争、有瘟疫有各种.然后外在的⼀切你又经历失业又没钱.就是⽆论外在发⽣什么,你都是在深深的⼀种安全感,你不会被这些吓到.那你就是真正的达到了.你们来到这个物质世界上就是来超越它的.就是不断的去超越它.因为所有的⼀切实际上都只是幻像.那你如何超越这个幻像,去看到本质呢? 这

Higher Spirit: How do you judge your own growth? Let me put it this way; when you feel that life becomes increasingly easy, with no more fear, worry, or anxiety. You are solely enjoying life in its entirety, trusting completely and having full knowledge. At this point, nothing external can affect you. For example, if others are scared due to constant wars, plagues, or other occurrences. Regardless of the external circumstances—whether you lose your job or become penniless—the deep sense of security within you prevents these from causing any fear. When you reach this state, it signifies that you have truly achieved growth.

You came into this physical world to transcend its limitations. You constantly seek to surpass it because all reality is essentially an illusion. How do you transcend this illusion and perceive the essence?

么说吧,你现在是⼀棵⼩树苗,你才刚刚发芽.然后旁边有⼀棵⼏百年的树.⽆论飓风怎么吹它,它⼀动不动.然后飓风⼀吹,你全⾝都要掉出来了,你的根都要被拔掉了.然后你觉得哇好难啊.你看它⼀动不动的,我的根都要被拔掉了.好难啊.但是实际上呢个⼏百年的树,曾经也是你啊,明⽩吗? 所以没有什么难不难的,这只是⼀个过程⽽已.

So let's put it this way, you are now a young sapling, just starting to sprout. Meanwhile, there is an old tree beside you that has been around for hundreds of years. No matter how fierce the hurricane blows against it, it remains immovable. But when the hurricane hits you, you're about to fall out entirely; your roots will be uprooted. You think it's so hard. You see it standing still while my roots are going to be pulled out; it's so tough. However, that old tree once was like you – understand? So there is nothing really difficult; this is simply a process.

问: 我对情感上的需求⼀直很⼤.要怎么办呢? 这点很困扰我.

Questioner: I have always had a great need for emotional fulfillment. How should I deal with this? This is quite troubling to me.

⾼灵: 你们⼈类都会有.然后为什么你们⼈类都会有对关系的需求? 你们很想有⼀个能给你带来安全感、能给你带来归属感、能让你感受到安⼼的这样⼀段关系?你们是对这样的⼀个需求.然后这个需求就好像你们知道你是⼀颗种⼦,你需要扎根,你需要⼟壤.那如果没有⼟壤的话,你便没有办法安定下来去扎根,去成长.所以这是你们⼼灵深处都会有这样的需求.

Higher Spirit: You humans all have this need. Then why do you humans all have the need for relationships? You really want one that can bring you security, a sense of belonging, and make you feel at ease? This is your need. And this need feels like you know you're a seed, needing to root down, needing soil. But if there's no soil, you cannot settle and root properly or grow. Therefore, it's this underlying demand that resides within your human hearts.

问: 所以这是很正常的⼀件事情? 我不需要去控制它,不需要去克制?

Questioner: So this is a completely normal thing? I don't need to control it, nor restrain myself?

⾼灵: 这是你需要看到的.因为这也是属于你去认识你⾃⼰的⼀个过程.就是你需要通过你的这些对安全感的⼀个需求,对归属感的⼀个需求,然后通过这些你去认识你⾃⼰.然后在这个过程当中吗,你就会不断地不断地产⽣智慧.

Higher Spirit: This is what you need to see because it's also part of your journey to know yourself. You need to understand that through your need for security and belonging, by exploring these aspects, you will come to know yourself better. Throughout this process, wisdom will continuously emerge.

问: 那如果我发现我⾝边的伴侣他最爱的⼈不是我.这点让我很难接受,怎么办呢?

Questioner: But what if I find that the person my partner loves most is not me? This is very hard for me to accept. What should I do?

⾼灵: 你⾝边的伴侣,你发现他最爱的⼈不是你? 就是说你在法律上的伴侣对吧?

Higher Spirit: Have you discovered that the person your partner loves most is not you? In other words, the legal partner?

问: 对,因为他在各种表现上,然后他出轨两次.然后同样的事情他是怎么对别⼈和怎么对我的.我觉得区别很⼤.这点让我很不开⼼.我很会钻⽜⾓尖.

Questioner: Yes, because he cheated on me twice and with other people, while treating them the same way he treated me. I feel there is a big difference in how he treats others compared to how he treated me. This makes me very unhappy, as I tend to be overly critical of things.

⾼灵: 你稍等.⾸先就像我前⾯说的,然后在更⾼的层⾯你已经做出了选择.就是说你已经做出了选择,然后他也做出了选择.如果真的这⼀段感情你们相互都做出了选择的话,那就说明这⼀段感情就并不是真正的你的呢条道路.所以你只需要越来越让你去成为真正的你.因为你只有⾛到你真正的路上,你真正的伴侣才会出现.

Higher Spirit: Wait a moment. First, as I mentioned earlier, and on a higher level, you have already made your choice - meaning both of you have chosen, and he has also made his choice. If this relationship is truly something you've both chosen, it means that this isn't the path that's truly yours. So what you need to do is continue becoming more of who you are genuinely meant to be. Because only by walking your true path will your true partner appear.

问: 那呢个⼈还会是现在的这个⼈吗?

Questioner: Would that person still be the same person now?

⾼灵: 这个是不⼀定.为什么? 因为当你在转变,越来越成为真正的你.他有可能也会转变.那你们都转变了.也有可能当你转变了,你物质世界的⼀切,就⽐如你⼯作单位、你居住环境、你的伴侣都转变了.都有可能.这个是要根据你⾃⼰在更⾼层⾯做下的决定.但是⽆论怎样,当你越来越接近真正的你的时候.所有的⼀切它才会是就好像物归原主,就好像是归位,就是⾃动归位.它才会在正确的路上.但是并不代表他的做法不是在正确的路上.为什么呢? 有可能他的做法就是在把你推往你的路上的⼀个过程,明⽩吗?

Higher Spirit: This is not necessarily the case. Why? Because as you transform and become more of your true self, he/she might also undergo transformation. If both of you have transformed, it's possible that everything in your material world could change as well - like your workplace, living environment, or partner. These transformations can happen too. This depends on your decisions made at a higher level. However, regardless of how it unfolds, when you get closer to your true self, everything will naturally align and find its rightful place, automatically. It will be on the right path, but that doesn't mean his/her approach isn't leading him/her down the correct path. Why is this so? His/her actions might just be part of the process guiding him/her towards his/her path, understand?

问: 明⽩.所以也有可能现在发⽣在他⾝上的事情是为了让我变成更好的我? 有可能他会和我⼀起,有可能不会,是吗?

Questioner: Understood. So it's possible that what happened to him now is making me become a better person? It's possible he will be with me or not, right?

⾼灵: 是的.也就是说你们都是在靠近你们真正归属的⽅向在运⾏.那他的⼀些做法是不是就把你推向属于你的道路? 但是你们的头脑不太明⽩这⼀切.因为它们对未知的⼀种恐惧感会阻碍… 所以就前⾯说的⽆论外在发⽣什么悲惨的事情,你只需要坚信所有的⼀切它都是来成就你,所有的⼈都是⽀持你.因为当你坚信这个的时候,你外在的事件只会越来越好,它不会有任何差错.只会越来越好.

Higher Spirit: Yes, meaning that you are all moving in the direction of where your true belonging lies. Does his certain approach put you on the path that belongs to you? But your mind doesn't quite understand this everything. Because there is a fear towards the unknown which hinders... So when it was mentioned before, no matter what tragic events occur externally, all you need to do is trust that everything is meant for your benefit, and everyone supports you. For as long as you believe in this, your external incidents will only get better and better; there will be no mistake; they will only improve over time.

问: 明⽩了.我⼀直有很⼤的恐惧感.这个恐惧是我对未来的⽣活和会发⽣的事情我会有恐惧.

Questioner: I understand. I've had a great sense of fear. This fear is about my future life and the things that might happen to me.

⾼灵: 你稍等.我来链接⼀下你的能量.你想要知道你的恐惧感是因为什么导致? 你的恐惧感是来⾃于你曾经某⼀世被深深深深的背叛、抛弃,情感上的背叛和抛弃.所以呢种伤害对呢⼀世的你来说是致命的.所以你的这⼀⽣还携带着呢种伤痛感,呢种被抛弃的感觉,然后呢种深深的⽆助的感觉.所以你的这⼀世会⾮常渴望的去寻找有⼀段关系它可以完完全全的去疗愈你的这个经历.就是来让你彻底不再产⽣被背叛被抛弃的呢种感觉.

Sage: Please wait a moment. I will connect your energy. Do you want to know why your fear exists? Your fear stems from being deeply, deeply betrayed and abandoned in some past life, both emotionally and physically. Thus, that kind of hurt was fatal for you in this lifetime. As such, it carries over into this life with feelings of pain, abandonment, and profound helplessness. Therefore, in this lifetime, you're very much craving a relationship that can completely heal your experience, thus freeing you from the feeling of being betrayed and abandoned ever again.

问: 对的.因为我的原⽣家庭是很幸福美满的.我⽗母都对我很好.我从⼩过的很幸福.但是不知道为什么在我的情感上我⼀直很没有安全感.就算我和我的另⼀半感情很好的时候,我也不敢去想未来的⽣活是什么样的.我就会觉得感觉是没有未来的.

Questioner: Yes, because my original family was very happy and harmonious. My parents both took good care of me. I lived a very happy life from a young age. However, for some reason, I have always lacked security in my emotions. Even when I had a great relationship with my other half, I didn't dare to think about what the future would be like. I just felt like there was no future.

⾼灵: 你需要看到的正因为你内在的呢种恐惧感,没有全然的呢种安全感.最开始像我们说的你到底是坚信还是不信,你的状态、频率就会显现出呢样⼦的⼀个事件出现在你的⽣命⾥⾯.所以其实你的这段关系它呈现出的背叛就是来帮助你来让你看到你内在的呢种恐惧,明⽩吗? 然后呢种恐惧必须需要你去疗愈过后,达到完完全全的安全感过后,你才会在你的感情⾥拥有有安全感的关系.为什么你们会反反复复的选择⾁体呢? 然后你们的⾁体是来帮助你们去处理你们深层次的⼀些创伤.因为外在的事件它会加深你相信什么.那⾸先你的频率是来⾃于你相信什么,对不对? 那外在的事件它会加深你相信什么.

Higher Spirit: The situation you're experiencing is due to the fear within you, a lack of full security. At the beginning, as we discussed, whether you believe or not, your state and frequency will manifest such events in your life. So, actually, the betrayal in this relationship serves to help you see your inner fear. Understand? Then, that fear needs to be healed before reaching complete security; only then can you have a relationship with安全感 in your emotions. Why do you keep choosing physical bodies over and over again? Your physical existence is there to assist you in dealing with deeper traumas. The external events reinforce what you believe. First, your frequency comes from what you believe, right? And external events deepen what you believe.

那通过这个事件,你会更加没有安全感,你会更加相信其实男⼈都会背叛你.这就需要你来突破它,就是来打破这个恶性循环.建⽴⼀个真⾯的循环.所以实际上这么来看的话,对⽅他只是来跟你演对⼿戏的.但是你们的⾁体却并不能分辨出来它是假的.因为它必须要感受所有的痛啊、绝望啊,明⽩吗? 因为你们之所以选择这个⾁体,就是因为这个⾁体可以创造这样的感觉.如果你们不想经历这个感觉,你们便不会选择这个⾁体.

Through this event, you will become even more insecure, and you will start to believe that men are inherently untrustworthy. You need to break through this, to disrupt the vicious cycle and establish a genuine one. Essentially, in this perspective, your partner is merely playing their role, but your physical selves cannot distinguish it as false because they must endure all forms of pain and despair. Understand? This is why you choose such physical bodies; if you wish to avoid these feelings, you would not select these bodies for your existence.

问: 明⽩.那我的安全感是应该来⾃于我⾃⼰还是外界给我的?

Questioner: Having understood, should my sense of security come from myself or from what is given to me by the outside world?

⾼灵: 这是属于你到底坚信什么.就好像我前⾯说的,你需要⽆论遇到什么事情,我都坚信这个事情它是来⽀持我的.这个才是最核⼼的东西.⽽不是说别⼈给你安全感你才相信,别⼈不给你安全感你就不相信.那就说明你根本就没有坚信啊.

Higher Spirit: This is about what you firmly believe in. Just like I mentioned before, whatever happens to you, I strongly believe that it will support me. This is the core of it. It's not about believing because someone else gives you security or not believing when they don't; that would mean you haven't truly believed at all.

问: 就是还是要靠⾃⼰的信念?

Questioner: Isn't it still relying on one's own beliefs?

⾼灵: 外在⽆论发⽣多少事情,它只是来检验你到底有多信你信的.那如果你因为外在发⽣了⼏次背叛你的事件,你就相信所有男⼈都会背叛你,你是不被爱的话.那就说明你相信的是这个呀,明⽩吗?

Higher Spirit: No matter what happens externally, it's just to test how much you believe in what you believe in. If because of external events, you experienced betrayal a few times and thus conclude that all men will betray you if you think you're not loved, then this is what you are believing in. Do you understand?

问: 明⽩了,就是这些都是对我⾃⼰的⼀个考验?

Q:明白了，就是这些都对我自己的一种考验吗？

⾼灵: 它只是来让你看到你⾃⼰相信什么.这就是物质世界为什么如此难被你们突破的⼀个原因就是它所有的⼀切都是如此的真实,它所有的感受都是如此的真实.然后你们会被这个所谓的真实给蒙蔽了.然后你们不知道所谓的真实正是需要你们去突破的.就好像前⾯有⼀堵厚厚的墙,看起来呢么厚呢么硬.它实际上就是来给你们突破的.等你突破了过后,你才发现实际上呢⾥什么都没有.

Spiritual Being: It's just to show you what you believe in. That is one of the reasons why the material world is so difficult for you to penetrate, because everything about it is so real, and all its sensations are so genuine. And then you get fooled by this notion of reality. You don't realize that the so-called reality is exactly what you need to break through. It's like there's a thick wall ahead of you, looking so thick, so hard. Yet, in reality, it's meant for you to penetrate. Once you've gone through it, you discover that inside, there's nothing.

问: 其实我觉得我跟我的⽼公,其实我们是很像的⼈.就是他很难抵抗诱惑,我⾃⼰其实也是.只是我暂时的克制住了⾃⼰.所以我这样做的是对的吗?

Questioner: Actually, I feel that my husband and I are quite similar; we're both hard to resist temptation. It's just that for me, I'm temporarily restraining myself. So, is what I'm doing right?

⾼灵: 这⾥没有什么对和错.因为这⾥并没有你们所谓的道德评价、评判或者是什么什么的.没有任何.唯⼀的就是说你们体验的都是你们⾃⼰.你⾃⼰的思想、你的观念、你的能量状态.你体验的都是你⾃⼰.那么你要突破的也是你⾃⼰,你需要去认识的也是你⾃⼰.外在的⼀切只是把这些东西呈现给你让你看到⽽已.

Higher Spirit: There is no right or wrong here. For there are no moral evaluations, judgments, or anything like that as you define them. Nothing at all; the only thing is that whatever you experience is yourself - your thoughts, beliefs, energy states. You experience yourself, so it's also what you need to break through and understand about yourself. Everything external is simply showing you these things for you to see.

问: 那如果我感觉到⼀个⼈对我很好很关系我,我应该去回应吗? 还是…⾼灵: 我们交流了⼤半天,然后最主要是想让你看到,外在⽆论什么事件它都是你⾃⼰,都是你⾃⼰的⼀个频率状态,都是你⾃⼰匮乏的⼀个状态.⽐如说你关注什么,你害怕什么,你想要什么,你对什么有欲望.这些都是呈现的是你⾃⼰的状态.那么你现在还纠结于:啊,我的状态怎么样… 你明⽩我意思吗? 都是你投射出来的⼀些影⼦在呢⾥,你还在说这个影⼦是不是真的爱我? 明⽩吗? 你还在跟呢些影⼦纠缠,你还觉得呢个影⼦是真实的.实际上它只是⼀个投射⽽已.因为⽆论你相信什么,⽆论你想要体验什么,你都是可以创造出来给你⾃⼰的.

Questioner: But if I feel that someone is being very kind and caring towards me, should I respond to them? Or...Higher Spirit: Throughout our discussion this afternoon, we were primarily aiming to help you see that regardless of any external events, they are all about your own state. They reflect a deficiency within yourself - what you're focused on, what you fear, what you desire, and what you want to experience. These aspects reveal your current state of being. Now, if you're still wondering how my state is... Do you understand? Everything here that appears as a shadow is just your projection, lingering there. You're questioning whether this shadow truly loves you. Do you see it now? You're still involved with these shadows and seeing them as real, while they are merely projections of your own mind. In essence, whatever you believe in or desire to experience can be created for yourself.

所以最根本的东西你还是要回归于到底什么是你? 为什么你跟你⽼公同样,你们就是很容易被外在的⼀些情感,就是恨肤浅的⼀些情感或者⼈吸引呢? 为什么? 因为你还不知道你是谁.当你不知道你⾃⼰的⾝份的时候,你就容易这个闻起来很⾹,我想尝⼀下.这个看上去不错,我想碰⼀下.你便会不断地被外界给勾引⾛,给吸引⾛.外界有什么,然后你就跟着⾛了.因为你还不知道你真正的⾝份.所以对外在很容易被他们吸引⾛的话,那也是在让你看到你⾃⼰实际上你还不知道你到底是谁.

So the fundamental thing you still need to return to is what exactly are you? Why do you and your husband find yourselves so easily swayed by external emotions, whether they be shallow feelings of hatred or the allure of people? Why is that? Because you don't yet know who you are. When you don't know your own identity, you become vulnerable to being tempted, like someone saying it smells nice, I want a taste; looking good, I want to touch it. You're constantly being led away and drawn in by the external world, following whatever comes its way because you haven't figured out who you truly are. So when you're easily attracted to externals, that also reflects how unaware you are of your true self.

问: 所以我还是需要花更多的时间去了解我⾃⼰?

Questioner: So I still need to spend more time understanding myself?

⾼灵: 你并不需要去选择任何.为什么呢? 因为即使是体验这种你所谓的,就是说很肤浅的,不断地被这个吸引被呢个吸引.因为你也会发现这些根本不能满⾜你,明⽩吗? 因为只有当你从不断地这些关系中发现这个并不是你想要的,并不能满⾜你.你是不是就彻彻底底的放下了? 所以这个体验对你来说,也是对你的⼀种⽀持呀.你需要去体验了过后,OK,这个并不是我想要的,这个并不是我追求的,这个并不是真正的我.因为你会发现这些根本满⾜不了你,它不能给你带来滋养,它不能让你真正感受到归属感,或者是什么什么的,任何.

Higher Spirit: You don't need to choose anything. Why? Because even experiencing what you call superficial, constantly being attracted by it and getting attracted by it, you will find that these things cannot satisfy you, right? Because only when you realize from these constant relationships that this is not what you want, that it does not satisfy you, do you completely let go? So this experience for you is also a support. You need to experience it first; okay, this isn't what I want, this isn't what I'm chasing after, this isn't truly me. Because you'll find out these things simply can't fulfill you; they cannot nourish you, they cannot give you a true sense of belonging or anything else.

问: 那如果他可以给我带来⼀定的快乐?

If he can bring me a certain level of happiness?

⾼灵: 那你也可以去体验呀.因为这⾥并没有对和错.你⾸先要知道这⾥并没有对和错,并没有哪条路是好和不好.它只有你⾃⼰去通过不断地体验去发现你,这是⼀个去⾃我发现的过程.

Higher Spirit: You can experience it too because there is no right or wrong here. First, you need to understand that there is no right or wrong, and no path that is good or bad. It's all about discovering yourself through continuous experimentation, which is a process of self-discovery.

问: 就是如果我是觉得这件事情是让我⾼兴的,那我就去做就去体验.如果是让我不⾼兴的,我也必须要去体验,因为这都是其中的⼀个过程?

Questioner: If I feel that this matter makes me happy, then I will do it and experience it. But if it doesn't make me happy, I still have to experience it because it is all part of the process?

⾼灵: 这都取决于你⾃⼰.因为⽆论你到底想要怎么样,你永远都会有⼀个核⼼的东西.他知道⾃⼰想要什么.因为他迟早会知道的,他会知道这个不是我想要的.因为你这个办法你没有办法欺骗他,对⽅也没有办法欺骗你.

Higher Spirit: It all depends on you yourself. Because no matter what you want to do, there will always be a core part of you that knows what you truly desire. He understands what he wants. Because eventually he will understand, and he will realize this is not what I want. Because with your method, neither you can deceive him nor can he deceive you.

问: 我还想知道⼈死了以后还能看到你现在⽣活的世界是什么样的吗? 还能感觉到你现在⽣活中的⼈和事情吗?

Questioner: I also wonder what it would be like for a person to see your current world after they die, and whether they can still feel the people and things in your present life.

⾼灵: 要看你⾃⼰.因为你死了过后还是你的思想,还是你的观念,还是你的念想.那如果你对物质世界有很⼤的⼀个念想、牵绊,你还是可以继续再去体验.那如果你并没有,那你又是做其它的选择.所以这个是取决于每⼀个个体他们⾃⼰想要体验什么.因为你永远都是⾃由的.你永远都有选择,你不是被困的.你⾁体⾥⾯你还会觉得你被困.你被困的是什么?就是你的物质头脑,你的观念,你的思想.你是受困于这个的,然后你⾁体的⼀些恐惧、欲望.那当你脱离⾁体的时候,你更加是没有什么困住你的了.⽽且你们来到这个物质世界选择这个⾁体也是来让你们看到,其实你被困的只是你⾃⼰,就只是你⾃⼰.

Higher Spirit: It depends on you. Because even after your death, it's still your thoughts, your ideas, and your concepts. If you have a strong attachment to the material world, you can continue experiencing that. But if you don't, then you make other choices. This is based on each individual's desire for what they want to experience, as you are always free with your choices. You are never trapped; it just feels that way in your physical body. What do you feel trapped by? Your material mind, your concepts, and your thoughts. You're confined by these things, along with your body's fears and desires. When you transcend the physical body, there is even less to hold you back. And choosing a physical body in this material world was for you to realize that you are really trapped only within yourself.

问: 那我有什么途径可以知道,不是都说⼈死了后会转世.那我到底是⼀个年轻的灵魂还是⼀个⽼的灵魂?

Questioner: But how can I know which way? Isn't it said that after death, one is reborn? Am I a young soul or an old soul?

⾼灵: 年轻的灵魂和⽼的灵魂? ⽐如说你所谓的年轻的灵魂它的经历和⽼的灵魂…. 如果你只是从⾁体层⾯来说,你只有你这⼀个⾁体.它是独⼀⽆⼆的,它是没有谁可以替代的.即使像我刚刚说的你曾经怎么样怎么样,呢个实际上只是呢个能量层⾯.为什么? 因为你还携带着这个能量.但是它是不是你? 它并不是你,明⽩吗? 你只是还携带着这股能量.

Higher Spirit: Young soul and old soul? For example, the so-called young soul and its experiences compared to an old soul… If you just speak about the physical level, you only have this one body. It is unique and无可替代; no one can replace it. Even though I mentioned earlier how you used to be or whatever, that's actually just at the energy level. Why? Because you're still carrying this energy. But is it you? No, it isn't you, understand? You're only still carrying this energy.

问: 因为我有时候会感觉我到⼀些场景好像似曾相识,但是其实我在这⼀⽣是没有碰到过的.那感应到的是我曾经某⼀世发⽣的事情吗?

Questioner: Sometimes I feel that certain scenes are familiar to me, but in reality, I haven't experienced them in this lifetime. Is it possible that my perception is of something that happened in a previous life?

⾼灵: 你感应到的是,就好像这么说,你现在你的头脑它只能体验到当下的.因为这是你的头脑,你的⾁体被发明被创造,它只能focus在当下.但是实际上所有的⼀切,所有的事件,所有的昨天今天明天后天它都是同时存在的.那有时候你就可能会感受⼀下其他的⼀些画⾯.就好像这么说,看电视有频道⼀⼆三四五六七⼋….⼀百.它们都是同时播放的.然后但是呢,你只能看⼀个台,你只能在⼀个⾓⾊.

The Higher Spirit: What you're sensing is like this - your mind can only experience the present moment because it's yours. Your body was invented and created to function in such a way that it focuses on the now. However, all things, events, yesterday, today, tomorrow, and the day after, are simultaneously existing. Sometimes you might feel other scenes. Like when watching TV with channels one, two, three, four, five, six, seven, eight...one hundred; they're all playing at once. But you can only watch one channel at a time, taking on one role at a time.

问: 就是我同时存在于很多的频道中,但是我只能看到我当下的…⾼灵: 你的意识是在切换的.⽐如这个通灵的⼥孩⼦,她切换她的意识她才能去传达这些信息.如果她不切换,她只锁定在物质世界⾥⾯的话,她是传达不了这些信息的.那你的切换有可能就是⼀个⽆意识,就好像惊鸿⼀瞥的呢种感觉.就⼀下⼦,就突然做了个⽩⽇梦.刚才发⽣什么事? 就⼀下突然这种感觉.

Questioner: I exist in many channels at once, but can only see what is happening right now...

Higher Spirit: Your consciousness is switching. For example, the medium girl has to switch her consciousness in order to convey these messages. If she doesn't switch and stays locked into the material world, she wouldn't be able to transmit this information. Your switching could possibly be unconscious; like a flash of insight or sudden daydream. It's just for a moment, suddenly having a fleeting thought or experiencing something that happened earlier all at once.

问: 那这种能⼒是天⽣的吗?

The ability mentioned here is innate, right?

⾼灵: 这种能⼒是天⽣的吗? 你所谓的天⽣的,这种能⼒更多的是你这⼀⽣选择要探索的主题是有关系的.就⽐如说有些⼈他这⼀⽣他就选择我这⼀世我要选择做⼀个通灵⼈,我要通灵.我要体验这两个不同的世界,我要当中间⼈.那么他就会天⽣携带这些能⼒.那这就是你所谓的天⽣的.因为他选择这个,就⽐如说专门他们的基因⾥⾯就感知特别强的.就⽐如说家族都是通灵的,选择这样的家庭.然后再继续体验.

Higher Spirit: Is this ability innate? The so-called innate ability is more related to the themes you choose to explore throughout your life. For example, some people might choose in this lifetime to become a medium, wanting to communicate with spirits and experience two different worlds as an intermediary. This would result in them being born with these abilities. That's what you mean by innate because they chose it. Their genes may perceive things strongly in their family, where everyone is spiritual or in such families that allow them to continue experiencing this.

问: 我懂了.那他们通灵的时候⾃⼰的意识是知道的吗? ⽐如说我跟你的对话,她⾃⼰能感知到吗? 还是说她⾃⼰不知道?

Questioner: I understand. Do they know their own consciousness when communicating with the spirit? For example, can she sense our conversation or is she unaware of it?

⾼灵: 她⾃⼰就像⼀个旁观者.就好像这台车的驾驶最开始是在物质世界是吧? 那她现在是把驾驶座位让过来,她坐在呢个副驾驶.所以她知道我们是在讲什么,是说什么.她完完全全的允许这股能量会把她带向哪⾥,没有去⼲涉到底是座还是右.

Higher Spirit: She is like an observer herself. Was the driver of this car operating in the material world at first? Now she has taken the passenger seat, so she understands what we are discussing and communicates with us without interfering with whether it's left or right.

问: 那我可以经常跟你通话吗?

Questioner: Can I call you frequently?

⾼灵:任何时候你需要连接,任何时候都可以.因为对于我们来说并没有什么时间概念,也没有什么空间概念.不是说你们需要从这个地⽅到呢个地⽅去见⼀个⼈.你现在跟我在⼀起,你就没有时间了,明⽩吗?

Higher Spirit: You can connect at any time you need. There's no concept of time or space for us. It's not about having to travel from one place to see someone else. When you're with me now, you have no more time, understand?

问: 那我每次通话的⼈都是同⼀个吗? 还是…⾼灵: 就像我刚才说的,你⽐如说空⽓当中哪⼀个是同⼀个呢? 你站在⼀个草坪上,你闻到了鲜花的味道,你闻到了⽜粪的味道,你闻到了青草的味道,你闻的是同⼀个吗? 那它是⼀个整体呀.因为你们头脑⾥⾯还在⽤⼀个⼈,这⼀个⼈两个⼈三个⼈…. 你们在⽤表⾯的相来划分⼀切.但是我们并没有你们所谓的相存在.

Questioner: Does that mean I talk to the same person every time? Or... Higher Spirit: Just like I mentioned earlier, which one of the particles in the air is the same? Imagine you're standing on a lawn and you smell the fragrance of flowers, the stench of cow dung, or the freshness of grass. Is it the same smell you detect? It's all part of the whole because your mind perceives them as separate entities - one person, two people, three... You categorize everything based on their surface characteristics while we don't recognize these individualized forms in existence.

问: 我知道了,你们都是⼀体的.

Questioner: I understand, you are all one.

⾼灵: 我们没有我们、你们.⽽且你最需要关注的是这些信息到底把你带向哪⾥,这个才是最重要的.

Higher Spirit: We are not ourselves, nor are you. And what truly matters most is where this information leads you, that is the essence of it all.

# **2022/05/16 — 你需要改变的只有你⾃⼰The only thing you need to change is yourself**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

问: 就是你现在是有在我的⾼我链接吗?

Questioner: Are you connected to my high self right now?

⾼灵: 我现在是和你的⾼我链接吗? 你所谓的⾼我是什么? 你所谓的⾼我就好像是你这个⼈⼀样具体的存在,它是分开的状态吗?

Higher Spirit: Am I now linked to your high self? What is this thing you call the 'high self'? Your so-called 'high self' seems to be a concrete entity just like yourself. Is it in a separate state?

问: 就是⽬前的我看不到的⾃⼰的⼀个状态的我.

Questioner: It's a state of myself that I can't see at present, me.

⾼灵: 你可以直接问你的问题.

Higher Spirit: You can ask your question directly.

问: 就是我觉得我觉得我不断的在变化,外在和内在.周围的朋友可能没有我变化这么多.有的时候会让我觉得⾃⼰觉得⽐较累,我也不清楚为什么会这样?

Questioner: I feel like I'm constantly changing both externally and internally. My friends around me might not change as much as I do. Sometimes it makes me feel quite exhausted, and I don't understand why this happens to me.

⾼灵: 你所说的变化…问: 像变⾊龙⼀样.外在我不断的调整变化,每隔⼏个⽉我都有内在学习到新的东西.我觉得我的内在会在⼀段保持⼀段时间stable,然后move on to the next.

Higher Spirit: The changes you mentioned... Questioner: Like a chameleon. I am constantly adjusting and changing, picking up new things every few months through my inner learning. I feel that my inner self remains stable for a period before moving on to the next.

⾼灵: 这样有什么不好吗?

Higher Spirit: Is there anything wrong with that?

问: 没有什么不好.但有的时候我会感觉到累.

Questioner: Nothing wrong. But sometimes I feel tired.

⾼灵: 感觉到累.什么让你觉得累呢?问: 就我要不断地适应⾃⼰.

Higher Spirit: Feeling exhausted. What makes you feel tired, Questioner: Just adapting to myself all the time.

⾼灵: 所以呢个变化不是你喜欢的?

Higher Spirit: So this change isn't what you like?

问: 我觉得变化是好的,也是我喜欢的.就感觉到有时候就是作为我的朋友或者周围的⼈看我会⽐较…⾼灵: 所以只是担⼼别⼈对你的看法.这些让你觉得累?

Questioner: I feel that change is good and what I like; it's just that sometimes when my friends or people around me look at me, they seem to... Higher Spirit: So they're just worried about how others perceive you. Does this make you feel tired?

问: 我觉得会有的.如果有⼀个伴侣的话,那他会不会愿意跟我⼀起不断的在参加我⾃⼰的葬礼⼀样.这个就是让我都会觉得有些累.就是我有的时候会觉得说…⾼灵:你现在只是你头脑⾥⾯的⼀些观念产⽣冲突了⽽已.就⽐如说你有⼀个观念你觉得你需要⼀个稳定的⾃我形象或者是其他⽅⾯.因为这样⼦的话,你才能跟外在发⽣稳定的关系.你⾸先有这样⼀个观念.然后你还有其他的⼀些观念.只是这个观念和你其他的观念会产⽣⼀些冲突.如果你没有任何观念呢?如果你只是去做你⾃⼰?就是说你没有任何观念,就是OK,我在这⼀刻我很伤⼼我可以哭,下⼀刻我很开⼼,我可以欢快的跳.这个并没有什么.那为什么你会有⼀个观念跳出来说我怎么东⼀下西⼀下,我怎么⼀会这样⼀会⼉他呢

Questioner: I feel that there will be. If there is a companion, would he be willing to participate in my own funeral along with me continuously? This makes me feel exhausted. Sometimes I wonder... Higher Spirit: You're just experiencing internal conflicts within your mind. For instance, you might believe you need a stable self-image or other aspects because only then can you maintain stable relationships with the outside world. You have this initial notion, and then you have other ideas that create conflict with these. But what if there are no notions at all? What if you just do yourself?

Why would you suddenly feel conflicted about how to act based on your current emotions when you could simply be honest with them: in one moment, deeply saddened and openly crying; the next, profoundly happy, joyfully dancing around without any reservations or judgments?

样,我怎么翻脸像翻书⼀样? 你所有的这些都只是⼀些就是声⾳⽽已,但是这些声⾳并不是重要的.只有你把它当成重要的了才能影响到你.

Like how can I change my face as easily as flipping through pages? All these are just sounds to you, but the significance of these sounds does not matter. Only when you consider them important can they truly affect you.

问: 🗎,⽬前我是说这没有很影响到我⾃⼰..

Questioner: ♻️ Currently, I'd say it hasn't really affected me personally.

⾼灵: 所以你的问题是什么? 如果你觉得你在受困扰的话,我刚刚前⾯跟你说你受困扰的只是你头脑⾥⾯的呢些定义和声⾳⽽已.但是如果你放下它呢? 那你便没有困扰了.

Higher Spirit: So what is your question? If you feel troubled, as I just mentioned to you earlier, the things troubling you are merely definitions and voices in your mind. But if you let go of them, then you will no longer be troubled.

问: 只是可能⽐如说社会上更期待你的⼈是有⼀个⼈设…⾼灵: 那是他们的问题.那是你需要放下他们怎么看你.你需要去明⽩的是这⼀点.因为你不能去决定每⼀个⼈怎么看你.每⼀个⼈都有⾃⼰的声⾳,⾃⼰的想法. 那是属于他们的.你来到这个世界上你不是去…. 如果说你来到这个世界上你是去适应对⽅的话,那对⽅有⼏⼗亿个⼈,你怎么去适应?

Questioner: Just like there might be expectations from society that you have a certain persona… Higher Spirit: That's their problem. You need to let go of how they perceive you. You need to understand this point because you can't control how every single person perceives you. Everyone has their own voice and thoughts, which are theirs. When you come into this world, you're not there to… If you're coming into the world to adapt to others, then there are billions of people out there, how do you possibly adapt?

问: 就有的时候还是想让别⼈了解我,但我同时其实又不是…又⽆法被定义.所以别⼈也⽆法特别的了解我.虽然没有⼀个⼈能特别了解另外⼀个⼈.我觉得我就是⽐较难描述的⼀个⼈我觉得.

Questioner: Sometimes I still want others to understand me, but at the same time, I am actually... undefined, so others cannot fully understand me either. Although no one can truly understand another person completely, I feel that it is particularly hard for me to describe myself.

⾼灵: 这个有什么问题吗?

Higher Spirit: Is there a problem with that?

问: 所以我有的时候我也不要会去… 我还蛮喜欢维持⼀种神秘感的.可能但是⼯作会有对你有⼀个这个要求啊,期待啊.

Questioner: So sometimes I don't also go to... I quite enjoy maintaining a sense of mystery. Maybe but work might have expectations or demands on you in this regard.

⾼灵: 所以你的问题是什么呢? 因为我发现这⾥没有问题.因为这只是你成长的⼀个过程.只是你体验的⼀个过程.这没有什么问题.还有其他问题吗?

Higher Spirit: So, what's your problem then? Because I found no issue here. It's just a part of your growth process. Just an experience you're going through. There's nothing wrong with that. Are there any other issues?

问: ⼈是会慢慢了解彼此的,所以我⾃⼰也不着急别⼈⼀下⼦就对我怎样了解.

Questioner: People get to know each other gradually, so I'm not in a hurry for others to understand me right away.

⾼灵: 你⾸先要知道你今天来跟我对话,你是要倾诉呢还是提问.如果你是要倾诉的话,我可以不⽤在通灵的状态.你如果要提问的话,你就⽤简短的⽅式去提你的问题就⾏了.你不需要描述任何.因为我们通灵不是⽤来听的,⽽是你来听.

Higher Spirit: The first thing you need to know is whether you are here to confide or to ask questions today. If you want to confide in me, I do not have to be in a spirit communication state. If you wish to ask questions, just formulate them concisely. There's no need for any detailed descriptions, as spirit communication is not about listening, but rather speaking.

问: 那下⼀个问题吧.那我想问怎样平衡出世和在这个时代找到⾃⼰很好的位置吧? 因为我个⼈物质欲望也不强,但我又希望给⾃⼰制造⼀个平台可以有更多的空间做⾃⼰.

Questioner: Let's move to the next question. I want to ask how one can balance detachment and finding a good position in this era? Because personally, my material desires are not strong, but I hope to create a platform for myself where I can have more room to be myself.

⾼灵: 那你这⾥你⾸先要听你⾃⼰的话.因为你觉得这个好像是不能同时拥有的,明⽩吗? 你觉得好像是能选择其中⼀个.但是这并不是.

Higher Spirit: So you first need to listen to yourself here. You feel that this seems like something you can't have simultaneously, right? You think it's like choosing between one of them. But that's not the case.

问: 那我想问通灵的这边是怎么看待成功学的?

Questioner: I'd like to ask about the view on self-help in spirit communication.

⾼灵: 成功那是你们⾃⼰,你们这些⼈是怎么定义成功.⽬前在你们的物质社会上来看,你们是觉得在社会上拥有⼀定的影响⼒,然后财富,然后名⽓,然后就是说⽐如说你是⼀个很多⼈都知晓知道的⼀个⼈.然后呢,你也拥有⼤量的⾦钱,你在社会上有地位.然后你们眼⾥这个就是所谓的成功.

Etherean: Success is yours to define. How do you humans define success? Currently in your material society, you perceive it as having influence in society, followed by wealth, fame, and being a well-known person among many people. You also possess substantial amounts of money, holding status in society. In your eyes, this constitutes what's considered success.

问: 那在你们的⾓度看什么样的算成功?

Questioner: So, from your perspective, what constitutes success?

⾼灵:没有成功和失败.那相对来说呢,如果你能成为⼀个完整的⼈.就⽐如说你来到这个世界上,你是需要去绽放,你是需要有这个挑战,完成成为你⾃⼰.就好像是⼀朵花盛开了,然后⼀个果树结果了.然后这个就是⼀个成长的过程.这就是⼀个成功的⼀个过程.也就是说你的这个物质受体它没有⼀个太多的阻碍它去盛开.它是⼀个完整的,⽽不只是单独的⽤⼀个⾁体在⾏动.然后这个就是所谓的成功.

Spiritual High: There is no success or failure; rather, if you can become a whole person - akin to needing to bloom upon entering this world and facing challenges to actualize your own identity, much like a flower blooming and a fruit tree bearing fruit. This represents a growth process, which is also the process of success. Essentially, your physical receptacle experiences minimal hindrance in its blossoming, manifesting completeness rather than merely functioning through a single body. This is所谓的success.

问: 所以我们是不是找到我们在这个世界上存在的…由这个作为内在动⼒去做事?

So are we discovering our purpose in existence by acting with this inner drive?

⾼灵: 你是说你们做事的⼀个动⼒是吗? 如果你只是⽤你的⼀个⾁体的存在,就是说你只把你⾃⼰当成⼀个⾁体,我的这个⾝份,我在物质世界上是什么⾝份.那你的动⼒肯定是解决你⾁体的⼀些需求和欲望.是来⾃于这些.那如果你是⼀个整体的⼈,就是你不光是⼀个⾁体,你还有你的灵魂.然后⼀个整体的这样⼦,你便不需要任何动⼒,明⽩吗?因为你随时随地的都是… 你不需要内在的或外在的驱动⼒,你随时随地的任何⼀个时刻你都是⼀个完整的你在展现你⾃⼰.所以他没有任何,啊,我是为了达到哪⾥,我是为了什么什么的.因为每⼀个当下它都是⼀个完整的,都是⼀个完美的,都是⼀个整体的你在显现.

Higher Spirit: Are you saying that one of the driving forces behind your actions is simply using your physical existence? If you only view yourself as a body, and I'm referring to my identity in this material world, then the force behind your actions would certainly be to solve some needs or desires for your body. This comes from those aspects. But if you are a whole person, meaning more than just a body, you also have your soul. Then being an integrated entity like that, you no longer need any driving force, do you understand? Because at every moment you are always... You don't require internal or external drive, you can be fully present at any given moment as the complete self expressing itself. So there's nothing, "I'm doing this to reach a certain place," or "I'm aiming for something." As every single moment is already whole, perfect, and an overall manifestation of yourself.

因为在你们物质世界,你们还有⼀个就是说时间,将来,就是还要⼀个⽅向.那如果是⼀个整体在⾏动在⾏为的话,他没有⽅向.他只是在每⼀个当下,每⼀个⽚刻.他没有⼀个需要去成为和达到的⼀个…

Because in your material world, you have something called time, the future, which also has a direction. If it's an overall movement or action, there is no direction. It's just at every single moment, every instant. There isn't a need to become or reach something...

问: 我觉得这个就是我感受到的吧.我觉得我现在没有说我要朝哪个⽅向去.但可能就是说⾁体它还是存在在这的,它还是有需求.那你就要去⼯作吃饭.就是⼲这些事情,对吧?

Questioner: I feel that this is what I'm experiencing. I don't think I'm trying to go in any particular direction right now. But perhaps the body still exists and has needs, like needing to eat and work on things, you know?

⾼灵: 那你的问题是什么?

The Higher Spirit: What's your problem?

问: 就是我们的灵魂不需要⼀个动⼒去任何事情,对吧?

Questioner: Isn't it true that our souls don't need a force to do anything?

⾼灵: 因为它每⼀刻都是绽放的⼀个状态.你还需要去push它做什么? 明⽩吗?

Sage: Because it's already in a state of blossoming at every moment. What is there to push about, do you understand that?

问: 所以我们给⾁体找到⼀些动⼒,是为了满⾜⾁体需要找到⼀些动⼒是另外⼀件事情是吧?

Questioner: So, we give the body some motivation, but it's another thing to find some motivation for the body, right?

⾼灵: 那是你们⾃⼰,是你们的⼀些观念,你们的⼀些想法,你们的⼀些定义.那是属于你们头脑之间的⼀些游戏⽽已.

The Higher Spirit: That is you yourselves, some of your concepts, your thoughts, and certain definitions. It's just a game among your minds.

问: 所以我们来到这个世界上我们是不是带着⼀个calling,就是怎么样做⼀个light worker or anything?

Questioner: So when we come to this world, are we carrying a calling, like how to be a light worker or something?

⾼灵: 什么意思?

Higher Spirit: What does it mean?

问: 就是如果说⾃⼰对⾃⼰的欲望没有呢么强烈,就是世俗的欲望没有呢么强烈.那我们的灵魂是不是带着⼀个责任或者⼀个calling来到这个世界上的⼀个purpose?

Questioner: If one's own desires are not as intense or as worldly as others', does that mean our souls come into this world with a responsibility or a calling for a specific purpose?

⾼灵: 我不要能明⽩你的问题是什么? 你是说如果你的物质欲望没有如此的强烈,那是不是因为你的灵魂层⾯有⼀个使命⽽来到这个世界上? 你对物质世界没有如此⼤的⼀个欲望是吗?

Spiritual Being: I don't want to know what your problem is. Are you saying that if your material desires were not so intense, would it be because there's a mission for your soul to come into this world? Do you have no such great desire for the material world?

问: 🗎⾼灵: 如果你是说物质世界的欲望的话,它这个只是⼀个时间阶段的.因为你迟早会厌倦于这个世界上的⼀切,就是这⼀切都已经不能满⾜你.因为你还是会觉得你会有⼀个很⼤的空洞在呢⾥.那就促使你去追寻超越物质层⾯的⼀些.如果你说你们的使命问题,你们并没有任何外在加与你的任何使命.就⽐如说上天、上帝要让你来改变世界.不是的.你只有你⾃⼰去需要这⼀堂课,你才会需要选择来到这⾥去学习这堂课,明⽩吗? 所以⼀切都是由你⾃⼰,⽽不是外在.因为这⾥并没有外在.你们每⼀个⼈都只是⾃⼰,你们并没有使命需要去改变这个世界.因为你就是这个世界,你只要你领悟到了,你成为了,那这个世界就变了.

Questioner: @HighSpirituality: If you're referring to the desires of the material world, it's just a phase because eventually, you'll get tired of everything on this planet. That is, everything will no longer satisfy you because there will still be a large void inside that drives you to seek something beyond the physical realm.

If you are asking about your mission, you have no external imposed mission upon you. For example, Heaven or God doesn't want you to change the world. No, it's only up to you personally if you need this lesson to learn and understand. So everything comes from within you, not externally because there is nothing externally here. Each one of you is just yourself; none of you has a mission to change the world since you are the world itself. Once you realize this and become that, the world changes accordingly.

你们总以为你们是需要去改变他⼈的,这⾥没有他⼈.他⼈都是来协助你,看到你⾃⼰在⼀个什么状态.你需要明⽩这⼀点.他⼈的存在不是来让你去改变的,不是来让你去怎么样的.他⼈的存在只是来让你,来帮助你,可能以各种各样的⽅式来帮助你、认清你⾃⼰现在是在怎么样的⼀个状态.所以这⾥没有他⼈需要拯救.这是你们误解的.你们看到很多⼈在 suffering,在受苦.你觉得你要去改变他们,拯救他们.但是并不是的,明⽩吗?

You always think that you need to change others, but there is no one here. Others are coming to assist you, to see what state you're in. You need to understand this point. The existence of others is not for you to change or influence; they do not come to dictate how you should be. They exist merely to help you and assist you, possibly through various means, to gain clarity on your current state. So there's no one needing to be saved here. This is a misunderstanding on your part. You see many people suffering and struggling. You feel that you need to change them, save them. But it's not about saving or changing them; understand this clearly.

问: 所以就不存在说末世的这样⼀个概念?

Questioner: So, there is no concept of the end of the world?

⾼灵: 末世.末世是什么? 即使你现在体验的这个物质世界结束了,那还有很多很多其他的物质世界呀.那你是指谁的末世呢? 因为我刚刚都说了,你的世界只是在你的意识内.那你的意识内结束了,不代表其他⼈的世界在意识内结束了呀.所以你怎么去分辨末世呢?

Higher Spirit: Apocalypse. What is an apocalypse? Even if this material world you're experiencing comes to an end, there are still countless other material worlds out there. But which apocalypse are you referring to? Because I just explained that your world exists only within your consciousness. If yours ends, it doesn't mean that the consciousness of others also reaches its end. So, how do you determine when an apocalypse occurs?

问: 所以也是不是不存在现在⼤家在awaken,就是现在⼤家在consciousness在往上⾛的说法?

Questioner: So, is it also not that everyone is currently awakening, meaning the idea that people's consciousness is progressing upwards?

⾼灵: 你们现在是⼀个就好像是⼀个过度、转折,就好像是就马上会春暖花开,花都要开了⼀个状态.就好像天快要亮了,亮之前的⼀个状态.就⿊暗的状态,现在天最⿊,接下⾥天就要亮了.是在这样的⼀个状态.所以这是⼀个过程.也是⼀个从物质世界⾛向灵性世界的⼀个过程,⼀个阶段.末世是某⼀些⼈他们⾃⼰的⼀些观念.他们⾃⼰的⼀个观念.

Higher Spirit: You are currently in a sort of transition phase, like the moment when spring arrives and flowers are about to bloom; it's akin to darkness before dawn, where the darkest part has arrived but light is about to break through. This is a state of transformation, a process from the physical world into the spiritual realm, an era for certain individuals based on their personal beliefs and perceptions.

问: 所以我们的课在这个世界上修没修够是这个灵魂决定的吗?

Questioner: So, does our class in this world depend on whether it is decided by this soul?

⾼灵: 你们有没有修够? 就是说你所谓的修⾏吗? 你⾸先要知道你的这个⾁体它只是你….然后你的这个意识它有很多很多很多的你.但是你的这个你只有你的这个独⼀⽆⼆,没有⼈可以代替,也没有⾓⾊可以代替你的体验,你的⼀切.所以管他有没有修够,有没有怎样,其实和你没有任何关系.你只代表你这个,就好像这个感知,感知这个世界,这个触⾓.然后来体验,来感受.就算其他什么有没有修够,继续怎样.因为体验它永远不断的,跟你没有关系的.所以你最重要的就是如何在你现在拥有的这个⾁体⾥⾯,如何更好的去把你⾃⼰给活出来.这才是最重要的.因为不管你其他什么什么,跟你没有半点关系的.因为你是独⼀⽆⼆的.

Higher Spirit: Have you practiced enough? That is, the practice you're talking about? You need to understand that your physical body is just one part of you... and your consciousness contains many versions of yourself. However, this 'you' you possess is unique, irreplaceable, with no one else able to replicate your experience or understanding of everything. Thus, whether you've practiced enough or not doesn't matter; it's irrelevant to you. You only represent yourself, akin to perception - perceiving the world through various senses and experiencing life accordingly. Whether others have practiced enough or continue on their path has nothing to do with you since experiences are ever-changing, disconnected from your reality. Therefore, what truly matters is how you live within your current physical body, optimizing who you are and making the most of this unique experience. This is crucial because everything else about you doesn't affect or relate to this core existence.

这么说吧,你是⼀个树枝对吧? 你整课树上,⼀棵⼤树.呢棵⼤树是你的灵魂也好,⾼我也好你所谓的,⽆论怎样也好.那你是其中的⼀个树枝.那你这个树枝能长多⼤,多粗,能发育多少⼩树枝,那就看你⾃⼰了.那如果你长⼤⼀半不长了,那也是你,明⽩吗?

So you are a branch, right? You are part of the whole tree, a large one. Whether that large tree is your soul or spirit, tall or not, however it may be. So, you are just one of those branches. And how big or thick you grow, and how many small branches you can develop on yourself, depends solely on you. If you grow halfway and then stop, that's still you, understand?

问: 所以在你灵魂世界不存在⼀个时间的概念?

Questioner: So, does the concept of time not exist in your soul world?

⾼灵: 时间只是存在于你还有这个⾁体的时候.你还有这个⾁体.为什么? 你需要这个⾁体去感知⼀切.那它感知,它不能去感知所有的画⾯都在眼前.那这样它会奔溃的,它会不知道我要处理哪个画⾯.你想⼀下所有的东西全部摆在你眼前,你的⼩时候,你的⽼年⽣活.你的各个各个都在你眼前,这⾥在吵架,那⾥在哭,呢⾥在笑,你到底要关注哪⼀个? 你要体验哪⼀个? 你会奔溃的.所以你的这个去探索,去体验,去感受这个物质世界,这个⾁体就像媒介⼀样.你的这个⾁体它只能去⼀刻⼀刻的去体验,那这样就形成了你们所谓的时间.

Higher Spirit: Time only exists when you have this physical body. You still have this physical body. Why? Because you need the body to perceive everything. If it could perceive all scenes in front of it at once, it would be overwhelmed; it wouldn't know which scene to process. Imagine if everything was placed before you, your childhood, old age. All phases of your life right there, arguments happening here, crying over there, laughter elsewhere. Which one should you focus on? Which experience should you go through? You'd be lost. Your body would just try to perceive each moment individually, which is what forms the concept of time for you.

问: 那我们存在past life或者是平⾏空间这样的事情?

Questioner: Or do we have past lives or parallel dimensions like that?

⾼灵: 那就像刚才我说的⼀样,所有的图⽚它都在你眼前,对吧? 但是你去感知它,你只能去感知你眼前的呢⼀个.⼀个⼀个这样去感知.那你所谓的平⾏的.那就是说你现在你⼩时候它也存在,你⽼了它也存在.但是你需要⼀点⼀点的去…. 那就是你所谓的平⾏.

Higher Spirit: Just as I said earlier, all the images are right in front of you, correct? But when you perceive them, you can only perceive one at a time, one by one. That's what you mean by parallel. It means that whatever existed when you were young still exists, and whatever will exist when you're old still does. But you have to experience them gradually... That's what you mean by parallel.

问: 所以能定义我的是我灵魂的感知吗?

Questioner: So am I defined by my soul's perception?

⾼灵: 能定义你? 定义只是你们头脑会去做的事情.你上⼀分钟这么定义你,你下⼀分钟意识变了.你又来重新定义你.只是你们头脑会去喜欢做的⼀些,因为它需要把所有的东西都贴上标签.

Higher Spirit: Define you? Definition is just what your mind would do. You define yourself one minute and then your consciousness shifts the next. You redefine yourself. It's just something that your mind likes to do because it needs to label everything.

问: 怎么去区分我和他⼈?

Questioner: How do I distinguish myself from others?

⾼灵: 怎么区分你和他⼈? 你的视⾓和他⼈的视⾓不同.就好像你们带着不同的颜⾊,不同的滤镜在看这个世界.那你们感知到这个世界就不同.那就是你们的不同.就是你去感受这个世界和体验这个世界的⽅式.你们接受到的信息…问: 所以你们有没有期待我们是以怎样的⽅式去体验这个世界? 因为有⼀些⼈他更活在darkness⾥⾯,有⼀些⼈更活在希望和faith⾥⾯…⾼灵:期待是你们⼈类才有.因为你们会有⼀个想要的怎么呈现或者怎么展现的⽅式.但是如果没有想要的呢,明⽩吗?你们的头脑⾥⾯会有⼀个觉得这个是好的.但是这⾥并没有好和坏.没有更好也没有更坏,没有完美也没有完整.就是⼀个完成式.所以并没有任何期待.

Higher Spirit: How do you distinguish yourself from others? Your perspective is different from others'. It's like you both wear different colors and filters when looking at the world; hence, your perception of it varies. That's what sets you apart – how you experience and interact with this world through your unique way of feeling and processing information.

Questioner: So, do you have expectations about how we should experience this world? As some people live in darkness, while others are immersed in hope and faith...

Higher Spirit: Expectation is something that belongs to humans; it's because we all aspire for a certain representation or manifestation. But what if there is no specific expectation? Understand that your mind perceives things as good, but here, there is neither good nor bad; no better or worse, no perfect or complete – just completion. Therefore, there are no expectations.

问: 就是哪怕你活在darkness⾥⾯,也是⼀个ok的状态.活在希望⾥也是⼀个ok的状态,对吧?

Questioner: Even if you live in darkness, it's still an okay state. Living with hope is also an okay state, right?

⾼灵: 你看到⽑⽑⾍变蝴蝶的过程它是不是必须要经历在⾍蛹⾥⾯⿊暗的⽇⼦? 你看到它树苗,⽆论它树有多⼤.它的种⼦是不是都需要在⼟地⾥,在⿊暗的地⽅,然后呆到发芽? 所以只有你们的头脑会把这个定义成所谓的不好.⼀切都是你不同的体验和经历.没有好和不好.

Spirit: Do you see the process of a caterpillar transforming into a butterfly, must it necessarily go through days in a dark cocoon? Do you observe its seedlings, regardless of how tall the trees may be? Is it that their seeds need to reside underground, in darkness, and wait until they sprout? Therefore, only your mind would define this as bad. Everything is based on your various experiences and encounters; there is no such thing as good or bad.

问: 就⽐如说在亲密关系和朋友关系中.我总觉得我总是给予的⽐较多,需求的⽐较少.很难表达⾃⼰的需要.我不知道这个状态怎么去打破?

Questioner: For example, in close relationships and friendships, I always feel like I give more and have fewer needs. It's hard to express my needs. I don't know how to break this cycle.

⾼灵: 你是有需要,然后很难表达是吗? 你不需要想着怎么去打破它.你只是去成为你⾃⼰就可以了,明⽩吗? 因为你会在头脑⾥⾯定义个这样不好.你想要去达到更好.

Higher Spirit: Is it because you have a need, and thus find it hard to articulate? You don't have to ponder on how to break it. Just be yourself, understand? Because in your mind, you define this as not good enough. You aspire for improvement.

问: 只是可能⾃⼰会有⼀些难受或者委屈的点吧.就是感觉…⾼灵: 那是另外⼀个你需要处理的问题.⽽不是说如何去索取.明⽩吗? 你⼼⾥产⽣委屈,那是另外⼀个你需要去看到的问题.你的委屈肯定是来⾃于你到底是如何定义了这件事情.那如果你看到你是如何定义这件事情.你就可以改变你的定义,转换你的⾓度去看待事情.那么你的感受就不⼀样了.所以这个是你可以通过你⾃⼰去观察你⾃⼰的⼀个情绪和感受.

Questioner: Perhaps there might be some discomfort or feelings of injustice for you. It's just that... Higher Spirit: That is an issue that you need to address, not about how to seek. Do you understand? When you feel委屈, it's another issue you need to see. Your sense of injustice comes from how you define this matter. If you can see how you define the situation, you can change your definition and shift your perspective on things. Then, your feelings will be different. So, this is something you can explore through self-observation of your emotions and experiences.

问: 我们也不⽤去可以寻找能够在灵魂层⾯交流的⼈,是不是?

Questioner: We don't have to actively seek out people who can communicate on a soul level, do we?

⾼灵: 灵魂层⾯交流的⼈? 你是怎么定义灵魂层⾯可以交流的⼈?

Spiritualist: People who communicate on a spiritual level? How do you define people who can communicate spiritually?

问: 就有⼀些⼈活在世俗的欲望⾥⾯.那我有时候会觉得很难交流.

Questioner: Some people live in the realm of earthly desires. Sometimes, I find it hard to communicate with them.

⾼灵: 这么说吧,可能你们每⼀个⼈都会有这个想法.就觉得对⽅很俗,他们都是在物质世界.你是很有灵性的,你是注重精神的,明⽩吗? 你觉得你有时候在这么看着别⼈,其实别⼈也在这么看着你.他们也觉得你是你以为的呢样⼦的⼈.但是呢,你们是把物质世界和精神世界分的很开.就觉得好像精神世界的⼈是怎么样怎么样,物质世界的⼈是怎么样怎么样.实际上这⾥并没有多⼤的区别.这么说吧,⼀个⼗分有灵性的⼈,就好像是像佛陀般,这种开悟的⼈,⼗分有灵性的⼈.他⽐你任何⼈都更加专注于物质世界,他们更加投⼊于物质世界.因为他整个⼈整个⼼整个意识整个觉知,他都在物质世界⾥⾯啊.

Higher Spirit: Let me put it this way, everyone might have this thought; you think the other person is rather mundane because they are in the material world. You are spiritual, you focus on the spirit, understand? You think sometimes when you look at others, actually, others also look at you like that. They also think you are just as you perceive them to be. But here, you separate the material world and the spiritual world very much. It seems that people in the spiritual world behave this way and those in the material world behave differently. Actually, there is not much of a difference. Let me put it this way: an extremely spiritual person, akin to Buddha, such enlightened beings, extremely spiritual persons. They are more focused on the material world than anyone else; they are more immersed in the material world because their entire being, heart, consciousness, awareness, exists within that material world.

然后呢些觉得⾃⼰有灵性的⼈,他们对物质世界不屑,就是产⽣不屑.然后他们其实才是物质世界的⼈.为什么呢? 因为你就是说产⽣了分别.因为这⾥本⾝就是⼀.它没有⼀和⼆.但是你却把它分成了⼀和⼆.那你是不是就创造了⼀个幻像?你是在幻像⾥⾯.所以说如果⼀个⼈灵性越⾼,那他就会越是每⼀个时刻、⽚刻他都在当下.他都enjoy.⽽不是试着要逃离到任何地⽅去.

Then those who think they have spirituality despise the material world, thus producing disdain. Yet, in reality, they are the ones belonging to the material world. Why is that? Because you create a division. Here, there is inherently only one; it does not contain one and two. But you divide it into one and two. Aren't you then creating an illusion? You are within the illusion. Therefore, if a person's spirituality is higher, they will be more present in every moment, enjoying each instant rather than trying to escape to any place.

问: 那我们刚才不是在聊的时候不是把灵魂和⾁体的需求分开了吗?

The soul and physical needs were separated just now when we were talking, weren't they?

⾼灵: 什么分开?

Soul: What separates?

问: 就是灵魂的需求和⾁体的需求分开? 灵魂其实不需要去你说的这些物质世界的这些东西吗?

Questioner: Isn't it about separating the needs of the soul from those of the body? Actually, doesn't the soul need the material things you're talking about in this world?

⾼灵: 如果灵魂离开这个⾁体,它如何去探索,去感知,如何去突破,如何去感受⼀切? 就好像你没有这个⼯具你没有办法在⽔⾥去探索⼀样.所以不要去分⿊和⽩,⼀和⼆,对和错.任何这种区分的,灵性和物质,物质和灵性,因为实际上它们都是….. 还有你的⾁体和灵魂,这⼀层⼀层的关系.你们头脑是想要把这些都分的清清楚楚的.但是你们其实都是,就好像泥和⽔.它融⼊到⼀起才会呈现⼀个泥的状态.我这些信息只能去带领你⽤不同的⼀个⾓度去审视你⾃⼰.就是你可以⽤这些来问你⾃⼰.然后来让你不困于,就是不被你头脑⾥⼀些已知的信息和概念… 因为你(杂⾳太⼤,没听清)头脑⾥觉得我从通灵信息上学到这个,ok,这个变成我的概念.

Higher Spirit: If the soul leaves this body, how does it explore, perceive, break through, and feel everything? It's like you can't explore in water without a tool. So don't separate black from white, one from two, right or wrong. Any such division between spirituality and materiality, substance and spirituality because they are actually… together with your body and soul, the layered relationships. Your mind wants to distinguish these clearly. But you are all like mud and water; it is only by being mixed that they form a muddy state. The information I provide can only guide you to look at yourself from different angles. You can use this to question yourself and not be confined by your pre-existing knowledge and concepts in your mind because (the speaker is interrupted, unable to make out clearly) your mind thinks it learned this from spirit messages, okay; this becomes my concept.

然后你就永远在这个概念⾥去感知⼀切.然后呢,我希望通过不断

Then you perceive everything within this concept forever. And then, I hope through constant

的提问或者是反问来让你每次你头脑⾥⾯有⼀个概念的时候,你便会这么去问⾃⼰: 为什么我会去分别这个? 为什么我会产⽣这个? 觉得对⽅怎么样,⾃⼰怎么样.因为这⾥没有对⽅,因为你是在⽤你的视⾓你的体验你的感觉去感知对⽅的.那如果你的这个感知或者这个概念变了的话.那对⽅也变了.那这样⼦你便不会被你的头脑给限制.就不会活在⼀些概念当中,定义当中.还有问题吗?

When you have a thought or ask yourself questions, whether they are inquiries or rhetorical questions, whenever you have an idea in your mind, ask yourself why you would differentiate this? Why do I create this? How do you perceive someone else and how do you see yourself. Because there is no other person involved; you are using your perspective, your experiences, and your feelings to perceive the other person. If your perception or concept changes, then so does the other person. By doing this, you won't be confined by your own mind. You won't live within a conceptual framework or definition. Any more questions?

问: 关于灵魂不需要动⼒.内在动⼒的这个问题我其实还是有⼀些困扰的.

Questioner: I'm still a bit confused about the concept of the soul needing no force, particularly concerning internal force.

⾼灵: 因为你这些东西你都试图在⽤你的⼤脑,⽤你的头脑去理解你的动⼒所谓的这些,任何.因为是你这么觉得,你觉得⾏动后⾯它⼀定有个动⼒.你这么定义.那你说鲜花它盛开的动⼒是什么? 让别⼈来赞美我美,我才盛开? 那你说果⼦结果的动⼒是什么?

Higher Spirit: Because you try to understand your own momentum with your intellect, your mind. You define that there must be a force behind actions. So what is the force that drives flowers to bloom - is it so I may be praised for my beauty? And what about fruits yielding their fruit - what drives them?

问: 我觉得现在好像就是有这种定义,你需要有⼀个good core,好的意义就是说.

Questioner: I feel like there's a definition now that requires you to have a good core, where "good" means...

⾼灵: 那你⾃⼰给⾃⼰赋予.你可以赋予任何.这是你⾃⼰跟你头脑之间的⼀个关系,明⽩吗? 不是我来告诉你.我们给你植⼊⼀些,然后你就把它当成这个了.那你这样⼦就是在打造迷信啊.

Sage: So you give yourself that. You can assign anything. This is your relationship between you and your mind, understand? Not me telling you. We implant some in you, then you accept it as such. In doing so, you are creating superstition.

问: 就是处理⾃⼰脑袋和⾃⼰的观点之间的关系吗?

The question is about handling the relationship between one's own mind and one's own perspectives.

⾼灵:那是你的…任何你说的需要动⼒任何呢⼀切,是你⾃⼰跟你⾃⼰的关系.你的头脑跟你⾃⼰的关系.你这个⾁体,是你跟它产⽣的⼀个关系.那这个关系怎么样才能产⽣,那是你们之间的⼀个协议.⽽并不是说你从其他地⽅接受了⼀套信息….当然你也可以这么做.但是我们永远不会去这么做.因为我们让你们知道你才是呢个创造者,明⽩吗?因为很多宗教也好,权威信息也好.它们都好像是在打造⼀群只是接受概念的.这个概念给你,然后你接受.然后这个就是所谓的迷信.为什么?因为你内在不再去探索,不再去感悟、领悟.它只是接受、反应,明⽩吗?在这⾥没有谁能决定你,只有你⾃⼰.没有谁能够任何什么你,你才是呢个创造者.

Higher Spirit: That's your... anything you say needs power or energy, it is your relationship with yourself. Your mind's relationship with yourself. Your physical body, it's the relationship you create with it. How does this relationship come about? It's an agreement between you. And not that you're accepting information from somewhere else... Of course, you can do that. But we never would do that because we want you to know that you are the creator, understand? Because many religions or authoritative information might seem to create a group of people who just accept concepts. They give you this concept and then you accept it. And this is what's called blind faith. Why? Because internally, you no longer explore or gain insight, you simply receive and react. Understand? Here, no one can decide for you; only you yourself. No one can dictate anything to you; you are the creator.

你才是呢个拥有最⼤权⼒的⼈.不是这个通灵信息,也不是其他的权威信息,明⽩吗?所以不管我们的信息再怎么样,我们也不要你们只是⼀味的接受⽽已.然后接受了就把这个当成概念,去把这个运⽤到任何地⽅.这⾥没有.我们的所有信息都在推翻我们的信息.就是来让你⾃⼰,你⾃⼰才是呢个拥有⼀切.就是⽐如说你转换视⾓,重新定义.你重新定义了,你改变了你⾃⼰的情绪.你才是呢个主宰者.你说.

You are the one with the greatest power. Not this spiritual message, nor any other authority information, understand? So no matter how our information is, we do not want you to simply accept it blindly. Then, after accepting it, treat it as a concept and apply it anywhere. There's none of that here. All of our information is pushing against our own information. It's about letting you be the one who has everything. Like when you change perspectives, redefine. You redefine, you change your own emotions. You are the ruler. You say.

问: 呢个体和个体之间又是什么关系呢?

Questioner: What is the relationship between these individuals?

⾼灵: 你说呢? 你⾃⼰去感悟,你⾃⼰去领悟呀.但是呢,如果你说你们的关系就像镜⼦⼀样.对⽅可以呈现出你来让你看清楚你.就是你对对⽅产⽣的情绪也可以让你看清楚你.你可以成为⼀个对⽴的关系,那你也可以成为⼀个互相⽀持的关系.但是⽆论怎么样,你们彼此都在帮助彼此认识⾃⼰.

Higher Spirit: What do you think? You should experience it for yourself and understand it on your own. However, if you say that your relationship is like a mirror where the other person reflects you back to see yourself clearly, the emotions you have towards them can also reflect something about you. You could be in a confrontational relationship, but you could also be in a supportive one. Regardless, both of you are helping each other understand yourselves.

问: 那我们与你们的关系是什么?

Questioner: What is our relationship with you?

⾼灵: 你们与我们的关系? 你稍等.你们现在来体验的,就是来这个物质世界体验的,然后我们在这个层⾯跟你现在的关系,如果在你能理解的范围.这个关系就像是说形影不离,就像是任何时刻你可以垂⼿可得.就好像是呼吸空⽓⼀样如此的⾃然.好像是空⽓⼀样在⽀持着你们.这种关系是密不可分,是没有办法分的.这就是为什么你们任何⼈,任何呼叫,你们都可以跟我们像这样⼦的对话.它不限于你这个⼈到底是⾼矮胖瘦、平穷富贵或者是残疾或者是什么.没有任何分别.前提是只要你呼叫.你就会得到这样⼦的⽀持.

Higher Spirit: What is the relationship between you and us? Please wait a moment. The experience you are having now, which is about experiencing in this material world, then the relationship we have with you at this level, if it is within your realm of understanding, can be compared to being inseparable companions; it's like anything that is always easily accessible to you. It's as natural as breathing air and as supportive as air itself, sustaining you. This kind of relationship is so intertwined that it cannot be separated. That's why any one of you, no matter how you call out, can have a conversation with us like this. It doesn't discriminate based on factors such as height, weight, wealth, status, disability, or anything else. There are no distinctions whatsoever. The only prerequisite is that you must make the call for help.

问: 那每个⼈都在⾃⼰的世界是造物主的话,那会不会有孤独的感觉?

Questioner: If everyone is their own creator in their own world, wouldn't there be a sense of loneliness?

⾼灵: 孤独是你们在这个⾁体⾥你体验到的⼀种感受.然后你能产⽣这样的感受,⼀定是你的⼀些定义.就是某⼀些情绪或者是定义或者是概念.就是你会觉得好像没有⼈懂我.你会觉得全世界只有我⾃⼰,所以你会产⽣孤独感.但是如果你放下你这个你,放下你这个我,再放下你这个⾁体.就⽐如说现在这个⼥孩⼦,她现在在接受传递这些信息的时候,她是放下呢个她了.她没有她这个⾁体,她没有她的思想在活动,她没有她的念头.然后这个时候她就完完全全脱离了她、我.就是她呢个⾁体.那在这样⼦的状态下你说她会孤独吗? 她不会有任何孤独、害怕或者是⽆助或者是⼈任何.她不会产⽣任何这些.这是你们⾁体才会有的⼀些情绪和反应.

Soul: Loneliness is an experience you feel within this physical body. And for you to generate such feelings, it must be that your certain definitions – emotions or concepts – are at play. You feel like no one understands me and as if only I exist in the world, leading to a sense of loneliness. But when you let go of "I", "me," and this physical body, as in the case of this girl receiving these messages now, she has let go of all these things. She doesn't have her body, thoughts, or ideas influencing her. In that state, she is fully detached from herself and me – her physical self. Does she feel lonely under such circumstances? No, she will experience no loneliness, fear, helplessness, or any similar emotions; this is something exclusive to your physical bodies.

问: 那宇宙的终极是爱嘛…⾼灵: 如果像我刚刚说的你能放下你的头脑,放下你的⾁体.你进⼊到⼀个⽆的状态.就是像她这种通灵的状态,你是不会体验到孤独的.你会感受到就是就好像与万物⼀体的感受.你会去探索任何你想要探索的.你刚才你的问题是什么?

Questioner: Then, is the ultimate of the universe love... Higher Spirit: If you can let go of your mind, and let go of your physical body as I just mentioned, you enter into a state of nothingness - like her spiritual state - where you won't experience loneliness. You'll feel connected to everything, experiencing oneness with all that exists. You will explore whatever you desire. What was your question just now?

问: 我刚才问到宇宙的终极是爱嘛.你们对爱的这个概念是怎样的?

Questioner: I just asked if the ultimate of the universe is love. What is your concept of love?

⾼灵: 我不知道你所谓的爱.你们物质世界所谓的爱都不是所谓的爱.你们更多是在基于⼀种匮乏或者是需求或者是欲望或者是幻像.你们还在这个层⾯上谈论爱.其实还在⼀种有分别的状态下谈论爱.然后你是在说宇宙的终极是爱吗? 然后呢,这种可能是你觉得宇宙的⼀切就是它的出发点是爱,明⽩吗? ⾸先你如果要说爱的话,那⾸先它有没有⼀个不爱?

Higher Spirit: I don't know what you call love. The so-called love in your material world is not true love. You are mostly based on a sense of lack or need or desire or illusion when discussing love. You still talk about love at this level, actually talking about love while being in a differentiated state. Then, are you saying that the ultimate of the universe is love? And then, could it be that you feel everything in the universe stems from love as its starting point, right? First, if you were to say love, does it mean there is no lack of love?

问: 有不爱吧.

Questioner: Is there a dislike?

⾼灵: 那如果有不爱的话,这⾥没有爱和没有不爱.因为如果你说是爱的话,ok,这⾥是爱.那这⾥是不是就会有⼀个不是爱呢? 你这么去想.

Higher Spirit: But if there is no love, then here we have both love and no love. Because if you say it's love, okay, this is love. Then would this place also have not being love? Think like that.

问: 所以没有爱这个概念.

Questioner: So there is no concept of love.

⾼灵: 如果是你头脑⾥⾯的这些概念的话,它没有爱和不爱,明⽩吗? 因为你所说的爱,它是⼀个有的状态.然后如果是说真正的话,那是⼀个空⽆的状态.是⼀个空,是⼀个⽆.呢⾥⾯连空都没有,明⽩吗?

Higher Spirit: If it's the concepts in your mind, there is no love or absence of love, do you understand? Because the love that you say refers to a state of having something. And if we're talking about true love, it's a state of emptiness. It's an emptiness, it's a nothingness. There isn't even an emptiness inside, do you understand?

问: 所以不存在说我们做事情出于爱这个概念?

Questioner: So, there's no concept of doing things out of love?

⾼灵: 呢是你们去体验这个物质世界,是你们⽤你们的感受,你们的语⾔去… 因为很多⼈他为什么说要出于爱,要接近爱呢? 爱是⼀切? 因为他是觉得在这种爱的状态下才是⼀种没有对⽴的状态.就是不是⼀个把我和你分开的状态,不是⼀个在拒绝的状态,不是⼀个在反对、分裂的状态.

Higher Spirit: This is you experiencing this material world, using your senses and language... Because why do many people say they want to be out of love, close to love? Love is everything? Because they feel that in a state of love there is no opposition. It's not a state that separates me from you, it's not a state of rejection, or division.

问: 那实际上就是爱?

Questioner: That's actually love?

⾼灵: 实际上就是爱是什么意思?

Higher Spirit: What does it actually mean by love?

问: 就是灵魂世界⾥不存在爱和不爱这个概念?

Questioner: Is there no concept of love and dislike in the spiritual world?

⾼灵: 你现在在试图⽤你的头脑去探索来问⼀个终极.然后终极⾥⾯就是空的,就是⽆,就是什么都没有.就连你所谓的爱都没有.因为你有了爱,就有不爱.那你说是不是⼀切都是好呢? 那你有了好,你不就有了对⽴,有了不好.这⾥没有对⽴⾯的.

Higher Spirit: You are trying to inquire about the ultimate with your mind now. And within that ultimate, there is nothing - it's void of all, devoid of everything, even the so-called love you mention. For when you have love, you also inherently have its absence. So would it then be correct for you to say that everything is good? And if you acknowledge what is good, don't you simultaneously introduce opposites and also what is not-good (or bad)? Here, there is no opposition.

问: 所以我们的意识只是⼀种体验?

Questioner: So, is our consciousness just an experience?

⾼灵: 这个你需要… 这些语⾔、这些解释、这些意义都需要你⾃⼰.因为是你⾃⼰头脑⾥⾯有⼀些定义,然后你再解释.都是需要你⾃⼰才能… 因为这些都是你头脑⾥⾯去追寻的⼀些东西.然后你好像你⾃⼰是⼀个独⼀⽆⼆的探测器.然后你去探测,你去体验.因为⽆论我们说再多,它对你只是⼀个概念⽽已.只是让你的头脑⾥⾯持有更多更多的概念.然后这些概念都会成为阻碍,它都会阻碍你去体验⽣命本⾝.你不需要⼀天就把所有的⼀切都去了解透.因为当你沉浸在你的头脑⾥⾯,你永远都不可能.你就像我刚刚说,你需要去脱离你的头脑.

Higher Spirit: This is something you need... These languages, these explanations, these meanings are all things that you yourself require because it's your own definitions in your mind that you then try to explain and understand. Everything requires you to do this on your own since these are the ideas you pursue within your mind. You act as a unique explorer of sorts, delving into new territories and experiencing them. No matter how many explanations we give, for you they remain abstract concepts - simply adding more things for your mind to hold onto. These concepts will become hindrances, preventing you from truly experiencing life itself. There's no need to rush through everything at once; it's impossible to do so when lost in your thoughts and beliefs. As I mentioned earlier, the key is to step out of your mind.

问: 我没有试图在⼀天理解透.我觉得是需要时间去理解这些.但是我想问⼀下这些问题.

Questioner: I didn't try to understand everything in a single day. I feel that it takes time to comprehend these things. But I do have some questions about them.

⾼灵: 那我需要带出来⼀些问题来让你知道你才是呢个探测器.⽽不是只是去接受⼀堆的概念.你说.

Higher Spirit: So I need to bring up some questions for you to know that it's your detector and not just a bunch of concepts being fed into you. You see.

问: 那存在灵魂和灵魂之间的connection吗?

Questioner: Is there a connection between souls and souls?

⾼灵: 你所谓的就是⽐如说你们之间有⼀个协议,然后去共同怎么样怎么样.你说的是这⼀种吗?

Higher Spirit: Is it like saying there's an agreement between you both and then to do this and that together. Is that what you mean?

问: 不是协议.就是⽐如说你的灵魂和另外⼀个⼈的灵魂是connect的.

Questioner: Not a treaty, but rather, your soul and another person's soul is connected.

⾼灵: 如果是出现在你的⽣命它多多少少都会有的.不然的话,它不会出现的.那它就是根据你们之间的⼀个共同需要去创造和学习的东西.

Spirit: If it appears in your life, it will be something that exists to some extent. Otherwise, it won't appear. It is the creation and learning of something based on a shared need between you two.

问: 就是我能感受到的这些都是真的吗?

Questioner: Am I experiencing all of these things as they are real?

⾼灵: 都是真的?

Higher Spirit: Are they all true?

问: 也不是说真的假的这个概念.就是我能感受到的我的感知是肯定的对吧?

Questioner: Not talking about the concept of true and false, right? I can feel that my perception is definite, yes?

⾼灵: 我不明⽩你的问题.

Higher Spirit: I don't understand your question.

问: 就⽐如说我能感受到与另外⼀个⼈灵魂有connection.

Questioner: For example, I can feel a connection with another person's soul.

⾼灵: 你能感受到,就是说你能不能感受到…. 我就说出现在你的⽣命⾥的都有.你的感受更多的是你的⼀些定义.你的定义改变的话,感受就可以改变.所以感受是可以欺骗你的.但是如果你不去给你的任何关系给它定义,它关系本⾝它就会呈现给你,你们之间的⼀个连接感或者是什么什么.它⾃⼰就会呈现出来.就是你只要不去限制它,你就说他就是我的⼀个敌⼈.这样⼦的去定义.

Higher Spirit: Can you feel it, meaning can you feel... I'll say what's present in your life right now are these feelings. Your feelings are more based on your own definition. If your definition changes, so do the feelings. Therefore, feelings can deceive you. But if you don't assign any labels to any relationship, then that relationship itself will show up, and it will reveal a sense of connection or something between you two. It will present itself naturally. As long as you don't restrict it, saying it's just my enemy, like this kind of definition.

问: 因为我周围有朋友,⼀个朋友能感受到另外⼀个朋友,⽐如说past life好像有什么关系.这种感受是他们⾃⼰头脑想出来的⼀个定义吗?

Questioner: Because I have friends around me, one friend can sense another friend's experience of something in a past life that they might seem to be related to. Is this kind of perception just a definition or thought constructed by their own mind?

⾼灵: 如果他觉得他们之间是有联系,那他们之间就有联系.为什么? 因为任何你觉得、你感觉、你认为的东西,你都可以创造出来给你体验.所以这⾥没有真和假.

Spirit: If he feels there is a connection between them, then there is a connection. Why? Because anything that you feel, think or perceive can be created for your experience. Thus, there is no true or false here.

问: 这是体验?

Questioner: Is this an experience?

⾼灵: 因为你在物质世界所有的⼀切都是体验呀.那这些体验是来⾃于你相信的东西,来⾃于你的定义.

Higher Spirit: Because everything in your material world is an experience. And these experiences come from what you believe in, from your definitions.

问: 我们都是在学习打破这些定义的过程吧?

Questioner: Are we all learning the process of challenging these definitions?

⾼灵: 你都是在去体验你⾃⼰的⼀个过程.然后呢些打破和定义呢些东西,因为当你持有⼀个定义或者⼀个概念或者⼀个观念的话,那你就持续的体验同⼀个东西.那如果你想要体验更多的,那是不是需要你不断地去突破你的概念、观念.不然你的体验永远都不会变的.你还有问题吗?

Sage: You are experiencing your own process. And then you break and redefine those things because when you hold a definition or a concept or an idea, you continuously experience the same thing. If you want to experience more, don't you need to constantly challenge your concepts and ideas? Otherwise, your experiences will never change. Do you have any other questions?

问: 差不多就这些了.

Questioner: That's about it.

⾼灵: 没有问题了是吗?

Higher Spirit: Is there no problem anymore?

问: 所以我们存在是关乎体验是吧?

Questioner: So it's about experiencing existence, right?

⾼灵: 你是说你存在的意义吗?

Higher Spirit: You mean the significance of your existence?

问: 没有说有意义吧.可能就是存在着.

Questioner: Not necessarily meaningful; it might just be there.

⾼灵: 你存在就是存在.你存在就是存在.问: 当我这个⾁体不在的时候,我还存在吗?

Ethereal Spirit: You exist because you exist. You exist because you exist. Questioner: When my physical body is no longer here, do I still exist?

⾼灵: 当你这个⾁体不在的时候,你还存在吗? 你还存在.你还会⽤你⽬前的⼀个意识状态去感知⼀切,去体验⼀切.所以你们会需要通过这个⾁体不断地去扩展.不断地去突破⾃⼰的⼀些障碍.

Soul: Do you exist when this physical body is not there? You do exist. You would still perceive and experience everything with your current state of consciousness, so you would need to constantly expand and break through barriers through this physical body.

问: 那这个⾁体不在了,我们会存在于哪?

Questioner: If this physical body disappears, where will we exist?

⾼灵: 当你⾁体不在的时候,你只是感受到你没有⾁体在体验.但是其他的体验都是⼀样的.你只是不再占有空间⽽已.因为空间只有你通过⾁体才能去感知到.那当你不再拥有这个⾁体的时候,那感知这个空间也不会… 那就是说这个空间对你没有障碍.然后你也感受不到时间.你也感受不到这种时间.

Spiritual being: When your physical body is not present, you only feel that there's no physical body experiencing it. But all other experiences are the same. You're simply no longer occupying space. That's because space can only be sensed through a physical body. So when you no longer have this physical body, then perceiving this space isn't...meaning that this space has no obstacle for you. And you also don't experience time, nor feel the sense of time.

问: 那到时候我也不会占有空间,我也不会去到另外⼀个空间?

Questioner: So I won't occupy space either, and I won't go to another space at that time?

⾼灵: 这个要根据你⾃⼰想要,就是说你的意识状态,你想要如何的去接下来什么什么的.这个还是你独⼀⽆⼆的,个体的,属于你的⼀个⾃由意志,你的⾃由意愿.就好像⽐如说你现在你⼀会⼉跟我通完话,你想要出去看个电影.那你是不是被允许的? 你可以这么做,你有这个想法.那当你没有这个⾁体,你还是⼀样.你突然又想再选择⼀个⾁体,或者你突然又想怎样,任何任何.你都是有权⼒去选择的.所以你今天最想去了解的⼀个就是最困扰你的是什么?

Higher Spirit: This depends on what you want to decide for yourself, which is your state of consciousness, how you want to proceed with things going forward. This remains uniquely yours, as an individual's free will, a personal freedom of意愿. Just like if you were able to talk with me momentarily and then decided you wanted to go watch a movie; are you allowed to do so? You can make this choice based on your thoughts. Even when you don't have a physical body anymore, the same rule applies. If you suddenly desire to choose another body or want something else entirely, you still have the power of choice. So today's focus is about identifying what specifically troubles you most.

问: 就是⾁体可能没有存在的动⼒吧? 那就有没有动⼒也都是⼀个概念了?

Questioner: Is it that the physical body might lack motivation? Then, being without motivation becomes a concept as well?

⾼灵: 呢个所谓的动⼒也是你的头脑和你之间,你们之间需要去deal的⼀个问题.因为就好像你说花⼉为什么会盛开啊? 它的动⼒是来⾃于哪⾥啊? 呢个草从⽯缝⾥钻出来,呢么艰难的事情.呢个⽯头呢么硬,呢个草呢么柔软,它的动⼒来⾃于哪⾥呀? 呢是只有头脑才会产⽣的这些东西,明⽩吗? ⽽花⼉它只是做它⾃⼰,它只是盛开.这是⽣命的本质.草它只是….这只是⽣命的本质⽽已.你的头脑⼀直要给它加⼀些….

Higher Spirit: That so-called power is a problem that exists between your mind and you – something you have to deal with. Like when you ask, "Why do flowers bloom?" What's the source of their power? It's hard for grass to grow through cracks in rocks; it's so difficult. The rock is hard, but the grass is soft - where does its power come from? These are things only your mind would create, right? Flowers just do what they have to – they simply bloom. This is essence of life. Grass just… That's the essence of life. Your mind constantly adds more onto it….

问: 所以我也需要为了爱⽽活.我就是存在对吗?

So I also need to live for love, am I just existing?

⾼灵: 你说你需要为了爱⽽活,所以在你之前你是觉得你活着是为了爱⽽活?

Higher Spirit: You say you live for love, so before that did you feel you lived for love?

问: 我没有这么觉得.但我觉得有很多⼈把爱放在⼀个很⾼的位置上.我们做什么…⾼灵: 那是因为刚才我说到爱是⼀个在不排他,不对⽴,接纳⼀切允许⼀切.在这样⼦的⼀个状态.它呢个状态就是你们本⾝的⼀个状态.因为你们本⾝就是⼀体的.

Questioner: I don't feel that way. But I do feel that many people place love in a very high position. What do we do... Higher Spirit: That's because earlier, I mentioned that love is about not being exclusive, not contradictory, accepting everything and allowing everything. In such a state, it's your own state. Because you are all one already.

# **2022/05/18 — 线上通灵集体问答Online Spirit Communication Group Q&A**

第⼀个⼈⾼灵: 你问吧,什么问题.

First Spirit: Ask away, what question do you have?

问: 我发现我的肋⾻右侧有暗沉发⿊的能量,就像蒸汽似的.然后它就在⾝体⾥.我也不知道怎么排除它.包括做梦也能看见.然后我最后也⽼爱激动.脖⼦还爱嘚瑟.

Questioner: I've noticed a dark, black energy on the right side of my ribcage, like steam. Then it's within my body. I don't know how to get rid of it, including when I dream and can see it too. It also makes me easily agitated, with my neck constantly shaking.

⾼灵: 你稍等.我链接⼀下你的能量.我能感受到你内在有很多想要排出来的垃圾⼀样.就是不是属于你⾝体的能量,然后你的⾝体试图把它给排出来.(通灵师⼀直在⼲呕) 然后这股能量让这个通灵的⼥孩⼦产⽣了强烈的恶⼼的感觉,因为她已经链接上你的能量.她能感受到你的能量,所以她能把你的呢种感觉给描述出来.(通灵师在⼲呕) OK,所以你现在⾝体处于⼀种⾃我排斥,就好像内在在打架⼀样.然后它产⽣了很多很多垃圾.然后你的⾝体想要把它排出来.

Higher Spirit: Wait a moment. I'll connect to your energy. I can feel that there's a lot of 'trash' inside you, as if not yours but some external energy trying to be expelled by your body (the medium is constantly retching). This energy has caused the young girl channeling me to experience intense nausea because she connected with your energy and could sense it in her. She can describe this feeling, which is now being relayed through her (the medium continues to retch). Alright, so your body is rejecting itself, as if there's an internal conflict resulting in a lot of 'trash' buildup that needs to be expelled by your body.

问: 我不知道咋排.

Questioner: I don't know how to arrange it.

⾼灵: ⾸先我们来看看是怎么样形成,然后我们要怎么样去解决这个问题.你叫什么名字?问: XX.右侧肋⾻呢胀疼,然后奔脖⼦,脖⼦就好像掐着.

Higher Spirit: Firstly, let's understand how this issue arises and then figure out how to address it. What is your name? Questioner: XX experiences pain in the right ribs spreading upwards to the neck, making it feel as though something is choking them.

⾼灵: 你先不⽤说,因为我感受你的能量我就知道你的问题.不⽤多余的描述.你好像内在产⽣了⼀种分裂或者⽃争或者⾃我排斥、⾃我抵触.就好像你⾃⼰都没有完完全全的接纳和认可⾃⼰.你就好像有⼀⽅⾯你很爱⾃⼰,另⼀⽅⾯你又很恨⾃⼰.就处在这种极端的⼀种冲突和模式当中.就好像你⼀⽅⾯又是很爱⾃⼰,⼀⽅⾯又是很排斥⾃⼰.那你是不是就产⽣了这种冲突? 产⽣了这种分裂? 所以你必须要⾃⼰做到整合.让这股能量不是互相排斥,⽽是说和谐运作,然后融为在⼀体.然后它才不会在你的内在产⽣这种冲突.因为不只是你的⾝体有反应,你的精神层⾯、⼼理层⾯它也有很多这种⽭盾的.就是某些时候你可能很爱⽣活,某些时候你可能很厌恶⽣活.有些时候是可能很爱⾃⼰,有些时候你可能很厌恶⾃

Higher Spirit: You don't need to say anything because I can sense your energy and know what your issue is. No extra descriptions needed. It seems like you've experienced an internal division or struggle, or self-rejection, self-opposition. As if you haven't fully accepted or acknowledged yourself. You're like having one side that loves yourself and another side that hates yourself. This conflict and pattern are at the extremes. Like being very much in love with yourself on one hand, yet very much opposing or hating yourself on the other. Have these conflicts arisen within you? Have you experienced this split? Therefore, you must integrate internally to reconcile this force of energy; not to reject each other but to harmoniously operate and merge together. This will prevent such conflict from occurring inside you. Not only does your physical body react like this, but your spiritual and psychological layers also harbor these contradictions. Sometimes you may deeply love life, while at other times you might strongly detest it. Occasionally you might very much love yourself, yet in other moments you might strongly dislike yourself.

⼰.是在这样⼦的⼀个状态下.你继续说.

I. In such a state, you continue to speak.

问:是的,是这样的.尤其最近这⼗天,我觉得⾝体就像调⾊板⼀样,包括情绪.哪怕做的梦是假的,我都能激动⼀天半.就是控制不了的嘚瑟.然后隔⼀会又好了,⼀会⼉又不⾏了.

Questioner: Yes, it's like that. Especially in the last ten days, I feel as if my body is a palette, including emotions. Even if the dreams are false, I can be激动 for half a day. It's uncontrollable excitement. Then after some time, it gets better, and then it doesn't work again.

⾼灵: 这就是你们所谓的….你们⾃⼰的名称就是⼈格分裂、冲突,就是障碍.然后就好像⼀个机器它内部出现了障碍.这个是需要你⾃⼰去认识到,然后⾃我去调节.因为它这个冲突是来⾃于内在.那么它是什么导致你冲突? 就是你头脑⾥⾯的定义,就是你脑海⾥⾯的定义.⽐如说你⾝体有⼀个反应是不是? ⾝体有了反应,你就马上跑出来: ‘我是个有问题的⼈.我是不是有精神病? 我肯定不正常.’ 你就会出现各种各样的声⾳,然后来给你的这个反应下定义.跟着你的反应会越来越多,然后你的定义就越来越多.定义和定义之间产⽣了很⼤的冲突.然后呢,产⽣冲突过后你的⾝体也会产⽣冲突.然后它就进⼊这种就好像恶性循环⼀样.所以你最开始你需要不去给你的⼀天的情绪起伏还有你的任何给与它任何的名称给

Higher Spirit: This is what you call...your own name is personality fragmentation, conflict, and obstacle. It's like there's a problem inside a machine. You need to recognize this yourself and self-regulate because the conflict comes from within. What causes your conflict? It's your mind's definitions—the definitions in your mind. For example, if your body has a reaction, you immediately label it: 'I'm an abnormal person. Do I have a mental illness?' You start creating various voices to define your reaction. As you follow these reactions, more definitions emerge, leading to bigger conflicts between them. After that conflict occurs within you, it also causes conflict in your body. It then enters this vicious cycle. Therefore, at the beginning, you need to refrain from giving any names or labels to your fluctuating emotions and any responses they might generate throughout the day.

与它任何的定义.因为你们每⼀个⼈的每⼀个⽚刻都是不⼀样的.就是你不要把它当成是⼀样的去看待你⾃⼰,明⽩吗?

And with its any definition, because every single moment of each one of you is different. Don't look at yourself as being the same, understand?

问: 我就想着怎么解决呢? 然后我就各种⽅法试⾼灵: 我现在是在给你讲解决的⽅式⽅法.你不需要给我描述,因为这些情况我都能感应得到,都能知道你产⽣在哪⾥的问题.我现在是在跟你讲你要如何的处理这些问题.处理这些问题就是说,就⽐如说你⼀天有24个⼩时.那每⼀个⼩时的你她就算有24个不同的转态,你不去给每⼀个状态定: 啊,我⼗点钟的状态要跟我⼗⼀点⼗⼆点钟的状态是⼀个状态.就是你不去说我这⼏个⼩时我要⼀样的才是正常的,并不是.因为你们每⼀⽚刻你们都可以成为⼀个新的⼈.那你⼀个新的⼈你有新的思想、情绪.那如果你只是去观察、觉察,允许你去呈现的这个你.

Questioner: I'm just wondering how to solve this? Then I tried various methods: Now I am explaining the ways of solving it to you. You don't need to describe anything because I can sense and understand where your problems are coming from. I am now telling you how to handle these issues. Handling these issues means, for example, if you have 24 hours a day. Each hour's version of you has 24 different states. Instead of assigning: Oh, the state at ten o'clock should be the same as the state at eleven or twelve o'clock, meaning that during those hours you want to remain consistent and normal. That's not true because in every moment, you can become a new person with new thoughts and emotions. If you just observe and acknowledge these different versions of yourself allowing them to present themselves without judgment,

然后你头脑⾥⾯又不去给你的任何反应做⼀个: ‘我现在是不是很颓废? 我现在是不是很疯狂? 我现在是不是不正常’.就是不要产⽣这种声⾳.就算产⽣这种声⾳你都不把它当真.就是你都知道这是我头脑跟⾝体产⽣的⼀个呢个什么.然后你不去把它当成是⼀个你需要去care,你需要去改变或者你需要去怎样的.然后你逐渐逐渐地你就会从这个模式⾥脱离出来.就好像你可以有新的情绪,但是你不会给它有定义.那就算你不⼩⼼给它了定义,然后你不⽤这个定义来影响你.就是产⽣⼀种焦虑啊、着急啊、我要如何医治它呀、我要变好啊,这种.

Then in your mind, don't create any response like, 'Am I depressed now? Am I crazy? Is something wrong with me?' Don't give birth to such sounds. Even if they do occur, don't take them seriously. Realize that these are thoughts and sensations produced by your brain and body. Do not treat them as issues needing attention, change, or improvement. Gradually, you'll break free from this pattern. You can have new emotions, but define them without judgment. If by chance you define one, don't let the definition influence you. Cultivate a state where anxiety, urgency, questions about treatment, and desires to improve do not dictate your thoughts or actions.

问: 我就⼀个⽬的,我就想把它治好.

Questioner: I just have one goal; I just want to get it cured.

⾼灵: 这个不是治不治好的问题.

Higher Spirit: The issue isn't whether it can be cured.

问: 晚上也能看见,打坐也能看见.⾝体也像过电⼀样.

Questioner: Can you see at night? Can you meditate and see? Your body also feels like it's being electrified.

⾼灵: 如果你还存在你要把它治好的话,那你就是更加混乱了.因为这⾥没有好.没有好,没有不好.重要的是你头脑⾥⾯产⽣的呢些冲突.你的这些评价、你的呢些定义,它会导致更加的混乱,它会不知所措.为什么? 因为你的头脑在试图解决问题.那在试图解决问题它就会产⽣更多的问题、更多的冲突.那你是不是就让⾥⾯乱吃⼀团糟了? 所以说你要放下你要把它治好、把它变好、然后怎么样变正常的⼀个(想法).⽽是去让你的⾝体达到,就像我刚刚说,可以就是说前⼀个⼩时和后⼀个⼩时情绪完全不⼀样.但是我不去给我的情绪⼀个定义说我是不是精神病,我是不是不正常? 你不去定义它.就算你定义它了,你知道那只是头脑的游戏.你可以不理会它.

Spirit: If you're still here and want to fix it, then you're only making things more chaotic because there's no good or bad here. What matters are the conflicts that arise in your mind—the judgments and definitions you make, which will lead to even greater chaos and confusion. Why? Because your mind is trying to solve problems, and when it tries to solve problems, it creates more problems and conflicts. Aren't you just making a mess inside yourself by doing this? So, instead of holding onto the idea that you need to fix or improve things, focus on letting your body reach a state where emotions can fluctuate drastically from one hour to another—like they were in two different worlds. But don't label these emotions as mental illness or abnormality. Don't give them labels. Even if you do try to define them, remember that's just the mind playing games. You can ignore it.

然后再继续观察,继续觉察你所有的⼀切.这样⼦你的头脑和你的⾝体它不会产⽣冲突了,明⽩吗? 然后慢慢慢慢就会理顺了.所以放下任何你想要去治好它的⼀个念头.你只是需要去对你们的头脑、⾝体还有你这个⼈有更多的认识.那你通过观察它,你就能认识到原来所有的冲突都是在我的思想⾥⾯,在我的意识状态⾥⾯.你如果连问题出现在哪⾥你都不知道….还有问题吗?

Then continue to observe and be aware of everything you have. This way, your mind and body won't contradict each other, do you understand? Then it will gradually sort itself out. So let go of any notion that you want to fix something within them. You only need to gain more insight into your mind, body, and self through this observation. You'll realize that all the conflicts are just in my thoughts, in my state of consciousness. If you don't even know where the problem lies... Are there any more questions?

问: 我就觉得和我⼩时候三岁的⼀段记忆有关系.

Questioner: I feel that it has something to do with a memory from my childhood when I was three years old.

⾼灵: 没有任何关系.呢是你们头脑试图在给每⼀件事情合理化或者给它定义.呢是你头脑的游戏.

Higher Spirit: There is no connection. This is what your mind tries to justify or define everything with. This is the game of your mind.

问: 那在医院检查出来的⽚⼦,我也不⽤去理会?

Questioner: What about the片子if found in a hospital; do I need to worry about them?

⾼灵: 你们医院只是看症状.如果看症状的话,那的确是⼀会⼉这样,⼀会⼉呢样.那你们都会有⼀个正常的标准.

Higher Spirit: Your hospital only looks at symptoms. If that's the case, then indeed it will be like this for a while and like that for another. That means you all have a normal standard.

问: 他说我动脉痉挛.有时候就⼀两个⽉起不来.

Questioner: He said I have spasms in my arteries. Sometimes it lasts for one to two months.

⾼灵: 所以你反复听前⾯的录⾳就知道了.然后我也能知道你的⾝体,你的能量状态产⽣了很⼤的问题.但是这些问题,我就是要帮你看到,帮你理清楚它是来⾃于哪⾥.来⾃于你头脑不断地给它定义,不断地想要解决问题,不断地想要把它变成正常.但是这⼀切都是你去学习你们的⼼灵、头脑、⾝体,这⼀系列的.就好像你的⾝体是⼀个⼯具.你通过你去观察它,你通过你去观察它,来去学习这个⼯具到底是如何运⾏的.你就把你给抽离出来了.然后你⾃⼰就是你的⽼师,它便能给你带来成长.还有问题吗?

Spirit: So you can understand this by listening to the recordings repeatedly. Then I can also see that there are huge issues with your physical body and energy state. But these issues are exactly what I want to help you uncover and understand where they're coming from, whether it's from your mind continuously defining them or trying to find solutions and make them normal. However, everything is part of learning about your mind, brain, and body as a series of processes, much like using your body as a tool. By observing it and learning how this tool operates through observation, you are removed from the process. And in doing so, you become your own teacher, leading to growth. Any more questions?

问: 医⽣说的呢个甲状腺结节.我要是按照灵性的这个,这个东西能⾃动消失吗? 因为医院说治不了.我这个特别⼩,不⽤管它.

Questioner: The doctor mentioned a thyroid nodule. If I follow the spiritual approach, will this thing automatically disappear? Because the hospital says they can't treat it. This is particularly small and doesn't require any management.

⾼灵: 刚才我说的这些你产⽣的冲突、紊乱它会导致很多的在你的⾝体和⽣理层⾯的⼀些症状.所以当你去通过我前⾯说的,你去就是把你转换到完全另外⼀个状态的时候.你的整个⼈的精神状态、能量状态所有状态都不⼀样.那所有状态都不⼀样,振动频率都不⼀样了.那你⾝体的所有的其它是不是也会不⼀样了? 因为我现在还不知道你会如何去…. 因为有些⼈他的学习能⼒、转变能⼒、领悟能⾥特别快.那有的⼈他可能还需要继续的在⾥⾯学习,他可能还需要感悟.我不知道你会是怎么样的⼀个程度.因为这个是取决于你⾃⼰.所以你只有就是⽐如说过半年过后再来看你的能量状态,看你处在⼀个什么样的状态,才能知道到底你这个结节会消失还是会怎样.

Higher Spirit: The conflicts and chaos you are experiencing now can lead to numerous physical and physiological symptoms in your body. So when you transition into a completely different state as I've mentioned before, your entire mental state, energy level, and all other states will be altered. With these differences in all states, vibration frequencies change accordingly. Would this mean that every aspect of your body would also be affected differently? Since I'm unsure how you might handle the transformation process - some individuals learn and adapt quickly, while others may require more time to understand and internalize the information - it's hard for me to predict exactly where you'll stand after a certain period. Only by observing your energy state six months later can we determine whether this growth node will diminish or how it might change in other ways.

因为是你的内在的⼀个频率决定了你的⾝体会产⽣怎样的⼀个物理特征、⽣理特征,明⽩吗? 但是你永远都是你⾃⼰掌握着你的⼀个状态.就是你并不是没有办法转变的.

Because it is your internal frequency that determines the physical and physiological characteristics of your body, do you understand? But you always hold the state of yourself, meaning you are not without the ability to transform.

问: 就是怕控制不住.就是突然⼀个声⾳,脖⼦就突然不⾏了,连脸都⽊了.感觉⾎在⾥⾯过不去.然后我就靠针灸控制,最近就这样.

Questioner: It's because I can't control myself. Suddenly, a voice might appear, and my neck just stops working all of a sudden, even my face goes numb. I feel like the blood is stuck inside. Lately, I've been relying on acupuncture to manage this, which has been happening recently.

⾼灵: 就像电线短路⼀样.所以这些,前⾯都说到你的不同的声⾳在⾥⾯产⽣了冲突,就好像对抗⼀样.你有两股能量在对抗.呢两股能量都来⾃于你.所以为什么我会说你要放下你要去解决问题,想要变好.因为当你放下了过后,你就只有⼀股能量在⾥⾯了.你便没有两股能量去对抗了.

Spiritual High: Just like a short circuit in wires. So these, everything I've mentioned about the different sounds inside you creating conflicts, just like opposition. There are two energies opposing each other. These two energies come from you. That's why I say you need to let go and address issues that could lead to improvement. Because once you let go, there is only one energy within you. You will no longer have two energies to oppose.

问: 那我要观察多久啊? 我就突然⼀下就开始脖⼦嘚瑟.我⼤概得多久能离开这种状态.我觉得我⽼慢了.

Questioner: How long do I need to observe this for? I suddenly start shaking my neck. How long will it take for me to get out of this state? I feel like I'm aging too slowly.

⾼灵:你要多少时间,这⾥没有⼀个时间.为什么?因为你在当下,就⽐如说我们现在在说话,你就可以选择.OK,我选择我不再去抵抗我⾝体的任何反应,哪怕我在地上打滚.我也不会有声⾳跑出来说:‘你怎么这样⼦?你是不是犯病了?你赶快去看医⽣.你怎么不不变好?’ 明⽩吗? 就像是你⼀个⼩孩⼦⼀样,然后你⾃⼰是⼀个⼤⼈.⾝体反应是你的孩⼦.你对它完完全全的,你完完全全的去包容它,去允许它.⽽不是去拿⼀个世俗,就是你们物质世界的⼀个标注来评判它,要怎样要怎样.

Higher Spirit: How much time do you need? There is no specific time here. Why? Because you are in the present moment; for instance, when we are speaking, you can choose. OK, I choose not to resist any reaction from my body, even if I were to roll on the ground. I wouldn't have a voice saying: 'Why are you behaving like this? Are you ill? Go see a doctor immediately! Why aren't you getting better?' Do you understand? It's as if you were a child and you yourself are an adult; your body reactions are your child. You should completely accept and allow it, rather than judging it using worldly standards, deciding how it should be or shouldn't be.

问: 我有时候就总做梦.梦是预知吗? 然后梦⾥就让我看见⾃⼰的问题.

Questioner: I often have dreams. Are dreams a form of precognition? And then, in these dreams, they show me my own issues.

⾼灵: 你⽆论你是梦⾥还是在物质世界也好,你现在在体验的就是你⾃⼰的⼀个状态.⼀个能量状态,⼀个意识状态,⼀个发⽣冲突,就是不断产⽣冲突的⼀个状态.所以你们物质世界本⾝就是⼀场梦,明⽩吗? 当你转变你的意识状态、能量状态,你的梦也会变的.所以你不要⽤去就纠结每⼀个症状,去单独解决它⼀个症状.所有的⼀切都会变的.还有问题吗?

Spirit Guide: Whether you are in the dream realm or in the material world, what you are experiencing now is your own state - an energy state, a state of consciousness, and a state where conflicts continuously arise. So, your material world itself is a dream, do you understand? When you transform your state of consciousness and energy, your dreams will also change. Therefore, instead of focusing on resolving each symptom individually, realize that everything will change. Do you have any questions?

问: 还有就是疫情⼤概多久结束啊?

Questioner: And how long will the pandemic last?

⾼灵:疫情我们反复的在告诉你们,如果你们的意识状态,你们的集体意识或者频率不改变的话.就算这个疫情结束了,你们还有其他的给你们经历.其他的就是让你们感受到⽆⼒感,让你们感受到恐惧.因为外在所有的⼀切它只是来像镜⼦⼀样来给你们呈现出你们集体意识的⼀个状态⽽已.如果你们集体意识都是在充满了爱、充满了友善、充满了快乐,那外在的物质也会展现出这些给你们看啊.所以说去纠结于疫情什么时候结束,这是在每个⼈的⼼⽬中都不⼀样的.因为在有些⼈眼⾥、⼼⽬中或者世界⾥,疫情早就结束了.或者在有的⼈⼼⽬中疫情是⼀件好事情.所以有些⼈还是很恐惧.

Spirit: The virus is something we keep repeating to you that if your state of consciousness or the collective consciousness or frequency doesn't change for you. Even when this virus ends, there are other experiences that will be undergone by you - others that will make you feel helpless and fear. Because everything externally serves only as a mirror reflecting your state of collective consciousness. If your collective consciousness is filled with love, kindness, happiness, then the external material world would reflect those to you too. So worrying about when this ends depends on each individual's perspective because for some people, their eyes, minds, or worlds perceive that the virus has already ended. Or for others, they see it as a good thing. Hence, some are still very afraid.

所以这个只是你们每⼀个个体对外界的,就好像镜⼦⾥⾯的相,你看到了,然后产⽣不同的反应.

So this is just how each of you responds to the external world, like a reflection in a mirror, which you see and then react differently.

问: 这个问题我研究不明⽩.你说是梦吧,但是我在梦⾥梦见我⽗亲,我就和我⽗亲像⼼灵对话⼀样.我说爸你咋还没⾛呢.他就说还有点事情.然后现实中我家呢墓地… 在梦⾥我就很淡定吗,在现实中我⼀下就玩了.那这个和你之前说的两种能量冲突是⼀个意思吗? 可能我深层次我还没有放下我⽗亲? 还有恐惧?

Questioner: I don't understand this issue. If you say it's a dream, but in my dreams, I'm having conversations with my father as if we were communicating from our souls. I ask him why he hasn't left yet, and he says there are still some things to do. Then, in reality, my family's grave... In the dream, I remain calm; however, in reality, I suddenly feel relief. Does this mean that it contradicts what you previously mentioned about conflicting energies? Could it be that I haven't let go of my father on a deeper level, along with still having fears?

⾼灵: 你放下你⽗亲? 你想要怎么样放下你⽗亲?问: 就是在梦⾥我都能淡定….

Higher Spirit: Can you let go of your father? How do you want to let go of your father? Questioner: Even in my dreams, I can remain calm...

⾼灵: 你看到你⾃⼰的问题没有? 你看到你的冲突没有? 你连⼀个梦,你都要给你的反应给它定⼀个标准.我必须要淡定,这个才是好的.你对你的⽗亲产⽣任何情绪,爱或者是思想,这都是正常的.为什么你要把你变成是没⾎没⾁的呢? 你有这个⾁体,你就⼀定是有反应.你却要让它⿇⽊起来吗? 所以你从你的问题当中看到你的问题在哪⾥.你提的问题当中你就能看到你的问题在哪⾥.你想要给你的每⼀个反应有⼀个标准在呢⾥.你需要怎么样反应,这样反应才是正常的.那你就看到你的冲突是来⾃于哪⾥了.外在发⽣什么不重要,不管是你的⽗亲还是同事还是他⼈也好.重要的是你⾃⼰她是在⼀个不断地质疑⾃⼰,不断地评判⾃⼰.

Higher Spirit: Have you seen your own problem? Have you seen your conflict? Even in a dream, you impose standards on your reactions. I have to remain calm; that's what matters. Any emotion towards your father, whether it be love or thought – that is normal. Why do you want to turn yourself into an abstract concept devoid of any flesh and blood? You exist with this body, so naturally you will react. Do you want to numb it instead? Therefore, by examining your issues, you can see where the problem lies within you. By looking at the questions you pose, you reveal where your problem resides. You seek a standard for every reaction you give. You need to know how to respond in order for that response to be normal. And thus, you identify where your conflict originates from. Whether it's with your father, colleagues, or others – external events are secondary; what truly matters is your ongoing self-doubt and self-criticism.

你在这样的⼀个状态下,那⽆论是⾯对你的⽗亲还是你的男友还是你的同事,你都会出现这种声⾳.它只是不同的事件来反应出来你的问题.

In this state, you would exhibit this voice when confronting your father, boyfriend, colleague, or anyone else, as it reflects your issues through different events.

问: 对.⼈家给我发的信息⽂字其实很正常,但是我看到的就不是呢样.然后⼀下就脖⼦嘚瑟.然后⽣⽓⼀天半.

Questioner: The messages people sent me are actually normal, but when I see them, they're not the same. Then my neck starts shaking. And then I'm angry for half a day.

⾼灵: 所以你去反复的听这⼀段信息你就能知道,你就能找出来.如果你没有⾃知之明… ⾃知之明是什么? 就是说你不能认出来⾃⼰的情绪、⾃⼰的思想哪⾥产⽣冲突.那你便没有办法从中解脱出来.因为为什么? 因为你永远都是从外⾯去解决问题.我⽗亲怎么怎么样… 那我是不是要问个神啊? 问⼀下我⽗亲是不是有什么话要带给我? 那我是不是要把这个同事给解决掉啊? 是不是要离开这家公司啊? 你就会⼀直这样⼦的想解决问题.我要去做针灸啊,我要去找医⽣啊.那你永远都是…. 那外在它显现的只是你⾃⼰的⼀个状态⽽已. 所以你永远都是在错误的路上.

Higher Spirit: So by repeatedly listening to this piece of information, you can understand and find the answer. If you lack self-awareness… What is self-awareness? It means you cannot recognize your own emotions or where in your mind there are conflicts. Without this awareness, you won't be able to resolve these issues. The reason is that you always try to solve problems from the outside. Like asking spirits about my father's intentions, or wondering if he has something important for me. Or considering if I should deal with a colleague, leave the company, etc. You will continuously think of ways to fix problems like this. Trying acupuncture, seeking doctors, but fundamentally you are always… The external is just reflecting your own state. So you're perpetually on the wrong path.

所以你必须要通过你的任何⼀个升起来的念头、情绪、⾝体产⽣的⼀些反应去认清你⾃⼰到底是持有什么样的⼀套系统在运⾏? 那这个系统改变了过后,你的整个⼈的感受、观念,你的所有的⼀切它都会随之改变的.

So you must identify through any rising thought, emotion, or bodily response what system you are running within yourself. After this system changes, your entire sense of self, beliefs, and all aspects of your life will consequently shift.

问: 但是我观察的时候我⼀点⽅法都没有…⾼灵: 那你反复听我们的录⾳.下⼀个.

Questioner: But I don't have any methods when I observe... Higher Spirit: Then listen to our recordings repeatedly. Next one.

第⼆个⼈问:我从⼩都是视觉化反⽅向.就是能量学不都是正⾯的嘛.⽐如说有什么事我要想象它不成功它就成功,不知道什么问题.⽽且我⾃⾝阴性体质,经常会招⼀些不⼲净的东西跟着我.后来有师傅说我不是凡⼈,说我之前是神.那我到底是不是凡⼈?那不是的话,我的使命到底是什么? 我是做什么的?

Second Person: I have always been the opposite direction for visualization. Energy studies are supposed to be positive things, right? For example, if I imagine something not succeeding and it actually succeeds, I'm unsure what the issue is. Moreover, due to my naturally feminine constitution, I frequently attract impure entities following me. Later, a master told me that I am not an ordinary person, saying that I was once divine. So, am I really just an ordinary person? If not, what's my purpose? What do I exist for?

⾼灵: 你是想要知道别⼈都是从正⾯的想事情会成你是从负⾯的想事情会成?问: 对,⽽且我⾝上阴性体质很重…⾼灵: 先⼀个⼀个问题.你先⼀个⼀个问题.你先说你想要知道什么?

Higher Spirit: Are you curious about how others think positively and things turn out well for them, compared to your negative thinking leading to different outcomes? Ask: Yes, and I have a heavy negative constitution... Higher Spirit: Let's address this one question at a time. Please, let's tackle each question sequentially. First, tell me what it is you want to know?

问: 很多师傅说我不是凡⼈.那我是凡⼈转世还是不是凡⼈转世? 或者说我来这到底是使命是什么?

Questioner: Many masters tell me I'm not a mere mortal. Does that mean I'm reincarnated, or am I still just a mortal being reincarnated? Or what is my purpose here if this is even the case?

⾼灵: 你是不是凡⼈? 你凡⼈是怎么定义的?

Higher Spirit: Are you a mortal? How do you define a mortal?

问: 对.很多⼈说我之前是个神,然后来到这⼀世就跟别⼈不⼀样.

Questioner: Indeed, many people say that I was a god before and that in this lifetime, I am different from others.

⾼灵: 你稍等.你听到师傅有说你不是个凡⼈,然后你想要去弄清楚你到底是不是个凡⼈是吗?

Higher Spirit: Wait a moment. Did Master tell you that you're not a mere mortal, and then did you want to figure out whether you are indeed a mortal or not?

问: 我想知道我到底来这⼀世的使命是什么?

Questioner: I want to know what my mission in this life is?

⾼灵: 你这⼀世的使命是什么?

Higher Spirit: What is your mission in this lifetime?

问: 或者说我是不是就是⼀个平凡的⼈?

Questioner: Or am I just an ordinary person?

⾼灵: 没有所谓平凡的⼈和不平凡的⼈.只有就是说去真正的成为⾃⼰和没有成为⾃⼰. 问: 那我想知道我的使命和我到底是什么样的转世? 还是就像您说的没有什么平凡不平凡的?

Higher Spirit: There are no ordinary people and extraordinary people. Only being truly yourself or not fully becoming yourself. Ask: I want to know my purpose and who I am in this life, or as you say, is there really no such thing as ordinary and extraordinary?

⾼灵: 这些平凡不平凡都是你们⾃⼰的⼀个定义.你们会把什么定义成平凡,什么定义成不平凡.但是我告诉你们,每⼀个⽣命都不平凡.每⼀条⽣命都不平凡.还有你想知道你这⼀世的使命,你稍等.你叫什么名字?

Higher Spirit: These notions of ordinary and extraordinary are all your own definitions. What you consider as ordinary and what you define as extraordinary. But let me tell you this, every life is extraordinary. Every single life is extraordinary. And if you want to know the purpose for your lifetime, hold on. What's your name?

问: XXX⾼灵: 对于你来说,你给⾃⼰设置了很多很多挑战.然后这些挑战来⾃于很多⽅⾯.很多⽅⾯都让你感受到⽆助或者是⽆⼒.然后通过这⼀系列的挑战,你想要让⾃⼰变得特别特别的强⼤,就是战⽆不胜.所以你是⼀个⾮常⾮常强⼤的灵魂.因为这样你才会给⾃⼰设置很多障碍来经历和体验.然后你可以从你⾃⼰的⼀个到现在所有的经历你来看你⾃⼰,然后最难突破的⼀些点,最难让你放下改变的呢个点.然后呢个就是你给⾃⼰设置的⼀个就是你需要去成长的⼀个点.因为当你真正的成为,就是好像这些挑战都被你⼀⼀突破过户.然后⽐如说前⾯你说你是不是凡⼈.那当你⼀⼀突破过后,在别⼈眼⾥看你就是不平凡的⼈.

Questioner: As XXX High Spirit, you set yourself up with many challenges. These come from various sources and make you feel helpless or powerless in many ways. Through this series of challenges, your goal is to become incredibly strong, winning every battle. Thus, you are a very powerful soul because you create obstacles for yourself to experience and overcome. From your own experiences from the past to now, you identify the most difficult points to break through and resist changing at. This is where you set a point of growth for yourself. When you truly conquer these challenges one by one, in others' eyes, you become an extraordinary person.

那你便可以去引领或者是⿎励很多⼈.所以你会经历⼀些就⽐如说健康层⾯的问题,然后还有⼀些家庭变故的⼀些问题,还有⼀些对于你们⼈来说婚姻就是情感,就是跟你关系最深的.所以你会从很多层⾯来突破,就是把它转.就⽐如说它最开始是⾮常的⾕底,然后把它转变成最⾼峰.就是这么⼀个转变、转化的⼀个⼯作.

Then you can lead or motivate many people. So you will experience some issues, such as health problems, and also changes in your family, as well as some emotional issues related to marriage for you. You will break through from many levels, transforming them. It starts with a very low point, then it transforms into the highest peak. This is the process of transformation and change.

问: 我确实现在也是⼀直平平,事业也是平平.感情也没有.所以很多师傅说你上辈⼦是神啊,你本来就不是⼀个平凡的⼈啊.我就觉得不太相信.

Questioner: I am indeed facing a period of stability right now, both in my career and personal life. There are many teachers who say that you were divine in your previous life, meaning that you weren't meant to be an ordinary person. I find it hard to believe this.

⾼灵: 因为如果你想要激发出很强⼤的能量,那你必须要战胜很强⼤的东西,对不对? 所以像你们有⼀个故事武松打虎.那他是不是战胜了⽼虎过后才变得如此的有知名度、有影响⼒?因为他的英勇,他的勇⽓,他的强⼤的能量战胜了对你们来说是最恐惧的⽼虎.所以你是给⾃⼰设置了这些体验给⾃⼰.

Higher Spirit: Because if you want to unleash a very powerful energy, then you must overcome something very powerful, right? So like your story of Wu Song fighting the tiger. Was it only after he defeated the tiger that he became so well-known and influential due to his bravery, courage, and overpowering energy that战胜ed what for you was the most terrifying tiger? Therefore, you set these experiences for yourself.

问: 就说⽩了我给⾃⼰的⽬标和障碍都很⾼,然后就逼着⾃⼰过去.然后去成功,是这样⼦吗?

Questioner: Essentially, I set high goals for myself and also face significant obstacles, then push myself to overcome them. Then, I strive for success. Is that how it goes?

⾼灵:不是逼着⾃⼰过去,是你本⾝就能过去.你们给⾃⼰设置的任何障碍,你们都是能过去的,都是能去完成的.不然的话,你不会把这个摆在你⾯前.那就不是你要去呢个什么的.

Higher Spirit: It's not forcing yourself to go, it's that you naturally can go through. Any obstacles you set for yourselves, you are capable of going through and accomplishing them. Otherwise, you wouldn't place this in front of you. That wouldn't be something you're pursuing or aiming for.

问: 那我这⼀⽣都是在跳障碍物吗?

Questioner: Does that mean my whole life is about jumping hurdles?

⾼灵: 这⼀⽣当然不是呀.就好像我前⾯说武松把⽼虎放在他⾯前,他去战胜它.战胜它了之后,他是不是就已经成为⼀个⾮常英勇的⼈了? 那他就是⼀个英雄在体验了呀,明⽩吗?因为⽬前你就⽐如说现在都会处在⼀个就是好像你又是不⽢⼼,你觉得不应该这样⼦.就是你又觉得不满⾜,就是都会在这样⼦的⼀个状态.然后这样⼦的⼀个状态它接下⾥就会出现转机的.它能量就在⼀个转变的过程当中.

Spirit: No, that's not necessarily true for this lifetime. For example, when I talked about Wu Song placing the tiger in front of him and defeating it, he became a very heroic person after overcoming it, right? This means he is experiencing what a hero would go through, do you understand? Currently, you might feel discontented or think that things shouldn't be like this. You're seeking more satisfaction because of these feelings of dissatisfaction. These emotions are in a state of fluctuation. As such, they will lead to a turning point in the future where things can change for the better due to the ongoing transformation of energy.

问: 我理解是我现在的状态是在慢慢的变好是吗?

Questioner: I understand that my current condition is gradually improving, right?

⾼灵: 不是.是在你需要去突破它,你需要去好像叫峰回路转.就好像是接下来是你已经不能忍受这样⼦的状态,那你便会去做出挑战.你便会去重新选择.

Higher Spirit: No, it's when you need to break through it; it's like a turn of events. It's as if you can no longer bear this state, then you would make the challenge. You would then go on to choose again.

问: 所以现在就是我离开了上⼀家公司,在找其他更能让我成长的公司.现在还没有⼀个⽅向.所以我想问今年我能不能在事业上做出成绩,做出成功? 因为我真的⽤了⼀两年的时间了.现在还在迷茫状态.

Questioner: So now I've left my previous company to find others that can better foster my growth. I'm not sure which direction to take yet. Thus, I would like to ask if I will be able to achieve success in my career this year and make significant progress? Indeed, I have spent about one or two years on this process and am still in a state of confusion.

⾼灵: 能不能成功?

Higher Spirit: Can it be successful?

问: 就是说我现在的事业.因为我从天津来到杭州就是为了事业嘛.然后为了做这个⾃媒体⾏业.⽤了⼀年的时间,现在有⼀点成绩.然后我现在就想知道我能不能把这个事情做成功?

Questioner: Essentially, I'm asking if my current career is on track because I moved from Tianjin to Hangzhou for career opportunities. Having spent a year in this field of media production, I've achieved some results now. I just want to know if I can succeed with this endeavor?

⾼灵:你现在这么说.⾸先⼀个事业成功,它在物质世界显现出成功.然后有没有出现成你想象的样⼦,它来⾃于你⾃⼰内在的⼀个坚持和坚定和坚信.所以你这个需要是看你⾃⼰.因为就算我告诉你,你会成功.那你内在坚信你会,然后你也坚持,你也充满激情的去做.那你肯定会成功的呀.所以成功不是别⼈算命的说你会成功.不是这样⼦的.⽽是它外在所有的这些所谓的成功,就你们所谓的成功的呢个相,它是来⾃于你⾃⼰内在的⼀个能量状态,能量的⼀个稳定性和坚信的⼀个程度.就是不动摇,明⽩吗?如果你遇到⼀些挫折,遇到⼀些对⼿你就动摇了.那你肯定是不会成功的呀.

Higher Spirit: Now you're saying this. First, a business success manifests as success in the material world. Then, has it appeared in the way you imagined, coming from your own inner persistence, determination, and faith? So your need lies within yourself because even if I tell you that you will succeed, then your inner belief that you would succeed, combined with your persistent efforts and passionate drive, guarantees success. Success is not about others predicting that you will succeed; it's not like that. Instead, all these so-called external successes, which you consider as 'success', stem from your own internal energy state - the stability of your energy and the degree of your faith, remaining steadfast without wavering. Understand? If you face setbacks or opponents and lose your resolve, then there is no way you will succeed.

问: 只要坚持就可以吗?

Questioner: Can I just stick with it?

⾼灵:你⾸先要知道物质世界它东西显化出来的原则是什么?它原则显化的就是你的能量状态.那如果你的能量状态处在⼀个不动摇的⼀个状态,明⽩吗?那你迟早都会显化出来的.那怎么样做到⼀个不动摇呢?那你就必须要坚信.就不管外在给你多少打击,你都知道这个打击是来让你坚信的.⽽不是来让你倒掉的,明⽩吗?因为很多⼈会把外界的影响当成是致命⼀击.然后就真的受不了,然后倒下了.但是实际上外⾯的任何东西它都是来看你怎么样,看你壮不壮,看你是不是纸⽼虎还是怎样.

Spiritual Being: The first thing you need to know is the principle by which things manifest in the material world? What it manifests is your energy state. If your energy state stays stable, do you understand that sooner or later, manifestation will occur. So how do you achieve stability? You have to believe in it regardless of any external impacts. These impacts are actually meant to reinforce your belief, not to break you down. Do you understand? Many people consider external influences as fatal blows and end up unable to handle the situation, collapsing under them. However, in reality, anything from outside is there to see how strong you are, whether you're just a paper tiger or something more.

问: 实际上就是考验你的?

Questioner: Essentially, it's testing you?

⾼灵: 你去看你们世界上显化成功的⼈.他们有⼏个⼈是怀疑⾃⼰的,明⽩吗? 他们有⼏个⼈是因为拒绝然后就放弃的? 这样是没有办法显化出来的.他们显化的只是放弃、不成功、艰难.

Higher Spirit: Look at the people in your world who manifest successfully. How many of them doubt themselves, understand? How many of them give up because they refuse? This is not how manifestation works. They only manifest failure, unsuccess, struggle.

问: 这是为什么很多坚持做⼀件事的⼈能成功的原因?

Why many people who persist in doing one thing can succeed?

⾼灵: 那你去看你们物质世界显化出来巨⼤的财富或者是,你去看看背后是什么.⽆论你去看的是哪⼀个.

Higher Spirit: Then you go and see the vast wealth manifesting in your material world or you go to see what's behind it. Regardless of which one you look at.

问: 我能理解就是我这⼀⽣就是⼀个坎⼀个坎在过,就和过关…⾼灵: 这个并不是⼀个坎⼀个坎.为什么我觉得你们物质世界最⼤的障碍就是你们把所有东西都给它负⾯定义.你们把它定义成负⾯的,把它定义成不好的.那你就说我这⼀⽣充满了

Questioner: I understand that my entire life is one hurdle after another, like going through a gate... Higher Spirit: This isn't about hurdle after hurdle. Why do I feel that the biggest obstacle in your material world is that you give everything a negative definition? You define it as negative and bad. So you say my whole life is filled with

激情,因为我有很多挑战.⽽且我也知道我是有这个能⼒我才设置这个挑战.如果没有这个能⼒我不可能给我设置这个挑战.所以I’m so exciting.就是我很激情的.I can’t wait.我已经迫不及待的想要去尝试,想要去⾯对⼀切.然后把我内在的呢股激情、⼒量,就好像是战⽆不胜的.所以你应该是这样⼦的⼀个状态.⽽不是说我这⼀辈⼦好多挫折,好多坎啊.如果你们只是想平平的过(⽇⼦)的话,那你们是不会带来任何成长的,明⽩吗?

Passion, because I have many challenges. And I also know that I have the ability to set these challenges. Without this ability, it's impossible for me to set myself these challenges. So I'm so excited. That's why I'm very passionate. I can't wait. I am already eager to try and face everything. Then comes my inner passion, strength, like a force that cannot be defeated in battle. Therefore, you should be in this state. Not just going through life with many setbacks and obstacles throughout your lifetime. If you only want to live a mundane existence, it won't bring any growth for you, understand?

问: 明⽩了.就是我要保持这种激情、勇敢、战⽆不胜才能成功,是这样⼦的吧?

Questioner: Understood. I need to maintain this passion, courage, and invincibility in battle to succeed, right?

⾼灵: 你觉得呢? 所以你⾃⼰可以看到啊.那你也可以尝试⼀下不同的状态,看⼀下呈现出来的是什么结果.

Higher Spirit: What do you think? So you can see for yourself. Then you can also try different states to see what the outcome is.

问: 但是有⼀个东西是⽆法努⼒来的,⽐如说感情.我是84年的.但是我永远感情不顺.我⾃⾝条件也觉得挺好的,但是永远都有问题出现不能在⼀起.甚⾄出现好多烂桃花.就碰不到正缘.我现在也是很茫然.⽐如说这两年你要定不下来,你以后就可能不会再找了,可能再找也找不到了,就光是玩了.

Questioner: But there's one thing that can't be forced, such as feelings. I'm from the year 84, but I've always had bad luck with relationships. I feel that my personal conditions are quite good, yet problems always arise preventing me from being together. Even experiencing a lot of false love, not finding my true match. I'm currently very confused. For instance, if you can't settle down in the past two years, you might not find someone else later on; it's possible that even trying to find someone again won't work out. It feels like you're just playing around.

⾼灵:你听⼀下前⾯的呢些信息.我都说你⾃⼰⽆论是从哪些⽅⾯你都给⾃⼰设下了…为什么?因为你这⼀段时间你是不需要有外⼒啊.你们有了另⼀半你就会觉得哎呀,另⼀半会给你⼒量,然后你就会更加坚强.但是呢,你⾃⼰给⾃⼰设置的就是说我不需要依靠任何⼒量,明⽩吗?那当你真正的不依靠任何⼒量,⽐如说感情、婚姻或者其他⽀持.然后你却是不断突破过后,那你能量是不是就⽐其他,就是double啊?当你真的突破⼀个⼀个又⼀个的话,你拥有的能量状态又不⼀样了.为什么?因为呢会⼉对你来说感情不再是⼀个你因为匮乏、需要, 因为能让你变得更加有安全感和强⼤,⽽只是纯粹的相互吸引,明⽩吗? 就是他欣赏你,你欣赏他的呢种.

Higher Spirit: Listen to the information in front of you. I've said that regardless of what aspect, you have set limitations on yourself... Why? Because during this period, you don't need external forces. When you have someone else, you might think "the other half will give you strength," and then you'll become stronger. But what you've set for yourself is that you don't need any force; do you understand? If you truly don't rely on any force, such as emotions, marriage, or other supports, and you continue to break barriers, doesn't your energy exceed others, being doubled? When you really overcome one after another, the energy state you have isn't the same. Why? Because for you, love is no longer about lack or need that makes you feel more secure and powerful; it's just pure attraction, understand? It's admiration on both sides – he admires you, and you admire him.

那是锦上添花,明⽩吗?

That's adding to the beauty, understand?

问: 现在也不是需求的感觉,就是觉得年龄⼤了应该去⾛⼊婚姻或者年龄⼤了应该⾛这⼀步了.

Questioner: It's not a sense of need either; it feels more like it's time to settle down and take this step given one's age.

⾼灵: 那只是你们的⼀些观念⽽已.⽽且每⼀个灵魂它对⾃⼰都会有不同的安排.所以你们都⽤同样的⼀个标准看待每⼀个个体这样你肯定会产⽣⼀些出⼊的.你们需要知道每⼀个⽣命它都是独⼀⽆⼆的,每⼀个个体它都是独⼀⽆⼆的.

Spirits: That's just your notion. Each soul arranges differently for themselves. Therefore, when you judge each individual with the same standard, you will certainly encounter discrepancies. You need to understand that every life is unique, and every individual is one-of-a-kind.

问: 对.但是在我⼼⾥我也是想该进⼊家庭了.但是都是烂桃花.

Questioner: Agree. But in my heart, I also want to settle down into a family life. But all I attract are bad luck romances.

⾼灵: 那你需要放下你的执念和你的期望.因为你不知道⽣命给你安排的有多美好.你只是在你的头脑⾥⾯.你的头脑⾥⾯是看不到任何到底你的big picture,你的⼀个⼤的规划和计划和⽣命的蓝图是什么.你头脑看不到.但是你唯独就是信任.你信任⽣命每⼀步它给你安排都是你需要的.不会把你不需要的带⼊到你的⽣命⾥⾯来.

Higher Spirit: So you need to let go of your attachments and expectations. Because you don't know how beautiful life has planned for you. You're just stuck in your mind, and your mind can't see the big picture, your grand plan, and blueprint of life. Your mind doesn't see it. But what you do have is trust. Trust that every step life arranges for you is necessary. It won't bring unnecessary things into your life.

问: 那也就是说我顺⽓⾃然的去慢慢的提⾼能量就好了吧? 我还想着说我今年或者明年能不能去突破感情这⼀关,能不能去定下来? 很难突破,这不是努⼒能突破出来的.

Questioner: That means I should just naturally increase my energy gradually without any effort?

I was wondering if this year or next year I might be able to overcome the barrier of emotions and make a decision? It's hard to break through; it's not something that can be achieved through effort alone.

⾼灵: 这是因为你头脑⾥⾯有很多错误的观念.你会觉得你的⽣命的意义是来⾃于你需要稳定的婚姻,现在是时候结婚了.这些只是⼀些观念⽽已.所以你需要看清楚你的观念.你是需要让⽣命⾃⼰允许它来给你展现,什么是对你最好的.⽽不是说要去让你的⽣命来fit,就是来适应社会的⼀个标准,或者你头脑⾥⾯的⼀个标准.因为你头脑它know nothing,它什么都不知道,明⽩吗? 它就只有⼀些观念在⾥⾯.

Higher Spirit: This is because you have many wrong ideas in your mind. You might feel that the meaning of your life comes from needing a stable marriage, and it's time to get married now. These are just ideas after all. So you need to clarify your own ideas. What you need is for life itself to allow what's best for you to be shown to you, rather than forcing your life to fit or adapt to societal norms or standards in your head. Because your mind knows nothing; it knows nothing at all, do you understand? It just has these notions inside.

问: 那我就顺⽓⾃然吧,是这样吗?

Questioner: So I should just let it flow naturally, is that right?

⾼灵: 你是⽆论怎么样你应该去感恩感激去喜悦的迎接⽣命出现的… 就是把任何带到你⽣命当中的⼀切,明⽩吗? 然后你就越来越能做⾃⼰.你越来越做你⾃⼰,所有关于你的⼀切它都会呈现出来,包括你的感情.所有的⼀切.

Higher Spirit: You should be thankful and joyful in welcoming the manifestation of life... Basically, you should appreciate everything that comes into your life. Understand? Then you will increasingly become yourself. As you truly are yourself, all aspects of you will manifest, including your emotions, every single thing.

问: 只要把⾃⼰能量做好了,能量上了⼀个level.其实说了半天就是把⾃⼰做好了,把能量调整好了,就是能量double的时候就⾃然会后更好的⼈更好的事出现,是这样吗?

Questioner: If you just do your own energy right and raise it to the next level, actually everything I've been talking about is basically doing yourself well and adjusting your energy. When your energy doubles, naturally better people and better things will appear - does that make sense?

⾼灵: 你只需相信,你来到这个世界上的时候,就好像你是⼀颗种⼦.你呢个种⼦⾥包含的⼀切你成长的任何,就是你什么时候长叶⼦啊、什么时候开花啊、什么时候结果啊、什么时候果⼦成熟啊.所有的⼀切它都在⾥⾯,明⽩吗? 它这个不是你去努⼒来的.

Spirit: All you need to do is trust that when you come into this world, you're like a seed. Everything within that seed determines when it grows leaves, blooms flowers, bears fruit, and when the fruit ripens. It's all inside, understand? Not something you have to work for.

问: 就全都已经注定好的是这样吗?

Questioner: Is it already predetermined like this?

⾼灵: 就好像是⼀个程序.它都是设定好的.那你唯独的就是允许.去享受⾬⽔,去跟泥⼟更加深层次的扎根,然后享受阳光.⼀切都会…问: 你的运势都会有改变的.不是按始终如⼀的⽅式⾛的,就是每个⼈的命运改变.

Higher Spirit: It's like a program. Everything is predetermined. The only thing you need to do is allow and enjoy the rainwater, deepen your roots in the soil, and bask in the sunlight. Everything will... Questioner: Your fortunes will change. They won't follow a consistent path; each person's fate changes.

⾼灵: 每个⼈他都拥有了他所需要来到这个世界中的⼀切⽀持.你唯独就是去不⽤你的头脑去阻碍它,让这个过程变的艰难起来.因为你们很多⼈都在做的就是让事情变得越来越难,然后越来越觉得内在没有什么活⼒,没有什么激情.那就是因为你们的头脑在挡路.因为它觉得它知道,它觉得它什么都要去控制或者努⼒⼀下,明⽩吗?

Higher Spirit: Each person has everything they need to come into this world, all the support they require. The only thing you don't have to do is hinder it with your mind, making the process harder. Many of you make things increasingly difficult and feel a lack of vitality or passion inside because your minds are in the way. It's just that your brain thinks it knows everything and tries to control or exert itself over situations, understand?

问: 还是顺⽓⾃然的好,明⽩吗? 那刚才说的我前世是什么什么,这个不重要了吗? 这个能看到了吗?

Questioner: It's still better to follow nature and let things unfold naturally, right? Then, isn't what you just said about my past life not important anymore? Can this be seen?

⾼灵: 前世?

Soul: Past life?

问: 就⽐如说师傅都说我前世是个神转世的,怎样怎样的.

Questioner: For example, like masters all say I was a deity reborn in my previous life, like this and that.

⾼灵: 你们所有⼈都是神,因为你们所有⼈的源头都是⼀样的.只是说每⼀个他在每⼀个阶段他所要体验的不⼀样.就是他每⼀世选择需要突破的不⼀样.所以在你们的眼⾥就有⾼低之分,但是在他⾃⼰的体验来说都是不平凡的,就是对于他来说.

Higher Spirit: All of you are gods, because all of your origins are the same. It's just that each one of them experiences different things at every stage; it's about what they need to transcend in each life cycle that varies. Therefore, there appears to be a hierarchy from your perspective, but in their own experience, everything is extraordinary – it's just relative to them.

问: 那为什么我视觉化是反⽅向的呢? 就是我视觉成功就会失败,视觉失败就会成功.就是永远和别⼈不⼀样.

Questioner: Why is my visualization in reverse then? I succeed when I visualize failure and fail when I visualize success. It's always different from everyone else.

⾼灵: 你们本来每⼀个个体就不⼀样.那有可能是你⾃⼰内在的⼀个信念,你坚信如果我把事情往好的⽅⾯想它反⽽不会,所以我要避开往好的⽅⾯想.但是你觉得你要往这个⽅向想才会成功.如果你坚信它,它也会呈现出你坚信的东西啊,明⽩吗?

Sage: Each of you is already unique as individuals. It might be a belief within yourself that if I think positively about things, they won't happen, so I avoid thinking in a positive way. But you feel that you need to think this way in order to succeed. If you truly believe it, it will present what you believe as well, understand?

问: 明⽩.但是我⼩时候就出现这种问题.但是呢个时候我什么也不懂.

Questioner: I see. But I had this problem when I was a child, back then I knew nothing about it.

⾼灵: 但是你刚才你⾃⼰说了,你并不是每⼀次.所以这⾥没有绝对的,明⽩吗? 所以这只是你⾃⼰头脑⾥⾯的⼀个定义⽽已.但是⽆论怎么样,你今天的信息已经给你指的⾮常的明确.所以你不需要去纠结我到底是怎样怎样,就是你呢个视觉化.因为所有的都是你们的⾃⼰头脑⾥⾯的⼀些观念⽽已.不重要于你怎么想,⽽是你的存在状态决定了你的体验.还有就是也根据你⾃⼰的⼀个命运轨迹.

Higher Spirit: But you just said yourself, it's not every time. So there is no absolute here, understand? Therefore, this is merely a definition in your own mind. However, regardless of how it is, the message I gave you today is very clear. So you don't need to worry about how I am or what I am like; just focus on visualization. Because everything is just concepts that exist within your own mind. It's not about how you think, but your state of existence determines your experience. And it also depends on your own life path.

问: 明⽩了,就是我还是按照⾃⼰的习惯去做就好了.因为每个⼈不⼀样.

Questioner: Understood; I should just continue doing things according to my own habits because everyone is different.

⾼灵: 如果每个⼈都觉得我要中⼀个彩票,然后天天都在想中彩票.那你们是不是世界上每个⼈都能中彩票呢? 并不是啊.因为你的⽣命当中只会吸引你真的需要的呢⼀步到你的⽣命⾥来.但是如果你头脑只是执念的要中彩票,你就会把⼀些真正⽐彩票还要重要的东西挡在外⾯了.所以不要有任何执念,⽽是相信所有来到你⽣命当中的都是你的垫脚⽯,都是来⽀持你的,都是最好的.它都好过于你能想象出来的任何.你们头脑更多的是限制.你可以通过想象把你带到⼀种激情的状态.就是因为有很多想象它可以让你进⼊⼀种就是很exciting的状态.当你进⼊呢个状态就好像是换了频道⼀样.但是呢,等你进⼊了呢个状态,你就放下任何执念.

Higher Spirit: If everyone thinks they're going to win the lottery and keeps thinking about winning it every day, are you suggesting that everyone in the world can win the lottery? Not really. Because only what your life truly needs will be attracted into your life. But if your mind is fixated on winning the lottery, you might be blocking out something more important than the lottery.

So, don't have any attachments. Instead, believe that everything coming into your life serves as a stepping stone, supporting you and being the best possible thing. It surpasses anything you can imagine. Your mind tends to limit you more. You can get into a passionate state by imagining it. That's because many imaginations can lead you into an exciting state. When you enter that state, it feels like changing the channel. But once you're in that state, let go of any attachments.

让⽣命本⾝来呈现给你,因为每⼀步都是你最需要的.就好像每⼀步你们都需要拿⼀个武器,你们在打游戏.那每个阶段你们都需要⼀个武器.为什么? 这个武器能保住你的命.你说彩票能保住你的命吗? 不可能.彩票还有可能给你招来横祸呢,招来杀⽣之祸呢? 对不对? 所以说并不是你头脑⾥⾯执念的东西对你是最好的.⽽是你已经把你最需要的,你已经把它设定到你的⽣命当中来了.你唯⼀要做的就是允许.不去⽤你的头脑去把它阻碍在外⾯.下⼀位.

Let life show itself to you because every step is what you need most. It's like you need a weapon at each stage of the game, just as you play. Why? Because this weapon can save your life. Would winning the lottery save your life? No way! It could even bring about disasters, such as causing harm to others? Right? So it’s not what your mind clings to that's best for you; rather, it's already what you need most that has been set into your life. All you have to do is allow it, not use your mind to obstruct it. Next person.

第三个⼈问: 我外公刚去世不久.今年能不能帮我链接⼀下我外公,看看有没有什么话想要传递的? 因为外公从医院回来…⾼灵: 你外公去世多久了?问: 才⼏个⽉吧.

The third person asks: My grandfather just passed away not long ago. Can you help connect me to my grandfather this year and see if he has any messages he wants to convey? Because my grandfather came back from the hospital...

Higher Spirit: How long has your grandfather been gone?

问询者: Just a few months, right?

⾼灵: ⼏个⽉时间.多⼤年龄了?问: ⼤概两个⽉.

Higher Spirit: Several months. How old is it? Asked: About two months.

⾼灵: 多⼤年龄去世的?

Eldritch: Until what age do people die?

问: 这个我好像不太清楚,⼤概七⼋⼗吧.可以链接到吗?

Questioner: I'm not quite sure about this, maybe around seventy to eighty. Can you link to it?

⾼灵: 你稍等.

Higher Spirit: Wait a moment.

外公的⼈格: 你现在只要过好你⾃⼰就好了.你这个⼩孩⼦⼀直都是在操⼼每⼀个⼈.然后你⾃⼰都过不好,你怎么去操⼼别⼈? 所以你需要放下、放下所有其他⼈的事情.因为其他⼈有他们的命运,他们的安排.这不是你能够左右的,你知道没有啊?

Grandpa's Character: You just need to live well for yourself now. You've always been worrying about everyone else as a kid. Then how can you possibly take care of others when you can't even manage yourself? So you need to let go and stop worrying about other people's affairs. Because each person has their own fate and plans, which are not within your control, do you understand this?

⾼灵: 然后这是你外公的能量他想要告诉你的.还有问题吗?问: 我先帮⼀位群友问⼀下,她想问宇宙最深刻的奥义什么?

Higher Spirit: Then this is the energy of your grandfather, he wants to tell you. Any other questions? Ask: I'll help a group friend ask first, she wants to know what's the deepest secret of the universe.

⾼灵: 宇宙最深刻的奥义是什么? 你⾸先要知道你们物质世界存在的最深刻的意义是什么? 你们物质世界存在的最深刻的意义就是认识你们⾃⼰.就是你们去认识你们⾃⼰,认识什么不是你们⾃⼰.那你们通过你们这个成长的⼀个过程,然后这些所有的体验所有的经历,你们就能知道什么是你.然后你就会发现你就是神的⼀部分.

Higher Spirit: What is the deepest secret of the universe? First, you must understand what the most profound meaning of your physical world is. The deepest meaning of your physical world is to know yourselves. It means for you to know yourselves and to know what is not yourselves. Through this process of growth and all these experiences and adventures, you will come to know who you are. And then you will realize that you are a part of God.

问: 明⽩.最后我想问⼀下就是我最近发⽣了⼀件事情.说起来有点繁琐.我想问⼀下有没有什么信息想要告诉我的关于这件事情?

Questioner: I understand. Lastly, I want to ask about an event that recently happened to me. It's a bit complicated to explain, so I'm wondering if there is any information you would like to share with me regarding this matter?

⾼灵:想要告诉你的就是不去关注呢些对你来说它可能是个⿇烦,可能是个问题或者是怎样.因为所有的这些它都会⾃⼰消失的,然后你只是去关注你想要创造的.因为问题和⿇烦或者是任何其他层⾯的这些东西,它是如果你是越是去投⼊的越多,它的事件、它对你的影响带来的就会越⼤.那你也可以缩⼩它对你的影响啊.就是把你到底想要在这个物质世界显化的东西,去关注它们.就⽐如说你想成为⼀个什么样的⼈?你想成为⼀个强壮的⼈,你就去运动,去关注在运动上⾯.你想成为⼀个有钱⼈,那就把你的精⼒关注到赚钱上⾯,明⽩吗?⽽不是说去关注谁骂了你,谁伤害了你,谁什么什么的.这是他们制造的能量场,你完全可以不去卷⼊.

What I want to convey is not to dwell on things that might be a bother or problems for you - they'll all eventually disappear on their own as you focus on what you wish to create. The more you invest your attention in it, the greater its impact and events will have on you, so naturally you can minimize this by directing your focus towards the manifestation of what you desire in this physical world. For example, if you want to be a certain kind of person, become strong by exercising - focus on that activity. If you want to become wealthy, concentrate your energy on making money, understand? Instead of worrying about who insulted you or harmed you, those are energies they've created; there's no need for you to get involved in their fields.

如果你要去卷⼊的话,你就会进⼊他们的能量拉扯当中,只会带来更⼤的影响.所以你要把你的能量⽤在你到底想要去显化什么?到底想要去呢个什么当中?然后其它的它就会消失,对你不见.然后呢些制造问题的⼈,他们会去找适合他频率的.为什么?因为这个频率在你这没有效果.你没有对它产⽣反应.你们之间的因果关系,然后纠结⽠葛就不会再呢个什么.还有问题吗?

If you were to involve yourself, you would be drawn into their energy tugs-of-war, causing even greater impacts. Therefore, direct your energy towards what you truly desire to manifest and where you want to be? Once that is focused on, the rest will disappear from your awareness. Those who create issues would then seek out frequencies that resonate with them. Why? Because this frequency has no effect on you; you do not react to it. There's no karmic relationship or entanglement between you anymore once these frequencies are separated. Any questions?

问: 可以帮我简单看⼀下我现在的能量状态吗?

Questioner: Could you help me check my current energy level?

⾼灵: 你稍等.你好像还有⼀点就是在迷茫.就是还没有⼀个很清晰的⽅向或者是⽬标或者是定位或者是什么.然后还在⼀种被旁边的能量,被其他的能量拉扯、影响着.因为你⾃⼰还没有⼀个清晰的,就是你⾃⼰的⼀个⽬标和⽅向去前进.那么你就需要看到你⾃⼰,知道你要去哪⾥,然后有⼀个明确的⽅向.呢个对你来说才是最重要的.不然的话,你可能今天被这个⼈带⾛,明天被呢个⼈带⾛,后天被呢个⼈带⾛.然后就在这样⼦的⼀个拉扯的状态当中.然后你⼼⾥又会产⽣很多的就好像是怨⽓,产⽣很多.因为你并没有去做你⾃⼰想做的,就会产⽣⼀系列的呢些怨⽓.

Higher Spirit: Wait a moment. It seems that you are somewhat lost or uncertain. You don't have a clear direction, goal, positioning, or something similar. Instead, you're being influenced and pulled by surrounding energy or other energies. Since you lack your own clear objective and path to move forward with, you need to see yourself, understand where you want to go, and establish a specific direction. That's the most important for you. Otherwise, you might be dragged away by one person today, then by another tomorrow, and yet another the day after that, all caught up in this tug-of-war state. Consequently, your mind will generate numerous feelings of resentment or anger, as you won't be pursuing what you want to do.

问: 可是这种试错它是什么时候到头?

Questioner: But when does this trial and error process end?

⾼灵: 这种试错什么意思?

Higher Spirit: What does this mean by trial and error?

问: 就是还不明确.明确了⽅向后不断的尝试,不断的试错.

Questioner: It's still unclear; once we clarify the direction, we continuously try and make mistakes.

⾼灵:尝试错误是吗?那你可以在当下你就决定,OK,我现在不会去在乎任何⼈的任何事情.他们的事情是他们的事情.然后我也不会去在乎任何⼈对我说任何.他们没有权⼒规划我的⽣命.我现在要知道我想要成为什么样的⼈.我要给⾃⼰定⼀个⽬标,明⽩吗?当你下定了这个决⼼,你的能量状态就不⼀样了.你散发的能量状态就不⼀样了.你去看到⼀个有决⼼和有⽬标的⼈,他们的能量状态和⼀个漫⽆⽬的的⼈,你看他们的能量状态.你能感受到他们之间的不同.因为他们散发的能量你都能感受到.那你的能量是不是别⼈也能感受到?

Higher Spirit: Is it trial and error? Then you can make your decision right now, okay? I won't care about anyone else's business from now on; their issues are theirs. And I won't care about anything anyone says to me anymore. No one has the power to plan my life. Now, I need to know who I want to be. I'm going to set a goal for myself, understand? When you make up your mind like this, your energy changes. The way you radiate energy changes. You see someone with determination and goals versus someone without direction; observe their energy levels. You can feel the difference because you can sense the energy they emit. And can others also perceive your energy as well?

第四个⼈问: 这个通灵的⼥孩⼦花粉过敏,她想问她可不可以不⽤吃药就⾃⼰疗愈? 然后如何改变她的这种过敏的体质?

The fourth person asks: Can this spirit-communicating girl suffer from pollen allergy, and if she wants to know whether she can heal herself without taking medication? Then, how can she change her allergic constitution?

⾼灵: 你稍等.她想知道她对花粉过敏的反应,然后有没有什么办法去改变她过敏的体质?问: 🗎,是不是不⽤吃药就可以⾃⼰疗愈?

Higher Spirit: Wait a moment. She wants to know her reaction to pollen allergy and if there are any methods to alter her allergic constitution. Questioner: #Heart, can she heal herself without taking medication?

⾼灵: 如果你⼀直信赖药物和依赖药物的话,那你肯定会持续的依赖下去.那如果你知道当你在转变整个⼈格状态的时候,你的⽣命的症状就⽐如说过敏症状也会随之转变的话,然后你是可以完完全全的换⼀个新的⾝体.所以回答她前⾯的就是,是的,可以的.

Higher Spirit: If you rely on and depend on medicines all the time, then you will definitely continue to do so. But if you know that when you transform your entire personality state, symptoms of life such as allergic reactions also change, then you can completely have a new body. Therefore, the answer to her previous question is yes, it is possible.

问: 我以前不是说我做梦⼀直觉得嘴⾥有东西吐不⼲净嘛.前⼏天我在快醒来的时候梦见我⼀直不停的从嘴巴⾥⾯掏出来了很多很多的东西,然后在掏出来最后⼀⼜的时候,我就醒了.我突然就觉得浑⾝⾮常⾮常的轻松.然后我想知道这个梦在能量层⾯上的原因是什么,就是我可以感觉到⾮常的轻松?

Questioner: I used to say that I always felt like there was something in my mouth that I couldn't get rid of while dreaming. A few days ago, I dreamed about continuously pulling out a lot of things from my mouth when almost waking up. When I finally pulled out the last one, I woke up and suddenly felt extremely relieved all over my body. I wonder what the reason behind this dream is on an energetic level, as I can feel this incredible relief?

⾼灵: 原因是什么? 你是说原因为什么会做这个梦吗? 你⾸先你的梦它其实只是对你⾃⼰,就是也是像物质世界的事件,它是对你的⾃我的⼀个意识状态或者⾃我的⼀些东西的⼀些体验.那你之所以这个有代表性的梦,你可能对于你⾃⼰来说其实你⼀直在试图去清理你⾃⼰.清理你⾃⼰,就是不属于你的⼀些能量.但是以前却就好像把它咽下去了⼀样.那你把它咽下去了,你又通过你⾃⼰,你把它给排出来了.呢就会觉得很轻松.就是你的潜意识当中你有这样⼦的⼀个认知或者你有这样⼦的⼀个感受或者体验,你有这样⼦的⼀个 模式它在运⾏.你就当它是像在照镜⼦⼀样.

Higher Spirit: What is the reason? Are you asking why this dream occurs? Essentially, your dream is actually a reflection of yourself, akin to how events in the material world are experienced through your own consciousness or aspects of yourself. The reason for having such a representative dream might be because you've been trying to cleanse yourself—removing energies that don't belong to you. However, previously, it seemed like these were swallowed instead. When you swallow them and then later expel them through yourself, it feels quite liberating. In your subconscious, there is an awareness or experience of this process happening, operating in a pattern you've been engaged with. You perceive it as if looking into a mirror.

问: 我下⼀个问题我会提前在梦⾥看到⼀些我在物质世界⾥体验的事情.看到之后我发现有些时间差会短,有些时间差会场.然后我想问⼀下这个在梦⾥看到和我在物质世界体验到的这个时间差,它是怎么来的?

Questioner: I will see some experiences that I will later have in the physical world during my dreams before they happen. After seeing them, I find that there is a difference in time between when they occur in the dream and when they happen in reality. My question is, how does this difference in timing between seeing these experiences in my dreams and experiencing them in the physical world arise?

⾼灵: 有的时间长,有的时间短?

Higher Spirit: Sometimes long, sometimes short?

问: 因为当我在梦⾥看到的时候,我醒来我会知道这个是⼀个预知,呢个只是⼀个…. 就是我是有感觉的.然后这个事情会显化到物质世界让我来体验,我会知道这个是梦⾥⾯的这个画⾯.但是有时候物质世界我们体验的时间有时候会长⼀些有时候会短⼀些…⾼灵: 你知道你们最⼤的⼀个问题就是头脑它会把⼀些东西它会把它,就好像前⾯呢个⼥的的问题: 所有⼈到了这个年龄都要结婚.啊,⼈不应该这个样⼦.我不应该有这个反应,我应该变正常,变好.这是你们头脑产⽣的.因为它会有⼀个标准,它会有⼀个定义,它会有⼀个怎么样怎么样.但是这⾥根本就没有任何标准,明⽩吗? 呢些觉得看上去是⼀样,就是看上去好像是⼀个标准的.

Questioner: When I see something in my dreams and then wake up, do I know it's a premonition or just... I feel it. Then the event manifests in the physical world for me to experience, and I realize that this is the scene from my dream. But sometimes, our experiences in the physical world can last longer or shorter. Higher Spirit: The biggest problem you have is that your mind creates standards, definitions, and expectations for how things should be. You feel like everyone should marry by a certain age and think it's wrong not to conform. This notion of what's normal comes from your mind, which imposes its own rules on reality. But there are no such rules in reality; you're simply perceiving something that looks or feels similar to what you're accustomed to expecting.

那是因为你们所有⼈都同意了这个标准,它才会去产⽣这个.所以你也不需要去把你的梦… 如果真要说你的梦的标准,并不是你的每⼀个梦它都会发⽣在现实⽣活中啊,对不对? 那就是啦.那你为什么不把我的梦它都会发⽣在现实⽣活中.你怎么没⽤这个标准呢? 所以说你允许信息以它⾃⼰的⽅式来呈现给你是怎么样的⼀回事.⽽不是觉得⼀定要按照这个标准才是对的,按照呢个标准才是对的.放下你的所有标准.

That's because all of you have agreed to this standard; otherwise, it wouldn't produce that. So there's no need for you to make your dreams... If we really talk about the standards of your dreams, not every dream will occur in reality, right? That's just how it works. Then why don't you say that my dreams do come true in real life? Why didn't you use this standard? Therefore, allowing information to manifest to you as it is means something else. It isn't about insisting that it must follow a certain standard to be correct; instead, it's about letting go of all your standards.

问: 然后下⼀个问题是我现在发现我现在想什么东西意念稍微重⼀点的时候,我就总会感觉有什么东西揪着我的胃会疼.以前也不会有.我能不能问⼀下这个原因是什么?

Questioner: Then my next question is that whenever I try to think of something more intensely now, I always feel a pain in my stomach as if something is gripping it. This didn't happen before. Could you please explain the reason behind this?

⾼灵: 想⼀些东西太重的时候?

Higher Spirit: When you want something too heavy?

问: 就是⽐如说⼀个东西我可能想它⼀定要怎样.就是稍微感觉… 我不知道该怎么形容.

Questioner: Like, I might want something to be a certain way and have this... slight feeling... I don't know how to put it into words.

⾼灵: 那你把它当成⼀个就是说你的⾝体对你的执念的⼀个反应.那你就把你⾝体的这个反应当成是OK,我现在又开始产⽣执念了,⾝体在提醒我.那我是不是可以放下我的执念? 就像我前⾯通灵信息说的你们头脑永远都想象不到什么对你们来说是最好的.所以你便不会去困到呢个执念⾥⾯⽽是敞开⾃⼰去迎接,充满期待去迎接每⼀个惊喜.

Sage: So you regard it as your body's reaction to your obsession. You should accept this reaction of your body now that I'm starting to obsess again - the body is reminding me of its presence. Can I let go of my obsession? As previously explained in spirit messages, your mind can never imagine what's best for you. Therefore, you won't get trapped in the loop of obsession but instead open yourself up to embrace, with anticipation, every surprise that comes along.

问: 我还有⼀个问题就是我有时候会经常做⼀些我⾃⼰在被别⼈虐待的梦.然后当我在梦⾥受不了的时候,我就会突然换成第三视⾓.然后等我从梦⾥惊醒的时候,呢种害怕的感觉还会持续⼀阵⼦.然后在现实中我完全看不了⾎腥的,然后我也很害怕看到⽐如⼀个⼈给另外⼀个⼈剪指甲或者是怎么样.我就会觉得他会剪到⾁会很疼.然后我想⼀下我为什么对这些东西会这么害怕?

Questioner: I have a question; sometimes I dream that other people are mistreating me, and there are times when I can't take it anymore in my dreams, so I suddenly switch to third-person perspective. When I wake up from the nightmare, this fear lingers for a while. In reality, I can't stand bloody scenes at all, nor can I bear to see things like one person clipping another's nails or anything similar; I feel that they could hurt and cause pain. I wonder why I am so scared of these kinds of situations?

⾼灵: 那是因为你还对安全感的⼀种⽋缺或者是需求.因为像我说的你的梦⾥⾯它其实体现的就是你⾃⼰的⼀个转态⽽已.那如果你的状态还是在⽋缺安全感的状态,你便会做⼀些这样⼀系列的梦来让你感受到你内在的恐惧.

Higher Spirit: That's because you're still lacking or in need of a sense of security. As I mentioned, what your dreams depict is actually just the state of yourself. If you're still in a state of lacking security, you would have a series of such dreams to make you feel your inner fear.

问: 我明⽩了,那最后能不能再问⼀下我的⾼灵和指导灵它们还有什么别的信息是要带给我的?

Questioner: I understand. Can I ask one more thing about what my high guides and mentors have for me?

⾼灵: 你稍等.然后就是从前⾯到现在说的这⼀切都是你⽬前的这⼏个点.就⽐如说为什么⼀定要有⼀个标准? 然后为什么会就是头脑⾥⾯有⼀些执念? 就是需要你看到这⼏个问题,你还在⾥⾯的⼀些问题,需要你看到的⼀些.然后还有就是安全感,就是为什么还不能完完全全的信任⽣命? 就是知道你是安全的.那就说明什么? 说明你还是在把你当成⼀个⾁体.因为只有你还是⾁体存在的时候,它才会追寻呢种安全感.那你还就是在被你的⾁体给束

Higher Spirit: Wait a moment. Then all of what has been discussed from the past to now is about your current state. For instance, why must there be a standard? And why does one have attachments in their mind? You need to see these issues, and the questions you are still trapped within, that you need to address. Additionally, security; why can't complete trust in life be achieved? Knowing that you are safe. What does this indicate? It means that you are still perceiving yourself as a mere body because only when you exist as a physical being would it seek such security. You are still bound by your own body.

缚.那当你超越⾁体,知道你是⼀个⽆限的存在,⾁体只是你来合作的⼀个⼯具⽽已.你便会放下这些.所以这是⼀个过程.因为你不需要去着急.因为你⼀步⼀步的你已经就是说相⽐你之前的呢种安全感或者是恐惧或者是焦虑,已经就是说有⾮常⼤的变化和改变了.但是呢,它这是⾃然⽽然的⼀个过程.所以你不需要去努⼒或者是学习怎么样做,做到我刚刚说的呢⼏点.你唯⼀的就是相信你⼀步⼀步的在成长.

Bind. When you transcend your physical body and realize that you are an infinite being, the body becomes merely a tool for cooperation. You would then let go of these things. So this is a process. There's no need to rush because with each step you're already comparing yourself to your previous state of security, fear, or anxiety, which has undergone significant changes. But it is a natural process, so there's no need to strive or learn how to do as I've mentioned. The only thing you need to do is trust that you are growing step by step.

# **2022/05/25 — 脸上⼀直冒痘痘之关注点(⽆提问)Concerns about persistent pimples (no question)**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

⾼灵: 想要告诉你的是什么? 也就是说你⾸先如果你不再去关注呢个痘痘,就是它不再给你带来任何影响,就是说你有痘或没有痘,它不会bother you.如果你能在这样⼦的⼀个状态下,然后它便不会再出现了,明⽩吗? 你想想,你为了这个痘痘,你宁愿去改变你所有的⽣活、作息、饮⾷各⽅⾯.还有看医⽣,各⽅⾯.就说明你⾮常⾮常的在意它,对不对? 如果你⾮常的在意它的话,那你是不是就把它显现出来给你了,明⽩吗? 因为⼀个东西你越是去呢个什么它… 就好像你们物质世界所有的东西它其实都是虚幻的.你把你的专注⼒、关注⼒放在它上⾯,然后它就会持续的呈现给你,让你去做你需要做的功课.

The High Spirit wanted to convey was as follows: Essentially, if you cease paying attention to that pimple, meaning it no longer affects you in any way. Whether or not you have a pimple matters less than your state of mind - the pimple will no longer bother you. If you can maintain this state where it doesn't recur, understand? You've gone to great lengths for this pimple: you've changed your entire lifestyle, routine, diet and even consulted doctors across various aspects. This shows that you're extremely concerned about it, correct? If you are very concerned about it, then it appears before you, isn't it? Because whenever you focus on something… everything in the physical world is illusory. By directing your concentration to it, it will persistently manifest for you and compel you into performing what needs to be done.

所以你可以通过这⼀些事情,然后来问你⾃⼰,为什么⼀个痘痘可以这样⼦给你带来如此⼤的影响,可以让你如此的愿意去付出⼀切的让它不存在? 因为你这背后就有你需要去deal with的你的呢个,就是⼀个模式.所以这是很好的⼀次你⾃⼰去把它挖掘出来,挖掘到底是因为什么它在左右着你,明⽩吗? ⽐如说有了痘痘你觉得就是丑了? 那如果说你再⼀丑的话,那就说明为什么你会去在乎这个丑和美? 你给它定义丑和美,明⽩吗? 那就说明这个是你需要放下的定义.因为不然的话,就算今天不是痘痘,那明天后天也可能是因为其它的.你知道有⼀些为什么他们会遇到⼀些毁容或者是⾯容遇到了⼀些⾮常⼤的变化?

So you can look at this and ask yourself, why would a pimple have such an impact on you that you're willing to do everything to get rid of it? Because behind this is the pattern you need to deal with. This is a great opportunity for self-exploration. You need to uncover what's driving these feelings, right? For instance, if having a pimple makes you feel ugly, then why would you care about being ugly or beautiful in the first place? You define beauty and ugliness based on it, right? That indicates this is something you need to let go of because otherwise, even if today it's not a pimple, there might be other reasons tomorrow or the day after. Understand that some people might face disfiguration or significant changes to their appearance for various reasons?

因为他有⼀个功课,他需要去放下对容貌的⼀种… 这就是他们需要去⾯对的.所以你今天就算没有痘痘⼲扰你,那你过⼀段时间或过⼏年,那你可能因为你变胖了,也可能因为你变丑了或者是其他的给你带来⼀系列的.所以如果它这次浮上来,那么你就可以去把它当成是⼀次让你去认识你⾃⼰的⼀个机会.因为你所有的你持有的呢些定义、呢些概念、呢些理念,它并不是你.它在妨碍着你,那真正的你是不是就不能很好的给展现出来? 那你已经看到了就好像你前⾯⾛路,你前⾯的路上有什么绊脚⽯.那你是不是就可以把它挪开了? 还有问题吗?

Because he has a task, he needs to let go of his concern about appearance, which is what they need to confront. So even if you don't have acne bothering you today, in the future or a few years later, you might face challenges like gaining weight, becoming less attractive, or other issues that bring on new obstacles. Therefore, if this particular obstacle surfaces now, it can be an opportunity for you to learn about yourself. All your definitions, concepts, and ideas are not truly you; they're hindering you from showing who you really are. Can the real you shine through when these barriers are removed? Have you noticed any obstacles in your path while walking ahead? Could you move them out of the way? Any other questions?

⾼灵: 你稍等,我先链接⼀下.早上的胃不舒服… 这种是你的⾝体想要你更加的放松,它想要你更加的放松.你有可能在⾯对你接下来的⼀天,你会有⼀种紧张或者是有⼀种忐忑不安或者是有⼀种不确定.就⽐如说如果你有⼀个重要的约会或者有⼀个重要的事件呢⼀天要发⽣,你⾝体它是不是它不能完完全全的放松,对不对? 那如果你想⼀下,你今天你什么plan都没有,你没有任何事情.那你的⾝体是不是它就会relax,对不对? 所以说你的头脑它实际上在传递你⼀个信号就是说,我今天又是充满了挑战,我又是充满了呢个什么的⼀天.然后它逐渐下来它就会… 你的任何紧张的能量,就是感受到呢种能量它都会通过你⾝体敏感的地⽅给呈现出来.

Higher Spirit: Wait a moment, I'll establish the connection first. You're experiencing discomfort in your stomach early on... This is your body telling you to relax more, wanting you to be more at ease. You might be facing a day that includes tension, anxiety, or uncertainty. For instance, if you have an important appointment or significant event for the day, can't your body fully relax? Right? If today you don't have any plans, and nothing is happening, wouldn't your body naturally relax? Therefore, your mind is actually sending you a signal: my day is filled with challenges once again. It's another day full of whatever comes next. As it goes on, everything that makes you feel tense, the energy felt from this tension, will be manifested through sensitive parts of your body.

因为为什么是敏感的地⽅? (因为)呢个地⽅⼀下⼦就能引起你的注意啊.有⼀些地⽅的话,那它就不会给你带来⼀种…. OK,我现在是在⼀种全然放松的状态.因为你们⼈类是很难做到⼀种全然放松的状态.你们就是在⾯临任何事件的时候,你们都会有⼀种全⾝紧绷的⼀种感觉.那如果你知道你是谁,你全然的做你⾃⼰,就好像是⼀朵花⼉盛开⼀样⾃然.你说花⼉会因为有⼈来欣赏它⽽紧缩起来吗? 如果它因为有⼈来看它,闻它⽽把⾃

Because why is it sensitive area? (Because) that place immediately catches your attention. There are some places where it wouldn't bring you a sense of... Alright, I am in a state of complete relaxation right now. Because it's hard for humans to achieve such a state. Whenever you face any event, you have this feeling of being tightly wound up all over. But if you know who you are and just be yourself, like when a flower blossoms naturally. Would a flower curl up because someone comes to admire it? If it were due to someone's presence or fragrance that made the flower so, then

⼰的花瓣全都都紧缩起来的话,你想象⼀下.所以这是你需要去认识到你⾝体它之所以产⽣这样的反应,那⼀定是跟你背后的⼀个思维模式和你就是说潜意识中隐藏的⼀些东西被你看到.因为当被你看到你是不是就可以开始去重新定义⾃⼰? 因为如果它的这种就是,就好像⽐如说最开始给你⼀些提⽰你没有留意的话.那接下来它是不是更多其他的提⽰给你? 所以你们⽣活中的每⼀天,每⼀个细节,每⼀个东西都是信号.呢些信号就带领你来,就好像照镜⼦⼀样.你们⽣活中的所有事情都是照镜⼦.然后通过镜⼦你就可以去认识你⾃⼰.认识

If every petal of a flower collapses, imagine that scenario. Hence, this realization is necessary for you to comprehend that your body's generation of such reactions must stem from a certain thought pattern and something hidden in your subconscious that you've encountered. Because when seen by you, can you start redefining yourself? As if it were initially providing some cues that you didn't notice, could there be more subsequent hints given to you subsequently? Therefore, every day, every detail, every aspect of your life serves as signals. These signals guide you like a mirror. All aspects of your life are mirrors. Through the mirror, you can recognize yourself. Recognize

你的这个⾁体它是在持有⼀套什么样的程序在运作. 所以学习放松,然后让你越来越enjoy life,就是不是觉得⽣活像是在⾯试或者是考试或者是应战⼀样,fight.然后只是去成为你⾃⼰.然后当你越来越是坦然的⾯对⼀切过后,那你⾝体不会有任何这种紧张、阻碍,就是这种不流畅的感觉.就好像你想你胃疼它是不是收缩? 它像痉挛,它像这样收紧的⼀个状态.那如果你在⼀种全然的放松的状态,你便不会有这样⼦的⼀个… 还有问题吗?

Your physical body is running on a set of what kind of programs? So learn to relax and let yourself enjoy life more, not feeling like life is like an interview, an exam, or being under attack. Just be yourself. And as you become more at ease with everything, your body will have no tension, obstruction, or disjointed feelings. Is it like when you feel stomach pain and it's muscles contracting? It's like a spasm, tightening up in that state. If you are completely relaxed, you won't have this kind of... Do you have any other questions?

⾼灵: ⾸先它并不是⼀个病变的问题.它只是⼀个你,就是你⾝体在提醒你,你需要休息,需要relax,that’s it.所以你不要把它当成⼀个病变或者是病痛.你想你的⾝体它是保护你⽽给你发送⼀些信号.那你接收这些信号就可以了.你又不是机器⼈.就算是⼀个机器,你长时间负荷运作的⼀个情况下,你是不是也需要停下来加油或者是润滑它,对不对? 那为什么你的这具⾁体你不给它这样喘⽓的机会呢? 明⽩吗? 那你通过这个,你又可以去发现你⾃⼰为什么你会如此的⼀定要在如此的时间内去强迫它完成? 因为你们⼈类有⼀个很⼤的问题就是你们总觉得事情是在你们的强迫下成为的,明⽩吗? 那你觉得⼀颗种⼦是你强迫它,它才发芽?

Higher Spirit: First of all, it's not a matter of disease. It's simply your body reminding you that you need rest and relaxation, that's all. So don't view it as a disease or illness. Your body is protecting you by sending signals to you. Just accept those signals. You're not a robot. Even if you are a machine, when you're under constant load, don't you also need to stop for refueling or greasing? Why wouldn't your physical body be given the chance to catch its breath too? Understand that? Through this, you can discover why it is so essential for you to force it to accomplish tasks within such a strict time frame. Humans have a big problem where they often feel like things are created under their forced will. Do you understand? You don't think a seed sprouts because of your forcing it to do so, right?

⼀朵花是你强迫它,它才盛开的吗? ⼤⾃然这些都是在告诉你们,所有⼀切都会⽔到渠成.你们更多的是允许⽽不是去阻碍它.如果你能允许你的⾝体来告诉你,那你会跟它合作的更加愉快.因为你毕竟还是需要这个⾁体来呈现在这个物质世界上去呈现你的梦想.还有问题吗?

Is a flower only to bloom because you force it to? The vast universe is telling you that everything will unfold in its own time and way. You are allowing rather than preventing it. If you allow your body to tell you, then you would cooperate with it more pleasantly. Because after all, you still need this flesh to manifest your dreams in the physical world. Any further questions?

⾼灵: 你为什么会觉得他不幸福呢? 因为你是在拿… ⾸先你要知道你的所有感受它都是来⾃于你⾃⼰.这么说吧,呢个猫只是⼀⾯镜⼦,映射出的是你⾃⼰.你⾃⼰对事情的⼀个定义,你⾃⼰⼀些信念,你⾃⼰的⼀些感受,明⽩吗?所以你需要改变的并不是这个猫的处境,⽽是说你⾃⼰头脑⾥⾯的⼀个定义.为什么?因为呢个定义它会改变你的⼀个⾝体感受,它会改变你的能量场.你知道你的能量场链接着⼀切吗? 明⽩吗? 这才是重要的! 你如果觉得你跟猫是分开的话,你是错误的.

Higher Spirit: Why do you feel that he is not happy? Because you are comparing... You need to understand that all your feelings come from yourself. Imagine this, the cat is just a mirror reflecting back your own image. The way you define situations, your beliefs, and your emotions are all within you. So, what needs changing isn't the cat's situation, but rather your inner definition in your mind. Why? Because this definition alters your physical sensations, changes your energy field. Do you understand that your energy field connects to everything? This is crucial! If you believe you're separate from the cat, you're mistaken.

所以说当你处在⼀个就是说⾼的、积极地、正⾯的… 因为这⾥没有正和负,但是说如果你是在⼀个快乐幸福的状态下,你可以把你的⼀些happiness分享给 everyone you love,分享给所有你care.这就是你的思想有强⼤,你的意念有多强⼤! 明⽩吗?所以当你们在散发出这样⼀个对对⽅消极的或者是否定的或者是呢种悲伤的情绪的时候,其实你也是在给他施加呢种沉重的能量.所以你并没有,因为你们的能量都是相连接的,所以你并没有在帮助它.所以⽆论它是⼀只猫也好还是⼀个你在乎的朋友也好,你需要分享的是你的信任和你的爱.因为你们每⼀个存有,不管是动物还是⼈,它都在造物主的看护下,没有谁是可怜的.

So when you are in a high, positive, and affirmative state – there is no good or bad here – if you are happy and content, you can share your happiness with everyone you love, sharing it with all whom you care for. This shows the strength of your thoughts and how powerful your intentions can be! Do you understand? Thus, when emitting such negative or disapproving emotions towards someone else, you are actually imposing a heavy energy onto them. You aren't helping because your energies are interconnected. Hence, regardless if it's a cat or a friend whom you care about, what you should share is trust and love. Since every being, whether animal or human, is under the guardian of the Creator, no one deserves pity.

呢个可怜只是你们头脑⾥⾯⼀些观念⽽已,是你们的⼀些定义.你们会觉得这是可怜的,然后就会产⽣⼀些情绪.然后把你们的能量状态在⼀个⾮常….你想⼀下如果这个世界都是⼀个像你这样⼦的能量,那是不是整个世界都是⼀个悲伤的能量?你想悲伤多么沉重,因为⽣命是充满喜悦的.所以你可以去很好的去通过这个事件来审查你⾃⼰.为什么会有对你的猫猫,猫猫就好像它是⼀个镜⼦,就是通过这个线索你可以看出来你的⼀些定义.呢些定义制造了你的⼀些感受.它把你的⼀个频率给拉到呢样⼦的⼀个状态.所以你们每⼀个⼈的同情背后都有着你们⾃⼰的⼀些消极的定义.改变呢些定义,然后让⾃⼰处在喜悦和爱当中.

That pity is just concepts in your mind, definitions that you have created for yourself. You may feel pity and this will generate certain emotions within you. Then it channels your energy into a very... Imagine if the entire world was filled with an energy like yours, would it then be a world of sadness? Sadness being so heavy because life is full of joy. Therefore, this event can help you to examine yourself deeply. Why do you pity your cat, as if it's a mirror showing back to you some of these definitions that create certain feelings within you. These definitions pull your frequency into that state. So each person’s empathy comes with their own negative definitions in place. Changing those definitions allows one to remain in joy and love.

这就是你能对你所爱的⼀切最好的最⼤的帮助,明⽩吗?因为⽐如说他是⼀个⼈,那他接收到你的⼀个充满爱和喜悦的⼀个能量状态.他可能前⼀天还想死,还想⾃杀,觉得⽣命没意思.那如果你也是: 你也好痛苦,你也好可怜,我看到你⼀想到你就可怜. 那他是不是他也觉得他很悲惨,那我⾃杀吧.那你是不是就在间接的杀死他了? 那如果你给他正好是⽆条件的爱和⽣命的喜悦和激情和惊喜,给他是这样的能量.那他是不是就从他的呢个负⾯情绪,然后带到…. 你想你的频率就是⼀个振动频率,对不对? 那他是不是可以跟你的

This is the greatest help you can give to everything you love, understand? Because for example, if he's a person, then he receives your energy state full of love and joy. He might have wanted to die, considered suicide, feeling that life was meaningless. If you are also like this: You're in so much pain, you're so可怜, I feel sorry for you just thinking about you. Then isn't he feeling even more miserable, thinking perhaps suicide? Wouldn't you be indirectly killing him by making his situation worse? But if you give him unconditional love and the joy of life, passion, excitement, to him as an energy. Wouldn't this help him move away from his negative emotions? You're talking about your frequency being a vibration frequency, right? Then wouldn't he be able to align with yours?

⼀个振动频率对齐了? 当他跟你的振动频率对齐, 他到了你的这个频率,他看到的世界和在他的呢个悲惨的世界看到的世界是完全不⼀样的,明⽩吗? 那你把他带到你的世界来,让他看到了⽣命的惊喜、⽣命的愉悦.那你是不是就在挽救了他?那你到底是想要杀⼈还是救⼈?那你就可以知道你要如何去选择.因为你⾸先要知道你们头脑⾥⾯的呢些概念、定义,它都是可替换的.它不是你! 所以你就把这些替换掉.然后你越来越… 因为⽆论你认为什么是悲伤的、消极的还是积极的、愉悦的,你都是真的.就是⽆论你认为⽣命是什么,到底是愉悦的还是痛苦的.你说的都是真的.它这⾥没有真和假.它只有不断地不断地的证据来跳出来,来证明给你看.

Is a vibration frequency aligned? When someone aligns their vibration frequency with yours, they enter your realm and perceive the world completely differently than in their bleak existence. Understand this concept? By bringing them into your world, you show them the wonders of life and its joy. Is that not helping to save them? Are you aiming to kill or to save? This is where you make your choice. First, recognize that the concepts and definitions swirling in your mind are replaceable - they do not define you. Replace them with positive perspectives. As you do this, you increasingly... Regardless of whether you perceive suffering, negativity, positivity, or joy as true, it is all truly yours. No matter if you believe life is joyful or painful, what you say holds truth. There's no right or wrong here; instead, there are continuous manifestations that prove your reality to you.

所以那你是不是也在创造了很多证据来给呢些对⽣命充满了悲惨的想法和感受的⼈给他们更多证据?那你是不是就不断的在挽救别⼈,唤醒别⼈.所以你不需要对外⼈做什么.你唯⼀需要的就是对你⾃⼰的⼀些念头、想法、定义还有观念.还有问题吗?

So are you creating a lot of evidence for those who are filled with tragic thoughts and feelings about life to give them more evidence? Or are you continuously rescuing and awakening others, so that you don't need to do anything for strangers? You only need to deal with your own thoughts, ideas, definitions, and concepts. Any questions?

⾼灵: 刚才我跟你说的呢⼏个对你来说都是最⼤的,明⽩吗? 因为你想⼀下它可⼤可下.如果我刚才就说你的⼀些情绪,你的⼀些观念,你的⼀些念头就可以杀死⼈,你还觉得不⼤吗?明⽩吗?所以这⾥根本就没有⼤和⼩.它都是⼀些你需要去就是在你成长的过程当中….就好像你成长你是在⼀步⼀步的把你… 你⽐如说你是⼀棵树吧.⼀棵树你要长成很⼤,你不断地把呢些在你头顶上的呢些掰开,你不断地突破.你突破泥⼟、突破⽯头,突破呢些缝隙.然后来让⾃⼰呈现出你原本的样⼦.因为你来到这个世界上你不只是肩负着你个⼈的⼀个业⼒,你个⼈的⼀些转变.你还肩负着这个⼈类,这个社会,这个集体意识.

Spirit: The few things I just told you are the biggest for you, understand? Because think about it, they can either be big or small. If I had just mentioned some of your emotions, thoughts, and beliefs to you right now that could potentially kill someone, wouldn't you still find that excessive? Understand? Therefore, there's no concept of 'big' or 'small' here. These are all things you need to deal with as part of your growth process... It's like you're growing a tree; you have to constantly break through obstacles such as the soil and rocks, pushing past cracks in order to manifest your true self. You're not just born on this earth to carry your individual karma or personal transformations alone; you also bear responsibility for humanity, society, and collective consciousness.

就好像你⾃愿的进⼊这⾥,那你就⾃愿的背负了这个集体的⼀些观念、信念,还有集体的恐惧.这就是为什么你们每⼀个⼈隐隐约约都会感受到⼀些恐惧.有时候呢些恐惧、念头或者是怎么样它其实并不是来⾃于你,⽽是你们这个社会存在的.那为什么让你也去经历呢?因为当你来到这⾥,你就主动好像签了⼀份合同,我要来突破.那当你⾃⼰突破的时候,你就是在带领着更多⼈突破.所以你们每⼀个灵魂,特别是呢种真正的展现出⾃⼰的.都是通过了就是突破了,层层的突破.都是通过了层层的压⼒、考验、痛苦.所以当你们在这样⼦艰难的情况下绽放出来,你们有句话叫什么梅花⾹⾃苦寒来的意思.你们散发的呢种⾹味没有办法可以呢个什么的.还有问题吗?

It's as if you voluntarily entered here, and thus willingly bear some of the collective ideas, beliefs, and fears. That is why each one of you subconsciously feels some fear. Sometimes, those fears, thoughts, or whatever actually do not come from you but are part of the society that exists. Why would you also go through these? Because when you arrive here, you have signed a contract in essence, agreeing to break boundaries. When you yourself break through, you are leading more people to do so as well. So every soul, especially those who truly express themselves, has gone through this process of breaking through layer by layer, enduring pressure, tests, and pain. Therefore, when you bloom under such difficult conditions, there's a saying that "the fragrance of梅花 comes from its resilience in the cold." The aroma you emit cannot be replicated under any other circumstances. Any questions?

# **2022/05/26 — 放下你的头脑,允许⼀切的发⽣(⽆提问) Let go of your mind and allow everything to happen (No Questioning)**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question do you have?

⾼灵: 你先说是因为发⽣了什么? 为什么是这段时间感觉不能承受? 或者这段时间变的焦虑?然后在这之前和在这之后… 你说具体事件.

Higher Spirit: First, tell me what happened? Why do you feel unable to bear it during this period? Or has there been an increase in anxiety lately? And before and after this time... please specify the specific events.

⾼灵: 因为你觉得只有你离开这个地⽅你才能放松下来吗? 你觉得是你现在居住的环境让你感受到焦虑吗?

Higher Spirit: Do you think you can only relax when you leave this place because it makes you feel anxious? Do you feel that the environment where you currently live causes your anxiety?

⾼灵:你稍等.⾸先你要知道是你⾃⼰内在的⼀种就是好像你这个⾝体是⼀个机器或者是⼀个⼯具,这个⼯具它没有在⼀个很健康或者是很通顺或者是很正常的运⾏的情况下,它本⾝就本⾝就没有在⼀个很正常运⾏的状况下.然后呢,因为这样⼦,⼤脑总会找⼀些理由给它,就⽐如说我这个机器运作的速度太快可能是因为油太多了.你们⼤脑会去给它归因.所以我想知道就是说我不管你找的是什么理由,就⽐如说要移民没有移到或者⼯作上家⾥催.所有的外在的⼀切都是你⼤脑试图去给你现在遇到的⼀个处境给它合理化,明⽩吗?是因为你开始有了这个反应,然后你会找⼀堆这个理由来给这个反应命名,给它定义.因为你们⼤脑不能承受没有结果的⼀个状态.

Higher Spirit: Wait a moment. First of all, you need to understand that your body is like a machine or an instrument within you. This tool doesn't function optimally when it's not in a very healthy, smooth, or normal condition. So, because of this, the brain always seeks reasons for it. For instance, perhaps there is too much oil causing my machine to run faster. Your brain attributes causes to these symptoms. My question is: regardless of what reason you find, whether it's not being able to immigrate or pressures at work and home, all external circumstances are your brain attempting to rationalize the situation you're currently facing. You understand? It happens because you start reacting, then you find a bunch of reasons to name and define that reaction. Your brain can't tolerate uncertainty in its state.

但是真正的原因是不是你刚才找的呢些理由造成的呢?不是.是你本⾝这个机器就有问题.你只是找了⼀堆理由来.所以我现在让你看到的就是说你所有说的外在的⼀切,⽆论是你想要⾛还是你家⾥⼈给你压⼒还是你⾃⼰感受的压⼒,这⼀切都是你去从外界,你的⼤脑找了⼀堆理由给你⾝体失衡、失常的⼀个反应给它命名.所以你需要看到的就是说你不是需要通过从外界的…因为你不看出你的问题是从哪⾥来的话,你会从外界处理问题.你会说那妈妈你不要逼我,那我顺利离开这⾥然后什么什么的, anything,就是所有事情按照我想要的样⼦,明⽩吗? 你还会从外⾯去处理问题.

But is the real reason that you found just now the cause of it? No, it's because your machine itself has a problem. You just came up with all sorts of reasons for this imbalance or dysfunction in your body as a response to being unbalanced and out of whack. So what you need to see is that whatever external things you say, whether you want to go or you have pressure from your family or your own sense of pressure, everything like this comes from looking externally at your brain and finding reasons for your body's imbalance through outside processing issues. You need to realize that you don't need to rely on external solutions because if you don't see where your problem is coming from, you will deal with it externally. You might say "Mom, don't逼 me," then everything goes smoothly and whatever else, doing things exactly as you want them to go, right? You would still handle issues externally without addressing the root cause internally.

但是如果我们信息帮助你看到本⾝你的⾝体是在这样⼦的⼀个fight,就是呢种不是在⼀个顺畅的运作情况下.那你就需要回到你⾃⾝去找你⾝体的原因.那导致你⾝体的原因就是你根深蒂固的⼀些,就是⽐如说你内在的⽑病吧.我们就说⼀个机器它出现故障是它内在的⽑病.那你就不会去⼀直试图冲外⾯去解决问题了.因为外⾯把这个东西给你拿⾛了过后,改变了过后.你的⾝体它还会再⼀次出现你这样⼦的状态,明⽩吗?你就算你可能会因为你到另外⼀个地⽅⽔⼟不服,然后摘不到⼯作.⼯作后,然后相处不顺利或者⽣了孩⼦后压⼒太⼤,跟⽼公没有共同话题.任何,就是任何事件,有可能是孩⼦学习.

But if the information helps you see that your body is in such a fight, not operating smoothly, then you need to go back to yourself to find the reason for your body. The cause behind your body being like this are deeply rooted issues within you, perhaps like internal diseases. If we were talking about a machine experiencing malfunction, it's due to its inherent flaws. You wouldn't keep trying to solve problems outside because once they take that away or change things, your body will just return to this state again, right? Even if you might experience issues due to being in a new place where the water doesn't agree with you, finding no job, facing difficulties after getting a job, stress from having children, not connecting with your husband, any event, even child's schooling could be the reason.

这些问题它都会再⼀次让你的⾝体处于这样⼦的状况,明⽩吗? 所以说,你说.

These issues will put your body in that state again, understand? So, you said.

⾼灵: 你可以通过这⼀系列的⾝体的反应或者是任何你觉得所谓的⼀些阻碍来看清楚你⾃⼰到底是内在哪⾥,⽐如说有⼀些相冲突的观念或者信念或者是思想它导致你.就好像你的⼀个软件它组装的不对,然后软件装错了,你的机器出现⽑病.我们需要把呢个软件的问题找出来,导致你的机器出错,明⽩吗? 所以接下来我们要去看看到底是什么信念导致你会不能安住于当下,⽽总是觉得前⾯才是你的解决问题的地⽅? 明⽩我意思吗?

Higher Spirit: You can understand where within yourself you are by observing the body's responses or any perceived obstacles. For example, conflicting ideas, beliefs, or thoughts that lead to you being like a software assembly gone wrong, and then using the wrong software which causes your machine malfunctions. We need to identify the problem with this software leading to your machine malfunctioning. Understand? Therefore, next we will explore what belief prevents you from settling in the present moment and always feeling like there's somewhere ahead where your problems are solved. Do you get my meaning?

⾼灵: 那你既然说你这样的状态就很多年了,那就说明其实跟你遇到什么事情没有关系.你只是头脑找到这些事情来把它合理化.所以就算这个事件过了后,你还会有其它事件.那我帮你看⼀下到底你内在是原因导致你总是觉得前⾯才是你解决问题的… 好吗? 你稍等.是你的时机到了.是你的时机需要转变,转变你整个⼈的⼈格,整个⼈的思想,整个⼈的观念,就像是蜕变⼀样.就像你之前是个⽑⽑⾍现在要变成蝴蝶.是这⼀次转变的时机到了.

Higher Spirit: So if you've been like this for many years, it means that your state doesn't actually depend on the events you encounter. You're just using these situations to justify your thoughts. Therefore, even after these incidents pass, there will be other events. Let me analyze whether the root cause of always feeling that what comes before is where you solve problems lies within you... Right? Wait a moment; it's your turn. It's time for a change in you - transforming who you are, changing your thoughts and viewpoints, like a metamorphosis. You've been like a caterpillar before, now it's the time for you to transform into a butterfly. The moment of transformation has arrived for you.

⾼灵: 转变.就好像你之前是⼀只⽑⽑⾍现在要变成蝴蝶,这样⼦的⼀个转变,明⽩吗?

Higher Spirit: Transformation. It's like you were once a caterpillar and now you are to become a butterfly - this kind of transformation, understand?

⾼灵: 不是事情.不是事情.是你这个⼈.就⽐如说你的⽑⽑⾍长⼤⼀定的年龄的时候,它是不是就变成蝴蝶? 那你的这棵树到了开花的时候,花是不是需要凋落,要结果? 所以是蜕变的时间到了.然后,就让你完全是像拥有不同的⼀个⼈格,不同的⼀个⼈,不同的思想.所以这是⼀次彻底的转变,明⽩吗?

Higher Spirit: It's not about the thing itself. It's not about the thing itself. It's about you as a person. For example, when a caterpillar grows to a certain age, does it transform into a butterfly? And when your tree reaches its flowering time, do the flowers need to fall and bear fruit? So, the time for transformation has come. Then, you become like having an entirely different personality, a different person, with different thoughts. This is a complete transformation, understand?

⾼灵: ⾸先你先不要着急.因为你好像… ⾸先你是把它定义成很负⾯很消极的.你要知道如果你这⼀辈⼦你只是吃喝玩乐,傻傻的就是表⾯上看上去没什么事情.但是你的意识程度它永远都停留在⼀的阶段,它不会有所变化.你这⼀辈⼦都是⼀.打打⿇将、逛逛街、买买⾐服,就这么过⼀辈⼦,明⽩吗? 你先听我说.⾸先⼀个不会转变的,他可能意识程度他永远就停留在⼀.那如果你是转变,你可能意识程度现在是⼆.然后你⼀转变你可能意识程度就会变成⼗.也就是说你⽬前就好像是你的⼀个意识状态它已经不能再服务于现在的你了.所以这是你必须经历的⼀个蜕变.但是这个蜕变是积极的,并不是消极的或者不好的.

Higher Spirit: First, please don't rush. You seem to define this as very negative and passive. You need to understand that if you spend your entire life simply eating, drinking, having fun, being silly - everything appears fine on the surface. However, your level of consciousness remains at the same stage forever without any changes. You live through your whole life like this: playing mahjong, going shopping, buying clothes, and so on until your end. Do you understand? Listen to what I am saying. First, there are those who will never change; their consciousness levels may always remain at 'one'. If you transform, you might have a level of two now. But after transforming, your level could rise to ten, meaning that your current state of consciousness can no longer serve the present self. This is something you must experience as a transformation. However, this transformation is positive, not negative or bad.

你觉得⼀个⼈他的意识程度⼀直都不变,永远都停留在呢个阶段,就好像⽐如说…因为我觉得⽆论我⽤什么来形容都好像是在贬低他们没有变化.就好像是⼀个保安,他⼀辈⼦就做⼀个保安.然后他天天都是刷刷⼿机、抽抽烟、然后吃吃零⾷,这么过⼀辈⼦.永远都不会有任何变化.然后对于你来说,你的灵魂它不⽢于只是这样⼦去体验.所以你要么⽣要么死.你要么⽣要么死就是说你要么突破重⽣出来,你要么就死在卡在呢个壳⾥⾯出不来.就好像⼀只⼩鸡,⼀只还在蛋壳⾥的⽣命.它要么就把鸡蛋弄破,然后钻出来.它要么就憋死在⾥⾯.你现在是达到在这样⼦的⼀个状态下,明⽩吗? 那接下来…你不需要焦虑或者着急: 我要怎么办? 我这个要怎么办?

You feel that a person's level of consciousness remains constant forever, always stagnating at the same stage. It's like being a security guard for their entire life, doing nothing but scrolling on their phone, smoking, and eating snacks day after day. Their existence never changes. Your soul, however, is not content with such an experience. You must either live or die; you cannot remain in this state of stagnation. Either you break through to a new level of being, or you stay trapped within the shell you're in, like a chick still inside its eggshell. It will either hatch and emerge from the shell, or it will suffocate and die inside. You've reached this point now; do you understand? There's no need for anxiety or urgency: What should I do next? How should I handle this situation?

因为接下来我会跟你⼀起来理清楚来让你看到,明⽩吗? 因为⼀旦你连接上我们的信息,⼀旦你跟我们连接上.那么我们就会指引你,让你可以顺利的好像通过这个⽣产道,顺利的突破,明⽩吗? 但是你的内在你必须要把它定义成是⼀件积极的好的事情.重⽣.⽽不是⼀件消极的事情: 我⽣病了.我好可怜,我好惨.为什么别⼈都呢么快乐,我呢么痛苦? 你们每⼀个⼈… 你说.

Because what I'm about to explain will make everything clear for you, understand? Once you connect with our information and link up with us, we will guide you so that you can proceed smoothly through this birth canal, successfully breaking through. Understand? But in your inner self, you must define it as a positive and good event: rebirth. Not as a negative thing: I'm sick. How unfortunate! How miserable! Why are others so happy while I suffer? Each of you... You say.

⾼灵: 我刚才说了⼀个你的意识程度已经不能再继续handle,就是继续去处理好你现在的呢个什么.我刚都说了.所以你要么⽣,要么死.你要么就重⽣突破,转变你的意识.当你转变过后,所有的⼀切… 你想,以前你是⽑⽑⾍的时候,你在地上爬着多⾟苦,对不对? 你说我这么笨重的⾝体爬在地上.然后你能想象你转变成蝴蝶可以很轻松的飞吗? 你想象不到.但是呢就是真正的你,明⽩吗? 所有的⼀切都变了.所有的⼀切都会变,都会变好.

Sage: I just said something that's beyond your current level of understanding, which is to deal with what you have now. I already explained it to you earlier. So, you either live or die. You can either rebirth and breakthrough, transforming your consciousness. After the transformation, everything... Imagine when you were a caterpillar crawling on the ground, how difficult was that for you? Agree? Then you're struggling with this cumbersome body crawling on the ground. Can you imagine being able to fly easily after turning into a butterfly? You can't picture it. But it's truly who you are, understand? Everything changes; everything will change and improve.

⾼灵: 因为你不需要知道呀.你的⼤脑是不会理解的.你试图⽤你的头脑去理解所有的⼀切.但是你说呢个⽑⽑⾍它会知道它变成蝴蝶吗? 它只是知道我的时机到了,我要这样,我要突破,我要飞,明⽩吗? 但是你说它能去理解吗? 那不是你们⼤脑能够理解的⼀些东西.你最⼤的问题是你试图⽤你的头脑去搞清楚⼀切,但是你这个头脑永远不可能去搞清楚⼀切的,明⽩吗? 因为当你肯放下你的头脑,不去依靠它想要去试图去弄清楚⼀切的时候.它便不会处于⼀种焦虑的状态⽽是⼀种放松的状态.

Higher Spirit: Because you don't need to know that. Your brain can't understand it. You're trying to use your mind to comprehend everything. But do you think a little worm knows when it turns into a butterfly? It just knows that its time has come, I'm going this way, I'm breaking through, I want to fly, right? But do you think it can understand that? That's something beyond what your brain can comprehend. Your biggest problem is that you're trying to figure out everything with your mind, but your mind will never be able to figure everything out, right? Because when you are willing to let go of your mind and stop relying on it to try and figure out everything, it won't be in a state of anxiety but rather one of relaxation.

⾼灵: 你想要离开的是你的旧有的呢个你,明⽩吗? 就好像你是⽑⽑⾍,你想要离开呢个⾁⾍的⾝份⼀样.你是想要离开旧有的呢个你.因为当旧有的呢个你突破、重⽣过后.她看待所有的⼀切她便不是⽤同样的⼀个眼光.就好像你以前是⽑⽑⾍的时候你只能在地⾯上.当你变成蝴蝶你看到的就是完全不⼀样的⼀个空间了、维度了,明⽩吗? 就好像你以前在地上湿哒哒的,然后你好难受好潮湿,你想要离开这⾥.那你变成蝴蝶飞到空中去了,你虽然还在呢个什么… 那你是不是看到⼀切它都完全变了? 明⽩这层意思吗?

Soul Master: You want to leave behind your old self, right? Understand that you're akin to a caterpillar wishing to shed its insectoid identity, similar to wanting to discard the old version of yourself. You seek to transcend the limitations of your past self. Once it breaks through and renews itself, she perceives everything differently than before. It's like how, as a caterpillar confined to the ground, you could only see one perspective; when transformed into a butterfly, you gain access to an entirely new dimension and space, comprehending it in a completely different light. Can you grasp this concept? Previously, you were stuck on damp soil, feeling miserable and suffocated by your surroundings. You desired liberation from that place. Now, as a butterfly soaring high above, although still bound within some form of existence, do you see how everything around you has transformed dramatically? Do you understand the essence behind this shift in perspective?

⾼灵: 前⾯信息都说的很清楚.因为你的时间到了,现在是你转变的时候.那是你转变的时候,所以你就出现你所谓的这种样⼦,你所不能理解的.然后更⼤的问题是你不能接受你现在这个样⼦.你觉得你想要逃.你想要放弃的只是旧有的你⽽已.

Higher Spirit: The information before is very clear. It's because your time has come and it's now your turn to transform. This is when the transformation happens, so you manifest in this way that you cannot comprehend. And the bigger issue is that you can't accept who you are now. You feel like you want to escape and give up on yourself, but really, you just want to leave behind the old you.

⾼灵: 不难.是你⼀直在⾃我暗⽰.是你⾃⼰⼀直在⾃我暗⽰,所以你会体会到难.但是它并不难.它是⾃然⽽然的⼀件事情.就好像⼀条鱼,它可以⾃然⽽然的游泳.然后你在说游泳怎么这么难.因为你没有允许它啊.你⼀直试图⽤你的头脑去弄懂⼀切,去操控⼀切.然⽽最是你依赖的头脑却是你最⼤的阻碍.

Higher Spirit: It's not difficult. You've been self-suggesting it all along. It is you who have been continuously self-suggesting, which makes it hard for you to understand. But it isn't difficult; it's a natural process. Like a fish that can naturally swim, and yet you say swimming is so hard because you haven't allowed it. You've always tried to use your mind to understand everything, to control everything. However, the very mind you rely on most becomes your biggest obstacle.

⾼灵: 这没有应该不应该.因为如果你现在还在拿你的这⼀套思维、你旧有的呢个观念呢些思维来去思考去看待⼀切的话,你不会有任何改变.⽆论你是从左⾛还是从右⾛从前⾛从后⾛,没有区别.你还是困在⾥⾯的,明⽩吗? 所以这不是哪个选择是好的.那当你的意识程度改变过后,就好像你是没有脱离你⽑⽑⾍的⾝份,你上下左右前后没有区别.那你变成蝴蝶过后,你便不会有这样的问题产⽣,明⽩吗?

Higher Spirit: There's no should or shouldn't about it. If you continue to use your old mindset and perspectives to think and view everything, there will be no change for you. No matter if you go left, right, forward, or backward, there's no difference; you're still trapped inside, understand? Therefore, this isn't about which choice is good. When your consciousness changes, it's like not having escaped from the worm identity. There's no distinction in any direction. After transforming into a butterfly, such issues won't arise anymore, understand?

⾼灵: 你⾸先要明⽩你⽬前的经历是⼀次好的转变.因为你试图在摆脱它,你试图在抗争它.你给它⼀个负⾯的定义,然后又试图摆脱、抗争它.那你实际上就是在好像是在泥潭⾥⾯⼀样,你越是挣扎然后就越陷越深,明⽩吗? 所以你现在都是在作茧⾃缚,都是在⾃⼰捆绑着⾃⼰.然后捆绑你的就是⽆知、⽆明.就是你不知道真相.然后你也⼀直在你头脑⾥⾯,你不愿意去敞开⾃⼰,放下⾃⼰的头脑,然后去发现真相.所以你就还会继续在⾥⾯.还有问题吗? 没有应该怎样! 你还有其他问题吗? 这些信息如果你反复听的话,你就会明⽩了.

Sage: You need to understand that your current experience is a good transformation. Because you are trying to escape it and struggle against it. You define it negatively and then try to escape from or resist it. In essence, you're just digging yourself deeper into the mud, as you struggle more and sink further in, do you get it? So you are tying your own knots; you are binding yourself with ignorance and unenlightenment, which means that you don't know the truth. And you also refuse to open up in your mind, unwilling to let go of your ego and mind to discover the truth. Therefore, you will continue to be trapped inside. Any questions? You should know this! Do you have any other questions? If you keep listening to this information, you'll understand it better.

⾼灵: 等⼀下等你通灵完,她会给你解释.问其他问题.

Spirit Guide: Wait until you're done with the spirit communication, she will explain to you then. Ask other questions.

⾼灵: 你知道吗? 我这么跟你说吧,你现在就是⼀个重⽣的阶段,是⼀个突破的点.如果你这⼀步没有给它突破的话,你说你的新⽣命你怎么去给它定义? 明⽩吗? 所以说这⼀步你没有⾛下来,你问不到任何,你的什么选择好什么选择不好.没有任何.你⾸先要知道就好像你突破这个你重⽣过后,你便不会有问题.为什么? 因为你变成了⼀只蝴蝶,你就知晓了你的⾝份.你知晓⼀切.你知道我拥有花花的翅膀,我是⼀只蝴蝶.和其他蝴蝶⼀样,开⼼的飞.我喜欢花朵.这些都是很… 你就会明⽩,你就会拥有就是⾃知.

Higher Spirit: Do you know? Let me put it this way to you; you are currently in a stage of rebirth and at a pivotal point of breaking through. If you do not seize this opportunity for breakthrough, how will you define your new life? Understand? Hence, if you don't walk this step, there is no question of what choice is good or bad. Nothing. Firstly, you need to know that once you break through after rebirth, you won't have any problems. Why? Because when you transform into a butterfly, you will understand your identity. You'll understand everything. I own colorful wings, I am a butterfly like all others; I fly happily and enjoy flowers. These are very... You'll see, you'll gain self-awareness.

⾼灵: 你现在所有的这⼀切都是因为你的转变,都是因为你转变的时间到了引起的⼀系列.所以所有东西都好像在push你.

Spirit: Everything you're experiencing now is due to your transformation, a series caused by the timing of your shift. So everything seems to be pushing you.

⾼灵: 等⼀下她会给你解释.

Higher Spirit: Wait, she will explain to you.

⾼灵:你现在不需要去考虑如何解决任何事情.因为所有你现在⾯临的这些问题,当你在转变过后都不会存在.就好像你现在看着你⽑⽑⾍的⾝体说:你看我这个脚不好,这个脚⾛不动路了,然后这个脚怎样怎样.当你变成蝴蝶你所有⽑⽑⾍上⾯的脚都不需要呀,明⽩吗?所以这些问题它就变得不赋予存在呀.你已经转到另外⼀个平⾏世界去了.你不需要再经历这个世界上所有的⼀切,⾯临的所有的⼀切.这是完全不同的两个世界.所以你没必要去担忧啊、或者是想⽅设法啊、这些问题怎么处理啊、这些问题困扰这我,怎么解决啊.这些都会⾃动消失的.因为你不会再出现在这个世界⾥⾯,你出现在另外⼀个世界⾥⾯.另外⼀个世界又是你的⼀个成长空间了.

Spirit: You don't need to worry about solving anything right now. Because all the problems you're facing will no longer exist after you undergo a transformation. Imagine talking about your worm body and saying, "Look at my feet; they are not good; they can't walk." After turning into a butterfly, none of those feet on your worm body would be needed anymore, do you understand? Thus, these issues cease to have relevance. You've already moved onto another parallel world. There's no need for you to experience everything that happens in this world or face any challenges related to it. These are completely different worlds. So there's no reason to worry or think of ways to handle them, or feel troubled by them and try to solve them. They will automatically disappear because you won't be appearing in this world anymore; instead, you'll be in another world which is a new space for your growth.

⾼灵: 怎么去到呢⾥? 就是允许.你现在没有允许它.你现在试图⽤你的头脑去阻碍⼀切.等⼀下她会继续再跟你说.

Higher Spirit: How do you get there? It's just permission. You don't allow it now. You're trying to block everything with your mind right now. She will continue talking to you later.

⾼灵:我这么说吧,你⽬前在这样⼦的⼀个阶段,是在⼀个转变的阶段.然后说什么都没有任何意义,都没有任何⽤.因为当你在⾛到第⼆步过后,⼀切才会明朗起来,⼀切才会有意义,明⽩吗?这么说,就好像我们以前通灵信息说过,你现在就还在刚发芽.然后你说我旁边需要⼀个⽵⼦让我的藤可以有地⽅蔓延.你现在都还没有发芽都没有突破,明⽩吗?你还在长枝芽的时候,你还在长幼苗的时候.旁边的呢个⽵⼦跟你没有关系的.只有你成长到⼀定的程度过后,你开始吐呢个藤.你才需要呢个⽵⼦,你才会依附呢个⽵⼦,它可以指引你、⽀撑你长出来.你现在唯⼀对你来说重要的就是说如何去做这个接⽣婆的⼯作.然后帮助你出⽣,就是顺利的⽣产,明⽩吗?

Higher Spirit: Let me put it this way, you are currently in a transitional phase. At this point, nothing makes sense and is of any use because everything becomes clear only after you have taken the second step. Then everything will make sense. Do you understand? This analogy is like when we previously discussed spirit messages; you are still just budding. You say that I need a bamboo next to me so that my vine has somewhere to spread. You haven't even budded, let alone broken through at this point. Understand? When you're growing buds or nurturing seedlings, the nearby bamboo doesn't matter to you. Only when you have grown to a certain extent and start producing your vine do you need that bamboo. It will then support and guide you as it grows outwards from you. The only thing currently important for you is learning how to perform this midwife work. Then helping you emerge smoothly, understanding?

你现在还卡在呢⾥.你说你还卡在呢⾥,你就开始说我宝宝出⽣过后它要怎么样怎么样.你都还没顺利的出⽣.出⽣后的事情,等你出⽣过后然后才会开始.

You're still stuck in the process. You say you're stuck, then you start talking about how your baby will do this and that after being born. You haven't even had a smooth delivery yet. Things after birth will only begin once you've actually been born.

⾼灵: 是.你担⼼它就会发⽣.

Higher Spirit: Yes. You worry and it will happen.

⾼灵: 这个世界它只是⼀⾯镜⼦.它把你内在的状态,你内在的恐惧,你内在关注的,你内在抵抗的,你内在担⼼的所有东西它都会呈现给你让你去: ‘啊,我担⼼的这个事情是真的.我恐惧的这个事情是真的’.为什么? 如果你没有这⼀层体验的话,你就会像是在做梦⼀样.这个物质世界对你来说就是假的了.明⽩我意思吗? 所以任何你思想⾥⾯的东西它都会呈现在物质世界⾥⾯.然后来让你感受到这个物质世界的真实性.

Higher Self: This world is merely a mirror. It reflects your inner state, your inner fears, what you are preoccupied with, and all that you resist within yourself. It presents everything to you as: 'Ah, the thing I worry about is real. The thing I fear is real.' Why? If you do not have this layer of experience, it would be like dreaming for you. The material world would then seem false to you. Do you understand my meaning? Therefore, anything in your mind manifests in the physical world, allowing you to perceive its reality.

⾼灵: 你⼀直想好的事情? 如果你是为了逃避、恐惧,就是你骗⾃⼰我要去想好的,我不要去想呢些不好的.你⾃我欺骗的话,你觉得呢? 你越是抵触的东西,它越是会出现.所以它不存在于就是说你要⼀直想好的或怎样.⽽是说你真正的你内在的⼀个状态它达到了⽐如说安定或者是安全感或者是,就是你内在的⼀个真实的状态.⽽不是说你要逼⾃⼰去想什么什么的,明⽩吗? ⽽是你⾃⼰内在的呢个…. 就好像它发射了⼀个信号,它就好像是⼀个频率⼀样.呢个才是最重要的.

Higher Spirit: The things you've been hoping for all along? If it's to escape or out of fear, then you're deceiving yourself by thinking that I should focus on the good and avoid the bad. Don't you realize this self-deception? The more you resist something, the more it appears. So, it doesn't exist in trying to always think positively or anything like that. Rather, it's about reaching a genuine state within you – one of stability, security, or an inner truth – rather than forcing yourself to dwell on certain things. You see, your inner self...it sends out a signal, much like a frequency. That is what truly matters.

⾼灵: 你现在不需要去纠结你现在怎样怎样.因为这些它会跟随着你的意识的突破,它会⾃然⽽然的消失.就像我刚刚说你越是抵触越是反抗,那你反⽽越是会经历它.那你现在就⼀直在做: ‘我⼀直怎样怎样,我⼀直不在状态,我⼀直着急,我⼀直焦虑,我⼀直怎样怎样’.你这样⼀直就是在没有允许它这些消失在你的⽣命当中.你⼀直是在显化它,明⽩吗? 我跟你讲有⼀些东西并不是说你把它消灭掉、把它打消掉、就是把它给灭掉毁灭掉.⽽是说你不去关注它,你知道这些只是⼀些幻像,它出现它也会消失.那这样它就会间接消失在你的⽣命当中了,明⽩吗?你不需要特意的去任何,拳打脚踢把它赶⾛啊、抵抗啊、然后反抗啊.你不需要去做任何的这些⼯作.

Higher Spirit: You don't need to worry about how you are currently feeling. These things will naturally fade away as your consciousness advances. Just like I mentioned earlier, the more you resist and fight against it, the more you will experience it. So now, just keep repeating to yourself: "I am constantly doing this, I am not in my flow, I am anxious, I am stressed out, and I am doing this." By continuously thinking these thoughts, you are preventing their disappearance from your life. You are manifesting them instead. Understand that there is no need for you to forcefully eliminate or suppress them through confrontation or resistance. There's no need to engage in any specific actions against them.

你只是去⽆论⽣活中发⽣什么,你都知道OK,这是⽣活对于我的⼀个恩赐.它让你往更好的⽅向去⾛.你只需要去相信这个就好了.然后每⼀步你都是安全的,每⼀步你都会受到指引.那你内在达到这样⼦的⼀个状态,你所有东西不需要去抵抗它呀,不需要去想要去试图消灭它.你⾃然⽽然就是处于对⽣命的⼀种安全感的状态当中.还有问题吗?

You just go with whatever happens in life, knowing that everything is okay - this is a blessing bestowed upon me by life. It leads you to better directions. All you need to do is believe in it. Then every step you take is safe and guided at each step. You reach such an inner state where you don't need to resist or try to eliminate anything; there's no effort required to be secure in life naturally. Is there any question left?

⾼灵:如果你反复去听⾃⼰的录⾳,我不知道你有没有录⾳,如果你反复去听你的录⾳.你看你都是跟你⾃⼰说的什么:‘我担⼼我这样的状态.我担⼼我活不了.我担⼼我⼀直在这样的状态.我担⼼我怎样怎样’.我都说你越是去担⼼越是去抵触越是去呢个什么的,那么你就是在把这股能量给显化出来让你体验.你明⽩吗?所以你不需要去做任何功课.我要怎么样去消灭这种感受? 怎么样去转变这种感受? 你就越是困在⾥⾯.

Higher Spirit: If you repeatedly listen to your recordings, I wonder if you have recorded yourself or not, but let's assume for a moment that you do repeat this process. Observe what kind of dialogue you are having with yourself: 'I worry about being in this state. I worry that I won't live. I worry about staying like this forever. I'm worried about how it will all play out.' It's important to realize that the more you worry, resist, or try to change things, the more you are manifesting these energies and experiencing them yourself. You see, there is no need for any additional work or effort on your part. How do I get rid of this feeling? How can I transform this feeling? The very act of being trapped in it only reinforces the experience.

⾼灵: 不需要学.你只需要去明⽩它是如何的⼀种运⾏模式,它只怎么⼀回事.你就知道了.这不是什么复杂的事情.你只有⼀直觉得我要赶快、我要消灭、我要怎样.你只有这样⼦头脑⾥⾯的⼀个声⾳或者催促,它会让你失控.那如果你没有呢?你没有任何声⾳呢?你只是允许你的每⼀步⼈⽣⾃然⽽然的⼀个呈现,⾃然⽽然的⼀个状态当中.你就不会分裂了.你现在⼀直是给⾃⼰施压.⼀⽅⾯我想要赶快,就是这种感觉不好我要把它消灭掉.那你越是这样,你就越是困在⾥⾯.那你越是困在⾥⾯,你就越想要把它消灭掉.你就进⼊这样⼦的⼀个恶性循环.其实都是你⾃导⾃演.

Higher Spirit: There's no need to learn it. You just need to understand how it operates as a mode of operation and what is going on when you do it. Once you get it, you'll see that it's not complicated at all. It only takes you thinking I have to hurry up, I have to destroy this or that, you only hear a voice in your head or a prompt urging you on; it can make you lose control. If there isn't any sound or prompt though? If there are no sounds at all? You just allow every step of your life to naturally unfold and naturally manifest as such. You won't get split up then. Right now, you're putting pressure on yourself continuously. I want everything to go fast, which feels bad, so I have to destroy it. The more you do that, the more you are stuck inside this cycle. The more you're stuck in there, the more you try to destroy it and get caught up in a vicious circle of self-projection. It's all you directing your own actions.

⾼灵: 你觉得如果信仰对你有这么⼤的吸引⼒,你也相信它可以.那就可以,明⽩吗? 如果它真的很吸引你,⽽且你也很信任它,那就可以.

Higher Spirit: If you find belief so compelling, and if you do believe it can work, then fine, understand? If it really attracts you and you have faith in it, then that's acceptable.

⾼灵: ⾸先你要知道你导致的所有痛苦它都在你⾃⼰的头脑⾥⾯,你思想⾥⾯.那你要解决问题你是不是还是需要在呢⾥?

Higher Spirit: Firstly, you need to know that all the suffering you cause is within your own mind, in your thoughts. So when you want to solve a problem, do you still need to be there?

⾼灵: 是.你觉得你要做什么?

High精灵: Yes. What do you think you are going to do?

⾼灵: 就是因为你的头脑试图给所有的⼀切都给它定义.就好像⼀朵云说我以前的呢朵云是呢个形状,怎么就变成这个形状了呢? 当你在说话的时候又变成另外⼀个形状了.你就好像是要给⼀朵云描述它的样⼦.可能吗?

Higher Spirit: It's because your mind tries to define everything. Like a cloud saying, 'My previous cloud was that shape, how did it become this shape? And you transform into another shape when you speak. You're trying to describe the appearance of a cloud. Is that possible?

⾼灵: 你给你⾃⼰说的每⼀句话你都是在让它变成真的.你觉得你达不到呢种状态.那OK我告诉你,你的确达不到.为什么? 因为呢是你觉得的事情,那就是你体验的事情.你认为是什么你就体验什么.因为物质世界它不会跟你作对的.它只会去顺着你说什么就是什么,你觉得是怎样的就是怎样的,明⽩吗?

Spiritual being: Every word you speak about yourself turns it into reality. You think that you cannot achieve such a state? Alright, let me tell you that you indeed cannot. Why is that? Because what you perceive to be true for you is exactly what you experience. What you believe becomes your reality. The material world does not oppose you; it simply conforms to your perceptions - whatever you say is what it is and whatever you think it is, it will remain so, understand?

⾼灵: 就是照镜⼦的意思啊.你去照镜⼦试试.你跟它发脾⽓试试,你跟它笑试试.你想它来反驳你是吗? 你如果想要它反驳你的话,你⾸先反驳你⾃⼰.你会反驳你⾃⼰吗?

Higher Spirit: It's like looking in a mirror. Try it out for yourself. See if you can argue with it, laugh at it, and expect it to refute you. Are you hoping that it will argue back? If you want it to argue against you, then start by arguing against yourself. Would you even dare to argue with yourself?

⾼灵: 是⼀个什么状态? 就是你⾃⼰跟你⾃⼰打交道的⼀个状态.你去认识你,你去体验你.还有问题吗?⾼灵: 你灵魂跟你是什么关系? 你的灵魂通过你的⾁体来展现它.但是呢,你们现在还是在⼀种排斥⽽不是合作的⼀种状态下.

Higher Spirit: What kind of state is it? It's a state where you interact with yourself. You go to know yourself and experience yourself. Any questions? Higher Spirit: What relationship do you have with your soul? Your soul expresses itself through your body. But right now, you're still in a state of rejection rather than cooperation.

⾼灵: 合作应该就是你知晓⼀切啊,你不会有任何疑问啊.因为你知道你的⾁体…你并不会试图去⽤你的⾁体去理解⼀切啊.你知道你的⾁体它不是⽤来理解的功能啊.所以你不会给你的⾁体如此⼤的压⼒.那你现在是把所有的压⼒都给了你的⾁体.你想要⽤你的⾁体去解决你的事情,你想要⽤你的⾁体去控制事情,你想要⽤你的⾁体去弄明⽩⼀切.这做不到的呀.

Higher Spirit: Cooperation means you know everything, that there would be no questions because you understand your physical body... You wouldn't try to use your physical body to understand everything as it's not designed for cognitive functions. So, you wouldn't exert such a large pressure on your physical body. Now, you're putting all the pressure on your physical self. You want to use your body to resolve matters, control situations, and comprehend everything. That simply can't be done.

⾼灵: 你现在所有问题都是你头脑⾥⾯,都是你的头脑发出来的⼀些,它试图想要去理解.我刚刚说如果你是跟你的灵魂合⼀的话,你不会去逼着你的头脑去理解这些.就好像你是要逼着⼀条狗,这个是维⽣素,这个是垃圾⾷品… 你就想要它知道每⼀种⾷物它的营养或者是它的有害物质.你想要去跟狗解释这⼀切⼀样.狗只知道这个好吃呢个不好吃,这个喜欢呢个不喜欢.就这么简单.

Spiritual Being: All your questions are in your mind, they're coming out of your mind as it tries to understand. If you were unified with your soul just now, you wouldn't be forcing your mind to understand these things. Like you're trying to force a dog to know what's vitamin, what's junk food...you want it to know the nutrients or harmful substances in every type of food like you would explain everything to the dog. The dog only knows whether something is tasty or not, if they like it or don't like it. It's as simple as that.

⾼灵: 你不需要去知道啊.我都说了你试图⽤你的头脑去理解⼀切.你需要知道什么? 你需要知道你的头脑不是⽤来理解这些的.你只需要知道你放开你⾃⼰,放开你的头脑.不去强迫它或者不去逼迫它试图去理解⼀切、掌控⼀切.

Higher Spirit: You don't need to know that. I've already told you that you try to understand everything with your mind. What do you need to know? You need to know that your mind is not meant for understanding these things. All you need to know is to let go of yourself, and let go of your mind. Don't force it or try to coerce it into trying to understand everything, control everything.

⾼灵: 你能跟你⾃⼰的灵魂对话吗?

Higher Spirit: Can you converse with your own soul?

⾼灵: 你可以尝试去做任何你想要做的,明⽩吗? 因为这是你的意识去探索.这是你独⼀⽆⼆的⼀个触⾓,你独⼀⽆⼆的⼀个感知去感知⼀切.那你⽤你独⼀⽆⼆的⼀个去体验.

Higher Spirit: You can try to do anything you desire because this is your consciousness exploring. This is a unique prong of you, a singular perception to perceive everything. Then use that unique aspect to experience.

⾼灵: 所谓的轮回跟你这个⼈格是没有关系的.你的⼈格就是独⼀⽆⼆的存在,明⽩吗? 这么说吧,就好像是⼀棵树,⼀棵树上有很多叶⼦.然后你把其他叶⼦也当成是你的轮回.为什么?因为你们是⼀棵树上的叶⼦啊.你会觉得呢⽚叶⼦是我的⼀⽣,呢个叶⼦是我另外⼀⽣.实际上呢? 你这⽚叶⼦有你独⼀⽆⼆的,你是它独⼀⽆⼆的存在.为什么? 因为你这⽚叶⼦就算不在了,其他叶⼦都还在呀,其他叶⼦都还在继续感受啊,明⽩吗? 但是你有你⾃⼰独⼀⽆⼆的存在,你有你独⼀⽆⼆的视⾓,明⽩吗?

Soul: The concept of reincarnation has nothing to do with your personality. Your personality is a singular existence, understand? Imagine it like a tree; there are many leaves on one tree. Then you consider all the other leaves as your own reincarnation. Why? Because they're all leaves from the same tree. Would you feel that a particular leaf represents your entire life, another leaf represents another lifetime. Actually, this singular leaf is your unique existence, it's uniquely yours. Why? Because even if this leaf is gone, the others are still there, they continue to experience things, understand? But you have your own singular existence, you have your unique perspective, understand?

⾼灵: ⼈格就是你在这⼀⽣,你现在发展出来的这⼀个.

Ethereal Spirit: Personality is who you are becoming in this lifetime, which you are developing now.

⾼灵: ⼈格跟性格有什么区别? 我可以说你的性格不是⼀定的.你们会觉得是⼀定的.但是这个是不⼀定的.⼈格就是你这个⼈,在你独⼀⽆⼆的经历,你的视⾓.你⽐如说你遇到什么样的⽗亲,他们什么样的态度对你,然后你成长的环境遇到过什么恋爱对象.那所有的你这些经历便形成了你独⼀⽆⼆的⼈格.

Higher Spirit: What is the difference between personality and character? I can say that your character isn't necessarily fixed. You might feel that it is, but this isn't necessarily true. Personality is who you are, shaped by your unique experiences, your perspective. For example, what kind of father you have and their attitude towards you, then the environment you grow up in, encountering different romantic partners. All these experiences form your one-of-a-kind personality.

⾼灵: 呢个就是你独⼀⽆⼆的⼈格.

Higher Spirit: That is your one-of-a-kind personality.

⾼灵: 是独⼀⽆⼆的⼈⽣.是.

Ethereal Spirit: It is a one-of-a-kind life. It is.

⾼灵: 你的任何,就好像你是没有办法⼦调出同样⼀个你.

Higher Spirit: Any of your moves, as if you have no way to replicate yourself.

⾼灵:⾸先你要知道你们的⾁是怎么形成的.如果你们的⾁是很健康的,没有化学成分、激素或者是任何呢些东西进去.你就⽐如说你们会给动物注射很多⽣长激素啊,然后抗⽣素啊,然后各种催长剂啊,明⽩吗?它是由这些组成的.那如果你的动物是在⼀个健康有爱的环境下⽣长出来的.然后它去世也是在⼀个没有恐惧,也是在⼀个很好地状态下去世的.那它给你们提供的⾁质就是⾮常⾮常优秀的.那它对你⼈体是不是也⾮常优秀?所以这不是说吃素好还是不吃素好?⽽是说你们是吃的什么.优质的⾁品还是充满化学成分的⼀个⾁品.你想象⼀下.那如果你知道动物就⽐如说你在养它,你养了它,你因为你⾝体的需求需要吃它.它是会知道.

Higher Spirit: First, you need to understand how your meat is formed. If your meat is healthy, without chemicals, hormones or anything like that inside. You might give animals a lot of growth hormones, antibiotics and various growth promoters, do you understand? That's what it consists of. But if the animal grows in a healthy loving environment and dies without fear in a good state, then the meat it provides for you is extremely excellent. Does this mean your body also benefits greatly from it? So, it's not about being vegan or non-vegan, but rather what kind of meat you eat. High-quality meat versus meat filled with chemicals. Imagine that if you know the animal was taken care of, raised by you because of its need to nourish you due to your body's requirements, does it understand this?

那你跟它建⽴感情过后,在你需要它的⾝体的时候.它会⾃愿的奉献给你,明⽩吗?如果在你有需要的呢⼀天,它会很情愿的把⾃⼰的⾁体给奉献出来.因为它知道它不是依靠⾁体存在的.所以它会愿意去放弃⾃⼰的⾁体,然后把它奉献给你,明⽩吗?

Alright, after you establish a bond with it, when you need its body, it will willingly offer itself to you, understand? If there's a day when you need it, it would very gladly give up its own physical self. Because it knows that it doesn't exist solely through its body; hence, it is willing to let go of its body and then献 it to you, understand?

⾼灵: 没有任何必须的.只是说如果你们是有这个需求.那动物它可以感知到.它会把⾃⼰给奉献出来给你们.这个情况不是少不少,⽽是看你们对象是谁? 如何建⽴的关系? 因为呢是你跟动物之间的关系.到底你们之间的关系程度是属于哪⼀种? 那有你们⾃⼰,双⽅才知道.那是你们之间的独⼀⽆⼆的⼀个关系.

Higher Spirit: There is no necessity involved. It's just that if you have this need, the animal can sense it and might offer itself to you. The availability of this isn't about whether there are enough or not; rather, it depends on who your objects are? How the relationship is established? Since it's a relationship between you and the animal, what level of relationship do you share? That would be something only you and both of you know, a unique bond between you.

⾼灵: 如果你少量的摄取的话,那它对你⾝体不会有很⼤的影响.因为你的⾝体它会⾃⼰处在⼀个就好像是排毒,让你在⼀个正常,它会调节到⼀个正常的程度.但是呢,你们与其关注这个层⾯的,你们更加关注的是你们的精神、⼼理这些层⾯.因为这些层⾯它会不断地在你⾝体⾥⾯产⽣激素.就⽐如说你处于在⼀种恐惧或者是愤怒或者是焦虑的状态.那你的⾝体在不断地分泌毒素.它这些⽐你的⾁类毒素⼤多了,明⽩吗? 所以它这个才是对你们就是说疾病的⼀个形成.如果你单独是说只是从吃⾁类⾥⾯摄取的⼀些毒素的话,那它的毒素你需要吃⼤量⼤量⼤量,真的是很多很多⾁.然后你们平时⽣活中也吃不到呢么多⾁.

Higher Spirit: If you consume it in small quantities, it won't have a significant impact on your body because your body will self-regulate and detoxify to maintain normalcy. However, you should be more concerned with the spiritual and psychological aspects rather than this physical level, as these levels continuously generate hormones within your body. For instance, when you're in fear, anger, or anxiety, your body is constantly releasing toxins that are much stronger compared to those found in meat. This constant release of toxins contributes to diseases. If you were solely concerned with consuming toxins from meat, the amount required would be enormous – a huge amount of meat that you wouldn't typically consume in daily life.

⾼灵: 看你们个⼈的⼀个信念.如果你觉得呢个⾁是有毒的,你不要碰它.那你就不要碰.所以这⾥没有任何.就是在于你⾃⼰.你到底put 什么information,你把什么信念植⼊在你头脑⾥⾯.因为你⾝体,你相信什么,它就去怎么运作,明⽩吗?

Higher Spirit: Look at your individual belief. If you feel that the meat is poisonous, don't touch it. Then just don't touch it. So there's nothing here; it's all about you. What information do you put in, what beliefs do you plant in your mind. Because of your body, whatever you believe, it operates accordingly, understand?

⾼灵: 没有什么主观和客观.所有的⼀切都是你觉得怎样就怎样.

Higher Spirit: There is no subjectivity or objectivity. Everything is how you feel it should be.

# **2022/06/06 — 显化事件最重要的因素 The most important factors in manifesting events**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question?

问: 为什么⼈们总是逃避痛苦⽽不想⾯对痛苦?

Why do people always avoid pain and not want to face it?

⾼灵: 为什么⼈们总是逃避痛苦⽽不像⾯对痛苦? 因为是你⾃⼰把它定义成为⼀个痛苦;就是头脑⾥⾯有这些定义.为什么? 因为你只能看到这⼀丁点.就是你创造的痛苦是你⾃⼰创造出来的⼀个幻像.因为你找不到⼀个可以转化它,可以转变它,就是找不到⼀个出路.那如果你可以找到出路,你知道这个出路⾛出去…就好像⽐如说你现在是在⼀个⿊暗的屋⼦⾥⾯.你知道门就在呢⾥.门在呢⾥,⾛出去就是⼀⽚光明.你还会痛苦吗? 你还会恐惧吗?你还会迷茫吗? 你不会的.因为你知道门在哪⾥,因为你知道外⾯是⼀⽚光明,明⽩吗? 只有你在不知道的情况下…. 所以呢个是你⾃⼰在⼀种⽆知、⽆明,就是你不理解.

Higher Spirit: Why do people always escape from pain rather than face it? Because you define it as a pain in your mind; there are these definitions in the mind. Why is that? Because you can only see this tiny bit. The pain you create is something you have created yourself, an illusion. You cannot find a way to transform or change it, because there's no出路 for you. But if you could find that出路, would you know how to walk out… like you are in a dark room now and you know the door is here. The door is here, step outside into光明. Would you still be suffering? Would you still be afraid? Would you still be confused? No, because you know where the door is, because you know that there's光明 outside. Do you understand? Only when you are in ignorance… so it's your own ignorance and lack of understanding.

那你感受的还是你⾃⼰的⼀个状态,你⾃⼰的⼀个意识程度.你只能在这个认知.然后这件事情对你来说它是没有出路的.所以你体验的就是所谓的痛苦.然后你刚才还有问题是什么?

That's how you perceive your own state, your own level of consciousness. You can only experience this understanding. Then, for you, there is no solution to the matter. Therefore, you are experiencing what is所谓的 suffering. And you just now had a question about something else?

问: 这个问题就是为什么⼈们总是想要逃避痛苦⽽不想⾯对痛苦.⽐如说失恋了马上找下⼀个替代的.

Questioner: This question is about why people always want to avoid pain rather than face it, for example, immediately moving on to the next one after a breakup.

⾼灵: 这么说吧.想要逃避就好像你是想找个出路.那你觉得⽐如说这个⼈伤害了我,我逃避.那呢个⼈可以就是不伤害我、爱我、爱护我.那你就觉得呢是出路.你只是想找到出路⽽已.但是你会把任何的⼀条带你出去的路当成是⼀个真正的出路.真正的所谓的出路也是你制造的幻像.

Higher Spirit: Let me put it this way. If you wish to escape, akin to seeking an exit. You might think that if this person harms me and I choose to flee, they could instead choose not to harm me, love me, or care for me. To you, this would be the exit out of the situation, merely a means of finding relief from your predicament. However, you're only seeking an escape route in essence. You might mistake any path that leads out as a true escape. But even what is genuinely considered to be an escape is just another illusion fabricated by you.

问: 那真正的出路是什么呢? 我们应该怎么样在痛苦的时候⾛出来呢?

Questioner: What is the real solution? How should we get out of pain when we are suffering?

⾼灵: 真正的出路在你的意识程度⾥⾯.因为随着你的意识程度,随着你对所有事情的知晓,随着你就是不再蒙着眼睛,明⽩吗? 因为你蒙着眼睛在⾛,你不知道你脚下呢⼀步会不会就是万丈深渊.那如果你眼睛是睁开的,你⼀切看的很(清楚).你完全不会有恐慌.所以你只要是通过外在的⼀切,它只是给你带来⼀切暂时的… 就是你暂时缓解⼀下.然后你的唯⼀出路就是在你的认知⾥⾯,在你的⼀个意识程度⾥⾯.因为伴随着你的… 这么说吧,你是个⼩朋友,妈妈已离开你就会很害怕,很恐惧,对吧? 那当你长⼤了呢? 你不会因为这个就是⾝边没有监护⼈⽽感受到恐惧和害怕.因为你知道你怎么样在这个物质世界⽣存.你怎么样去⾯对呢些突来的变化.

Higher Spirit: The true solution lies within your level of consciousness, because as you become more aware of everything and no longer walk blindly, do you understand? You don't know if each step you take might lead to an abyss. But when you're aware, seeing everything clearly, there's no panic. So, relying on external factors only provides temporary relief - a brief respite from your situation. Your sole path lies in your consciousness and awareness because as your understanding grows, for example, as a child who fears separation from their mother but eventually grows up to handle life without constant supervision due to gaining knowledge of how to survive in the material world and adapt to sudden changes.

你知道你如何去解决你的⽣存问题.那如果你还是⼩孩⼦,你不知道饿了我要吃什么、在哪⾥找吃的,⼀切你都不知道.所以你就会害怕.那你们不只是有⼀个物质⾝体它在⽣长,明⽩吗?

You understand how you solve your survival issues. But if you were still a child, you wouldn't know what to eat when you're hungry or where to find food – everything would be unknown to you. So you'd be afraid. Not only do you have one physical body growing, right?

问: 那下⼀个问题是为什么⼈们总是逃避⽆聊? 不断地要寻找娱乐刺激⼤脑?

Questioner: The next question is why people always avoid boredom, constantly seeking entertainment to stimulate their brains?

⾼灵: 为什么你们总是逃避⽆聊? 又是你们⾃⼰的⼀个认知.你会把这个认知认成⼀个⽆聊的事情.你会觉得⽐如说洗碗、扫地、做家务是⼀件很⽆聊的事情.那其实你这样⼦的话,你就是在被你的头脑,被它⾥⾯的⼀个程序… 因为你的头脑它会⾃动的把⼀些事情归类为⽆聊、没有意义、有意思、好玩.它会给每⼀件事情就好像⾃动的设置⼀个路线.那这个路线设置好了之后,它就会根据外在产⽣的⼀些事件,然后再做出反应.这么说吧,你就好像你已经是被训练成了的⼀条狗.那你的反应可能主⼈以前…你们以前不是都有做这个实验吗?(巴普洛夫实验) 主⼈给你摇铃铛,你就流⼜⽔.为什么? 因为以前摇铃铛,你就会被拿吃的.

Ethereal: Why do you always avoid boredom? It's another of your own perceptions. You perceive this as a boring activity. You might think that things like washing dishes, sweeping the floor, or doing chores are very boring. In fact, if you behave like this, you are being controlled by your mind and its program... because your mind automatically categorizes certain activities as boring, meaningless, interesting, or fun. It seems to set an automatic route for every task. After setting that route, it reacts based on external events. Imagine that you're already trained like a dog, responding to your master's commands from the past (Pavlov's experiment). When your master rings a bell, you salivate. Why? Because ringing the bell previously led to getting food.

所以⼀摇铃铛你就会有这个反应.那你设置的这个路线,就是你的头脑⾥⾯已经设置了.

So when you shake the bell, you have this reaction. Then the route you set is already programmed in your mind.

问: 那我怎么样可以,⽐如说长时间⼀个⼈呆着我觉得很⽆聊,然后好像也没有什么事可以做,好像也没有什么变化发⽣.那我要怎么样去不按着,怎么说…⾼灵: 你⾸先要知道,这么说吧,你对这个世界的感知,就是它到底是有聊的还是⽆聊的,它到底是有趣的还是没趣的.它是通过你⾁体的过滤器,通过它去感知的.然后就像我刚才说,好像你这个⾥⾯已经设置了⼀些线路.然后你只是重复的在使⽤这个线路在感知这个世界⽽已.外在的,没有什么⽆聊和不⽆聊的,没有什么就是好玩和不好玩的.重要的是你⾃⼰.就好像你这个感应器,因为是你这个⾁体去感知这个世界.这个才是重要的.

Questioner: But how can I, for example, when I spend a long time alone and find it very dull, as if there's nothing to do, and no significant changes occur? How can I stop perceiving the world in such a manner?

A: Firstly, you need to understand that your perception of this world is what determines whether it seems boring or interesting. It's filtered through your physical body, influencing how you experience it. Just like I mentioned earlier, there appears to be some pre-programmed circuits within you. You are simply repeatedly using these circuits to perceive the world around you. In reality, there is nothing inherently boring or entertaining about the outside world; it's all about whether you find it enjoyable or not. The key lies in your own perspective and how you interact with the world through your physical senses.

也就是说又回到你⾃⼰,这个世界是多有趣和多⽆趣,都是你⾃⼰去体验的,和你⾃⼰去投射的.如果真的是你觉得很⽆聊,那只能说你的想象⼒⾮常的受限制.你活在呢样⼦的⼀个模式⾥⾯,就是你在你的呢个程序⾥⾯.

In other words, it all comes down to you, how fascinating and dull the world is depends on your own experience and projection. If you truly find it boring, then that only means your imagination is severely restricted. You live in such a pattern, trapped within your own program.

问: 那我要怎么要才能不按照这个已经不能服务于我的程序去运⾏呢?

Questioner: How can I prevent it from running according to this unhelpful program?

⾼灵: 那你⾸先要知道你是活在程序⾥⾯的呀.如果你都不知道你活在程序⾥⾯,你还是依照你的程序在感知⼀切呀,对⼀切做出反应呀.那你想要去去改变,你是不是⾸先要知道, OK,这只是你⼤脑编制的⼀个程序⽽已.那需要什么? 那需要你时时刻刻、每⼀个时刻都警觉地去观察就是aware,就是去知道你的反应它只是个程序⽽已.那你知道了过后,就好像你把⿊暗中的东西带到光中.然后你知道,你便不会再受它的呢个(影响)了.那如果你还在继续的受它的影响,那你就可以继续的再去研究探索你⾃⼰.你到底是因为觉得你继续使⽤这个模式可以给你带来些什么好处? 或者它会给你带来些什么坏处?

Higher Spirit: First of all, you need to understand that you are living within a program. If you don't realize you're inside a program, you'll continue perceiving everything and reacting based on your programmed logic. To make changes, do you first recognize that what you're experiencing is simply the output of your brain's program? What does this require? It requires constant awareness at every moment, understanding that your reactions are just part of an algorithm running in your mind. Once you realize this, it's like moving a shadow into the light; you no longer fall under its influence. If you still find yourself influenced by these patterns, continue to explore and understand why you're drawn to them. Is it because they promise benefits or seem to prevent bad outcomes?

你就可以继续的去跟你⾃⼰… 因为这是你⾃⼰观察你⾃⼰的⼀个过程.你⾃⼰成长的⼀个过程.因为最开始你们会觉得是外界的问题.外界可能真的呢么⽆聊.但是那你是不是就继续在错的⽅向? 但是当你知道这是你内在的问题,那你就会往内看.向内看,你不是说去⽆意识的⽣活或者去过⽇⼦.⽽是说每⼀个时刻你都去警觉你的每⼀个反应,每⼀个⾏为.那你是不是便不会再受到固定的模式,再受到它的限制了?

You can continue to observe yourself... because this is a process of self-reflection and personal growth for you. You'll realize that initially, you might think the problem lies outside yourself, perhaps believing it's just boring out there in the world. But if you keep heading down that wrong path? Or when you understand that the issue is actually within yourself, then you start looking inward. To look inside doesn't mean living life unaware or merely getting through your days mindlessly. Instead, at every moment, you're mindful of every reaction and behavior. You'll no longer be bound by fixed patterns or confined to their constraints?

问: 为什么⼈们总是急急忙忙的要逃离当下,急急忙忙的要问明天奋⽃? ⽽这⾥根本就没有明天.

Why do people always rush to escape the present and desperately ask about tomorrow's struggle when there is no tomorrow here?

⾼灵: 为什么你们总是想要逃离当下? ⾸先并不是所有⼈,因为你们也有很多呢种特别能专注于当下的⼈.⽽且他们都创造出很多他们想要创造的.所以这并不是所有⼈,这只是⼀部分⼈.那为什么呢⼀部分⼈他们总是想要去,就是不能很好的跟当下扎根.⽽是说更多的是,就是说在奔往你们所有的明天? 因为他们觉得只有他眼⾥的呢个⽬标才是他们想要的,才能给他们带来他们想要的.这也是因为他们的⼀些观念⽽已.还有个问题是什么? 刚才没有…问: 就是为什么⼈们总是急急忙忙的要逃离当下,急急忙忙的要问明天奋⽃? ⽽这⾥根本就没有明天.

Spirit: Why do you always want to escape the present? First, not everyone wants this because there are many who can focus on the present. And they create what they want to create. So it's not that everyone wants this; it's just a part of people. But why is it that some parts of people always want to escape, cannot deeply root in the present, instead wanting to rush towards all your tomorrows? Because they believe only the goal they see with their eyes can bring them what they want. This is due to their certain ideas and beliefs. And there's another Questioner: Why do humans always rush to escape the present and ask about tomorrow's struggle when there's no tomorrow here?

⾼灵: 是.刚才说只是部分这样⼦的⼈,他们会这样.因为有很多就是跟当下扎根的很好的⼈.

Higher Spirit: Yes. Just to clarify, there are some people like that who would behave this way. It's because there are many others who have a strong connection with the present moment and ground themselves well.

问: 明⽩了.那下⼀个问题是为什么我们⼼⾥相信的事情,头脑还需要找⼀个说法?

Questioner: Having understood that, what is the next question regarding why we believe in things with our hearts but still need an explanation from our minds?

⾼灵: 那是因为你们还有⼀个物质⾁体啊.你这么想,你把它分开.你这个物质⾁体就好像是⼀只狗⼀样.那你是主⼈,你跟这个狗,你们俩要(合作).那呢个狗只去追逐⼀些它能看到的.那呢些它看不到的东西,你给它描述的再呢个什么,它有概念吗? 它并没有概念,明⽩吗? 所以说它还是需要实实在在的,它眼前能看的到、闻的到、摸的到的⼀些东西来让它去focus on,或者去⾏动或者是怎样.

The reason is that you still have a physical body. If you think like this, then separate it. Your physical body is like a dog. You are the master, and both of you need to cooperate. That dog only chases what it can see. For things it cannot see, no matter how you describe them, does it understand them conceptually? It doesn't understand because it needs tangible, immediate realities that it can actually perceive with its senses - sights, smells, touches - for it to focus on or act upon.

问: 那我们要怎么样训练⼤脑,就⽐如说在显化的过程中在创在的过程中外界没有这样的条件,需要你内在的强⼤的信任还有允许.然后头脑就会有很多的问题或者是恐惧.这种时候我们要怎么样去说服头脑,让它去相信能量层⾯已经存在了我们想要去体验的这些体验呢?

Questioner: So, how do we train our brain, for example, during manifestation or creation when there are no external conditions, requiring instead a strong inner trust and acceptance? During such times, the mind may have many questions or fears. How do we persuade the mind to believe that the energetic level already contains the experiences we desire to experience?

⾼灵: 你⾸先要知道头脑它会想要⼀些实实在在的看得到、摸的到的⼀些东西.所以你就可以从⼩的,这么说吧,呢个狗狗你在跟它描述⼀个事情它不知道你说什么,对不对? 那你是不是可以在没有东西之前先给它画个画? 它是⼀个图⽚,你可以拿⼀个照⽚,你说: ⾁包⼦.那你是不是可以拿个照⽚给它看⼀些包⼦? 那它⾄少能知道.你看你们呢些做⼴告的.有多少⼈只是⽤说话的⽅式? 他们更多是⽤图⽚的⽅式或者是⽤动画,就是录像就是呢些视频,这些⽅式.所以⽤这样的⽅式来….

Higher Spirit: First of all, you need to understand that the mind craves for tangible things it can see and touch. So, let's take a small example - when you're trying to communicate with a dog about something new or unknown, right? You might think they don't know what you're talking about, correct? Therefore, could you possibly draw a picture for them before there is anything physical to show them? A picture can be shown like an image, perhaps even presenting it as a photograph. If I say "steamed bun," would showing them a picture of a steamed bun help at least convey some understanding? Look at how advertisements are created - why do so many just rely on verbal communication? Most opt for visual aids or animations, videos, and such methods. Using these approaches...

问: 明⽩了.就是了解头脑的习性,然后按照它的习性去训练它是吗?

Questioner: Understood. It's about understanding the nature of the mind and then training it according to its nature, right?

⾼灵: 你的⾁体是实实在在的是吧? 是你可以摸的到的,可以感知.你的⾁体是靠什么呢? 靠你的触觉,靠你的嗅觉,靠你的视觉.那你是不是就需要创造⼀些这样⼦的来deal with?

Higher Spirit: Is your physical body real and tangible? Can you feel it, perceive it? What does your body rely on? It relies on your sense of touch, your sense of smell, and your sense of sight. So do you need to create something like this to deal with it?

问: 显化事件的最重要的因素是什么?

Questioner: What are the most important factors in manifesting events?

⾼灵: 显化事件最重要的因素就是坚持不懈的相信,⽆论你外在遇到多少让你不相信的事件.就是⽐如说你坚持不懈,你的相信并不取决于外在.⽐如说你们的头脑需要外在有⼀些证据来给你,你才会相信对不对? 那就算是⼀些反⾯的呢? 就是这些证据来证明你不⾏的呢?你还能坚持的去相信吗? 那如果你就不能去坚持的相信了,那你的头脑就赢了呀.为什么?你被这个幻像给影响了.所以就是说⽆论你遇到⼀些看似在破坏,看似就是说… 那你们有发明点灯的呢个⼈,他失败了多少次?然后呢,因为你们很多⼈因为有⼀些证据来证明你不⾏,你会失败,你⾏不通的.然后你就相信呢个答案了.然后你就觉得好像真的是⾏不通的.

Higher Spirit: The most crucial factor in manifestation events is unwavering faith, regardless of how many external events you encounter that may make you doubt. For example, your belief doesn't depend on the outside; for instance, does your mind need some external evidence to convince you before you believe? What about negative evidence that proves you can't do something? Can you still persistently believe in it? If you cannot sustain your faith, then your mind has won, right? Why? Because this illusion has influenced you. So, no matter what kind of seemingly destructive events or illusions you encounter... The person who invented the light bulb failed how many times before success? And because many people have some evidence that proves they can't succeed, you believe in that answer and feel that it is indeed unachievable.

问: 那我有⼀个问题就是因为我们体验所有的事件都是⾃⼰频率的显化.没有外界任何的神或佛把这个事件放在我们的⾯前让我们去经历.那我如果相信了⼀个事件相信了很久,然后它⼀直都没有发⽣或者发⽣了⼀些跟我相信的相反的事情.那是不是就是说我在这个时候是有什么信念或者是有什么东西是需要我去认清看到还是说我只要再接着去坚信? 还是说我还需要去做什么?

Questioner: Alright, I have a question because we experience all events as manifestations of our own frequency; there is no external god or Buddha placing these events before us for us to experience. If I believe in an event that has been believed for a long time and it doesn't happen or happens something contrary to my belief, does this mean that at this moment I have incorrect beliefs or things that need to be recognized and seen? Or do I just need to continue believing with more conviction? Or do I need to do something else?

⾼灵: 受外界影响的,并不能显化.为什么呢? 因为你都说了: 啊,外界出现了⼀些事情跟我相反的,它并没有这样发⽣.为什么你还去关注外在呢?那如果你关注外在,就说明你根本就显化不了呀.不是显化不了,你只能显化你关注的.你关注它,让你看到你失败了. OK,那你只能显化你失败了.你也显化,你只是说你显化的不是你第⼀坚信的呢个东西.其实你并不坚信它.为什么?因为你⼀直在受外界的影响.在关注外界,外界给了我什么证据,外界给我显现了什么.外界告诉我不可能,哎,失望了.那结果是不是就显化了,就成功了?你的结果还是成功的呀.你成功的是什么?你成功的就是说外界说你成功不了.那你其实你也成功了呀,你并没有失败呀.

Higher Spirit: The one affected by the external cannot manifest. Why is that so? Because you've said yourself: Oh, there are some things happening externally opposite to me, and they did not happen like that. Why are you still paying attention to the outside? If you pay attention to the outside, it means you can't actually manifest anything. Not because you can't, but because you can only manifest what you focus on. Your focus makes you see your failure. Alright, then you can only manifest failure. You also manifest, just saying that what you manifested is not the first thing you strongly believed in. In fact, you didn't strongly believe in it at all. Why? Because you've been constantly affected by the external world. The evidence given to you by the outside, the manifestation shown to you by the outside, and the outside telling you it's impossible. Oh, disappointment. Does that result manifest or is it successful now? Your outcome was still successful. What did you succeed in? You succeeded in saying that the outside told you you couldn't succeed. So, in fact, you also succeeded. You didn't fail after all.

所以就是说你们根本就不需要carewhat’shappened outside? 就是外界怎么说、怎么做、怎么显现,you don’t care at all.你就是完完全全的就好像是: 切,谁在乎.就好像是你完全都不在乎.为什么? 因为呢不是你呢个什么的,明⽩吗? 如果你去在乎了,你动摇了,你又如何显化呢?那你显化出来的也是你动摇的东西呀.所以其实不是说你们不能显化,你们⼀直在显化.只是说你们显化的呢些东西的确是你们内在的⼀个状态⽽已.

So it's like you don't need to care about what's happening outside? It doesn't matter what they say, do, or show; you just completely disregard it all. You're essentially thinking, "Who cares?" as if you are utterly indifferent. Why is that? Because you know how things work, right? If you start caring and get摇动 (doubting), how can you manifest anything? Your manifestation would then reflect your own doubt. So actually, it's not like you can't manifest; you've been doing it all along. It's just that the things you're manifesting are indeed a state within you.

问: 我越来越懂你在说什么了.然后下⼀个问题是有些预⾔家为什么可以很很准确的预⾔,然后还可以预⾔⼀个⼈的死亡?

Questioner: I'm starting to understand you better. The next question is why some prophets can predict very accurately and also predict the death of a person?

⾼灵: ⾸先跟你们说他这并不是预⾔.预⾔就是说还没有发⽣的事情,但是所有的事情它就是已经发⽣在当下了.就好像是⼀部戏它其实已经拍好了,对吧? 它所有的情节它已经是演练,已经拍好了.那只是你⾃⼰还没有看到呢⾥⽽已啊.所以这不叫预⾔.只是说对你们来 (说你们要)经历,你们是因为你们要经历⼀个线性的时间,对你们来说呢才叫预⾔,对你的头脑来说它这是预⾔.但是实际上它这是预⾔吗? 不是呀.

Higher Spirit: First of all, let me clarify that this is not a prophecy. A prophecy refers to events that have not yet occurred, but everything has already happened in the present moment. It's like a movie that has already been filmed, right? All its scenes have already been rehearsed and filmed. You simply haven't seen it yet. So this isn't called a prophecy. It's just indicating what you're going to experience. You are experiencing because you need to go through a linear timeline for yourselves. To your mind, it seems like a prophecy, but is this actually a prophecy? No.

问: 明⽩了.但是虽然说未来存在很多种可能性,就像你们,你们也从来不做任何的预⾔.但是物质世界有些这些所谓的预⾔在我们看来好像就很准.为什么他们就可以在这么多可能性⾥,把呢个可能性说出来后就很准呢?

Questioner: I see. But while acknowledging the multitude of possibilities for the future, like you, you never make any predictions. Yet, in our perception, certain so-called prophecies about the material world seem very accurate. Why can they pinpoint one possibility out of all these options and be correct after stating it?

⾼灵: 这么说吧,你⾸先你⾃⼰会… ⽐如说你的将来会体验到什么,所谓的将来啊,就是⽐如说你现在已经锁定了你的⼀个能量状态,你的⼀个意识程度.它已经锁定了⼀条线,⼀个世界.它已经是按照这条,就是你已经选择了这条路线对不对? 你已经选择了这个路线,那他们能感知到你选择的这个路线前⾯会遇到什么.你会是如果在你没有觉知,如果你没有不断地去… 就是你还不知道游戏规则,你只是程序⾥⾯的⼀个.那呢就是你会遇到的⼀些.为什么我们不预⾔? 是因为我们在给你传递信息的这⼀切,你的命运已经改变了,明⽩吗? 因为当你在听我的这个信息的时候,然后你的意识,你的内在就在发⽣变化.就⽐如说我刚刚在跟你说显化的呢个点,对吧?

Spirit: Let me put it this way, you first experience... For example, what the future holds for you, the so-called future being that you have locked your energy state and level of consciousness to. It has locked onto a line, a world. You've chosen this path, right? You've made this choice, then they can perceive what lies ahead on the route you chose. If you're unaware or don't continuously... Without knowing the rules of the game, just part of the program, you'll encounter these things. Why do we not predict? It's because all the information being sent to you has already altered your destiny, understand? As you listen to my message and your consciousness changes internally, for instance, when I was just discussing the manifestation point with you.

如何显化? 那在你没有听到这个信息之前你是⼀个命运的.在你听到了显化的秘诀也好,法则也好,⽆论你怎么说它,你的命运又不⼀样了,你的命运轨迹又不⼀样了,明⽩吗? 因为你之前,在没有听到我的信息你可能经历了⼏次你就放弃了.你在听到我的信息过后,你⽆论经历多少次你并没有放弃.因为you don’t care, 你不在乎.You know what you want.这是不是两条完全不⼀样的线路? 完全不⼀样的命运状态.

How to materialize? Before you heard this information, you were a fate. After you heard the secrets of manifestation or the laws, no matter how you say it, your fate changed, and your trajectory in life changed, right? Because before you didn't care when you hadn't listened to my message; you might have given up after experiencing it several times. But after listening to my information, however many times you experienced it, you did not give up because you don't care anymore. You know what you want. Isn't this two completely different paths? Two completely different states of fate?

问: 为什么我右侧肋⾻的下⽅,特别是坐着的时候,经常会感觉到胀还有点痛.胀的好像有⼀股⽓要从⾥⾯出来,然后已经有⼀段时间了.现在也会有⼀点点感觉.

Questioner: Why do I often feel bloated and slightly painful in the lower part of my right rib cage, especially when sitting? It feels like there's a gas trying to escape from inside, and this sensation has been present for some time now. Occasionally, it still occurs.

⾼灵: 因为你现在⽬前的状态就有⼀点点没有很安⼼的在当下,就好像有⼀点坐⽴不安的感觉.这是你内⼼的⼀个状态.就好像你的能量状态,你就好像没有呢种特别enjoy your life, 特别enjoy everything.然后你还会觉得头脑想要找⼀些有意义的事情或者是你们所谓的有…就是 don’t waste your time,就是说你没有在浪费时间.就是你觉得worth it.你还有有⼀种很难真正的安住于当下.它会导致你有点就是这种像你刚刚描述的呢样,就是坐⽴不安.所以当你如果越来越能enjoy every moment,enjoy your life.

Soul Guide: You're not totally at peace with where you are right now, like there's a bit of unease or restlessness within you. This is an internal state. It feels as though you're not fully immersed in enjoying your life or everything around you. You might also feel that your mind wants to find meaningful pursuits – don't waste time; you're not wasting it; you think it's worth it. There's a difficulty in truly settling into the present moment. This can lead to feelings of restlessness, as described just now. So when you increasingly enjoy every moment and life itself,

然后你的⾝体它也会⼀样的more relax.

And then your body will also become similarly more relaxed.

问: 下⼀个问题是,我最近在和我⼀直在联系的男孩⼦跟他断开了.因为我知道其实我们是不合适的.但是我内⼼还是觉得很难过,然后也替他觉得很难过.但是我这个难过⼀会⼉就好了,但是过⼀阵有觉得有点难过.然后又觉得我是不是伤害了他? 我想问我要怎么样从这样的感觉⾥⾛出来?

Questioner: The next question is about me recently breaking off contact with a boy I've been in touch with because I realized we were incompatible. But my heart still feels sad, and so does his. My sadness comes and goes, but then I wonder if I hurt him. I want to know how to get over these feelings?

⾼灵: 你为什么要着急的⾛出来呢? 你没什么要否定⼀些你⾝体的感受呢? 因为⽆论所有⼀切它都只是⼀个体验和感受⽽已.它都是有意义的.就⽐如说为什么你们都想要去逃离痛苦,追求快乐?难道你要你的⾝体只感受到快乐你才能满⾜它?当然只感受到快乐呢是你们⼀种意识程度,它是⾃然⽽然就是当你达到呢种状态,那你达到了呢种状态.但是当你还没有达到呢种状态,如果你的⾝体产⽣⽐如说悲伤或者失落的情绪或者是像你这种难过的情绪.如果你去抵触它,你才开始产⽣问题.如果你不抵触它,你只是允许它.OK,如果你难过,那你就哭吧.你不去评价它,你不去评判它,你不去定义它这是不好的.

Higher Spirit: Why did you rush to come out? Is there anything in your body that you want to deny and question some of its sensations? Because at the end of the day, it's just an experience and feeling. It all has meaning. Like why do you all want to escape pain and pursue happiness? Do you think your body should only feel happiness for you to be satisfied? Of course feeling happiness is one level of awareness; it happens naturally as you reach that state. But when you have not yet reached that state, if your body generates feelings like sadness or disappointment, or this type of sorrowful emotion. If you resist it, then issues start to occur. If you don't resist it, you just let it be. OK, if you're sad, cry. Don't judge it, don't criticize it, and don't define it as bad.

然后你就会发现这股能量因为没有你外在的⼲扰,它就会很轻易地通过你、流过你,明⽩吗?就好像⼀个⼩孩⼦他⼀哭,你不能哭,你为什么哭? 你不能哭.啪啪啪.那这股能量没有在他⾝体⾥⾯畅通的流过会导致以后很多问题的.所以⽆论什么样⼦的感受让它流过你.你不去给它定义,也不去逼它要怎样.你如果不快乐,你为什么要把⾃⼰逼成⼀个假装快乐的⼈啊?

Then you will discover that this energy, once free from external interference, can easily pass through and flow around you, do you understand? It's like when a child cries; you cannot cry along with them. Why would you join in their tears? You should not shed tears for them. If this energy doesn't flow freely within someone's body, it can lead to many problems later on. Therefore, allow any feeling of it to pass through you without defining or forcing it into a particular path. Don't make yourself pretend to be happy just because you're unhappy.

问: 🗎,我明⽩你的意思.那⽐如说我对他有⼀种愧疚感.那这种感觉是要怎么样放下….?

Questioner: How do I let go of this sense of guilt toward him?

⾼灵: 你会对你们之间的关系产⽣愧疚感.愧疚是什么? 愧疚是说你觉得你没有满⾜对⽅吗?但是你存在在这个世界上是来满⾜别⼈的吗?如果是来满⾜别⼈的话,你们地球上呢么多⼈,你要都满⾜的话,你能满⾜吗? 就算是你的孩⼦,你都满⾜不了他,明⽩吗? 他只能从你们这段关系中去得到他应当得到的,去体验他应当体验的.为什么呢? 因为他只能体验他呢个世界的版本的你,明⽩吗? 他体验的不是真正的你,只能是他这个世界的版本的你.那你要如何去满⾜他? 所以说他能从你们的关系当中就是说得到什么,得到伤害也好或者得到爱也好痛苦也好.那只能是他呢边能呢个什么的.⽽且你永远满⾜不了任何⼈.你能满⾜你⾃⼰吗?

Higher Spirit: You will feel guilt about your relationship. What is guilt? Guilt is when you think you haven't met someone's expectations. But are you here on this Earth to meet other people's needs? If so, with all the people on Earth, could you possibly fulfill them all? Even if it were your child, could you satisfy him? Understand that in their relationship with you, they can only receive what is theirs to receive, experience what is theirs to experience. Why is this? Because they are experiencing a version of you from their world. You cannot fully meet others' needs; you cannot even fulfill the needs of yourself.

(回答: 我觉得不能) 你如果连你⾃⼰都满⾜不了,你为何有能⼒去满⾜他⼈? 为什么?因为你们的思想,你们想要的,你们什么什么的就… 满⾜什么? 满⾜胃⼜吧.你们的胃⼜⼀直都在变.⼩时候喜欢吃的东西你现在还喜欢吃吗? 不⼀定的.你⼩时候特别满⾜于你的⼀个洋娃娃,你现在还满⾜吗? 你⼩时候特别满⾜你妈妈的怀抱,你现在还满⾜吗? 那既然你⼀直在变,对⽅也⼀直在变.那你如何去满⾜对⽅⼀直在变的⼀个状态?

Answer: I feel that if you can't even satisfy yourself, how do you have the ability to satisfy others? Why? Because your thoughts, what you desire, your...satisfies what? Satisfies your appetite. Your appetite keeps changing. Do you still like the same things you used to eat when you were young? Not necessarily. When you were a child and you were very satisfied with your doll, are you still satisfied now? Are you still satisfied with your mother's embrace as a child? Since you keep changing, and they keep changing too, how do you plan on satisfying the continuously changing state of someone else?

问: 那⽐如说对于放⼿这件事我可能还有⽐如说20%的恐惧,就是⽐如说进⼊到⼀个新的不同的未知的状态⾥.那这个是不是也是⾝体和头脑对于不了解的事情,对于未知⾃然的⼀种恐惧? 然后我去允许它就好?

Questioner: For example, I might still have about 20% fear regarding letting go, such as entering a new and different unknown state. Is this also the body and mind's fear of the unfamiliar and the natural fear of the unknown? Then, by allowing it, is that the solution?

⾼灵: 你说放⼿? 放⼿什么?

Higher Spirit: You said release your hands? Release what?

问: 就是⽐如说放⼿这段关系,然后重新回到….

Questioner: Say, letting go of this relationship and then returning to...

⾼灵: 你觉得你之前这段关系是被你抓住在⼿上的吗? (回答: 并不是) 那为什么何来的放⼿呢?你从来都没有抓住的⼀个东西,你为何说放⼿呢? 就像⼀条河,呢个河⽔⼀直在往下流,⼀直在流动中.你想要抓住它,你能抓的住吗? 你想你连你的⽣命你都不能抓住.你能抓住你的⽣命、你能抓住你的年龄、你能抓住你的青春吗? 你能抓住你的青少年时期吗? 你能吗? 那你抓不住,你又何来说放⼿呢? 所以呢只是你⾃⼰给⾃⼰头脑⾥⾯设的⼀个束缚,⼀个卡点.就是⾃⼰给⾃⼰弄了⼀个牢笼在⾥⾯.就好像⾃嗨⼀样,你⾃⼰觉得事情是这样⼦的.但是根本就没有看到事情到底是怎么样⼦的.

Higher Spirit: Do you feel that the previous relationship was something you had control over? (Answer: No) But why talk about letting go? You never really controlled anything, yet you say you're letting it go. Like a river, where the water continuously flows downward and moves on. If you want to catch it, can you actually grasp it? You think that even your own life is ungraspable. Can you hold onto your life, age, youth? Your teenage years? Can you do that? But if you cannot grab onto them, why speak of letting go? So, this is just a self-imposed constraint in your mind—a blockage—that you have set upon yourself like building a cage inside. You're just indulging in self-entertainment, believing things to be so, but not truly seeing how they actually are.

问: 我前段时间莫名其妙的不知道带了什么⼩⾍⼦回家,然后就把我咬的很厉害.然后⽤药之后好了很多,但是还是有被咬.我想问⼀下我为什么显化这样的事情到我的⽣命⾥来? 我如果只是去转换状态,不关注⾍⼦的话,它能消失吗?

Questioner: I unknowingly brought some bugs home recently, which bit me severely. After taking medicine, the situation improved significantly, but I'm still being bitten. I want to know why these things manifest in my life. If I just change my state without focusing on getting rid of the bugs, will they disappear?

⾼灵: ⾸先我这么说吧,事情并没有好的和坏的.但是你可以让这个事情如何的服务于你呢?你可以让它就是说如何在⼀种有特别多的⼲扰下⾯,⽽保持⼀份宁静的⼼? 并不说没有⼲扰你才能达到⼀个enjoy life或者享受或者舒服的⼀个状态,⼼⾥舒服.那这样谁都很好做到呀,对吧? 那如果是外在有很多很多的⼲扰和影响,你还能保持⼀颗宁静和安静、享受⽣命的⼼.那你是不是意识程度就很⾼? 这是两种不同的状态,明⽩吗? 那是不是说明你已经不依靠外在来让内在达到⼀种peace的状态?

Higher Spirit: Firstly, I'll say this - there is no good and bad in the situation. But you can determine how it serves you. You can ask yourself how to maintain a calm heart amidst so much distraction? Not that you need to be without distraction to enjoy life or feel comfortable - just mentally comfortable. And yet, anyone can achieve this state easily, right? If there are many external distractions and influences, but you're still able to keep a peaceful, quiet mind that enjoys life, doesn't that mean your level of awareness is high? These are two different states, understand? Does that mean you're no longer relying on the outside world to reach an internal state of peace?

问: 那如果我达到了你说的这个状态,那⼩⾍⼦会因为这样的状态消失吗?

Questioner: But if I reach the state you described, would the worm disappear due to such a condition?

⾼灵: 就是说当你真正的去达到了内⼼enjoy的⼀个状态,然后外在的事件会不会变吗? 你都不会关⼼外在的事件变不变了.为什么? 因为对你来说你不存在这个问题,你不存在有⼲扰这个问题.它们只是你⽣命的⼀部分,⽆论什么事情,明⽩吗? 就是你脑⼦⾥⾯不再去产⽣这个问题,它不再是个问题来困扰你了.那有的⼈他⽣命中发⽣的⼀些事情,他觉得这个是问题这个是问题这个是问题.他不断地就是来把它说怎么解决怎么解决.同样的⽣活发⽣在别⼈的⽣命⾥⾯,就好像我们之前经常举的⼀个例⼦.同样⼈家门⼜⼀坨粪便,你门⼜⼀堆粪便.你天天在呢抱怨,你的粪便又臭又恶⼼.那⼈家早已经把呢个粪便⽤在他花园⾥⾯的菜和花⾥⾯了.

Higher Spirit: That is to say, when you truly achieve a state of inner enjoyment, will the external events change? You no longer care about whether the external events change. Why is that? Because for you, there's no such issue, and there are no distractions from this issue. They are merely part of your life, regardless of what happens, understand? It means that the question no longer arises in your mind—it ceases to be a problem bothering you anymore. Now, some people feel that certain things happening in their lives are problems; they keep saying how to solve them and how to address them continuously. This is akin to our frequent examples where something occurs to others, like when someone's doorstep has a pile of feces, just as yours does. You complain about it every day, finding your own feces smelly and disgusting. Meanwhile, that person has already incorporated the feces into their garden vegetables and flowers.

花长的很好,菜长的很好,明⽩吗? 因为当你把你的⼼思花在…⽐如说你现在在做着你喜欢、激情的事情,是吧? 因为你在通灵,你在获取这些信息,这些信息是你感兴趣的,对不对? 你还会想到虱⼦的事吗? 那如果你的每个状态都是在这样的状态下呢? 你还会受你的⾝体或者是外在其它⼲扰吗? 不会.因为你完全是在另外⼀种频率,明⽩吗?

The flowers grow well, the vegetables grow well, do you understand? Because when you put your mind on... say for example you're doing something that you like, passionate about, right? You're channeling, getting this information, this information is of interest to you, correct? Would you still think about lice? And if every state you are in is in such a state, would you be affected by your body or external other disturbances? No. Because you're completely on another frequency, do you understand?

问: 那我能不能理解成我带回来的⼩⾍⼦是虱⼦吗? 因为我不知道它是什么?

Questioner: Can I understand that the lice I brought back are actually lice, since I don't know what they are?

⾼灵: 这么说吧,你体验⾍⼦的时候是⼀个频率,你体验不到它的时候是⼀个频率.就⽐如你现在的频率和你annoying的时候是两个不同的频率.你能明⽩吗? ⼀个频率⽐如说是在 100,⼀个是在20.那如果你能保持都在100的状态呢? 那20的频率你就体验不到了.

Spirit: Alright, when you experience the worm, it's at one frequency, and when you can't experience it, it's at another frequency. For instance, your current frequency is different from when you annoy people. Can you understand? One frequency might be 100, while the other could be 20. If you manage to stay in a 100 state, then you wouldn't be able to experience anything at 20 frequency anymore.

问:这个也是我下⼀个问题想问的,就是这个存在状态.因为我看了很多吸引⼒法则运⽤的很厉害的这些⼈.他们都在说转换眼前画⾯最主要的就是我们的存在状态.那⽐如说我现在的状态是100,但是外界有很多的⼲扰.有没有什么秘诀或者是关键可以让这个状态持续?我持续散发这个频率? 从⽽可以体验新的画⾯?

Questioner: This is actually the next question I wanted to ask, which concerns this state of existence. I've observed many individuals who effectively utilize the Law of Attraction and they all emphasize that transforming our current scene largely depends on our state of being. For instance, if my present state is 100, but there are numerous external disturbances. Are there any secrets or keys to maintain this state? To continuously emit this frequency in order to experience a new scene?

⾼灵: 也就是说你20的时候体验的画⾯你怎么样可以转换到100是吧?

In other words, how can you translate your experience of a scene at age 20 to age 100?

问: 对.然后到100的时候我怎么样可以维持在100⽽不是⼀下就掉下去了?

Questioner: Alright, then how can I maintain it at 100 instead of dropping down immediately when I reach it?

⾼灵:⾸先你要知道你的外在实际上没有什么变化的.你重要的是你⾃⼰.当你就是说,就这么说吧,我刚才举的呢个例⼦就是门⼜有⼀堆粪便.那⼀个⼈他是拿粪便来做成肥料.他说:’哇,⽼天总是把我最需要的东西给了我.我正好花园⾥⾯需要肥料,我把它⽤到我的花园⾥⾯.看,我的花长的多好’.对不对? 那另⼀个⼈骂骂咧咧的: ‘⽼天总是把这些恶⼼的事情摆在我⾯前’.你说他们谁是对的谁是错的? 他们都是对的.没有哪个是对和错,好和坏.他们得到的都是⼀样的,明⽩吗? 那当你的认知,就是说… ⽐如说我们⼀直说不要把事件定义成好和坏?那当你⼀直觉得,⽐如你的信念觉得⽼天什么都是来害你的,总是把你恶⼼的事情摆到你⾯前.

Higher Spirit: Firstly, you need to understand that your external reality doesn't change much. What matters is yourself. When you say it this way, let's just put it like this: I took an example where the door had a pile of excrement on it. That person used the dung as fertilizer. He said, 'Wow, life always gives me what I need most.恰好 my garden needed fertilizer, so I used it in my garden. See how well my flowers are growing.' Right? The other person complained, 'Life always puts disgusting things in front of me.' Who is right and who is wrong? They are both correct. There is no right or wrong, good or bad. They receive the same thing, understand? When your cognition, that is… For instance, we've been saying not to define events as good or bad. But when you keep thinking that your beliefs feel like life is always harming you and putting disgusting things in front of you.

和⼀个⽼天总是来帮我的,把所有好东西都送到我⾯前,我需要的都送到我⾯前.⼀个是把粪便定义成坏的事情,⼀个是定义成好的事情.那你说他们画⾯是怎么变的?

And consider this: one person always has the sky on their side, with all good things being brought to them and everything they need already at hand. The other defines feces as a negative thing and defines it as something positive. How would you describe the change in their imagery?

问:我明⽩了,那我下⼀个问题其实就跟这个也很像.我看了⼀些⼈去参加了吸引⼒法则的课程,然后他们的⽼师就很厉害.⽐如说我吧,通过学习我们的通灵信息对我的帮助真的⾮常的⼤.但是这些学习吸引⼒法则的学⽣,他们也不是说学了多少灵性的知识,但是他们却可以通过学习这些所谓的techniques能够⾮常快的显化.⽐如车啊、钱啊、房⼦啊、旅⾏啊.他们快的可以⼏分钟,⼏个⼩时,⼏天或者⼏个星期.我想问的是,我们这些学习灵性知识,提升⾃⼰的意识,转换⾃⼰的状态和这些学习吸引⼒法则的学⽣到底差在了哪⾥?为什么他们就可以这么快的显化,就是改变眼前的画⾯?

Questioner: I understand that. So my next question is quite similar to this. I've observed some individuals attending classes on the Law of Attraction, and their instructors are impressive. For example, the spiritual insights from our studies have significantly helped me. However, these students learning about the Law of Attraction aren't necessarily acquiring a vast amount of spiritual knowledge, but they can still rapidly manifest through learning these so-called techniques. Things like cars, money, houses, traveling, etc., can be manifested within minutes, hours, days, or weeks for them. The question I have is: Between those who learn about spiritual knowledge and elevate their consciousness as well as changing their state compared to these students of the Law of Attraction, what is the difference? Why are they able to manifest so quickly and change the current picture in front of them?

⾼灵: 因为他们有的他只是坚信,他很少有头脑参与去分析这个可不可⾏,这个能不能实现.就是很少有怀疑的态度在⾥⾯,明⽩吗? 那也有很多很多并没有呢个什么,他们没有分享⽽已.或者分享了,他们不在你关注的范围⾥⽽已.为什么? 因为你关注的都是成功,他们所谓的成功的⼀些案例⾥⾯,明⽩吗? 这个就好像⽐如说有些⼈开车他出车祸,有些⼈没出车祸.但是你总是去关注这些出车祸的,你就会觉得车祸率特别⾼.呢些没出车祸的,你没有兴趣去关注他们.那这个东西就是在你觉得案例⾥⾯显化的就是越来越多,越来越多来呈现给你.所以说外在它没有什么真的和假的,对的和错的,呢只是属于他们创造的⼀个世界.

Higher Spirit: Because some of them just hold firm belief, they seldom involve their minds in analyzing whether it's feasible or possible to achieve this. There is very little doubt involved; understand? But there are also many others who simply don't share; or perhaps they do, but not within your scope of interest. Why is that? Because you focus on success; the cases they consider as successful ones. Understand? This is similar to how some people drive cars and get into accidents while others don't. However, you always tend to focus on those who have accidents, which makes you think that the accident rate is unusually high. Those who haven't had accidents are not of your interest. That's what happens within the cases you consider; they appear increasingly more. So externally, there's nothing truly real or false, right or wrong; it's just a world created by them.

但是真正的我刚才告诉你并不是说你不能显化,⽽是你显化的就是你的状态或者你相信的呢个状态,你觉得不成功,哎呀不太⾏,怀疑.那你不是也成功了吗? 明⽩吗? 所以并不是说你们哪些⼈显化特别快,特别厉害或者怎么怎么样.你们都在显化.你们显化的都是你们当下的⼀个状态⽽已.

But the real me just now was telling you that it's not about whether you can't manifest; rather, it's about what you are manifesting – your state or the state you believe in – and you feel it fails. You say, oh no, it doesn't work, doubt creeps in. But haven't you already succeeded? Understand? It's not about who manifests particularly quickly or with great skill among you. You are all manifesting. What you're manifesting is simply your current state.

问: 然后我的下⼀个问题是我其实是需要重新出去⼯作赚钱的.我昨天接到⼀个朋友的电话,她很突然的想要介绍⼀个⼯作给我,但是被我拒绝了.⼀⽅⾯我觉得这是宇宙在这个是时候来送钱给我,⼀⽅⾯我又觉得这个不是我⼀直想要让它进⼊我⽣命的⼯作.我想问的是这个是不是还是对我⾃⼰的不够坚定,⼀⽅⾯拒绝了,但是我还是有担⼼.我不知道要怎么问你这个问题…⾼灵: 外在没有好和不好,这⼀个⼯作它能变成好的,也能变成不好的,明⽩吗? 它可以变成

Questioner: Then my next question is that I actually need to go back out and earn money. Yesterday, a friend called me suddenly wanting to introduce me to a job, which I refused. On one hand, I feel like this is the universe providing me with money at this time, while on the other hand, I feel it's not the kind of work that I've been wishing to enter my life. I want to know if this indicates a lack of firmness in myself; I'm refusing but still worried. I don't know how to ask you this question... Higher Spirit: There is no right or wrong with the external world. This job could become good, or it could become bad. Understand? It can become

⼀个改变你⽣命的契机,它也可能变成⼀个你讨厌的契机,它都有可能.那⾛向哪⼀个结果是根据你⾃⼰的⼀个能量状态,你的⼀个频率,你的⼀个意识状态.你的⼀些信念,你的⼀些认知决定了它会⾛向哪⼀条路,明⽩吗? 所以它的结果不是 ‘哎呀,我告诉你呢个结果是不⾏的,呢个结果是不适合你的’ 不是的.⽽是说它既⾮常好也⾮常不好.为什么呢? 你⾛向哪⼀个结果是你⾃⼰,因为你觉得它好它就好,你觉得它不好它就不好.(你觉得)它是来考验你的,它就是来考验你的.你能理解这层意思吗?不是外在定了呢个结果在呢⾥,摆放给你,就是有⼀个固定的结果在呢⾥.⽽是说它都是在的.然后⾄于你在哪⼀个时间线上, OK,我说平⾏世界吧.

A chance to change your life, it could also become a disliked opportunity; both possibilities exist. The outcome走向哪 one of these results depends on your own energy state, your frequency, and your consciousness state. It's determined by your beliefs and your perceptions, which path it will take. Do you understand? Therefore, the result is not 'oh no, this result doesn't suit you', it's not fixed that way. Rather, it can be both very good and very bad. Why is that? The outcome走向哪 one of these results depends on you because you perceive it as such - if you think it's good, then it is; if you think it's bad, then it isn't. You see it as a test for you, and indeed, it serves as a test. Can you understand this concept? It's not that an external result has been predetermined and placed in front of you with a fixed outcome out there. Rather, the possibilities are all present, and it's just about which timeline you find yourself on. Let's say you're considering parallel universes for the sake of argument.

⾄于你体验哪⼀个平⾏世界,它是取决于你⾃⼰的⼀个能量状态.就好像刚才我跟你说⽼天掉了⼀堆粪便在你门⼜,那你觉得是⽼天送你的礼物,那你就体验到了它送你的礼物,你就可以把它变成礼物.来让你的花长的特别漂亮,让你的蔬菜长的肥沃.那你觉得它是来恶⼼你的,那它就是来恶⼼你的.你告诉我⽼天掉⼀堆粪在你⾯前是好还是不好? 它取决于什么? 取决于你⾃⼰.⽽且你的头脑….🗎… 为什么你不问问你⾃⼰? 为什么你要把它就是说定义成⼀个这不是我想要的?你怎么知道这个事情会往什么⽅向发展呢?那如果你给它说了这不是我想要的,那你经历的就不是你想要的,就算你进去了.为什么?因为你的头脑告诉你这不是你想要的.

To the parallel universe you experience, it depends on your own energy state. Just like when I told you just now that heaven spit a pile of excrement in front of your door, if you think it's a gift from heaven, then you experience its gift. You can turn this into a gift to make your flowers bloom beautifully and your vegetables grow fertile. If you think it comes to make you feel nauseous, then it is indeed to make you feel sick. I ask, is it good or bad for heaven to drop a pile of feces in front of you? It depends on what? It depends on yourself. And yet…🗎… Why don't you ask yourself why? Why do you define this as not being what I want? How can you know how things will develop? If you say it's not what you want, then the experience you have is not what you desire, even if you step into it. Why? Because your mind tells you that it isn't what you want.

你已经把这个事件体验的结果,就是你已经选择了呢个结果.我们告诉你们就是说因果关系,它不是在你的什么什么才出现呢个果.就是当你的意识,当你的意念,当你这么去呢个什么的时候,你就已经选择了果,明⽩吗?这就是为什么不要去给⼀些事件给它⼀些不好的定义.如果不想体验不好,就是你所谓的不好.那你就不要给它这个定义.如果呢是你想要体验的,你随便你想要怎么样体验,你就怎么样定义.如果不是你想要呢个什么的,那how about,你就可以这么说 I’m so exciting,I’m exciting about eveything whatever happened. 就是⽆论什么,你就是⼀种兴奋的状态.

You have already experienced the outcome of this event, which means you have chosen that result. We tell you about causality, it's not the fruit that appears at some point when your what-what is. It's when your consciousness, your intention, when you do so-and-so, you've already chosen the fruit. Understand? This is why don't give certain events negative definitions. If you don't want to experience something bad, which is what you consider bad. Don't give it that definition. If it's what you wish to experience, you can define it however you like. If it's not what you wish for, how about this: I'm so excited, I'm excited about everything whatever happened. Regardless of what it was, you're in an excited state.

你就像是个⼩朋友要开礼物⼀样,我要看看⽼天要给我送来什么礼物,要给我带来什么礼物.然后你不去给你的结果做任何假设,执着于任何你的头脑.因为为什么?你的头脑是不知情的你要知道.因为如果你说你头脑是知情的话,那你取决于什么? 取决于你过去的经验: 啊,我曾经做过⼀份这样的⼯作,我根本就不喜欢它.那你是不是你就在你的程序⾥⾯了?你就活在你的定义⾥⾯了.你永远都不可能有创新,你永远都不可能有新的⼈⽣.我的意思就是说可以通过这⼀个事件,然后通过你头脑⾥⾯产⽣的念头.你可以很好的来认清⾃⼰.为什么⼀个事情还没有发⽣你就给它了不好的定义? 就说这不是你想要的.OK,这不是你想要的你取决于什么?

You're like a child about to open gifts, wanting to see what blessings the heavens will give me and what treasures they might bestow upon me. You don't make any assumptions about your outcomes; you stay rooted in your mind because why? Your mind is uninformed and you need to know that. If you say your mind knows, then what are you dependent on? You're dependent on your past experiences: oh, I've done a job like this before, and I hated it. So do you get stuck in your programmed ways or live by your definition? You'll never have innovation, you'll never have a new life. This means that through an event and the thoughts generated within your mind, you can better understand yourself. Why define something negatively before it happens? It's not what you want, right? So, what are you dependent on?

取决于你的过去对不对?那取决于你的过去你就活在你的经验⾥⾯,你根本就没有新的⽣命,你是死的.那你就是⼀个死亡的状态.

Does it depend on your past? Well, if it does, then you live in your experiences, you have no new life at all, you're dead. You're in a state of death.

问: 我明⽩你的问题了,那我就有另外⼀个问题.因为我确实是因为过去的经验来判断它不是我想要的.但是我们通灵的时候⼀直在说只去做你的喜欢的,不要做任何你不喜欢的…⾼灵: 那问题是现在你的头脑限制了它呀.你的头脑把它定义成不喜欢的呀.那如果你不给它定义呢? 你只是去体验呢? 你只是就是说,头脑⾥说: how exciting! 我的⼈⽣充满了惊喜.像⼩孩⼦⼀样充满了惊喜去期待.所以你能看到你的⼀些观念是如何的影响着你.

Questioner: I understand your question now, so let me ask you another one. Because I actually made a judgment based on my past experiences that it's not what I want. But when we're channeling, we always say to just do what you like and don't do anything you dislike... Higher Spirit: The problem is, your mind is restricting this now. Your mind defines it as something you dislike. But if you don't define it? If you just experience it? You simply say, "How exciting!" Your life is full of surprises, like a child filled with excitement for what's to come. So you can see how your beliefs are impacting you.

问: 我能看到.可是我就是有⼀个点就是说只去做你喜欢的,不去做你不喜欢的.那如果是这样的话吗,我们是不是可以做所有的事情,不管这个事情在现在这个点我们判断是喜欢它还是不喜欢它.我们只是给它⼀个积极的定义,就像呢坨粪便⼀样,我可以把它变成肥料.那我们就可以接受⼀切了….?

Questioner: I can see it. But there's a point for me that is to do only what you like and not what you dislike. If that were the case, would we be able to do everything, regardless of whether this thing at this moment is judged as something we like or dislike? We just give it a positive definition, like dung, I can turn it into fertilizer. Then, we could accept anything...?

⾼灵: 你⾸先要知道你的⾝体,你的头脑,你还没有完完全全的去认识你的⾝体.就是你的⾝体产⽣的⼀些好、恶,它来⾃于什么?来⾃于你的经验.就好像你现在是在跟你的⾝体打交道,你们俩是要打交道来⼀起做⼀些事情.但是你对它的认知都不够.那你可以通过你头脑⾥⾯产⽣的⼀些想法啊,⾝体产⽣的⼀些反应啊,来去认识它.你去认识它过后,你们才更好的(合作).我们先不说这个事情它到底是好还是不好.⾸先这个事情它已经服务到你了.为什么?因为你把这⼀堆信息带出来.这⼀堆信息就⾜以让你看到你到底死在哪⾥的,你卡在哪⾥的.它就是⼀件正⾯的事情.因为为什么? 当你的卡点越来越少的时候, 你是不是就很顺畅在你⾃⼰⽣命的道路上⾯.

Higher Spirit: The first thing you need to understand is your body and mind. You haven't fully comprehended them yet. It's about understanding where the positive or negative feelings come from within your body; they stem from your experiences. Right now, you're dealing with your body, as both of you are working together on certain tasks. However, your understanding of it isn't sufficient enough. Through thoughts generated by your mind and reactions produced by your body, you can recognize these aspects better. Once you have a deeper insight into them, you will work more effectively together. We don't discuss whether this is good or bad yet; what's important is that this experience has already served you. Why? Because it brings out a vast amount of information which allows you to see where you're stuck or where you've died within yourself. It's a positive thing because as your points of stagnation decrease, you'll find your journey in life becoming smoother.

那你说你在⽣命的道路,你往下流的时候,河流,你这⾥卡⼀下,呢⾥卡⼀下,不断地卡.那你根本就流不顺畅呀.你⼈⽣充满了阻碍,你会觉得它不是呢种充满了喜悦、轻松、愉快的⼀个状态.如果每⼀个卡点你都能把它移开,通过每⼀个卡点你都能把它挪开的话.那你是不是就会越来越顺畅.那这样是不是每⼀个卡点它都是来正⾯服务于你.

Chinese: 那你说你在生命的道路，你往下流的时候，河流，你这里卡了一下，那里卡了一下，不断地卡。那你根本就流不顺畅呀。你人生充满了阻碍，你会觉得它不是那种充满了喜悦、轻松、愉快的一个状态。如果每一个卡点你都能把它移开，通过每一个卡点你都能把它挪开的话。那你是不是就会越来越顺畅。那这样是不是每一个卡点它都是来正面服务于你的。

When you're traveling down the path of life, and the river gets stuck here and there, continuously getting caught up. You can't possibly flow smoothly under those circumstances. Your life is filled with obstacles that make it feel like a state devoid of joy, ease, or happiness. If for every obstacle you could move it away, if each barrier could be overcome when encountered – wouldn't your journey become increasingly smooth? Would this not mean that every obstacle serves to positively assist you along the way?

问: 那我能不能理解成为即便是我放弃了这个机会,我⼀样可以有更好的选择,只要我坚信?

Questioner: So can I understand that even if I放弃this opportunity, I still have better choices, as long as I believe in myself?

⽽不是说我听完这个信息我就想: 哎呀,我是不是做错了⼀个选择?

And not that I listen to this message and think: Oh no, did I make the wrong choice?

⾼灵: 所有的事件,所有的外在事件还有所有的⼈或者什么什么⼀切.它都像⼀个镜⼦⼀样来帮你看清你⾃⼰.那这个事件,你的⼼⾥的⼀些想法,你的⼀些感受、观念,那是不是在通过我们这次交流也帮你看清楚你⾃⼰的⼀些卡点? 那是不是它就在正⾯的服务于你? 因为你的头脑,如果当你在说: 哎呀,这次机会我放过了,会不会怎样.那你就是活在你的头脑⾥⾯.因为你们的头脑永远在找对⾃⼰最有利的,怕⾃⼰错过.

Higher Spirit: All events, all external events and all of you or whatever else, they are like a mirror to help you see yourself. Is this event, your inner thoughts, your feelings and concepts, is it helping you understand your own blockages through our communication? Is it serving you in the right direction because if you say, "Oh, I missed this opportunity, what will happen," then you are living in your mind. Because your minds always seek what's best for themselves, fearing they might miss out.

问: 对,因为我听完你给我说的这些信息过后,我就⽴马会有⼀种我是不是错过了什么.

Questioner: Yes, because after hearing all the information you've told me, I immediately feel like I might have missed something.

⾼灵: 你不会错过任何.你不会错过任何.如果你在分析这个是不是很好的机会被我错过的话,那就是你又回到你的头脑⾥⾯了呀.因为你的头脑它才会去各种分析,各种就是最好的决策… 你要知道你的⽣命不是你的头脑它能看到的,它能选择的.你们就是进⼊在⼀个头脑的模式⾥⾯.所以你只是需要越来越信任,⽆论什么事情它发⽣在你的⽣命当中.它都像⼀个镜⼦⼀样,它帮你从360度⾥⾥外外每个⾓落都来让你去看到你⾃⼰哪⾥有堵塞的地⽅.你现在是不是就像⼀个放⼤镜看你⾥⾯,这个器官⾥⾯有没有堵塞,呢⾥有没有堵塞.这⾥堵塞了,那我把它拿掉.那当我们把你器官⾥⾯堵塞的地⽅把它越来越都通掉的话,畅通过后.

Higher Spirit: You won't miss anything. If you're analyzing whether this is a good opportunity that I might have missed, then it means your mind has wandered back into itself again. Because only your mind will engage in various analyses and determinations of what would be the best decision. You need to understand that your life isn't seen or chosen by your mind—it's beyond its capacity. You are immersed in a pattern of thinking. So you just need to trust more, whatever happens in your life. It all acts as a mirror, reflecting every corner from inside and out, showing you where there might be blockages within you. Are you now examining like a magnifying glass each organ to see if there's any blockage? If it's blocked here, remove it. And when we clear away the blockages in your organs one by one, the flow will become smoother.

那你的⾝体是不是就是在⼀个正常的运作的情况下.那你的⽣命就是在⼀个正常的运作下.我们要做的就是不让呢些阻碍你的⽣命在⼀个正常的运作下.你就能看到阻碍你的是什么,就是你头脑⾥⾯的⼀些东西.因为你的头脑试图去掌控,试图去make a great choice. 它⼀直试图去掌控⼀切,觉得只有我才能怎样怎样.但是如果你越来越多的去发现的话,就是你的所有这些都是在⼲涉,都是在阻碍,就是让⽔流不通.你就会慢慢的让你的头脑做你头脑的事情.让你的命运,让它的节奏来带着你.

If your body is functioning normally, and if your life is functioning normally, then what we need to do is prevent those things that hinder your life from functioning properly. You will be able to see what it is that is hindering you - it's mainly the stuff in your mind. Your mind tries to control, trying to make a great choice; it always tries to control everything and feels like only I can do this or that. But as you discover more and more, all these things are interfering, they are hindrances, they block the flow of water. You will gradually allow your mind to do what it needs to do, letting your fate carry you along with its rhythm.

问: 我明⽩了,我还有最后两个问题.下⼀个问题是我想问⼀下我要怎么做才能链接到呢个和我有紧密链接的能量?

Questioner: I understand, I have two more questions. My next question is, how do I connect to that energy which is closely linked to me?

⾼灵: 你现在是不是又在限制或者⽤你的头脑来定义什么是链接了? 那如果我告诉你,现在你就在跟这个能量对话呢? 明⽩吗? 你从这个问题你就可以看到你的⼤脑是多么的局限.那你⼤脑的局限它就限制了外在这些流向于你.因为你在局限于觉得应该⽤这个⽅式,应该像这个通灵的⼥孩⼦⼀样,她这种⽅式,应该⽤这种⽅式.

Higher Spirit: Are you limiting or defining what connection is with your mind right now? If I were to tell you that you are actually conversing with this energy, would you understand? You can see how limited your mind is from this question. Your limitations in the mind restrict the flow of external energies towards you because you feel like it should be done in a certain way, like how that psychic girl does it, and it should be done this way.

问: 最后⼀个问题是我能不能问⼀下我的⾼灵、指导灵、未来的⾃⼰,他们有什么信息是想要带给当下的我的?

Questioner: My last question is, can I ask my High Self, guiding spirits, and future self if they have any messages they want to bring to the present me?

⾼灵: 你反反复复的去听前⾯的信息,如果你能把它明⽩了,理解了,听懂了,⽽不是说ask more.我再给你说⼀个⼩时,你听不懂有什么⽤呢? 所以就前⾯的呢些信息,如果你真正的能够吃透它,真的能理解它,真的⽤这套程序来运⾏的话,那你就是在⼀个different level.那当你在⼀个different level的时候,你会有different informations,明⽩吗? 所以当你真正的就是说经过这⼀些,⽐如这个种⼦在你的内在发芽,发⽣了变化过后.它⽐如说成长成什么样⼦,你才会有下⼀步的信息.不然就算把下⼀步的信息带给你,它都是没有任何⽤的.因为它根本就没有任何这些东西出来的.

Higher Spirit: Keep going back and listening to the previous information. If you can grasp it, understand it, comprehend it, rather than saying 'ask more.' What's the point of listening for another hour if you still don't get it? Therefore, with this prior information, if you truly can absorb it, genuinely understand it, and actually use this program, then you're on a different level. When you're at that different level, you'll receive different information. Got it? Thus, after going through these stages, such as the seed sprouting within you and undergoing changes, only then will you have further steps of information. Otherwise, even if I give you the next step's information, it won't be useful because it lacks all those components.

# **2022/06/19 — 连接戴安娜 Connecting Diana**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 我想问⼀下我今⽣的使命和主题是什么?

Questioner: I'd like to know what my mission and theme are in this lifetime?

⾼灵: 你稍等.你今⽣的使命就是作为⼀个光的传播者来传播你的智慧,来传播你对真理的⼀个认知,你对真理的⼀个理解.所以你最终,就是⽆论你怎么换⼯作,你最终会⾛上这个传播的⼯作.就像光⼀样,就好像你⼿上拿了⼀个⽕把,然后让呢些在⿊暗中挣扎的⼈可以看到亮光在这⾥.你说.

Higher Spirit: Wait a moment. Your mission in this life is to serve as a disseminator of wisdom, spreading your understanding and recognition of truth. Therefore, eventually, no matter how many jobs you change, you will end up working in dissemination. Like light, like holding a torch for those struggling in the darkness so they can see the light here.

问: 下⼀个问题是什么阻碍了我的快乐?

Questioner: What is hindering my happiness?

⾼灵: 我想告诉你,这是你的⼀个过程,这是你探索的⼀个过程.为什么呢? 因为你需要这⼀点不快乐,这⼀点纠结,这⼀点⿇烦或者这⼀点不爽来让你去找到爽的路,明⽩吗?这是你学习、体验的⼀个过程,明⽩吗? 所以这并不是说… 这是你学习的⼀个过程.如果你⼀⽣下来你就没有任何这种像你说的不快乐或者是纠结或者是痛苦或者是想不通这种的体验的话,你说你如何去获得这些让你豁然开朗,让你越来越轻松,对不对?你便没有这个途径.所以你的所有这些它都好像是,这么说,绳索,困住你⾝上的绳索.你⼀点⼀点的在通过你去寻找真理的过程,⼀点⼀点的把它解开.然后你越来越轻松.所以你就不要说为什么我不轻松?

Higher Spirit: I want to tell you that this is your process of exploration and discovery. Why? Because you need a little bit of unhappiness, a pinch of confusion, some hassle or discomfort so that you can find the way to happiness. Do you understand? This is a learning and experiencing process for you, do you see? Therefore, it's not like... this is your learning process. If you were born without any such experience of unhappiness or confusion or pain or inability to understand, how would you gain insight and become more relaxed throughout the years? You wouldn't have that path available to you. So all these experiences are like ropes, chains tying you down. You unravel them step by step through your quest for truth. As you do this, you become increasingly at ease. Therefore, why should you question why you're not already feeling light and free?

那你就感受到不轻松,想要变得轻松,想要解开这些让你不轻松的东西.然后这些就会完完全全的成为你的.你不能去传播⼀些不属于你的东西,明⽩吗?那你不是跟鹦鹉⼀样吗?鹦鹉说话它不知道呢不是它的.说⼀个放屁,它也放屁,明⽩吗?所以你不能去影响到任何⼈,⼈家只把你当成是鹦鹉⼀样.

If you feel uncomfortable, you desire to be relieved of this discomfort and want to untie the things causing your unease. Once these are entirely yours, you cannot propagate what does not belong to you, understand? Would you then just be like a parrot? A parrot speaks without understanding its words; they're not its own. Saying "flatulence," it also releases flatulence, understand? Therefore, you cannot influence anyone; they would only see you as akin to a parrot.

问: 那我下⼀个问题我不知道你的回答会不会跟我这个问题是⼀样的…⾼灵: 我不… 因为在你的信息出来,我的信息出来,我不知道有任何… 会是什么信息.所以只有去⾛了才知道.你说.

Questioner: Alright, my next question is... I'm not sure if your answer will be similar to this one... Higher Spirit: No..., because when your message comes out and mine comes out, I don't know what kind of information there would be... So it's only after going through the process that we find out. You see?

问: 我明⽩了.那我下⼀个问题我想问为什么我对我⾃⼰还没有达到百分之百的信任?

Questioner: I understand. My next question is, why haven't I achieved a hundred percent trust in myself?

⾼灵: 你的⼈⽣才多少年,明⽩吗? 你们总是想⼀步到位,要⼀步到位了,你们⽣命就结束了.

Sage: How many years of life do you have, understand? You always want to achieve everything at once. If you tried to accomplish everything in one go, your life would end.

问: 那我能不能问⼀下现在对我来说我最需要放下的信念或者是念头是什么? 就是我最⼤的阻碍是什么?

Questioner: Could I inquire about what belief or thought I should let go of most, that is currently hindering me the most?

⾼灵: 就是不要着急.你就好像(没听清),它需要⼀个过程.你外在看没有变化,但是它内在⼀直在变化.所以你不要看着表⾯上没有变化⽽去着急.

Higher Spirit: Just don't rush. You're like (not listening clearly), it needs a process. You may not see changes externally, but internally it's always changing. So don't worry about the superficial lack of change and become anxious.

问: 我⾃⼰的最后⼀个问题是请问我的⾼灵和指导灵他们还有别的信息想要带给我吗?

My last question is, do my high guides and my guardian angels have any other messages they wish to convey to me?

⾼灵: 今天所有信息都是带给你的.

Higher Spirit: All information today is for you.

问: 她的第⼀个问题是她最近被过敏性⿐炎困扰,然后她想问⼀下她如何可以利⽤这个过敏的症状来正⾯的服务于她?

Questioner: Her first question was about her recent suffering from allergic rhinitis, and she wanted to know how she could use this symptom positively for herself.

⾼灵: 她如何利⽤这个过敏的症状来服务于她? 她可以去通过体验就是⾝体带来的⼀些不适,⽽不去陷⼊⾝体⾥⾯.就⽐如说因为你⾝体带来的不适是你们确确实实感受到的.它跟你们的物质体验是⼀样的,你确确实实感受到这个⼈对你愤怒的不⾏,对你发脾⽓,对你就是又吼又叫又⼤骂,他真的很恨你,对不对? 你肯定⼀般你们物质世界的⼈都会被带⼊呢个情境⾥⾯去.他们会把这个当成是真的,明⽩吗? 你就会瞬间的被拉⼊呢个⼈的世界⾥⾯,愤怒的世界⾥⾯.你会进⼊他的能量场⾥⾯.那如果你不受外在的呢个⼈的影响,你知道所有的⼀切都只是暂时的,都只是幻像.就好像昙花⼀现,就好像你扔⽯头,⽔⾥⾯出现的涟漪.

Higher Spirit: How does she utilize this allergic symptom to serve her? She can go through the experience of some bodily discomfort without getting trapped in the body. For instance, because of the bodily discomfort that you actually feel – it's the same as your physical experience – you definitely would be taken into that situation by people in your material world. They would take it as real, right? You'd instantly be pulled into their world of anger. You'd enter his energy field. If you're not affected by the external person, you know that everything is just temporary and illusory, like a fleeting moment or like throwing a stone into water and seeing ripples.

它只是… 因为呢个物理现象它⾃⼰会消失的,对不对? 那你的⾝体的症状也是不是可以给你了这样⼦的机会,让你去不被实实在在的⼀些⾝体上的⼀些症状来困扰你? 你这样是不是就能更好的来保持你⾃我的⼀些频率? 那你想⼀下,如果你能不被你⾝体的⼀些症状给困扰,你也不被外在的⼀些其他⼈的⼀些状态给影响.因为其实所有的,哪怕你是⾝体的状态它也不是⼀直的,它也只是偶尔.那就算其他⼈⽣⽓发脾⽓或者是怎样.那他状态是不是也是呢

It's just... because the physical phenomenon itself will disappear, right? Your body's symptoms also give you that opportunity to not be bothered by tangible bodily symptoms and allow you to maintain your own frequency better? If you can avoid being troubled by your body's symptoms, and are not influenced by others' external states as well. After all, your physical condition isn't constant; it's just occasional. Even if others get angry or have fits of temper, their state is also...

⼀时的? 那如果你能不被呢⼀时的状态给带偏的话.你想⼀下你们会变得多么的强⼤? 所以你像是⼀个旁观者,看着它来,看着它去.哪怕是你⾝体上的痛,⾝体上的不适感.你看着它来,看着它去.当你能在这样的状态下保持⼀种不偏离,就是你还是在你的,就是能静静的去感知⼀切.然后不进⼊⼀个,就是不被呢个状态影响.所以是你们很好的⼀个练习的机会.下⼀个问题.

For a moment? But if you can stay unaffected by that transient state, imagine how powerful you would become. So you're like an observer watching it come and go - even the physical pain or discomfort in your body. You watch as it comes and goes. When you can maintain this without deviation, that is when you are truly present, allowing everything to be experienced without getting caught up in it. This provides a great opportunity for you to practice maintaining stability of mind不受 those states influencing you. Next question.

问: 她的下⼀个问题是她是有什么样的信念导致她有这个过敏的症状?

Questioner: Her next question was about what kind of beliefs led her to have this allergic reaction?

⾼灵: 她是什么样的信念导致了她过敏的症状? ⾸先你要知道地球上过敏的⼈越来越多.然后它是跟整个你们的⾝体的系统,就是免疫⼒得到了很⼤的⼀个影响,明⽩吗? 因为你想你们⽣活在⼀个有很多很多化学,就是各种化学污染,各种各样的.所以你们的⼀个免疫系统已经就是在⼀个经过各种各样的⼀个环境,然后受到了⼀些破坏.那当你的免疫系统受到破坏的话,你就会变得很敏感.你会很容易对外界的⼀些刺激产⽣⼀些反应.所以这根你们的集体的意识状态创造的⽣存环境也有关系.那如果回到她个⼈的层⾯上来说的话,就是第⼀部分就是跟你整个⼤的环境有联系.如果从个⼈的上⾯来说,那她本⾝就是超级敏感的体质.那超级敏感的体质所以她能通灵.

Higher Spirit: What kind of beliefs led to her allergic reactions? First, you need to know that the number of people experiencing allergies on Earth is increasing. Then, it's all about your entire body system—the immune system being greatly affected by this, understand? Because you live in an environment filled with various chemical pollutants and substances. Your immune system has been subjected to damage from different environmental influences. When your immune system gets damaged, you become more sensitive. You're likely to react quickly to external stimuli. This is related to the collective consciousness that creates your living environment. But if we look at her personal aspect, the first part is connected to the larger environmental context she's in. If it's about her as an individual, she herself has a very sensitive constitution. Her highly sensitive nature allows her to connect spiritually.

如果她不敏感的话,她能接受到这些信息吗? 她不能的.所以她本⾝就是需要⼀个敏感的体质.那如果⼀个敏感的体质,你能… 就好像⼀个双刃⼑⼀样,你有了这⽅⾯的呢个什么,那你也有另外⼀⽅⾯的呢个什么.你不可能你只接受它这⽅⾯给你带来的⼀些好处,你不接受它另外⼀⽅⾯给你带来的⼀些影响.所以这是双向的.她本⾝就是⼀个超敏感的体质.你继续问.

If she were insensitive, could she receive these messages? No, she couldn't. Therefore, her very essence is needing a sensitive disposition. If you have sensitivity on one side, you also have its counterpart on the other side. You can't just accept the advantages it brings without acknowledging the effects on the opposite side as well. It's a two-way street. She inherently possesses an extremely sensitive constitution. Please keep asking.

问: 那她想问她如何可以去疗愈她过敏的体质?

Questioner: So she wants to know how she can heal her allergic constitution?

⾼灵: 就像我刚刚说的,当她不被她⾝体的⼀些症状(给影响),就是觉得没事没事,反正这会⼉不舒服,⼀会⼉就好了,⼀会⼉就好了.然后不太过于的去纠结或者是埋怨或者是愤怒,就是抵抗这样的状态下.那她就可以让这个能量很轻松的从它⾝边流过,不造成破坏.

The Higher Spirit: Just as I said earlier, when she's not affected by some symptoms of her body - when she feels alright, everything is fine, this moment is uneasy, and then it passes, just like that. Then, she doesn't overthink or blame or get angry about such a state. In a situation where she can resist it. This way, she allows the energy to flow easily around her without causing damage.

问: 那她还想问她今⽣的使命和她的灵魂主题是什么?

Questioner: What are her mission in this life and her soul theme?

⾼灵: 她今⽣的使命是什么? 她今⽣的使命就好像是⼀个救助者.就好像是⼀个救⼈的救助者.然后转变者.所以呢,她会经历很多就是说… 这就是为什么她会⼀直想要去从事这个.因为她想要把呢些已经没有⼼活下去的⼈,把他去唤醒,让他拥有完全不⼀样的⼈⽣.她今⽣的使命就是⼀个救助者和转变者,就是把死的转变成活的.把快要死的,就是救助者,把它救活.这样⼦的⼀个… 所以不管她做什么,就⽐如说不只是医⽣才能救命,也不只是管他是不是⼼理医⽣或者任何.因为你们所谓的救助并不是只是像你们看到的只有在医院⾥⾯当医⽣才是救助者,只有在真正的去⾯对呢个… 不是的.你的救治可以发⽣在任何地⽅.

Higher Spirit: What is her mission in this life? Her mission in this life is like that of a savior, like someone who saves others from salvation, then transforms them. Therefore, she will experience many things... This is why she always wants to engage in it. She desires to awaken those who have lost the will to live, granting them an entirely different life. Her mission in this life is as a savior and transformer, turning the dead into the living. Saving those on their last breaths, being a savior that brings them back to life. This kind of... So whatever she does, it's not just about doctors saving lives; it's not just limited to psychiatrists or any other professions. What you consider as help isn't confined to those who can only save someone when they're in a hospital; it doesn't have to be that way. Your act of assistance can happen anywhere.

任何你,你就好像你⾛路你看到⼀个快要死去的⼩花,你给它浇⼀点⽔.它是发⽣在,就是没有时间,没有地点,任何地⽅的.所以说⽆论她是以什么体现的⽅式,但她的主要的主题她是离不开这个,这样⼦的⼀个主题.

Any time you see a little flower about to die, you give it some water - like this happens everywhere, without any particular time or place. So no matter what form she manifests in, her main theme cannot be separated from such topics.

问: 那她想问她的灵魂主题是什么是不是就跟她的使命是什么是⼀个意思?

Questioner: Is what she wants to ask about her soul's theme the same as asking about what her mission is?

⾼灵: 她的灵魂主题就跟刚才说的,她体验的就是转变.所以她的⼈⽣也会有天翻地覆的变化,就是前半⽣后半⽣.也是⾃⼰就有转变.就好像⼀个是东,⼀个是西.⼀个是⽩,⼀个是⿊.体验这两种极端的⽣活,就是转变.然后就是前⾯说的,救助.

Higher Spirit: Her soul's theme is transformation, as discussed earlier. So her life will undergo a dramatic change, like day and night or light and dark, from one half to the other. It's her own personal transition. It's like East meets West, White meets Black. She experiences both extremes of life, which is transformation. And then, as mentioned before, rescue.

问: 她想问她最⼤的阻碍是什么? 是什么信念阻碍了她的快乐?

Questioner: What is her biggest obstacle? What belief is hindering her happiness?

⾼灵:她很少时间,⽬前的状态我感受到她的能量是很少的时间,20%有不快乐.但是就算是有不快乐,她也是⼀瞬间她就能转变的.所以这个根本就不是她⽬前⾯临的⼀些阻碍.因为她就算是⽣⽓或者是不开⼼不快乐,她也就好像是⼀阵狂风划过去,⼀瞬间就没有的事情.⽬前没有任何阻碍了她的快乐.因为我能感受到她的能量⼤多数,基本上90%都是在⼀种感恩和感激和快乐的⼀个状态下.

Higher Spirit: She has very little time, and currently, I feel her energy is mostly about not having enough time, 20% of unhappiness. But even if she's unhappy, she can change it instantly. This isn't the root of any current obstacles she faces. Even when she's angry or not happy, it's like a gust of wind passing by - instant and gone. There are currently no hindrances to her happiness. As I can sense mostly, around 90% of her energy is in states of gratitude, thankfulness, and happiness.

问: 那我能不能问⼀下我的能量状态是什么样? 有什么是我需要去看到和注意到的?

Questioner: Could I inquire about my state of energy? What should I be observing and paying attention to?

⾼灵: 你稍等.你的能量状态是什么? 有什么是你要注意到的? 就刚才说的就是你根本就不着急,就是不需要去着急.因为相⽐之下你们俩个的能量状态的话,这个⼥孩⼦就算是发⽣了糟糕的事情,不好的事情.她还能就是说没有关系,这个都是最好的.就是她不会被现在的⼀个…会去觉得这个怎么办,这个不⾏,这个不能.就是不太会被这个影响.你的问题呢?

Higher Spirit: Wait a moment. What is your energy level? Is there anything you should be aware of? Just now, what I said was that you were not worried at all; it's unnecessary to worry. As compared to the two of you, if something bad or unfortunate happened to this girl, she would say that it doesn't matter—it's the best outcome. She wouldn't feel how to handle it, that it can't be done, etc., and won't easily be affected by it. Your issue is...?

问: 为什么很多⼈的脸上都是⿇⽊的?

Questioner: Why are many people's faces so numb?

⾼灵:因为你们都是被物质世界的这个幻像把它当成真的了.因为除了你们在讨论让你们知道物质世界的幻像瞬间来了瞬间就会⾛,它⼀直在变化当中.但是很多⼈他都不知道这个在变化当中,他就觉得这个是真实的,这是不可更改的,这是不可变化的,明⽩吗?如果你知道它只是像烟花⼀样,它只是⼀瞬间⼀刹那就没了.包括你们所谓的痛苦,你们所谓的灾难,其实也是这样⼦,明⽩吗?因为⼀切都是在千变万化,就是不断地变化变化当中.那如果⼈们能够明⽩这⼀层道理的话,他就把⼀切看的不是呢么重要.那他不明⽩的时候,他就把所有的⼀切看的好像是不可更改,好像是没有办法.所以那他们就是越来越去注重⽣活中这种东西.

Higher Spirit: Because you all perceive it as real due to the illusion of this material world. Since this illusion is constantly in flux and changes at a moment's notice, many people fail to recognize its transient nature. They believe it to be permanent, unchangeable, and unalterable. Understand that what you see now might not always remain, like fireworks that light up for a brief moment and then disappear. The same applies to the so-called pain and disasters in your lives; they too are fleeting phenomena within an ever-evolving universe. If one understands this principle, they can appreciate how insignificant certain aspects of life may seem. When someone doesn't grasp this concept, they view everything as unalterable or insurmountable obstacles, leading them to place greater emphasis on such elements in their daily lives.

那他越是这种⼼态的话或者这样⼦的⼀个观念的话,那他会越来越多体验这样⼦事件,让他觉得事情好像真的是没有办法更改的.他就会感受到⼀种⽆⼒感.他感受到⽆⼒感的话,他对⽣活会失去了激情.因为他觉得我不轻松,那他⾃然⽽然他的状态就会是这样⼦了.

The more he holds this mindset or belief, the more such events will happen to him, making him feel that things really can't be changed. This will lead him to experience a sense of helplessness. When he feels helpless, his enthusiasm for life will fade because he believes it's too hard for him. Consequently, his natural state will reflect this attitude.

问: 明⽩了.那她还有⼀个问题就是为什么快乐的⼈呢么少?

Questioner: Understood. Then she has another question as to why there are so few happy people?

⾼灵: 因为你们是在… 就好像为什么拥有真正的智慧的⼈呢么少? 其实拥有智慧的⼈都是快乐的⼈.那为什么拥有智慧的⼈呢么少? 明⽩吗? 因为真正能去明⽩或者是去理解我们刚刚说的这些的⼈,的确是很少.因为这就是物质世界,这就是物质世界给你们去体验、突破、成长的⼀个过程.随着你们的成长,随着你们的转变,快乐的⼈就会越来越多.快乐的程度必须是跟你的智慧是等号的.所以你们物质世界开悟的⼈是… 开悟是什么? 就是他已经明⽩物质世界就是⼀场梦了.那他们不会被这个幻像给影响.那他们其实都是快乐的⼈,他们都是不会被物质世界任何的事件给影响的.

God: Because you ask this question… Why are the people who have true wisdom so few? Actually, those who possess wisdom are happy people. Why then are there so few of them? Do you understand? Because being able to truly comprehend or understand what we just said is indeed rare. This is because it's the material world for you all - an experience of overcoming and growing in this realm. As you grow and transform, happier individuals will increase. The level of happiness must match your wisdom; therefore, those who are enlightened in your material world… What does enlightenment mean? It means they have realized that the material world is just a dream. They won't be affected by this illusion. They are genuinely happy people and will not be influenced by any events in the material world.

问: 然后我还有⼀个我私⼈的问题.我的问题是我在⼏年前我养过⼀只⼩狗,我养了它三年.但呢个时候我的状态特别差,所以我对它也不够好.有时候会打它,有时候会吼它.然后它就被别的狗狗咬死了.我⼀直觉得很对不起它.然后我想问⼀下它有没有怪我?

Questioner: And I have a personal question for you. My question is that several years ago, I had a puppy which I took care of for three years. But at that time my mental state was very poor, so I didn't treat it well. Sometimes I would scold it or even hit it. Unfortunately, it got attacked by another dog and died. I've always felt guilty about this. Now, I wonder if it ever held me against myself?

⾼灵: 你稍等.⾸先就是说你刚刚⼼⾥产⽣的呢⼀股对你来说是道歉或者是忏悔或者是呢种,已经被这个灵魂给接纳了,明⽩吗? 它给你的信息就是说它从来没有怪过你任何,明⽩吗? 因为它以宠物的⽅式陪在你们⼈类的⾝边,它就好像是⼼⽢情愿的来跟你⼀起去分享你的所有情绪.你的⼀些任何情绪,然后它都是⼼⽢情愿的和你⼀起去分享.因为如果它不愿意跟你分享的话,它便不会跟你在⼀起.所以它们对你没有任何,就是宠物对⼈类没有任何像是你们⼈与⼈之间,就是你必须要nice to me,明⽩吗? 因为这⾥没有⼀个me,只有we,明⽩吗? 因为宠物没有me,它没有它⾃⼰,它只有你.只有你跟它是⼀体的呢种感觉.

Higher Spirit: Wait a moment. First of all, it's important to understand that what you're feeling right now, whether it's an apology, a sense of remorse, or something similar—this has been accepted by the soul. You see, it is informing you that it never blamed you for anything; do you understand? Its message implies that it never held any grudge against you because it came to your side as a pet, willingly sharing all your emotions with you. Whatever feelings you might have, it was willing to share them too. If it didn't want to share with you, it wouldn't be by your side at all. So, towards you, there's nothing like 'you must treat me nicely'—understand? This is because there's no 'me' here; only 'we'. Do you understand? Because pets don't have a 'me', they don't possess themselves; they're just you. They feel as one with you.

所以说那你经历的喜怒哀乐也好,不开⼼这些,任何.它都是和你⼀起去分享.因为它们不会把情绪去定义成⼀个好和坏.你这样是不礼貌的,你这样是伤害我,因为它们没有 ‘我’.

So the joys and sorrows you've experienced, or any of those emotions that might upset you, are shared with you because they don't define feelings as good or bad. It's impolite to say such things, it hurts me; these concepts don't include 'I'.

问: 最后请问能不能帮我们链接⼀下英国的戴安娜王妃?

Questioner: Could you help us link to Princess Diana in Britain?

⾼灵: 你稍等.

Higher Spirit: Wait a moment.

戴安娜: 你说吧,什么问题?

Diana: Speak up, what's the question?

问: 你好,我们想问⼀下,你以前在物质世界的时候,你的⼈⽣快乐吗?

Questioner: Hello, we would like to ask, were you happy in your life when you were in the material world?

戴安娜: 你是说我作为王妃的呢⼀段体验快乐吗? ⾸先我⾮常⾮常的快乐,因为我体验到很多不是普通⼈,不是所有⼈都能体验的⼀些所有这些经历.你们看到的可能是我有不快乐的⼀些…觉得婚姻不快乐,婚姻不幸福.但是并不是的.你们看到的只是你们,就是说媒体把⼀些,就是你们会关注的⼀些新闻把它给⼤化,然后给你们.当然你们媒体不可能把我幸福的⼀瞬间和快乐的⼀瞬间写出来.为什么? 因为观众不会看的,他们觉得这个没有意义,明⽩吗? 所以说体验王妃的呢⼀⽣我是幸福的、快乐的.

Diana: Are you suggesting that my experience as a princess was joyful? First of all, I was extremely happy because I experienced things that not everyone can experience, things that most people don't get to see. What you saw might be some unhappiness with marriage or feelings about it being unhappy and unfulfilled. But that's not true. What you saw was only what the media highlighted for you, amplifying certain news stories that they thought would attract your attention. Of course, my happy moments of experiencing royalty wouldn't have been written about, because audiences don't find such things interesting. They'd consider it meaningless, do you understand? So, being a princess was indeed full of happiness and joy for me.

问: 那我们还想问你在体验王妃的呢⼀⽣你最⼤的遗憾是什么?

Questioner: And we also want to ask you, regarding your experience as a royal consort, what is your greatest regret?

戴安娜:我最⼤的遗憾就是把⼀些鸡⽑蒜⽪的事情,就好像你们刚刚讲过这⾥本⾝就好像烟花⼀样,昙花⼀现的东西,就⽐如说我头脑⾥⼀个恐惧的念头然后把它⼤化.然后因为通过我的⾝份,然后通过⼈们对我的关注,然后就把它更⼤化了.就好像你在显微镜下⾯看⼀个细菌⼀样的呢个感觉.本⾝呢个细菌就是恨普通就是没有什么.它也没有任何危害你或者伤害你的影响⼒.但是你把它放到显微镜下⾯,所有⼈都在关注.然后就把它⼤化掉了,明⽩吗?但是我想让你们通过我的事件看到的就是什么?看到就是⼈们对⼀些,是你们当时的⼈类的集体意识,就是⼈们对他们⼼⽬中的王⼦或者公主或者皇室的王妃,他们⼼⽬中有个完美的⼀个形象.

Diana: My biggest regret is to take on issues that are trivial like feathers and cowdung, as if this place itself is like fireworks or a chrysanthemum in its short-lived glory. For instance, I let the idea of fear inside me swell up into something monumental. Then it's magnified through my identity, through people's attention to me, and then it becomes even more exaggerated. Like looking at a bacterium under a microscope – that feeling. The bacterium itself is just ordinary and harmless; it doesn't have any impact on you or cause you harm. But when you place it under the microscope where everyone is paying attention, it becomes magnified. Understand? What I want all of you to see through my case is this: To see how people perceive certain things that are part of their collective human consciousness. These perceptions include the image of a prince, princess, or royal consort in their minds – these perfect ideals that exist solely within their imagination.

他们觉得王⼦的⼈⽣或者是王妃的⼈⽣就应该是被爱的,幸福的,快乐的,就是没有任何不好的情绪,没有任何悲伤,没有任何不如意.但是这些只是他们的⼀个错觉.因为很多⼈都觉得理想的⼈⽣或者快乐的⼈⽣它是怎样怎样的.她应该婚姻幸福,她应该被爱,她应该被怎样怎样.但是并不是这样⼦的.明⽩吗?因为所有所有的体验都是有价值有意义,都是值得的.⽽不是说只有这样的⼈⽣,这样的标准.就⽐如说你的⼀⽣婚姻都很幸福或者是你的孩⼦都怎样怎样,你的孩⼦怎样怎样.你的⼈⽣是活到80岁,90岁,这样才是圆满的⼈⽣.呢只是你们,就是⼈类的⼀些观念⽽已.所以为什么你们会提出来这个问题?因为你们也在⽤你们的观念来看待.

They believe that the life of a prince or princess should be full of love, happiness, and joy, without any negative emotions, sadness, or dissatisfaction. However, these are just illusions. Many people believe that an ideal life or a happy life is supposed to be like this: marriage should be blissful, they should be loved, and everything should go well for them. But it's not necessarily so. Do you understand? Because all experiences have value, meaning, and significance; they are worthwhile in themselves, rather than just being defined by specific standards. For example, if your life is filled with happiness in marriage or your children are successful like this or that way. Living to be 80 or 90 years old counts as a fulfilled life. These are merely the notions of humans. That's why you're asking this Questioner: because you're using your own concepts when looking at things.

就觉得王妃的⼈⽣是不快乐的,不幸福的,不美满的.你想⼀下,就算是任何⼈的⼀个⼈⽣,如果媒体把他经历的不顺的时候或者是糟糕的时候,把它全部给⼤化出来.然后在你的印象中他之后这些⾮常悲惨的画⾯在⾥⾯.那你是不是就会给他贴上⼀个他的⼈⽣是悲惨的,他的⼈⽣是不快乐的.所以这是什么?这是你们头脑的游戏.这是你们观念和集体,就是这个社会的⼀个游戏.但是也希望你们就是能通过我的王妃的呢⼀⽣能看到,⼈⽣没有⼀个标准,怎样是快乐的、幸福的、完美的.⽽重要的是你到底有多么深刻的体验.这个才是最重要的.

You would feel that the Princess's life is unhappy, unfulfilled and unsatisfactory. Imagine if everyone's life was portrayed through media highlighting only the hardships and worst moments. If those overwhelmingly tragic scenes were implanted in your memory, wouldn't you then perceive their lives as悲惨, unhappy? This is simply a game played within our minds; it reflects our perceptions and collective societal views. However, I hope that by observing my Princess's life, you will realize that happiness and fulfillment are subjective experiences rather than absolute standards. The most important aspect lies in the depth of one's personal experience.

问: 那我能问⼀下你为什么选择这么早的离开物质世界吗?

Questioner: Could I ask why you chose such an early departure from the material world?

戴安娜: 我为什么会选择这么早的离开物质世界? ⾸先你们把⽣命结束当成就是这个⾁体的结束,明⽩吗? 因为我有很多很多很多,就⽐如说我有很多⾓⾊.这个⾓⾊选择了离开这个物质世界,但并不代表我的其他⾓⾊没有在继续.所以这⾥并没有⼀个你所谓的结束.然后为什么王妃的这⼀⽣,她的⾁体那么早结束? 其实通过这样⼦的⼀个⽅式也是希望能让⼈们明⽩,就是能让⼈们关注,能引起关注.这个⼥孩⼦(通灵的⼥⼠)说引起关注什么? ⽐如说你不同的⼈他会有不同的领悟.我的⼀个引起关注的事件,那背后你能从中悟到什么,那是关于你个⼈的.呢是你独⼀⽆⼆的.因为有些⼈他会觉得可能是被⼈陷害.那有的⼈会觉得我是不幸的.

Diana: Why did I choose to leave this material world so early? First, you see life's end as just the end of this body, right? Because there are many roles for me. This role chose to leave this material world, but that doesn't mean my other roles aren't continuing elsewhere. So there isn't an actual ending here. Then why did the princess's life have her physical form end so soon? Actually, through this method, it was intended to make people understand and attract attention. What is this lady (the medium) trying to draw attention to? For example, different people might understand differently. My event that draws attention, what you can learn from that is personal; unique to you. Some might think they were framed. Others might feel they were unlucky.

因为你们每⼀个⼈它都会唤起就是对同⼀个事件的发⽣,它都会唤起他们内在不同的⼀个… 都能引起你们去深思,引起你们去反思,引起你们去更多的感悟.因为对于我们来说,它这⾥没有结束.

Because each one of you will be reminded of the same event happening, it will evoke different inner aspects... It can inspire you to think deeply, encourage self-reflection, and deepen your understanding. As for us, there is no end here.

问: 感觉哈⾥王⼦⼀直在痛苦的感觉中,然后你有什么话想要对他说吗?

Questioner: Prince Harry seems to be going through a lot of pain. What would you like to tell him?

戴安娜: 你稍等.⾸先哈⾥王⼦在痛苦当中这也是你们的,就是外在你们⾃⼰看到媒体把⼀切⼤化.然后就是我刚才前⾯说的是⼀样.因为他有他深刻的⼀些领悟和感悟.然后对我来说,他其实在做他⾃⼰.他在释放他⾃⼰内在真实的⼀个能量.他好像是觉得他的母亲没有去做⾃⼰.然后他反⽽更加的想要去突破所有的,突破这个社会,然后媒体、皇室,任何.他想要去突破这些,然后做他⾃⼰.然后能做⾃⼰都是幸福的,都是快乐的.我不管你⾃⼰是什么样⼦,就⽐如说你长的是⼀个野兽的样⼦.但是你能完完全全的成为你野兽的样⼦,去嘶吼,去打⽃,去狂奔,去奔跑.那你就是快乐的,明⽩吗? 所以说哈⾥王⼦他在做他⾃⼰.

Diana: Please wait a moment. First of all, Prince Harry is suffering with this too; it's your issue as well, meaning that externally you see the media exaggerating everything. Then what I said earlier applies to both cases because he has profound insights and realizations. And for me, he's doing himself—he's releasing his innermost genuine energy. He seems to feel that his mother didn't do herself, and instead he wants to break free from all constraints—breaking society, the media, royalty, anything. He wants to break these barriers and be himself. Being able to be oneself is happiness; it brings joy. It doesn't matter what you look like or how you are internally. For example, even if you appear as a beastly creature, being able to fully embrace that aspect of yourself—screaming, fighting, raging, running freely—and doing so makes you happy, right? That's why Prince Harry is living his own life.

然后你们所谓的他不快乐或者他什么,那只是你们⾃⼰,就是说外在对快乐的⼀个定义,就觉得好像需要这样⼦才快乐.但是他在做着他想要做的事情.那如果他在做着他想要做的事情,这⾥就没有所谓的什么不快乐.因为他在允许他去体验他想要体验的.有什么话想对他说?我想要对他说的就是⽆论怎么样⽆论怎么样⽆论任何,你只需要去做你⾃⼰想要做的事情就可以了.因为没有对和错,没有哪些是好的和不好的.

Then your so-called he's unhappy or whatever you say about him, that is just yourselves, meaning an external definition of happiness, thinking as if it needs to be this way for happiness. But he is doing what he wants to do. If he is doing what he wants to do, there is no such thing as unhappiness here because he is allowing himself to experience what he wants to experience. What would you like to say to him? I want to tell him that no matter how it turns out, whatever happens, or with anything, all you need to do is just go ahead and do the things that you want to do. Because there is no right or wrong, there are no what's good and not good.

问: 然后我们今天的最后的⼀个问题是你有没有什么话语或者是信息是想要带给现在的⼈类的?

Questioner: And finally, our last question today is whether you have any words of message or information that you want to convey to humans now?

戴安娜: ⾸先就是说你们不需要太关注于外在的任何事情.因为媒体也好,外在的任何也好,哪怕是你亲眼所见的.因为你们通过媒体看到⼀些信息,你们会觉得媒体不可信.那 OK,我亲眼见到的是不是就可信了? 哪怕是你亲眼见到的都不是真的,明⽩吗? 因为这⾥所有的⼀切它都好像是,就像天上的云它不断地在变化.变化成这个样⼦,变化成呢个样⼦.它⼀直是在变化当中.所以对于⼀个⼀直在变化的⼀个东西,你们不必、不需要太过于去在乎或者是受限,就是深陷其中,陷在⾥⾯,陷在呢股能量当中.因为所有的⼀切它都是在⼀个不断地变化当中.因为当你能把所有的⼀切看成是在变化当中,你便不会被让任何东西让你的头脑⾥⾯去留下记忆.

Diana: First of all, it's saying that you don't need to pay too much attention to anything external. Whether it's the media or any other external factors, even if you see something with your own eyes, because what you see through the media might not be trustworthy. Okay, does seeing something with your own eyes mean it's reliable? Even if you've seen something with your own eyes, that doesn't necessarily mean it's true, understand? Because everything here is constantly changing like clouds in the sky endlessly transforming into different shapes and forms. They are always in a state of change. So for something that keeps changing, there's no need for you to overly concern yourself or be limited by it, getting lost in that energy. Because all things are continuously evolving. And when you can view everything as being in constant flux, you won't allow anything to leave an imprint on your mind.

为什么你们俩个⼈的头脑⾥⾯会留下记忆,就是王妃的⼈⽣是不幸的.那就是你们受了媒体,就是受了这个幻像的影响,你们才会这么去定义它,你们才会去这么去觉得.那你们是不是就是受这个幻像的影响? 这⾥没有什么是真的.

Why would the two of you retain this memory that Princess Wang's life was unfortunate? That is because you have been influenced by the media, by these illusions, which are leading you to define it like this and feel this way. Are you being influenced by these illusions? There is nothing here that is truly real.

# **2022/07/11 — 连接成吉思汗Connecting Genghis Khan**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

问: 我的第⼀个问题是我越来越能够感受到内在创造外在,怎么样不被外在影响.但是我好像总感觉有呢么⼀层薄薄的纸,好像哪⾥有呢么⼀点⽋缺.我想问⼀下您对这个有没有什么帮助我….

Questioner: My first question is about increasingly feeling the creation of externals within and how to not be influenced by externals. I always feel as if there's this thin layer, like something missing somewhere. Could you provide any advice on this?

⾼灵: 就是不去定义它.你不去给它评判.你去做这些任何的意义是什么呢? 你继续说.你们误解了⼀个事情.你们误解了你们觉得… 就好像毕业.我上到⼤学毕业,然后就是⼀个结束了.但是你看你们的学⽣,你觉得你⼤学毕业了,硕⼠毕业了,博⼠毕业了,你的⼈⽣就结束了吗? 然后你觉得你结了婚,你的⼈⽣就结束了吗? 你觉得你的⽣命死掉你就结束了吗? 并没有,明⽩吗? 所以说为什么你会觉得我好像是到了这个点,我好像是怎么样.我好像到了这个level.所以这⾥没有⼀个⽬的地.如果真的有⼀个⽬的地就是说你当下的,就是现在、眼前,只有now,只有现在.没有将来.不是你们以为的呢种,就好像去达到⼀个什么什么样⼦的状态.

Higher Spirit: It's not about defining it. You're not giving it a judgment. What is the meaning of doing all these? Keep talking. You misunderstood something. You think… like graduation. I went to college and graduated; then, that was it. But look at your students. Do you think your life ends just because you graduate from college or with a master's or PhD degree? And do you think getting married means the end of your life? Or do you believe death marks the end of your existence? No, understand? That's why you might feel like I've reached a certain point, wondering what comes next. It seems as if there's an achievement level to be reached. But here, there is no destination. The only true goal is the present moment, right now, just this instant – not the future, nor some imagined state of being.

因为你会是⼀直不断地不断地去体验,去感悟,⽆领悟,去体会.这是⼀个不断地过程.你可能会换⼀种就是可能从有形的,就是这个有形的物质⾁体换成⽆形的.你可能会转化体验它的⼀个… ⽐如说你是冰块的形状,或者是⽔的形状,蒸汽的形状.但是它都是在不断地体验的⼀个过程.所以如果你试图去给你⾃⼰说我现在是达到什么标准了,我现在是这个.去对⽐,试图去这样的话.你其实就进⼊了你的头脑模式.你在限制它.就好像我们⼀直说你如何去定义⼀个⼀直在变化的东西? 当你在定义的呢⼀刻,它早已千变万化了.你如何去定义它?

Because you will continuously experience, understand, and perceive without enlightenment, and appreciate this constant process. You might switch to experiencing it in a different form; possibly from the tangible, transitioning into the intangible - like transforming your experience into ice block shapes, water forms, or vapor states. But it's all part of an ongoing experiential journey. So if you attempt to say to yourself what standard I have reached now, and compare it, trying to define it that way, you're actually entering your mind's patterns, constraining it. It's like asking how do we define something that keeps changing? By the time you define it, it has already transformed in countless ways. How can one define it?

问: 我们如何能够更好的暂时不被外界去影响⽽完全的沉浸在⾃⼰的想象⼒⾥? 以及想象⼒对于我们的意义?

Questioner: How can we better isolate ourselves from external influences and fully immerse ourselves in our own imagination? And what does imagination mean to us?

⾼灵: 不被外界去影响?

Spiritual Being: Not influenced by the outside world?

问: 就是外界它是我旧有频率的⼀个显化…⾼灵: 你⾸先要知道你的外界是什么.你所谓的外界是什么? 我的意思是说你感知的这个世界,你觉得你感知的是外界,但是实际上你感知的是你⾃⼰.那你的问题是说如何不被外界影响⽽沉浸在⾃⼰的想象的世界⾥⾯? 你再去问你⾃⼰你的这个问题.如果你真的能理解什么外界内界不是这么分的话,那你就不会产⽣这个问题.如果你产⽣这个问题,那就说明你的头脑它还是不能理解到底什么是外界什么是内界.

Questioner: It's just that the external world manifests as my old frequency... Higher Spirit: First of all, you need to know what your external world is. What do you mean by "external world"? I mean, the world you perceive, which you believe to be external, but in reality, it's actually yourself. Your question is about how to avoid being influenced by the external and immerse oneself in their own imagined world? Then ask yourself this question again. If you truly understand that there's no such division between internal and external, then this question wouldn't arise for you. If this question does arise, it indicates that your mind still can't grasp what truly constitutes the external versus the internal.

问: 我⼤概明⽩你说的意思.我有这个疑问是因为就⽐如说你需要转换眼前画⾯的时候你需要去转换你的存在状态.

Questioner: I roughly understand what you mean. I have this doubt because, for example, when you need to change the scene in front of you, you need to change your state of existence.

⾼灵: 你⾸先要知道你为什么想要去转换眼前的东西呢? 眼前的东西不是⽤你来转化的.是⽤你来弄清楚你是怎么的意识状态.因为当你在⽤⼀个不同的意识状态你会觉得… ⽐如⼀个事件… 我们经常会拿来呢个门⼜有⼀坨屎这个事情来说事.你觉得你显化这个屎,你是去坐在呢让它变成⼀堆鲜花吗? ⽽是说你⾃⼰的意识明⽩,这个没有⼀个真正的outside world.没有⼀个… 如果你还真的把它当成⼀个… 我是为了转变我外在的世界所以我要转变我的存在状

Sage: The first thing you need to understand is why you want to transform what's in front of you? What's before your eyes isn't being transformed by you. It's used to figure out what kind of consciousness state you are. Because when you use a different consciousness state, you feel... for example, an event... something we often take as an example like there's feces on the door this thing. Do you manifest this poop and then sit down to make it into a bunch of flowers? Or does your own awareness realize that there is no real outside world? No... if you still consider it as such... I'm transforming my external world because I'm transforming my state of existence

态,我要改变我,我现在要变的开⼼.如果你还是在这样⼦的⼀个层⾯上去下功夫的话,那就说明你还是不理解它,你还是被困的.你还是被困在呢个幻像当中.因为这⾥什么都没有,有的只是你给它的定义.就是你是怎么去看待这个事情,你是悲观的还是乐观的?你是看到机会呢还是看到许多问题 ,你看到的是限制.⽐如说打个⽐⽅,如果你的公司⾯临破产,你就想着我要怎么样可以转变公司把它变得不破产.如果你知道这⾥并没有任何的破产,它任何都只是你去理解,它把问题给你带上来你才好看到我哪⾥是有问题,然后再重新去选择,重新去出发的话.这是不⼀样的状态.⼀个是你执着于我要让公司变得不破产,让它变好.

Mood, I want to change me, I am changing to be happy now. If you are still putting effort on this level of understanding, it means you do not comprehend it yet; you are still trapped. You are still stuck in that illusion because there is nothing here, just your definition of it. It's how you perceive the situation, as being pessimistic or optimistic? Do you see opportunities or many issues? You see limitations instead. For example, if your company faces bankruptcy, you think about how to change the company so it does not go bankrupt. If you know there is no bankruptcy here, everything is just what you understand; it brings up problems for you to see where the issue lies, then choose again and start anew. This is a different state. One is being fixated on preventing bankruptcy or improving the company.

另外⼀个是说我从每⼀个经历当中去学习,去重新选择,去调整.是完全不⼀样的状态.因为第⼆个状态你是不会去执着于这个是破产的,那个是好的.因为这⾥没有好的和坏的之分,明⽩吗?如果你还执着于破产和不破产的话,那你就是还是执着于⼀个好和坏,⾼和低.但是实际上它们都是⼀体的呢?

The other is that I learn from every experience, rechoose, and adjust - it's an entirely different state. Because in the second state, you don't fixate on whether something is bankruptcy or good. Here, there are no distinctions between good and bad. Understand? If you still cling to the idea of bankruptcy versus not being bankrupt, then you're still clinging to a notion of good and bad, high and low. But in reality, they are one and the same.

问: 我⼤概明⽩你的意思.我的意思是说就打个⽐⽅说,因为是意识创造这个实相,那就像你刚刚说的,我不是说要执着于要让这个破产的公司变的不破产.那⽐如说我现在这个公司破产了,然后我所有能在物质世界体验到的是这个公司破产了.那我要怎么样可以不被这个破产的幻像给吓到或者觉得这个是个事实?

Questioner: I大概 understand your point. What I mean is, for example, because consciousness creates this reality, like what you just said, not to be fixated on making a bankrupt company non-bankrupt. Say my company has gone bankrupt now, and all the experiences I can have in the material world are that my company is bankrupt. How do I avoid being frightened or thinking it's a fact by this bankruptcy illusion?

⾼灵: 你⾸先你有了分别对不对? ⼀个是好的⼀个是坏的,⼀个是理想⼀个是不理想的,⼀个是成功⼀个是失败的,对不对?你⾸先有这个概念,有这个分别,有这个定义.如果你没有呢?你知道你每⼀步都是你该经历的,每⼀步都有你的礼物,每⼀步都有你需要去体验的.所以那成功和失败、盈利或者是亏损,那只是在别⼈眼⾥他是这么去归纳的.但是在你内⼼深处你知道你想要什么.所以重要的不是表⾯的.那如果你公司破产了,你被吓到怎么办?那就说明你头脑⾥⾯有⼀个好坏之分.那只有你的意识程度,⽐如说我们有⼀⼆三四五六七⼋等级,是吧? 只有你在等级⽐如说⼀⼆三,还是在这个初级的阶段你才会去分别.

Sage: First of all, you have differentiation right? One is good and one is bad, one is idealistic and one is impractical, one is successful and one is a failure. Right? You have this concept, this distinction, this definition. If not? You know that every step is what you should experience, every step has its gift for you, every step requires your experience. So success and failure, profit or loss, are just how others categorize it in their eyes. But deep within yourself, you know what you want. Therefore, what's important isn't superficial. What if your company goes bankrupt and you're scared? That means there is a good-bad distinction in your mind. Only when your level of consciousness, say from one to eight, is for example at levels one to three, would you be making these distinctions.

那如果你的等级越来越⾼的话,你便知道所有东西都是⼀体的,它不存在⼀个好和坏.所以是你的⼀个认知,你的⼀个意识程度,然后来决定了你要不要被你经历的东西给影响,给吓到,给影响到.就好像⼀个⼩朋友他很⼩的时候,他两岁的时候他找不到妈妈.他觉得妈妈不见了,他就会狂哭.那如果他到了⼆⼗岁,他还会看不到妈妈哭吗?他不会啊.他知道妈妈在⼯作,他知道妈妈在做其他事情.那你的意识程度低,你刚刚创业.你⼀看到公司现在负债多少多少,你恐慌了.你觉得你没有办法⽀撑下去了.如果你创了⽆数次业,然后失败了⽆数次.从⽆数次的失败当中累积了⾮常多的经验.你知道这⼀切都是在变化当中.你还会去在乎它暂时的⼀个状态吗? 你不会的.

If your level increases, you would understand that everything is interconnected; there is no such thing as good or bad. So it's your cognition and awareness that determine whether you allow your experiences to affect, scare, or influence you. Imagine a child who can't find their mother when they're two years old. They think she's disappeared and start crying wildly. But if the same child grows up to be twenty years old and still can't see their mother, would they cry? No, because at that age, they know their mother is working or doing something else. Similarly, if your awareness level is low and you're just starting a business, when you see how much debt the company has accumulated, you might panic, thinking you can't sustain it. But if you've failed multiple times in entrepreneurship and learned from those failures, knowing that everything changes, would you still care about its temporary state? No, you wouldn't.

你不会为⼀个变化的⼀个东西⽽受到影响或者是恐慌或者是什么,明⽩吗? 你们世界上有很多别⼈这样⼦的例⼦,你们可以去看别⼈他们是怎么样把⼀个快死的东西变的充满⽣机.我还想跟你说的就是说,你不要去着急你不被外界世界影响,明⽩吗? 因为你来到这个世界你就是来受到它影响的.但这个影响是好的影响.如果没有这个影响的话,你就会变的⾮常的迟钝,就好像是个傻⼦⼀样.

You won't be affected or frightened by changes of something, right? There are many examples like this in the world, you can look at how others bring life back to things that are dying. And I also want to tell you that you shouldn't rush and not let the outside world influence you, understand? Because when you come into this world, it is your purpose to be influenced by it. But this influence should be a good one. Without such influence, you would become extremely insensitive, like a fool.

问: 我有这个疑问是因为⽐⽅说我看到有些⼈成功转换⾃⼰的转态之后分享的⼀些⼼得.他们也是在成功转换⾃⼰的存在状态后才开始轻松的转换眼前的画⾯…⾼灵: 你⾸先你要知道我不管哪⼀个⼈他分享什么,那只是属于他的.因为你不知道他个⼈的⽣命主题是什么.然后他也有他个⼈的⼀个信念系统.就⽐如说他觉得这个有⽤,他相信了,他坚信不疑.然后就这么发⽣了.所以说任何⼈,任何他⼈的⼀些你只能是去,就好像

Questioner: I have this question because for example when I see people sharing insights after successfully transforming their state of being, they also start easily transitioning the current scene... Higher Spirit: First, you need to understand that regardless of whom someone shares with, it's only about them. You don't know what their life theme is. Then, everyone has their own belief system. For example, if they find something useful and believe in it without a doubt, this is how it happens for them. Therefore, anyone else can only experience things similarly.

当故事听着.但是别⼈有别⼈的体验.你们每⼀个⼈的成功都不⼀样的.所以不要去拿别⼈的成功… 明⽩吗? 每⼀个⼈来到这个世界上这⼀⽣他选择了这个⾁体,他想要体验的主题是不⼀样的.但有的就是想来体验全世界的⼈都讨厌我,被⼈孤⽴的感觉.他就是选择想要来体验这个的,那他⾃然⽽然就会⾛到这条道路上.你⾃⼰创造你⾃⼰的.

When the story sounds plausible, but others have their own experiences. Each one of your successes is different. So don't compare someone else's success… understand? Every person comes into this world for a lifetime and chooses this body to experience themes that are unique. But some want to experience being universally disliked and isolated by people. They choose to experience this, so naturally they will walk down this path. Create your own reality.

问: 我不知道能不能这样去请求你这个问题.因为我家⾥前⼀阵招了⼩⾍⼦.我现在还在被咬.我想问能不能请你和⾍⼦的灵沟通⼀下,让它们从我家搬出去?

Questioner: I'm unsure if I can ask you this question in this manner because my house has been infested with fleas recently, and I'm still being bitten by them. My inquiry is whether you could communicate with the spirits of these fleas to have them move out of my home?

⾼灵: ⾸先你要知道你物质世界体验的⼀切都是你去关注它,你去在乎它,你去抵触它,你去怎么样它,它才会不断地不断地显化给你看.那如果…这么说吧,爱因斯坦呢些发明家他们在发明他们的东西的时候,他们不会去关注这些所谓的东西.他们所有的attention注意⼒全部都在他想要发明的东西⾥⾯.所以要么就是你的⼈⽣太⽆聊了,它没有重要的事情给你去做.所以你才会被呢些… 如果你有很重要的事情去做,全⾝⼼的投⼊在呢⽅⾯的事情上.这些事情慢慢慢慢就不再显化给你了,因为你没有去制造它.

Spiritual being: First you must understand that everything you experience in your material world is because you pay attention to it, care about it, resist it, and how you deal with it; hence, it manifests repeatedly. If this sounds like it, when inventors such as Einstein were developing their inventions, they didn't focus on these so-called things. Their entire attention was solely concentrated in what they wanted to invent. So either your life is too mundane, lacking important tasks for you to engage in, which causes you to be preoccupied with... If you have significant tasks, fully immersing yourself in those matters, these occurrences gradually cease manifesting as you are not creating them anymore.

问: 我想问⼀下为什么⽐如中国国内的⼀些⽹站上有很多 ‘假’ 的通灵视频都可以过审,⽽我们的信息传上去后就要被封?

Questioner: I want to know why fake spiritual videos on Chinese domestic websites can pass review, while our information gets blocked after being submitted?

⾼灵: 你为什么会在乎这些呢? 因为你还想创造更多的这些事件来给你体验吗? 就好像你这个⽔,你这边流不动,你使劲想要流.你说别⼈都能流,为什么我不能流? 你就还使劲往呢边流.你的路在这边啊.别⼈有别⼈的路,你有你的路.为什么你们总是要跟别⼈⼀样呢? 所以不要过多的去把你的经历和时间关注或者纠结在⼀些不值得,你觉得呢些并不是你喜好的上⾯去.管它是什么,只有是你不喜欢的,你不要去给它关注.把你的所有的时间、精⼒关注到你想要不断地体验,不断地体验.体验suprise、体验丰盛的激情或者是快乐或者是激情的事情上⾯去.呢个不是更加exciting吗?

Higher Spirit: Why do you care about these? Is it because you want to create more of these experiences for yourself? Like with water, even though the current might not be moving on this side, you're forcefully trying to make it move. You say others can flow easily, why can't I? So you keep forcing it in that direction. Your path is here, not there. Everyone has their own paths, and you have yours. Why do you always want to be like everyone else? So don't overfocus or worry too much about experiences or time spent on things that are not worthy, that don't appeal to your preferences. Whatever it is, if you don't like it, don't give it any attention. Instead, focus all your time and energy on continuously experiencing what you desire: the excitement of surprises, rich passions, happiness, or anything passionate. Isn't this more exciting?

为什么你们⼈类总是会去关注⼀些⾃⼰并不是快乐的事情上⾯去? 你们还总是来说为什么这么多倒霉的事件啊、为什么这么多痛苦啊、为什么为什么为什么? 因为呢就是你多有的时间和经历都在关注在呢上⾯啊.你把它⼀个很⼩的事情把它⼤化了,然后整个来给你体验.然后再不断地去在往⾥⾯付出你的energy.你想象⼀下你们的物质世界是不是,你现在通过⽹络就能知道,你们现在是不是流量最多的或者是关注量最⼤的,他们赚的钱最多呢? 为什么? 那你就知道你的关注就是能量,你的关注就是钱.就好像你的关注就是你压的赌注⼀样,你押宝押到呢个上⾯去.为什么把你的宝押到你不喜欢的东西上⾯去? 然后让它再翻倍.

Why do you humans always seem to focus on things that are not bringing you joy? And why do you constantly question why so many unfortunate events occur, why so much suffering exists, and why, why, why? It's because your time and energy are directed towards those areas. You blow a small issue into a big deal, then experience it wholeheartedly. Then you continuously invest more of your energy into it. Imagine how aware you now are in the material world through networks - do you realize that right now, by accessing this network, you're possibly seeing the most popular or highly followed content, which is where the money flows? Why is that so? It's because your attention is your energy, and your attention is what brings in wealth. Your attention is like a bet you place on something - betting all your chips on it. Why would you bet on things you don't like, only to have them double back around on you?

就⽐如说这么简单,你喜欢吃黄⽠不喜欢吃苦⽠.但是你却⼀直⼀直在播种苦⽠,明⽩吗? 所以说除⾮你是想从中去学习、体验,你想要选择这样的体验.不然的话,你就不要去播⼀些你并不喜欢的东西给你⾃⼰.

Just like this is so simple, you prefer to eat yellow melons rather than bitter melons. But you've been planting bitter melons continuously, understand? Therefore, unless you want to learn from and experience it, if that's what you wish for as your choice of experience. Otherwise, don't sow something you don't like for yourself.

问: 那我最后还能问⼀下我的⾼灵和指导灵还有什么信息要带给我的吗?

Questioner: Can I ask my high guides and spirit guides if they have any last messages for me?

⾼灵: 今天你能听到的所有的,都会是你需要的.⾸先你要相信你不会错过任何,哪怕是⼀句话.

Higher Spirit: Everything you can hear today will be what you need. First of all, you must believe that you won't miss anything, even a single word.

问: 然后下⾯的问题是我们想问⼀下⽇本前⾸相安培晋三被枪杀是属于注定的事件吗?

Questioner: Then, we'd like to ask if the assassination of former Japanese Prime Minister Abe Shinzō by a gun is destined to happen?

⾼灵: ⾸先,你要知道就是说他的所有结果它都是存在的.就⽐如说这次你们集体体验的是他被刺杀被枪杀的事件.那是因为你们的⼀个能量状态就好像你们的⼀个频率然后选择了这样⼦的⼀个现实给你们体验.但是同样另外的现实也是存在的,是你们的⼀个频率没有达到呢⾥来给你们体验另外的⼀个频率.所以如果是说他被刺杀是注定的,是⼀个注定的结果.但是另外还有⼀个注定的也是,他是所有受到所有⼈⽀持和拥护的,也是存在的,明⽩吗?这⾥不是只有⼀个可能性.但是⾄于要体验什么是你们整体的⼀个状态.

Higher Spirit: First, you need to understand that all of his outcomes exist. For example, the collective experience you're having is of him being assassinated or shot. This happens because your energy state, akin to your frequency, chooses such a reality for you to experience. However, there's also another reality existing, where your frequency hasn't reached it to provide you with an experience of another frequency. So if he was destined to be assassinated, it's a predestined outcome, but there's also another destiny, where he is supported and backed by everyone, which exists as well. Understand? There isn't just one possibility here. But when it comes to experiencing what represents your collective state...

问: 那杀害安培晋三的枪⼿和安培他们之间的关系是什么?

Questioner: What was the relationship between the assassin who killed Abe and Abe himself?

⾼灵: 他们的关系,你说刺杀这个他们之间的⼀个关系? 就是说他们之间为什么会上演这⼀场暗杀的事件? 那为什么你们⼈类总喜欢攻击,有⼀个叫枪打出头鸟.就⽐如说你们看到,你们有⼀句话叫枪打出头鸟,呢只鸟在最前⾯,然后你就把它给杀害了.如果你要问什么原因? 他可能回到你因为呢只鸟最容易中枪啊,明⽩吗? 我不管你是分红⾊的鸟、黄⾊的鸟、⿊⾊的鸟、⽩⾊的鸟,并不是因为你是⽩⾊的所以我杀你,我枪打你.⽽是因为你就是呢个最突出的呢个.那这就是你们⽬前⼈类的⼀个状态.就是你们内在的⼀个状态、你们思想的⼀个状态、你们意识的⼀个状态,就呈现出这样的事件.明⽩我意思吗?

Higher Spirit: Their relationship? You said assassination as a relationship between them? That means why this event of assassination is happening among them? And why do humans always like to attack? There's a saying called "when the gun picks out the one in front." For example, you see that there's a phrase called "the gun picks out the one in front." The bird is at the forefront, then you kill it. If you ask for the reason? It might be because this bird is the easiest to hit with the bullet, understand? I don't care if your bird is red, yellow, black, or white. It's not because you are white that I kill you; I shoot you with a gun. But because you're the most outstanding one. That is currently the state of humans. The state within you, the state of your thoughts, and the state of your consciousness manifesting such an event. Do you understand my meaning?

问: 我们要如何看待被他⼈剥夺⽣命的事件?

Questioner: How should we view incidents where others have taken away lives?

⾼灵: 如何看待被他⼈剥夺⽣命的事件? ⾸先我刚刚说你们⼈类的⼀个,就这么说吧你把整个⼈类看成是⼀个意识,你们⼈类的这个意识状态⽬前它是在⼀个就是强⼤出头鸟,就是要去攻击最呢个什么的⼀个… 因为为什么呢? 为什么他要去攻击呢些⽐如说出头鸟或者是公众的? 因为他对⼈⽣的⼀个不满,就⽐如说他对⼈⽣的⼀个遗憾或者是不圆满,就是不完整.他会把这样⼦的⼀个投射到⼀个公众⼈物⾝上,他会投射到.他会觉得我的⼀些或者是我没有成功的活出⾃⼰是因为你,或者是我是因为太… ⽽你们能够去说你们想说的,我不能.所以就会上演这样的事件来给你们看到.

Higher Spirit: How to view the event of someone else taking away life? Firstly, I just mentioned your human one; let's put it this way - you see humanity as a consciousness. Your human state is currently in an aggressive dominant phase, trying to attack what could be called... because why would they attack those who are out in front or in public? Because of dissatisfaction with life, perhaps regret or unfulfilled aspects - things that are incomplete. They project such feelings onto a public figure; they project them there. They feel that my inability, or failure, to fully express myself is due to you, or because I'm too... And so, these events unfold to show you what happens.

因为你们集体意识创造出什么事件,你们这个社会发⽣什么事件是跟你们的⼀个思想,跟你们的⼀些观念,跟你们内在的⼀些状态,它是相连的.你们内在是这样的⼀个状态,它就呈现这样的事件给你.那你如果内在的状态转变的话,你事情也转变了.所以最终导致这样⼦的事件就是因为你们没有完整的活出⾃⼰.所以当你完整的活出⾃⼰的话,你本⾝就是圆满的.你不会去攻击或者是去毁灭.就⽐如说你本⾝你就是毁灭掉的⼀个东西,所以你想把外在也毁灭掉.

Because the events that occur in your collective consciousness are linked to an idea you hold, a certain notion, or a state within you; they manifest themselves to you. If there is a change in your inner state, then the situation also changes. This leads to such events happening due to the fact that you do not fully embody yourselves. Therefore, when you fully live out who you are, you become whole. You won't engage in attacks or destruction. For example, if you inherently represent something that destroys itself, then you might try to destroy the external world as well.

问: 如果我们不喜欢战争却被动的被卷⼊战争,那这个不是违背了我们的意愿吗?

Questioner: If we dislike war but are involuntarily drawn into it, doesn't this go against our will?

⾼灵: 你们不喜欢战争,但是你们却被动的卷⼊了战争? 你⾸先要知道就是说这⾥没有任何你被动的.因为你既然就是选择了这个⾁体来到这个世界上,来到这个房间⾥⾯.那就说明你是这个房间的⼀份⼦,房间发⽣的所有事件它都跟你有关的.就是哪怕不是你创造出来的,不是你想要体验的.但是呢,它都是跟你有关联的.就⽐如说你主动的来承载了他们这个房间的所有⼈的思想转变的过程,你想来跟他们⼀起去体验.那也是跟你有关系的,有关联的.所以当你说你不想去加⼊这个战争,只是你这个⾁体你还不明⽩你这个灵魂来到这个世界上它这⼀⽣需要肩负的、需要转变的,明⽩吗?

Higher Spirit: You don't like wars but you are involuntarily involved in them? First, you need to understand that there is no involuntariness here. Since you chose this physical form to be born into the world and step into this room, it means you are part of this room. All events happening within this room affect you. Even if they were not created by you or weren't what you wanted to experience, they still have a connection with you. For instance, when you voluntarily take on the process of their entire room's ideological transformation and decide to share experiences with them, it is also related to you. So, when you say you don't want to join this war, it just means your physical self doesn't understand that your soul's journey in this world requires bearing and transforming throughout its lifetime. Do you understand?

但是你们要相信只要是你们经历的,只有是你们⾯对的你们经历的,你都有能⼒去转变它.那么转变并不是从外在开始,⽽是从你的内在开始.还要问题吗?

But you must believe that you have the ability to transform whatever you've experienced and whatever you're facing with. Transformation doesn't start from the outside; it starts from within. Any questions?

问: 那在这个混乱的世界中我们需要保护我们的⽣命吗?

Questioner: In this chaotic world, do we need to protect our lives?

⾼灵: 在这个混乱当中你们需要保护你们的⽣命吗? ⾸先,你要知道就是说如果你的头脑把它定义成为混乱,就是你觉得这个世界是混乱的,那么你就会去体验到更多更多的⼀些混乱的世界给你.明⽩我意思吗? 就像我前⾯给你讲的⼀样,⽐如说因为这个世界它不只是有混乱的,它也有有爱的.其实你表⾯上的混乱,如果你从最根本去看的话,它都是爱.那有爱,如果你能看到它最本质都是爱的话,你去看到的是这个的话.⽐如说这么说吧,你是⼀个有影响⼒的⼈,你是⼀个每天都有很多⼈观看你的⼀个博主.你天天都播东西.如果你从混乱的事件中看到它的本质都是爱,你就把这个感受到的分享出去,那你是不是就唤醒了更多⼈⼼⽬中的爱.

Higher Spirit: Do you need to protect your life in this chaos? First, you must understand that if your mind defines it as chaos, feeling that the world is chaotic, you will experience more of a chaotic world. Get my point? Just like I explained before, for instance, this world isn't just about chaos; it also has love. Actually, what appears to be superficial chaos, when looked at from its core, is love. With love, if you see that everything fundamentally stems from love, then by seeing this perspective, say you're an influential person, a blogger with many daily viewers who post content every day. If in chaotic events you can see their essence as love and share the feelings of experiencing it, aren't you awakening more people's perception of love?

那如果你只能看到⾥⾯的混乱⽽看不到本质的爱的话,你就分享的是混乱.那你是不是让⼈们⼼中更加产⽣混乱,产⽣愤怒? 为什么? 因为就⽐如说你把你看到的呢个混乱分享出去,你说是⽇本⼈挑起的.然后呢,这些听众对⽇本⼈产⽣了恨,然后就制造了更多的混乱.明⽩我意思吗? 所以这个世界它是虚幻的.所谓的虚幻就是说你觉得你说怎么样,你事情怎么说,你都是对的.所以你觉得这个世界是混乱的,你也是对的.那如果你能透过混乱去看到爱,看到呼唤,看到⼈们对美好的⼀个呼喊,那你体验的也是这个.所以你告诉我到底哪个是是哪个世界?你们没个⼈看到的世界都不⼀样的.

If you can only see the chaos but not the essence of love, then you are sharing chaos. Aren't you causing people to generate more confusion and anger? Why? Because for example, when you share your seen chaos and say it was caused by the Japanese, listeners develop hatred towards the Japanese, leading to even more chaos. Do I make sense? So this world is illusory. Illusion means whatever you think, how you speak about things, you're correct. Therefore, if you believe this world is chaotic, then you are right. But if you can see through the chaos and perceive love, calls for betterment from people's cries, then you experience that as well. So tell me, which world exists? Each person perceives their own unique reality.

然后呢些制造混乱的⼈,他们实际上是最⽆助的,他们是最需要关注、关怀和最需要爱的.那呢些最需要爱的⼈他们已经给你们展现出来了.你看我,你看我,我现在很痛苦,我需要爱.他已经给你喊出来了,明⽩吗?他已经喊出来了,我需要爱.那如果你们社会上能给他关注和爱了呢?那他是不是就不需要制造混乱来引起关注?但是呢,你们社会上所有的反应都是给制造混乱的⼈进⾏攻击,就是他制造混乱,那我就攻击他,继续打压他,攻击他,批判他.然后不接受他,赶尽杀绝.你们⼀直是在以暴制暴.那这就是为什么会产⽣更多的暴⼒事件.你觉得你是打着爱或者是和平的旗⼦去制造,就是我去⽤暴⼒去创造⼀个和平的世界.

Then those who create chaos are actually the most helpless ones; they are the ones who need attention, care, and love the most. Those who need love have already been shown to you. Look at me, look at me, I am in pain right now and I need love. He has already shouted it out loud, do you understand? He has already said, "I need love." If your society could give him attention and love, would he not need to create chaos to attract attention? But all the responses from your society are attacks on those who create chaos; they say, "He creates chaos, so I will attack him and continue to oppress him." Then they reject him completely. You've been using violence against violence. That's why more violent incidents occur. You think you're creating peace or love by using violence, saying that I will use force to create a peaceful world.

你听听这句话: ‘你去⽤暴⼒创造⼀个和平的世界’.明⽩吗?

Translate this Chinese text into "Listen to these words: 'You go and use violence to create a peaceful world.' Get it?"

问: 那我们要如何保护⾃⼰的⽣命?

How do we protect our own life?

⾼灵: 你如何要保护⾃⼰的⽣命? 你⾸先要保护他⼈的⽣命.刚才我告诉你有个⼈很痛苦,他⽤混乱的⼿段来让你看到他⼼⾥很痛苦.如果你只想… (听不清) 因为我们⼀直讲你给出什么你就收获什么,对不对?如果你给了对⽅安全,你给了对⽅能活下去,⽀持他活下去.那你是不是就⽀持你⾃⼰活下去?如果你从来没有给出去任何,就⽐如说⽀持他⼈的⽣命,⽀持他⼈的安全.那你同样你也会受到危及.给出去的就是不稳定,那你⾃⼰体验的也是不稳定.所以当你全⼒的去⽀持他⼈(听不清).就⽐如在森林⾥⾯你是其中的⼀棵树,然后其他的树着⽕了,你不去估计它,还想保护⾃⼰不燃烧?但是你如果帮它把⽕扑灭掉呢?是不是就不会有⽕烧到你?

Higher Spirit: How do you protect your own life? You must first protect the lives of others. I just told you someone is suffering, using chaotic means to make you see how much pain they are in. If all you want… (Inaudible) Because we always say what you give, you receive, right? If you provide safety for the other person, if you support them living and keep them alive. Isn't that also supporting yourself in survival? If you never give anything out, like supporting others' lives or security, then similarly you will be at risk too. What is given is instability, so what you personally experience is also unstable. So when you fully support others (Inaudible). For example, if you are one of the trees in the forest and the other trees catch fire, would you ignore it and try to protect yourself from burning? But wouldn't it be safer for everyone if you helped extinguish the flames instead?

所以你们是跟他⼈息息相关的.

So you are closely connected to others.

问: 是不是越有影响⼒的⼈越容易被攻击?

Questioner: Isn't it easier for those with more influence to be attacked?

⾼灵: 这看你们⾃⼰呀.并不是越有影响⼒的⼈越容易被攻击,⽽是你们⼈类如何去⾃⼰内在如何去运⽤(听不清),明⽩吗? 就像我前⾯给你举的例⼦,你们都是⼀个森林⾥⾯的树,你们都是连在⼀起的.(后⾯听不清)问: 感觉每个⾸相上台都是被攻击⽽不是被⽀持,然后我们想知道⼈与⼈之间就是要彼此攻击吗?

Higher Spirit: It depends on you. It's not that those with greater influence are more vulnerable to attacks; rather, it's how humans utilize internally (I couldn't hear clearly), do you understand? Just like the example I gave earlier, all of you are trees in a forest, and you are connected together. (I couldn't hear well at the end) Questioner: It feels like every Prime Minister gets attacked instead of being supported when they step into power. We wonder if it's necessary for people to attack each other?

⾼灵:就好像我们前⾯给你举例⼦,你们都是森林⾥⾯的树,你们的根都是连在⼀起的.如果对⽅着⽕了,⽕迟早会烧到你⾝上.如果对⽅被你攻击死了,你迟早也会死掉,明⽩吗?所以并不是说公众⼈物就⼀定是受到攻击的,⽽是说你们⾃⼰⽬前的⼀个意识⽔平,还在选择去体验⼀些反⽅向.(听不清后⾯)问: 成为公众⼈物是危险的吗?

Higher Spirit: It's like the examples we gave you before; you are all trees in a forest, with your roots interconnected. If one catches fire, the flames will eventually reach you. If you defeat and kill them, you will inevitably meet your end too. Do you understand? So it's not that celebrities are necessarily targeted because of their status, but rather that your current level of consciousness is choosing to experience things in opposition. (Inaudible) Questioner: Is being a public figure dangerous?

⾼灵: 就好像我前⾯举的例⼦,如果⼀个森林⾥⾯其他树着⽕了,你这棵树迟早会被烧到.所以如果你能理解这层关系的话.

Higher Spirit: It's like the examples I've given before, if there are other trees burning in a forest, sooner or later this tree will be burned as well. So if you can understand this relationship.

问: 然后能请您帮我们链接⼀下成吉思汗可以吗?

Questioner: Could you help us connect to Genghis Khan, please?

⾼灵: 你稍等.

Higher Spirit: Wait a moment.

成吉思汗: 你说吧.

Genghis Khan: Speak up.

问: 你好.我们有⼀个问题就是你在物质世界的时候剥夺了很多⼈的⽣命.然后我们想听⼀下你从中的感悟是什么?

Questioner: Hello. We have a question regarding how you took away many lives in the material world, and we would like to hear your insights on that experience.

成吉思汗: 你想要问当我在选择成吉思汗的呢个⾝体的时候剥夺了很多他⼈的⽣命,你为什么没有看到我也挽救了⾮常多的⽣命呢? 因为你们所有的东西都是你们⾃⼰去教育⾃⼰去听.但是你有没有看到给了多少⽣命,给了他们⼒量,给了他们勇⽓,给了他们⽣命应该有的样⼦,真正的活出他们⾃⼰.这个是超过你所谓的看到的被剥夺的⽣命的数量.我⿎舞了多少⼈,给他们带去希望,给他们带去⼒量,给他们带去⽣命应该有的样⼦.⽽不是说⼀天就是吃吃饭,然后就这么颓废的过⼀⽣,明⽩吗?

Genghis Khan: Why don't you see that I saved countless lives when I chose my own body, sacrificing many others? Because everything you have is what you educate yourself to hear. But have you seen how much life was given, empowering them with courage, showing them what a true life should be – living authentically out of themselves. This surpasses the quantity of lives that you perceive as being taken away. How I inspired so many, bringing hope, strength, and the essence of life to them. Not just going through life by eating meals each day and then living in despair, understand?

问: 那你有没有什么话是想要带给现在这个社会的⼈类的?

Questioner: Well, do you have anything you want to convey to humanity in society today?

成吉思汗: 有没有什么话想要带给现在这个社会的? 我希望你们看到的是我们没有浪费我们的时间,我们的每⼀天每⼀个时刻它都是充满了⽣命⼒,⽽不是像现在很多⼈他们活的像⼀个僵⼫⼀样.他们被⼀些电⼦产品,被⼀些豪车就是被⼀些奢侈品被这些东西给,就好像是⼀个毒品,他们沉浸在毒品毒瘾当中.然后过着颓废的⽣活,他们并没有完完全全… 就⽐如说是⼀棵植物,你们⽬前就是枯萎的⼀个状态成长的,要死不活的,就好像是发育不良的.那我们呢会⼉都是把植物最好的⼀个状态给呈现出来了.这才是不辜负我们的⽣命,不辜负我们成为呢个⾁体来体验,明⽩吗? 所以你们是辜负了这个⾁体,因为你们都发育不良,明⽩吗?

Genghis Khan: Is there anything you want to convey to this current society? I hope that what you see is not that we have wasted our time; every single day and moment of ours are filled with vitality, unlike many people today who live like zombies. They are consumed by electronic products, luxury cars, and other luxuries, as if they were addicted to a drug, drowning in their addiction. They then lead idle lives, completely failing to live up... much like an underdeveloped plant currently in a state of wilting growth, barely alive. We strive to present the best possible state of life for them. This is not wasting our lives or experiencing this existence without fulfilling its purpose. You are neglecting your bodies because you have underdeveloped yourselves; do you understand?

就像是这好么说,我们都是⼩麦,我么呢⼀波麦⼦长的⾮常⾮常的好.它可能⼀亩⽥它可以产⼗吨.你们这⼀亩⽥可能⼀吨都没有,明⽩吗? 产量.那我同样是⼀个季节,同样是⼀个⾯积,同样是⼀颗麦⼦,⼀个⽣命,⼀颗种⼦.然后结果呢?

Like this, you see, we're all wheat, aren't we? We're in one wave where the wheat is growing incredibly well. It might be a field that yields ten tons of grain. But your field might not yield even one ton at all. Understand, about the yield?

Then I'm in the same season, with the same amount of space, the same grain, the same life, and the same seed. And then what happens?

问: 那我想问⼀下我们现在所学到的你的历史关于你的这些事迹,有没有什么是不符合你当时真正的⼀个情况? 或者说还有什么是我们…成吉思汗: ⾸先你就⽐如说⼀百个⼈在描述我,我并不知道你们⼀百个⼈是如何描述我的,明⽩吗? 你们有⼀百种说法.那就算⼀百个⼈有⼀百种不同的描述,那你们⼀个听众每个⽿

Questioner: Well, I wonder if there's anything in the history we're learning about your deeds that doesn't match the actual situation at that time, or if there are any other aspects... Chinggis Khan: First of all, let me explain with an analogy. If a hundred people were describing me, I wouldn't know how each of you would describe me. There could be one hundred different ways to describe me. Even if there were a hundred different descriptions for a hundred individuals, as an audience member, you would have heard it from each ear independently.

朵理解的都不⼀样.你听到的是残忍的⼀个屠杀者是吧? 那我现在告诉你的是我唤醒了⽆数⼈的⽣命,给了⽆数⼈让他们就是真正的不是去像瘾君⼦⼀样活着.让他们活出了⾃⼰最好的状态,让他们活出了⽣命应该有的样⼦,明⽩吗? 因为⽣命的⼒度、强度,它不在于它的长度.你说就算你能活到⼀百岁,你每天都是抱着你的⼿机,然后你这颗种⼦连叶⼦都没有长出来,就发了⼀个⼩芽.这样的状态持续⼒⼀百年.你本⾝可以开花结果,你连果⼦是什么你都不知道.你能理解这两个不同的⽣命状态吗? ⼀个是⼩嫩芽都长不出来的状态它就已经活了⼀百年,然后也就结束了.

What she understands is different from yours. You heard the cruelty of a single slaughterer, right? Now I'm telling you that I've awakened countless lives, giving them true alternatives to merely exist like addicts. I've helped them live in their best conditions, and live life as it should be. Do you understand now? Because the strength and intensity of life don't lie solely in its length. Even if you could live a hundred years, if every day you're glued to your smartphone, your seed hasn't even sprouted leaves, just a small芽has emerged. This state persists for a century. You could have bloomed and borne fruit, but you don't know what a fruit is. Can you comprehend the difference between these two life states? One where you can barely get a seedling to grow, already living a hundred years before it ends.

然后⼀个是又开花又结果,它看到了⾃⼰呢朵花有多美,看到了它⾃⼰的呢个果⼦有多⾹甜,它也⾹甜了别⼈,明⽩吗? 所以你告诉我让这个种⼦持续在它嫩芽的状态持续了⼀百年和呢个种⼦结果,你告诉我哪⼀个状态才是真正的⽣命? 你刚才你们在说到的呢些你们社会上的混乱,为什么公众⼈物影响⼀个⼈? 就是因为他们发育不良,明⽩吗? 所以你去看现在的⼀个状态和我们呢个时代的⼀个状态,你就能看到你就能对⽐到.

Then there's the one that blooms and bears fruit. It sees how beautiful its flower is and how sweet its fruit smells. It also makes others feel sweet. Do you understand? Therefore, I ask you which state should this seed keep for a hundred years, instead of growing into its fruit. Which state truly represents life? The chaos in your society that we've been discussing – why do public figures influence individuals? Because they are underdeveloped, right? So when you compare the current situation with our era, you can see the contrast.

问: 请问这个⼥孩⼦的脑袋⾥还有想要问你的问题吗?

Questioner: Does this girl have more questions she wants to ask you?

成吉思汗: 想要问我的问题? 她还想问我对我的呢⼀⽣体验的⼀些感悟.⾸先,就⽐如说,我是⼀只猎豹,那我只是活出了猎豹它本应该有的样⼦.勇⽓、没有任何恐惧,去展现我内在的⽣命⼒.然后在你们眼⾥看到的就⽐如说战争对他们⽣命的⼀个失去,那他们体现的也是他们⾃⼰.体现的什么? 他们的恐惧,他们的⽆⼒,他们的没有办法掌控⾃⼰的⽣命,明⽩我的意思吗? 他们体验的也是他们⾃⼰内在的⼀个⽆⼒感,⼀个没有办法转变的.所以我们都只是体验我们⾃⼰内在的⼀个状态.因为你外在所有的⼀切它都只是你内在的⼀个显现⽽已.

Genghis Khan: Want to ask me questions? She also wants to know some insights about my life experiences. Firstly, for instance, if I am a cheetah, then I just live out the essence of what a cheetah should be. Courage, no fear, showing my inner vitality. Then what you see in them, such as war being a loss in their lives, they also represent themselves. What do they show? Their fear, their helplessness, their inability to control their own life. Do you understand me? They experience their own sense of powerlessness within, an inability to transform. So we are all experiencing our own internal state. Because everything outside is merely a manifestation of what's inside you.

那对于呢些消失的⽣命有没有什么就是想要对这些⽣命… ⾸先这⾥就是说永远都不需要⽤战争的⽅式去发⽣,就是去发⽣这⼀切.这⼀切都不需要⽤战争的⽅式去呈现,或者是去得到这种结果.这⾥永远都有更好的⼀个⽅式⽅法.然后为什么会发⽣战争?因为呢也是⼀个时代,就好像⽐如说,这么说我这个房⼦最开始它只是,⽤我们的能⼒,只会⽤⼟来建造.但是呢,发现⼟建造的不牢固.那最后发明了⽤⽯头⽤砖更加牢固的⽅式.那我们是不是需要推翻⼟?那我们推翻的呢个过程就给你们看到的是战争.为什么?因为我们把⼟推没了呀,我们放了砖头进去了呀,明⽩吗?

For those lost lives, there are things one might want to say about these lives... first and foremost, it's never necessary for conflicts to arise through war; it doesn't have to happen this way. There is always a better method or approach. Why do wars happen? It's because of an era, like when my house was initially built using only our capabilities with earth. However, we found that building with earth wasn't sturdy enough. Eventually, we discovered more reliable methods using stones and bricks. So, don't you think it's necessary to overturn the earth? When we demonstrate this process to you, it appears as war. Why is that so? Because we've replaced the earth and introduced bricks into the construction, right?

所以当内在就是说你⾃发性的发⽣转变、成长、突破,然后并不需要从外在来⽤这种就是看上去是这种摧毁、战争的⽅式去得到转变的.那么你们现在⽬前这个社会,如果战争不发⽣,那你们需要怎么样的⽅式才能更新呢?因为⽣命不断地不断地… 那就是你们⾃⼰内在发⽣战争.战争是什么? 你以前的你的思想它死了,以前的观念它死了.它在你的内在出来新的,更新的.当你们的思想,就⽐如说前⾯你们说到被强杀的呢个.这是你们的思想,你们想要去攻击呢些有影响⼒的⼈.你们把你们⾃⼰⼈⽣的悲惨责怪到他们呢些⼈⾝上.你们⾃⼰活出不了有影响⼒的⼈⽣,你们就特别讨厌别⼈有影响⼒的⼈⽣.

So when the inner self experiences spontaneous transformation, growth, and breakthroughs, it doesn't require external forces to achieve such changes in a way that might seem like destruction or war. Now, how can your current society update itself without resorting to warfare? Because life is constantly evolving within you... which means there's an internal conflict happening within you. What is war? It's the death of your previous thoughts and ideas, and outdated concepts dying off as new, updated ones emerge in your subconscious. When your thoughts, like those previously discussed about being forcibly attacked, are about wanting to attack influential people. You blame them for the hardships in your life. If you can't live an influential life yourself, you despise others who do.

那你们这个思想,如果你们内在发⽣转变的话,转变成你知道你们是⼀个森林⾥⾯的树,然后如果对⽅在燃烧,你不救它的话,你也会被烧死.你们都知道你们是⼀体的.如果都转变成这样⼀个思想的话,那你们就不需要再体验呢种外在的这种战争或者这些事件.

Your idea is that if there's a change within you, transforming your understanding to see yourselves as trees in a forest, where if one catches fire and you don't help it, both of you will be burned. You all know that you are interconnected. If everyone thinks like this, then you won't need to experience those external conflicts or events anymore.

# **2022/07/15 — 恐惧死亡的原因(⽆提问) Reasons for Fear of Death (No Questions Asked)**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

⾼灵: 你有死亡恐惧症? 你为什么会觉得你有死亡恐惧症呢?

Higher Spirit: Do you suffer from a fear of death? Why do you think you have a fear of death?

⾼灵: 你稍等.我先链接⼀下你的能量,感受⼀下.你叫什么名字? 你⽬前我感受到的是你感受到的害怕呢种你所谓的恐惧,呢种害怕它来⾃于你头脑⾥⾯没有⼀个重要的事情给你去关注.⽐如这么说吧,如果你有⼀个你特别激情的事情或者你有⼀个很强烈的责任,就⽐如说你要去照顾⼀个你特别爱的⼈.如果你有⼀个这样⼦的事情,那么你的头脑就不会去锁定⼀些所谓的恐惧去给你体验了.所以你重要的不是把你恐惧的感受就是你现在害怕的感受给去除掉.⽽是说你需要去把你的注意⼒转移到⼀些让你热爱或者是激情或者是对你来说⾮常重要的事情,放在呢上⾯.因为当你完完全全进⼊到呢样⼦的状态,你便不会莫名其妙的产⽣呢种恐惧感,明⽩吗?

Higher Spirit: Just hold on a moment. I will first connect to your energy and sense it out. What's your name? Currently, I can feel the fear that you perceive or what you refer to as fear in you. This kind of fear originates from an absence of something important for you to focus on. To put it this way, if there were a particular passionate endeavor you're deeply invested in or a strong sense of responsibility, like caring for someone you love dearly, then your mind wouldn't be fixated on the supposed fears giving you that experience. Therefore, what's crucial isn't eliminating your fear sensations, which are your current feelings of apprehension. Rather, it involves shifting your focus to something that brings you passion or excitement or is significantly important to you and directing it there. Because when you completely immerse yourself in such a state, you won't suddenly feel those fears without reason. Do you understand?

⾼灵: 你看吧,你⾃⼰都回答了你的问题.你说你现在⾃⼰都不知道你热爱什么.那就是说明你现在头脑就处于⼀种⽆所事事的状态.因为你没有在做⼀些你激情的事情,你没有在做⼀些对你来说⾮常重要的事情和有意义的事情.那如果你进⼊这样⼦的状态,你的这种莫名的恐惧感它⾃然⽽然就消失了,明⽩吗? 因为你的脑⼦它需要抓住⼀些东西,当你没有什么给它抓的时候,它就会把以前⼀些不好的经历它就会⽼是,就是好像给你播放电影⼀样,给你回放⼀样.

Higher Spirit: Just look at it. You've answered your own question. You said that you don't even know what you love now. That means your mind is in a state of doing nothing, because you're not engaging in things that ignite your passion, the important and meaningful things to you. When you get into such a state, your sense of莫名 fear naturally disappears. Understand? Your brain needs something to latch onto. Without anything to grab at, it will replay old bad experiences like watching a movie or reliving them.

⾼灵: 你⾸先要知道你⾝体创造的呢些感受它是根据你,把你的关注点你锁定于什么.然后你会相应的去给⾝体制造这种感受,明⽩吗? 那如果你锁定的是让你激情和兴奋和快乐的事情呢? 或者是对你来说⾮常重要的事情呢? 如果真的没有什么事做,那你去做什么义⼯啊.你如果对⼩孩特别有感受的话,你就去福利院和⼩孩链接.如果你对动物特别有感受的话,那你和动物.如果你和⽼⼈,那你去找⽼⼈这样的团体.就看你对哪⼀个团体你对他们特别有感触.你可以去⾛进他们的⽣活.因为这么说吧,当你在做这些⾏为的时候,那你就在源源不断的在播种爱⼀样.你就好像在给别⼈….你们有句话叫给⼈送鲜花,你⼿有鱼⾹,是不是?

Higher Spirit: First, you need to understand that the feelings your body creates are based on what you focus on. You then produce these feelings in response. Get it? So if you focus on things that make you passionate, excited, and happy, or something very important to you, and there's nothing else to do, then why not volunteer? If you have a strong connection with children, visit an orphanage and connect with the kids. If animals are your thing, bond with them. If it's old people you're fond of, find groups for elderly folks. It depends on which group resonates with you. You can immerse yourself in their lives. Because when you do these actions, you're continuously sowing love like planting seeds. You're essentially giving to others, as they say: "Sending flowers to someone means your hands are fragrant with fish sauce," isn't it?

那你再不断的送花给别⼈的时候,你⾃⼰也是在体验⾹味.那你在源源不断的给别⼈送去爱的时候,你就在爱中.那如果你在爱中的时候,你就不会有你所谓的恐惧的频率了.因为这是完全不同的频率,你只能在其中的⼀个.

When you continuously send flowers to others, you are experiencing the scent yourself. When you endlessly give love to others, you are in love. If you are in love, you won't have the fear frequency that you perceive as yours because it's a completely different frequency; you can only exist within one of them.

⾼灵: 你们所有的⾁⾝都会死去,明⽩吗?

Higher Spirit: You all mortal bodies will die, understand?

⾼灵: 近期? 你们所谓的近期? 你要知道你们没有⼀个距离.是你们⾃⼰体验,你们⾃⼰觉得好像是有明天、后天.但是你要知道你们的意识的焦点,你锁定⼀个什么样⼦,那你体验的就是什么样⼦.就好像前⾯有⼀副平⾯图.平⾯图⾥⾯有⽆数个箱⼦,每个箱⼦都有⼀个数字,你锁定哪个数字你就进⼊哪个.你告诉我怎么来说是近期? 如果你的关注点它没有改变的话,你继续焦距在这个的话.那你当然还是继续体验这个.为什么? 因为你持续的在选择.你只是在你每⼀个当下在持续的选择同⼀个给⾃⼰体验,明⽩吗? 所以重要的不是这⾥有⼀个什么时候,时间,明天后天或者⼤后天.⽽是说你在你当下,你有可能你现在就可以选择,我要进⼊爱的频率.

Spirits: Lately? Your so-called lately? You need to understand that there is no distance. It's an experience you have, a feeling you perceive as tomorrow or the day after. But you must realize the focus of your consciousness; whatever you lock onto, that's what you will experience. Imagine it like a flat map in front of you. The map contains countless boxes, each with a number on it. You enter which box based on which number you lock onto. Can I explain how "lately" works? If your focus remains unchanged and stays concentrated here, then naturally, you continue to experience this. Why is that? Because you're continuously choosing. You're constantly selecting the same frequency of experience for yourself in every moment. Understand? Therefore, what matters isn't a specific time frame like tomorrow, the day after, or the day after that. It's about making that choice right now, here, that you can choose to enter the frequency of love right this moment.

我要选择呢个频率.那你有可能等会⼉突然醒悟过来,这些语⾔给你带来呢个什么,你想要… 可能是明天,可能是睡醒.所以这在于你⾃⼰在每⼀个当下做出的选择,⽽不在于时间的长短.因为你可以每⼀个当下都持续选择同⼀个,就是锁定于你害怕的呢个,明⽩吗?你要知道这⾥的体验没有好和坏,因为都是体验.你如果说持续的选择这种恐惧的体验的话,你也可以正⾯的使⽤它.你也可以去正⾯的去体验,因为你越是体验的深刻,知道所有的恐惧都是来⾃于你的幻像,来⾃于你⾃⼰的头脑它没有去进⼊爱和激情的频率.那体验的越是深刻,就好像呢个绳⼦你体验的越紧,那你到时候松绑你是不是就越轻松?然后你也可以有⼀个松绑的经验可以分享.

I will choose that frequency. Then you might suddenly realize what these languages bring to you, and you want... Maybe it's tomorrow, maybe after waking up. So it lies in your own choices in every moment, not the duration of time. Because you can continuously make the same choice at every moment, which is locking onto what you're afraid of, do you understand? This experience here has no good or bad because they are all experiences. If you choose to continuously have this fear experience, you can also positively use it. You can go through a positive experience too. The more you experience deeply, the more you realize that all fears stem from your illusions, from your own mind's absence of entering love and passion. The deeper you experience, it's like when you pull tighter on a rope; will letting go feel easier then? And you can also share an experience of untying.

所以说这些体验它并不是说不能正⾯的服务于你.你⾃⼰创造的⼀个恐惧的体验,它同样可以来帮助你和帮助更多的⼈,明⽩吗?就是你可以正⾯的去使⽤它.但是你必须要知道你不是困在⾥⾯的.如果你困在⾥⾯,你永远都突破不了的话,你便没有去正⾯的使⽤它.还有问题吗?

So these experiences are not saying that they can't serve you positively. The fear experience that you create for yourself can still help you and more people, understand? You can use it positively, but you have to know you're not stuck in it. If you're stuck, you'll never break free, thus unable to use it positively. Any other questions?

⾼灵: 你稍等.我感受⼀下你的脖⼦.我看看你的脖⼦它有没有什么话想要带给你.⾸先我想跟你说的是你脖⼦它阻塞的能量来⾃于你并没有轻松、允许和快乐,就是在这样⼦的⼀个状态下活着.就是你的⽣命状态它没有在⼀个轻松愉快,就是畅通.你想象⼀下⼀个堵塞的⽔管和⼀个畅通的⽔管.⼀个⽔管它堵塞了,它有东西在⾥⾯.然后⼀个⽔管它是畅通的,没有东西堵塞.那呢些堵塞来⾃于什么呢?来⾃于你长期积压的⼀些负⾯的能量,就是你长期以来累积的⼀些记忆,或者⼀些恐惧,或者⼀些事件.就是你并没有让它去,就⽐如说这个事情已经翻篇了,已经过去了.但是你还是让它残留在你的⽣命当中,你的⽣活当中,你的头脑当中.

Higher Spirit: Wait a moment. Let me sense your neck. I'm seeing if there's anything in your neck that wants to communicate with you. Firstly, what I want to tell you is that the blockage of energy in your neck comes from not having ease, permission, and happiness in living. Your life state isn't flowing freely; it's obstructed. Imagine a blocked pipe versus a畅通 one. The blocked pipe has something inside it, while the unblocked pipe doesn't have anything blocking it. What causes these blockages? They stem from the accumulated negative energy over a long period, your memories or fears, or past events that you didn't let go of. You haven't allowed them to move on; for instance, even though this incident is over and done with, you still hold onto it in your life, thoughts, and mind.

你还是在受呢个能量影响,你没有允许它通过你的⾝体.然后它就会堵塞在呢个地⽅.所以你需要就好像是失忆⼀样,忘记过去的所有事情.就是你曾经经历的⼀些事情,因为你的过去它不能代表你的将来,也不能代表你的现在.就是你经历的过去它跟你的现在和将来是没有任何关系的.但是你会把它牵连在⼀起,你会觉得我过去经历了⼀些事情,那它可能将来有可能再发⽣.那我要预防它,我要怎样怎样,我要去避免它不再发⽣.然后当你有这样⼦的⼀个… 那你就是没有允许你的过去已经过去了.你还是在紧抓住它.那紧抓住它,呢股能量它就残留在你的⾝体⾥⾯.

You are still being influenced by that energy; you haven't allowed it to pass through your body. Then it gets stuck in that place. So you need to be like someone who has forgotten everything, forgetting all the past things. That is, the experiences you've had, because your past cannot represent your future or your present. The past experiences you have are unrelated to your current and future situations. But you connect them together, thinking that what happened in the past might happen again in the future. So you need to prevent it, figuring out how to do so, trying to avoid its reoccurrence. Then when you have such thoughts... You haven't allowed your past to be done with; you're still holding onto it. Holding onto it causes that energy to remain trapped within your body.

因为你的⾝体它就好像是⼀反射器⼀样,它是你⼀个能量状态的反射,就是你的思绪、你的情绪、你的能量状态,它都会通过你的⾝体呈现出来.你的颈椎这样⼦的话,就是你头脑⾥⾯的呢些记忆、定义,还有过去曾经的⼀些事情,你并没有让它翻篇.你还继续的让它重演,让以前的⼀些情节继续的在影响着你的现在和将来.就最简单的⼀个就是说,你的颈椎出现了⼀些⽑病,你做了⼀些治疗.然后你就⼀直害怕害怕,你就⼀直怕会不会怎样.那你就并没有允许.你要知道你的⾝体它⾮常⾮常的聪明,它⾮常的敏感.它会⾃⼰疗愈⾃⼰.你唯⼀就是要去信任它,明⽩吗?如果你的⾝体不会不够敏感的话,你便不会发⽣这样⼀个阻塞的事情在你的⾝体上.因为你们是断开的.

Because your body acts as a reflector, mirroring your energy state and thoughts - including emotions and memories - through your physical manifestation. Issues with your cervical spine mean that unresolved past experiences, definitions, and memories continue to influence your present and future. As the simplest example, if you experience neck pain and undergo treatment, continuing fear might undermine this healing process. You need to understand that your body is incredibly smart and sensitive; it heals itself when given the chance. The only thing required is trust - does this make sense? If your body were not sufficiently responsive, such physical blockages would not occur. Since you are disconnected from it.

你说.

You said.

⾼灵: 你要想到你的阻塞的话是整个,对吧? 所以你说的这些症状都会是,我刚刚告诉你的呢些引起的⼀些症状.它会导致这些症状.但是你的根源是什么?根源我刚刚已经告诉你了,你需要放下⼀下东西,你需要let go,让过去的过去,明⽩吗? 因为你⾸先要知道你将来,就是⽐如说明天或者是接下来需要体验的是什么,是在你当下的意识.你的过去,你曾经经历的呢些东西… 这么说吧,你的⾝体你觉得是病变,是吧? 但是它并不会⼀直病变下去,你需要相信这个.因为当你在害怕它会病变或者是你在避免它病变或者是你在担⼼它病变的时候,实际上你就没有允许它恢复.你还在把它强制的留在这个病变的状态当中.

Higher Spirit: When you think of your blockages, they are whole, right? So the symptoms that you mentioned are all the side effects caused by these issues I just informed you about. It leads to such symptoms, but what is the root cause? The root has already been explained to you; you need to let go and move on from the past. Understand that because first, you need to know what awaits you in the future - whether it's tomorrow or going forward - is related to your current consciousness. Your past experiences... To put it simply, you perceive your body as diseased, correct? But it doesn't have to stay that way; you must believe this. Because when you're afraid of it worsening, trying to avoid its deterioration, or worrying about its condition, in reality, you are not allowing it to heal. You are still forcing it to remain in a state of disease.

这个病变的状态是你的思想强加给它的.因为你的⾝体它可以创造你以为是的呢种体验给你感受.这么说吧,跳舞,当你在跳动,不停跳的时候.你就好像在把你的⾝体⾥⾯阻塞的能量给抖出去,明⽩吗?那你随着⾳乐去狂跳,如果你每天能跳⼀个⼩时,那你就会发现你的能量和你的⾝体越来越轻松.然后你⾝体的堵塞也会越来越呢个什么.反正就是跳动,你跟着⾳乐不停的跳.你可以去学⼀些.如果你喜欢体育的话,那你可以选择跳绳.那你就会觉得你的⾝体和你思想精神层⾯就会越来越轻松.它这个是相互的.就⽐如说你的⾝体阻塞严重或者是沉重感,它会加重你思想上的.那你思想上的也会加重⾝体.它就会进⼊⼀种这样⼦的循环.还有问题吗?

The state of this disease is what your mind imposes upon it. Your body can create the experiences you perceive based on what you think it should be. To put it simply, when dancing and moving continuously, it feels like you are shaking out the energy trapped inside your body, right? By letting loose to the music, if you were able to dance for an hour daily, you would notice that your energy and physical state become lighter over time. Then, as the body's blockages gradually diminish, you'll find that not only does it affect your body positively but also correlates with your mental and spiritual ease. It's a two-way street; severe or heavy bodily sensations can intensify mental conditions, and vice versa. They tend to enter into this loop of reinforcement. Any more questions?

⾼灵:你稍等.你想要知道你⼼脏.你⼼脏的⼀些也是你所谓堵塞,就好像你好像放了很多沉重的⼼事在⾥⾯.然后它会有像是能量堵塞的⼀种状态.所以你会在过量的运动后,你会感受到有⼀点点… 你会觉得疲惫,你会觉得累,你会觉得好像⼼有余⽽⼒不⾜的呢种感觉.但是呢,你可以不⼀步⼀步的来.你不需要⼀下⼦就⽐⾃⼰要做到⼏个⼩时的跳动.⼀步⼀步来,最开始只是五分钟、⼗分钟.⼀点⼀点⼀步⼀步的来让它慢慢的疏通,明⽩吗?但是要知道你⾝体的这些症状或者是反应,它都只是你能量层⾯的.当你在能量层⾯不断地清理,你的这些症状都会消失的.还有问题吗?

Higher Spirit: Wait a moment. You want to know about your heart. Some aspects of your heart are blocked like you've packed many heavy burdens inside it, leading to an energy blockage state. After overexertion, you might feel slightly... tiredness, fatigue, or the sense that you can't do as much physically despite wanting to. However, take it one step at a time; there's no need to immediately engage in activities requiring hours of exertion like your own self does. Start small with just five or ten minutes and gradually increase the duration. Let this process slowly clear any blockages, understand? But remember that understanding your body's symptoms or reactions is part of your energy level issues. As you continuously clean up these energy aspects, your symptoms will fade away. Do you have any further questions?

⾼灵:你稍等.你右⼿的⾷指有…⾏动受阻.你没有在你⾃⼰的道路上.就⽐如说你是⼀只鱼,你现在并没有在⽔⾥,你还在寻找⽔源.然后它会导致你⼀直觉得就好像有什么膈应你,⼀直有什么困扰你,⼀直有什么annoying you.就是让你感到烦躁不安,然后让你知道就好像你⼀直需要找到源头,找到回家的路,找到你⾃⼰呢个什么的路.明⽩我意思吗?也就是说,就⽐如说你是⼀条鱼,那你现在还在陆地上,你还在挣扎着.你感受到你需要⽔,就是你感受到浑⾝不舒服.然后⼀到⽔⾥⾯就浑⾝舒服了.那你需要怎么找?

Higher Spirit: Wait a moment. Your right index finger has... movement obstruction. You're not on your own path. Imagine you're a fish; currently, you're not in the water but are still searching for water sources. This will make you feel like something is bothering and disturbing you constantly, causing annoyance that leads to irritation and restlessness. It's akin to realizing you need to find the source, trace back home, or navigate your path towards yourself. Do you understand what I mean? In essence, if you were a fish, you're still on land, struggling, feeling the need for water which makes your entire body uncomfortable until you're submerged and feel relief. How would you find that solution?

也就是说你现在还没有在你⾃⼰的⼈⽣道路上,所以你需要去不断地放下你的所有恐惧,因为当你有恐惧的时候,这些恐惧会让你不敢去尝试任何.它会让你只想要呆在⼀个舒适安全的地⽅,它会让你不想要离开舒适的地⽅.然后当你的恐惧越来越少,那你的能量就不⼀样了.就好像你是⼀棵植物,你之前藤你不敢往上爬,你不敢⽣长.你觉得你长出去会掉下去或者会怎样.你会有呢种恐惧.那当你没有这种恐惧,你在⼀种安全、舒适的状态下的话,你便会 不断地去尝试各种.那当你在尝试的过程中你就会找到你⾃⼰,跟你的真我⼀致的,跟你的频率⼀致的,你便会⾛到你激情的道路上.

In other words, you are not yet on your own path of life, so you need to constantly let go of all your fears because when you have fears, these fears prevent you from trying anything. They make you want to stay only in a comfortable and safe place, they discourage you from leaving the comfort zone. Then, as your fears decrease, your energy changes. It's like being a plant; previously, you were afraid to climb upwards or grow because you feared it would lead you to fall down or something else undesirable. You had that fear holding you back. But when there is no such fear and you are in a state of safety and comfort, you will be constantly trying different things. In the process of trying, you find yourself, aligning with your true self, matching your frequency, leading you to your path of passion.

那你这些所有的⼩⽑病它也不会再困扰你,你也不会有就好像全⾝很不舒服的呢种感觉.

All those minor annoyances will no longer bother you, and you won't have a feeling of being very uncomfortable all over your body.

⾼灵: 这⾥没有什么问题.你⾸先要知道这⾥没有什么问题.就好像你选择了这个频率,那么它就会让你有这种体验.这些体验都不是问题你要知道,明⽩吗? 这就好像是⼀条让你回家的路⼀样.那你告诉我,这条路上有问题吗? 那如果有问题,你怎么通过这条路⾛到回家的路上呢? 明⽩吗? 所以不要把你⾃⼰当成有问题,你只是在⾛到你⾃⼰的路上⽽已,明⽩吗? 你只是在朝呢条路上⾛⽽已.我只是来告诉你这些是什么原因,就是是因为什么导致你有这些体验.但是这些体验你都可以正⾯的去运⽤它、利⽤它,让它服务于你,然后你再服务于⼤家,明⽩吗?

Higher Spirit: There is nothing wrong here. The first thing you need to know is that there is nothing wrong here. Just like when you choose this frequency, it will give you this kind of experience. These experiences are not the problem; you should understand that, do you? It's similar to a path leading you home. So, tell me, is there anything wrong with this path? If there's a problem, how can you navigate through this path to get back home? Do you see it? Therefore, don't consider yourself as having problems; you're just on your own path, that's all, do you understand? You're simply moving towards this path. I'm here to explain why these things happen and what causes them for you to have these experiences. But you can use these experiences positively, leverage them, make them work for you, then serve others through it, do you understand?

⾼灵: 这是你们成长的⼀个过程,你不要把它当成是你的问题.

Higher Spirit: This is part of your growth process, don't see it as your problem.

⾼灵: 没有关系的.这些都不是问题.为什么呢? 因为你描述的这些问题,你说这样呢样,受伤又是什么的.这些它都会在根据你,⽐如你头脑关注⼀个有爱的事情或者⼀个激情的事情,这些都不会再发⽣,明⽩吗? 那之所以… 就好像你是在梦游⼀样,你没有⼀个关注点.就好像你是⼀个司机,你是漫⽆⽬的的开着,所以⼀会⼉撞到这个⼀会⼉撞到呢个.那当你有⽬的地呢?你知道你要去哪⾥,你便会避开呢些东撞西撞的,明⽩吗? 所以不要因为发⽣的任何⼀些⼩事情把它负⾯定义或者是觉得什么不好的预兆什么的.没有的,不是的.它只是因为你⾃⼰没有⼀个锁定的⽅向⽽已.那当你有⼀个⽅向,你知道往哪⾥前进的话.你便会避开所有的⼀些路上的牵绊.

Higher Spirit: It's fine, none of these are problems. Why? Because the issues you've described and how you describe them - like being hurt, etc. – they won't happen when your mind focuses on love or passionate matters, right? You see, if there is a focus, things wouldn't go wrong. Like when you're sleepwalking; you don't have a point of attention. It's as if you're driving aimlessly and end up crashing into things randomly. But when there's a destination in mind, knowing where to head, you'll naturally avoid the distractions and crashes. So don't interpret any little events negatively or see them as bad omens. No, it's not that way. The reason is because your mind lacks a fixed direction. When you do have a clear path, understanding where you're going helps you bypass all the obstacles on the road.

⾼灵: 你的⽅向刚刚都说了,就是去和你的⾼我对齐.因为你的⾁体它还存在⼀些很多恐惧的东西,明⽩吗? 那当你不断地去看清楚,你通过这些事情去看清楚,你只是⼀些恐惧的念头⽽已.它只是⼀些错误的东西被你去当成真的了.那你去看清楚了,它是不是就不再妨碍你了? 那你看都不看它,它是不是就⼀直⼦呢⾥? 还有问题吗?

Higher Spirit: You've just explained your direction - it's to align with your higher self. Understand that because your physical body still holds many fears, right? When you continuously clarify these things, you'll realize they're merely thoughts of fear. They are simply errors that you perceive as truth. So, if you can see through them clearly, will they no longer hinder you? If you don't even look at them, will they remain trapped within you? Any further questions?

⾼灵: 你稍等.刚才我就说你处在⼀个有很多能量堵塞的⼀个状态是吧? 那你有很多过去的事件还困扰着你对不对? 那你想就好像有很多很多线牵连着你,⽐如说过去事件、其他⼈、其他事件、其他记忆,这些东西它都像⼀条能量线⼀样,你跟它们牵连着,牵扯着.那你想⼀下,如果你是在有很多很多线牵扯着,那你们俩在⼀起是不是就会打结? 那如果你把其他的牵绊都断了呢? 都不留下任何能量线牵扯,明⽩吗? 那你们这样是不是就不会打结? 记忆,就⽐如说你曾经遇到⼀些不好的记忆.就算你们之间他曾经怎么样做了⼀件事情,然后你⼀直没有忘记.然后你遇到这个事情,你又把它拿出来.然后你看到其它或者你曾经的经历,明⽩吗?

Higher Spirit: Wait a moment. Didn't I just tell you that you are in a state with a lot of energy blockages? That means there are still many past events troubling you, right? Imagine as if there are numerous threads tying you up, such as past events, other people, other incidents, or memories; all these act like energy lines connecting and entangling you. Now think about this: If you have many threads tangled together, wouldn't the two of you get knotted when interacting? But what if you were to sever all those entanglements, leaving no energy lines to tie you up anymore? Would that make sense? Wouldn't the two of you then avoid getting knotted by any means necessary, especially considering bad memories that you've encountered before? Even though someone in your life did something to hurt you at some point, and despite you never forgetting about it. When faced with such events, bringing them up again only leads to further reflections on other experiences or past scenarios.

这些所有的思想或者是念头或者是记忆,它都是⼀条线⼀样.这就是,你这么看,这就是你们⽼⼈越⽼就越来越动不了,他们就不想动.为什么? 因为他很沉重,他积压了他这⼀辈⼦的⼀些受的伤害啊、委屈啊、怨恨啊,全部都在呢⾥.它就是形成了⿊压压的能量.那你为什么看新⽣⼉就是⼩孩⼦,两三岁的⼩孩⼦,他为什么不停的动不停的动?他很快乐.为什么?因为他没有这些牵绊啊.他没有这些所谓的能量线.所以你们思想发⽣的所有牵绊所有的记忆,它就像⼀团⿊压压的⼀团东西压着你们,让你们动弹不了.让你们产⽣很多恐惧,它让你们和其他⼈发⽣很多摩擦.为什么呢?

All these thoughts or ideas or memories are like a single line. This is why, when you look at it this way, the older people become and the more immobile they get, they don't want to move. Why? Because everything feels heavy; there's an accumulation of injuries,委屈s, and grievances from their entire lives that all reside within them. They've formed a dense energy field. And why do you notice newborn babies as children, especially those around two or three years old, constantly moving without stop? They're very happy. Why is that? Because they don't have these constraints or energy lines holding them back. Therefore, your thoughts and memories causing all sorts of limitations and burdens, all accumulate like a dark mass pressing against you, making it impossible for you to move. It generates many fears within you and causes conflicts with others. Why does this happen?

因为你不只你在跟对⽅交往,你是你所有的整合体,你的经历你的记忆你的所有的⼀切,你头脑⾥⾯的呢些东西,不断地在搜集资料.那当你头脑⾥⾯不断地收集了⽆数的资料过后,你就会看不清楚对⽅到底有什么需求?因为它⾥⾯只有你⾃⼰的投射⽽已.你会把你的恐惧或者是担忧害怕投射到对⽅的⼀举

Because you're not just interacting with the other person; you are your whole being, your experiences, memories, and everything else, constantly gathering data in your mind. And after accumulating countless pieces of information, it becomes unclear what the other person truly needs? For all that is present there is only your projection. You might project your fears or anxieties onto every move they make.

⼀动当中去.所以你们的关系… 因为当你⼀个⼈不轻松的话,你俩个⼈在⼀起怎么可能轻松,对吗? 因为你们是俩股更加沉重的能量了.所以当你⾃⼰能轻松的上阵,就是你没有任何所谓的⼀些⿊压压的能量缠绕着你.那你⽆论跟谁相处都能愉快,不只是你男朋友.还有问题吗?

In action. So your relationship... because if you're not at ease by yourself, how can the two of you be at ease together? Because you both are carrying even heavier energies. Therefore, when you can be at ease on your own, meaning there's no heavy energy surrounding you, then you can get along happily with anyone, not just your boyfriend. Any questions?

⾼灵: 那你⾃⼰都说了就像我刚刚说你还有很多线连着在这⾥,明⽩吗? 还有很多线连着.那你跟他相处,你是不是会打结?

Higher Spirit: Then you said yourself just like what I mentioned earlier, that there are still many lines connected here, do you understand? There are still many lines connected. So when interacting with him, would you be getting tangled up?

⾼灵: 你⾸先你要知道你外在所有的混乱和不确定它都来⾃你内在.因为如果你现在是拿着你现在的能量线… 我刚刚就是说它有很多其它线牵连着.你就算在给你另外⼀个⼈,你们还是会打结的,明⽩吗? 所以说是要你如何的不被这些牵连,就⽐如说你曾经的⼀些关系,你不再被第⼀个第⼆个第三个第四个或者你曾经经历的呢⼀年的呢个什么事件…. 我刚刚前⾯⼀直说你的过去它并不能代表你的未来.你过去怎么样体验或者遇到什么样的⼈,它并不能代表你的未来.但是你却会经常的把过去的事件再加进来.就这么说吧,就⽐如说你是⼀杯⽔.那你的⽔⾥以前有很多⽯头啊、泥啊、沙啊,你都没有把它清理掉.你是个浑浊的状

Higher Self: Firstly, you need to know that all the chaos and uncertainty that exists outside of you comes from within you. Because if you are holding onto your current energy line... I just mentioned that it has many other lines connected to it. Even if you give this to someone else, you'll still get tangled up, do you understand? So it's about how not to be entangled by these connections, such as past relationships where you're no longer bound by the first, second, third, or fourth relationship... Or any events that occurred in years gone by. I mentioned earlier that your past cannot represent your future. How you experienced things or encountered people in the past does not necessarily represent your future. But you often incorporate these past events into your current situation. For example, imagine you are a cup of water. Previously, your water contained many stones, mud, and sand which have not been cleared out. You carry this murky state with you

态.如果你是⼀个浑浊的⽔的话,那你跟其他的⽔在⼀起,它也不会让你变的好呀.明⽩吗? 你还是浑浊的.那你需要什么? 你需要你⾃⼰净化呀.

If you are a turbid water, then it won't make you better even when you're mixed with other waters. Understand? You remain turbid. So what do you need? You need to purify yourself.

⾼灵: 你就这么去想,你是⼀杯⽔.那曾经⼀些你所谓的经历啊、事件啊、记忆啊,所有⼀切它就像泥和沙⼀样.它在这杯⽔⾥⾯,这杯⽔还是浑浊的.那你必须你要⾃⼰净化呀.把这些泥和沙,你知道它跟你的振动频率不⼀致,它不是属于你的.它也不需要继续再留在你的⽣命⾥⾯.然后当你不断地开始在释放它,允许它⾛.你是不是你再跟其它⽔在⼀起,你们便不会是浑浊的,明⽩吗? 然后前⾯不是跟你说嘛,你可以开始跟着⾳乐跳舞,不停的抖动抖动.当你的能量变的越来越轻松,⾝体变的越来越轻松,那你的关系也会变得越来越轻松.这都是⼀系列的.

Higher Spirit: Just think of yourself as a cup of water. All those experiences, events, and memories that you once considered valuable are like mud and sand in this cup. They are mixed within the water, which is still murky. You must purify yourself to remove them. Get rid of this mud and sand; you understand that their vibrations do not match yours, they don't belong to you, and they shouldn't continue to reside in your life. When you begin to release them continuously and let them go, will you find that when you join with other water, the mixture doesn't remain murky? Do you see? We discussed this previously, so start dancing to music or moving your body incessantly. As your energy becomes more relaxed and your body feels lighter, your relationships will also become less burdensome. These are all interconnected processes.

⾼灵: 因为当你⾃⼰在⼀个… 这么说吧,你说要不要跟这个⽔分开是吧? 那你要知道你这个⽔是浑浊的,你分开不分开其实你都是浑浊的.那如果你不断地在把⾃⼰清理,然后你把⾃⼰变的很清了过后.那你是不是你就是在跟你的真我⼀致了.当你跟你的真我⼀致,你所有的爱情也好或者是关系或者是事业,其他⼀切它都是⾃动归位的.它不是你去… 因为为什么?因为你是在你真我的路上啊.你真我的路上,所有你需要的它都是⼀系列的.就好像是⼀个⽂件包,它都包含了.那如果你没有跟真我⼀致的话,你在恐惧的频率当中.那你体验的都是⼀些恐惧和担忧和⿇烦事件啊.因为你并没有在你⾃⼰的道路上,你当然体验的就是⼀些阻碍啊,明⽩吗?

Higher Spirit: Because when you are in yourself like this… Let's say it this way, would you want to separate from this water? Then you need to know that your water is murky. Whether you separate or not, you are still murky. If you continuously clean yourself up and become very clear later on. Does that mean you are aligned with your true self? When you align with your true self, all aspects of love, relationships, career, or anything else will naturally fall into place. It's not something you force because why? You're on the path to your true self, where everything you need is part of a series. Imagine it as a file folder containing everything. If you don't align with your true self, stuck in fear, you experience fear, worries, and troubles. Because you are not aligned with yourself, of course, you face obstacles, understand?

所以当你越能在你的⽣活当中发现你⾃⼰是谁吗,你到底是谁.你到底是⼀只豹⼦还是⼀只⽼虎.你连你⾃⼰是条鱼还是⼀头豹⼦你⾃⼰都不知道.那你也便也不能开花结果.那当你真的是⼀头豹⼦,你也知道你是⼀头豹⼦的话.那你是不是就知道让你最舒服的地⽅是在森林⾥⾯,明⽩吗? 你说.

So when you can find out more about yourself in your life, who you really are - whether you're a leopard or a tiger. Even if you don't know if you're a fish or a leopard yourself, then you can't flourish and bear fruit. If you truly understand that you are a leopard, then do you understand that the most comfortable place for you is in the forest?

⾼灵:⾸先这个不是建议.没有说你要⾛这条路.因为你⾃⼰的路是你⾃⼰去体验,你⾃⼰去感受.因为我们这⾥永远都没有任何就是告诉你你要⾛这条路,这条路才是好的,明⽩吗?因为所有体验我们都不会把它定义成好的和坏的.为什么?就像我刚刚说就算你这些烦恼这些负⾯体验这些纠结,你也可以正⾯的运⽤它呀.你也可以通过它去学习呀.你⽐如说通过你对⽣命的⼀些,那你不断地去学习到底什么是关系,学习到底什么是跟真我⼀致,到底怎样才能找到激情.那在这个过程当中,你是不是就正⾯地去把⼀些你所谓的负⾯经历去正⾯的服务于你了?你就不断地不断地变的拥有智慧,越来越是真正的你,对不对?

Spiritual Guide: First of all, this isn't a suggestion. We're not saying you should take this path. Because the path you choose is your own experience and your own feeling. Here, we never tell anyone that this path is right or wrong. You understand? Because we don't define any experiences as good or bad. Why? Just like I said before, even with your troubles, negative experiences, or dilemmas, you can use them positively. You can learn from them. For example, by exploring life's aspects, you constantly discover what relationships are about, how to align with your true self, and how to find passion. In this process, aren't you turning your so-called negative experiences into positive services for yourself? You're continuously gaining wisdom, becoming more authentic, right?

那如果你只是听我们的,这个路才是该你的,那个路不是你的.你什么成长都没有,你只是去听从.那你不是迷信吗?那你的内在根本就不会有感悟啊.就好像你是⼀朵花,你根本就不会散发⾹味啊.你只是看上去像⼀朵花⽽已.你没有⾹味,你没有⽣命⼒.所以真正的⽣命⼒来⾃于你⾃⼰⾛你⾃⼰的路.然后你不去给它定义到底什么是好的坏的,我想脱离怎样.不是.你是来转变它,你是把它正⾯的来服务于你.当你能把这些转变正⾯的来服务于你的话,呢个才是真正属于你的,属于你可以去分享,带领更多和你⼀样的⼈⾛出来.不然的话,你没有能⼒去带领任何⼈⾛出任何地⽅.因为你⾃⼰还是在迷茫当中.你⾃⼰都是要不停的请教JOJO⽼师,请教这个请教呢个.

If you just listen to us, this path is yours, but that one isn't. If you don't grow and simply follow directions, aren't you just falling into superstition? Without inner understanding or enlightenment, your essence would remain unawakened. Like a flower, you wouldn't emit any scent. You'd merely appear like a flower on the surface; you lack fragrance, vitality, life force.

So, true vitality comes from walking your own path, not defining what's good or bad, nor trying to escape something. Instead, you're transforming it positively and using its strengths for yourself. When you can turn these transformations into serving yourself effectively, that's when they truly belong to you – something you can share, guiding others similarly.

Otherwise, you have no capacity to guide anyone anywhere; your own confusion holds you back. You're constantly seeking advice from Master JOJO, always consulting about this or that.

你还是在别⼈说⼀句你⾛⼀步.你⾃⼰就是⼤师,你要记住.所以并没有说你要怎么样怎么样找到⼀个更快乐轻松的⽣活.没有.你必须是你⾃⼰去转变它.但是你要相信所有东西它其实都是来服务于你,来供你转变的.还有问题吗?

You still think that when others say "take your next step," you yourself are a master. Remember this. So there is no talk of finding a happier and easier life. No. You must transform it by being yourself. But you have to believe that everything actually serves you, providing the opportunity for transformation. Any more questions?

⾼灵: 所有的建议就是说你要知道所有的泥和沙都是来⾃于你⾃⼰的.你想如果你能去把⼀个对⽅⾏为或者对⽅的⼀些事情你不去给它定义.你不是说他你这件事情是不爱我的表现,这件事情是不尊重我的表现.那如果你没有呢个 ‘我’ 呢? 你如果不去给它定义呢? 如果没有呢个 ‘你’ 呢? 因为你的⼤脑会⼀直去给它定义,会给它归类,会给它评判.然后你就会产⽣⼀些你⾃⼰的⼀些观念、观点.然后当你们的观念、观点发⽣冲突的话,你们就发⽣争吵,明⽩吗?

The essence of the advice is that you should understand that all mud and sand come from yourself. If you can go beyond defining someone else's actions or their things by not assigning it to your own judgment. You wouldn't say that this action represents them not loving you, or not respecting you. But if there isn't a 'me' involved? If you don't assign it any judgment? And if there is no 'you'? Because your mind will always categorize and judge things. Then you form your own opinions and perspectives. When these views clash between two people, it leads to arguments. Do you understand this?

# **2022/08/10 — 你的能量状态变了,对⽅才会变 Your energy state changes, then others will change**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question do you have?

问: 我想问我该怎么和孩⼦互动? 因为感觉他越来越不听话,让他做什么他都会拖,不会去做.我凶他也会很累.吼他也没⽤.他还学他爸爸的态度回怼我.

Questioner: I want to ask how I should interact with my child? As I feel he's becoming more disobedient and dragging his feet when asked to do things, neither yelling nor threatening him seems effective. He even adopts his father's attitude in returning my criticisms.

⾼灵: 你稍等.⾸先你要知道你现在好像⾯对的是⼀个壳.就⽐如说在成长期间,他们有宝宝的时候,然后呢这个期间是什么? 就好像是⽑⽑⾍变蝴蝶,它会有⼀个期间,它会有⼀个阶段是像它在壳⾥⾯把⾃⼰给包裹起来,明⽩吗? 也就是说你现在还,就⽐如说你现在已经是⼀只蝴蝶对不对? 那他现在还是⽑⽑⾍变蝴蝶,在呢个壳⾥⾯,你想⼀下.因为孩⼦他在每⼀个成长的阶段他总会… 你就看动物吧,就看蝴蝶吧,你看它是不是也有呢个阶段? 你想象你已经是个⽑⽑⾍变成的蝴蝶到处飞,然后他现在还不是.你还想着跟他翩翩起舞,跟他互动,你觉得可能吗? 所以你不能把他当成是你,明⽩吗? 因为你们的阶段不⼀样.

Higher Spirit: Wait a moment. First, you need to understand that you seem to be facing something akin to a shell. During their growth period, when they have babies, what's the time like for them? It's similar to how caterpillars transform into butterflies; there's a stage where they encase themselves within their shells, right? In other words, you're still in that phase now—like if you were already a butterfly, wouldn't you be inside a shell during this transformation process? Think about it. As the child grows through each stage, they always... Look at animals, look at butterflies; do they not also go through such stages? Imagine you've already transformed from a caterpillar into a flying butterfly, but he's still in the process of changing. Do you think it's possible to dance with him or interact with him as if nothing has changed? So, don't treat him like yourself because your phases are different.

当你不把他看成和你⼀样,就⽐如说,OK,你是⼀只蝴蝶.他现在是在⾍蛹⾥⾯,他现在是在茧⾥⾯.你把他看成他现在是在茧⾥⾯,你还会要求他跟你⼀起翩翩起舞吗?跟你⼀起互动吗? 就是跟你⼀起去采蜜在花朵⾥⾯飞吗? 你不会的,对不对? 然后,那你是不是就应该允许他这个期间他需要这样⼦把⾃⼰给包裹起来,明⽩吗?那在这个期间你怎么跟他互动呢?然后你应该去就是说对他全然的信任和允许,这是其⼀.因为当你对他有了全然的信任和允许,然后只是对他充满爱、欣赏,知道他现在是在这样的阶段.那如果你在这样的能量状态当中,明⽩吗? ⽽不是⼀看到他就在想你怎么跟我格格不⼊? 你怎么跟我不是同⼀类的?

When you don't see him as equal to yourself, for instance, like, okay, you are a butterfly. He is now in the cocoon, he is now inside the chrysalis. If you see him now being inside the chrysalis, would you still ask him to dance with you? To interact with you? Like, would you still expect him to go flower hopping together with you flying around the flowers? No, wouldn't you? Then, should you not allow him during this time that he needs to wrap himself up like this, right? How do you interact with him in this period? You should instead fully trust and allow him, which is one thing. Because when you have full trust and allowance for him, then just shower him with love and appreciation, knowing that he's at this stage now. And if you're in such an energy state, understand? Not seeing him as incompatible or not like me the moment you see him?

你怎么总是不能进⼊我的圈⼦? 因为你们不⼀样,明⽩吗? 那当你对他就是说: 我信任你,总有⼀天我们会翩翩起舞,对吧? 那我耐⼼的等待.

How can you never enter my circle? Because you are different, understand? So when you tell him: I trust you, there will be a day we twirl around together, right? I patiently wait.

问: 那我就允许他对我的⼀些冲撞?

Questioner: So I'll allow him to push me around a bit?

⾼灵: 他对你并没有冲撞,是你⼼⾥先有了⽐如说⼀个标准,他必须要清理房⼦,他必须要这么回应我,必须要这么做,他必须要这样.你如果先没有这些呢? 明⽩吗? 如果你没有你所谓的这些它必须要按照哪个模式哪个标准,没有任何.那这还叫冲撞吗? 因为你⾃⼰没有树⽴任何标准.你的标准⼀旦树⽴过后,你就开始拿这个标准来要求他了,他要怎么样,他应该怎么样.明⽩吗? 所以你应该放下你⾃⼰树⽴的呢些标准.这样你就不⽤再去衡量他.你说.

Ethereal Spirit: He did not offend you; it was your mind that had set a standard, expecting him to clean the house, respond in a certain way, and act accordingly. If you hadn't imposed these expectations? Do you understand? If you didn't have the notion that everything must follow a specific pattern or standard, without any of those expectations, would this still be considered an offense? Because you yourself did not establish any standards. Once you set your own standards, you start to demand they apply to him, dictating how he should behave. Do you understand? So, you should let go of the standards you've set for yourself. Then, you won't need to measure him against them.

问: 就是我就不要求他? 因为他有时候作业完不成…⾼灵: ⾸先你的能量状态变了,他才会变.因为他们⾮常敏感,他能闻到你到底对他⼼⾥是充满了爱、开⼼、快乐还是充满了⽕药味、评判、评价,明⽩吗? 所以当你处在呢种全然的允许、接纳、爱的⼀个状态,你不会要求他为你做任何,明⽩吗? 只有当你觉得他需要来符合你的要求,你的标准,就是你的规定的呢些条例的时候.你才会觉得你们之间后冲突,明⽩吗?

Questioner: What if I don't ask him for anything? Because sometimes he can't finish his homework...

G: First, your energy changes and then his will too. They are very sensitive; they can smell whether you love him, whether you're happy, whether you're filled with joy or if there's a strong scent of fireworks, judgment, or evaluation. Understand? So when you are in that state of total allowance, acceptance, and love, you wouldn't ask him to do anything for you, understand? Only when you feel like he needs to meet your requirements, fulfill your standards, follow your rules will you perceive there to be a conflict between the two of you. Understand?

问: 那我不要求他我就不管他了吗? 有些事我觉得放不下,作业啊或者⼀些… 成绩啊⾼灵: 如果你真的有⼀个⼈需要去管的话,那就是管你⾃⼰.管你⾃⼰处在⼀个什么样的频率,明⽩吗? 因为你的频率决定了你互动的对象他是什么样的状态.明⽩我的意思吗? 那就是你能管的.你想象⼀下你能管谁? 能管你⽼公,能管你的员⼯,你的下属,还是谁? 那当你调整了你的个⼈状态和频率… 你要想你是⼀个活动.你是活的,它永远都在散发⼀个磁场,散发⼀个频率.然后这个频率决定了你要跟他互动的⼈,你要跟他来⼀场争吵还是跟他来⼀场爱的拥抱,明⽩吗? 你唯⼀需要管的就是你⾃⼰.OK,那你管他是出于什么?

Questioner: So if I don't ask him to do something, does that mean I just ignore him?

A: Some things you feel you can't let go of, like homework or... grades.

Higher Spirit: If there is someone you really need to manage, it's yourself. You need to manage your own frequency and state. Do you understand? Your frequency determines the nature of the individuals with whom you interact.

Higher Spirit: That's what you can control. Imagine who you can control? Can you manage your husband? Your employees, or subordinates? Or anyone else?

Then when you adjust your personal state and frequency...

You're like a living activity that always emits a magnetic field, a frequency. This frequency determines how you interact with others: whether it's an argument or a loving embrace.

The only thing you need to manage is yourself. Alright, so why are you managing him?

是出于焦虑,如果我没有让他去按照这个标准的话,那他就会变成不好了,不好的学⽣不好的孩⼦,他的成绩会变差.你想象⼀下你的出发点是在哪⾥? 如果你的出发点是来⾃于如果我不去⼲涉、不去管、不去什么的话,那他就会变的不好变差.那你的确会这样⼦.⽽且⽆论你多么⽤⼒的管,你也会遇到这样的状况、结果.为什么呢? 因为呢是你出发的地⽅呀,明⽩吗? 就是呢是你选择的房间呀.我们之前⼀直说A房间B房间C房间,每个房间都有不同的声

It's because of anxiety - if I don't make him adhere to this standard, he'll become bad, a bad student and child, his grades will deteriorate. Imagine where your starting point is? If your starting point comes from the notion that if I don't interfere, don't control, or do nothing, he will become worse. Indeed, you would encounter such a situation. Regardless of how much effort you put into managing it, you will inevitably face this outcome. Why is that so? It's because of where you're starting from, right? That is, the room you choose. We've been discussing Room A, Room B, and Room C, each with its own distinct sounds.

⾳,对不对? 那就是你选择你要呆的房间呀.那⽆论你在⾥⾯怎么歇斯底⾥,怎么精疲⼒尽,怎么拳打脚踢.你还是在A房间呀,明⽩吗?

Sounds right? That's the room you choose to stay in. No matter how hysterical you are inside, no matter how exhausted, no matter how you thrash around, you're still in Room A, understand?

问: 意思是我的出发点是说我任何要管他,他才能好.这个出发点是不⾏? 我就认为它是好的.

Questioner: The idea is that my starting point is to say that I have control over him for his benefit; is this starting point wrong? I believe it's good.

⾼灵: 因为你已经是选择了呢个房间,就是说你要去管.然后你就会得到相应的结果.问: 那我如果选择不管他…⾼灵: 这不是管和不管.这是你个⼈的⼀个状态,你个⼈的⼀个频率状态.因为当你在⼀个好的频率状态,就⽐如说我对他充满了欣赏.那如果你是在对他充满了爱和欣赏,你在这个房间⾥⾯的话.你便不会存在是管还是… 你就会眼睛⾥泛光.你就会说: 哇,宝贝.你今天事情做的好棒.你这个⾏为好呢个什么,呢个⾏为好呢个什么.明⽩吗? 所以当你是在呢个房间⾥⾯的状态的时候,你散发的频率是不⼀样的.你对他是充满了欣赏.那当你看到了他没有看到⾃⼰发光的地⽅,你就会把他的光给点亮,然后越来越亮.

Higher Spirit: Because you have already chosen that room, which means it's up to you to handle things. Then, you will receive the corresponding results. Questioner: What if I choose not to deal with him? Higher Spirit: It's not about whether you should manage or not. This is your personal state and frequency level. When you're in a good frequency state, for example, you are filled with admiration towards them. If you are filled with love and admiration for them and are in that room, you wouldn't be deciding to manage or not. You would have a radiant look in your eyes. You would say: Wow, darling, you did such a great job today. This action of yours is so good, this behavior is so good... Understand? So when you're in that room, the frequency you emit is different. You admire him. When you see his unlit places, you light up his shine, making it brighter and brighter over time.

问: 那具体说⼀下,就像昨天我们从外⾯玩回来.我把我的东西收拾好了,我就说你先把你的东西收拾好.然后我就去整理我的东西.但是等我洗澡出来问他收拾的怎么样的时候.他就说我说话太凶,就⼀直都不回答我.我就很⽣⽓.我就不停的问.

Questioner: Let's be specific. Yesterday when we came back from playing outside, I tidied up my things first and told him to tidy up his things before going on with mine. However, when I asked how he was doing after taking a shower, he said I spoke too harshly and didn't respond to me. I became very angry and kept asking nonstop.

⾼灵: 你现在想⼀下,你的出发是在哪个房间? 在A房间还是B房间还是C房间? OK,A房间是担忧、焦虑,如果你不这么做结果就会怎样.那B房间是充满了欣赏,充满了允许,充满了爱充满了包容.你想象⼀下.他之所以会拒绝你,因为你在A房间.那他会给你A房间的反应,明⽩吗?那如果你内在发出的频率是充满了爱,然后说宝宝,你今天⾟苦了.然后妈妈今天跟你玩的很开⼼.然后你是发⾃内⼼跟他充满了爱.

Spirit: Imagine for a moment, where is your starting point? In room A, B, or C? Okay, room A represents worry and anxiety; if you didn't do it that way, what would have happened then? Room B is filled with appreciation, acceptance, love, and tolerance. Can you visualize this? The reason he rejected you was because of where you were in room A. That's why he would give you a reaction from room A, get it? If your inner frequency is full of love, then say to the baby, you worked hard today. And Mom had lots of fun playing with you today. You are genuinely filled with love towards him.

问: 那他的东西⼀堆,我看着就..

Questioner: What if there's just a bunch of stuff, and I'm looking at it...

⾼灵: 那就回到刚才呢个说,⾸先你树⽴了很多标准、条框.就⽐如说你必须要怎样.你树⽴了很多这样⼦的定义.那你们之间会发⽣冲突的,明⽩吗?

Higher Spirit: Alright, let's go back to what we were discussing earlier. You have set up a lot of standards and boundaries. For example, you must do this or that. You've established these kinds of definitions. That's why there would be conflicts between the two of you, right?

问: 那我就不管他呢些乱七⼋糟的东西吗?

Questioner: So, do I just ignore all that chaos and mess?

⾼灵: ⽐如说你选择了在B房间,对他充满了欣赏,充满了包容,充满了允许.你知道OK,我宝贝现在是累了.然后你就会允许他先休息.然后休息好了,然后在跟他⼀起去把房⼦ tidy up,清理,明⽩吗? 所以你有没有看到⽆论哪个点都是从你开始.从你选择进⼊哪个房间开始你便会得到什么样⼦的⼀个结果.这点适⽤于你跟外在任何⼀切的互动,不只是孩⼦.孩⼦他只是⼀个在你⾯前让你来,就好像是⼀⾯镜⼦来让你看到⾃⼰.你想象⼀下如果是你的员⼯,明⽩吗? 你也需要跟他们有这样的互动,你也会产⽣这样的问题.所以呢,孩⼦通过他的这⼀⾯镜⼦把你内在的⼀个状态,思维模式,⾏为模式.这些如果不是被激发出来你是看不到的.

Higher Spirit: For instance, if you choose to be in Room B and are filled with appreciation for him, filled with acceptance, and filled with permission. You know that I, my darling, am now tired. Then you would allow him to rest first. After he is rested, then together, we will tidy up the house. Do you understand that every point begins from you? The result of your choice to enter which room determines what you experience. This principle applies not only to interactions with children but any external entity. Children are just a mirror in front of you, reflecting aspects of yourself. Imagine if it were an employee; would you not also need this kind of interaction with them and face similar issues? Thus, the child acts as a mirror for your inner state, thinking patterns, and behavioral tendencies. If these tendencies are not activated through interaction, they remain hidden from your awareness.

但是看不到并不代表你不拥有,它总有⼀天会呈现出来.可能会通过其他的关系.但是通过其他的关系,你又不是呢么好处理.为什么? 因为如果是下⾯的员⼯的话,你可以说你⾛⼈,我不要你.那这样⼦的话,你的成长是不是就得不到了? 所以孩⼦也是⼀⾯镜⼦来让你来⾃我认识.来让你有⼀次⾃⼰⾯对⾃⼰的机会,明⽩吗? 所以你要感谢孩⼦.还有问题吗?

But just because you can't see it doesn't mean you don't own it; it will eventually manifest in some other way. However, when managed through alternative relationships, you might not handle them as well. Why? If they're lower-level employees, you could say goodbye and let them go. But wouldn't that mean you'd miss out on your growth opportunities? So children serve as a mirror for self-reflection and give you a chance to face yourself, right? Therefore, you should be grateful for your children. Any other questions?

问: 很久以前我⾛路⼀⼩段我就很累,但是我爬⼭就不会累.这是为什么? 是因为我长期的抑郁状态吗?

Questioner: A long time ago, I felt very tired after walking a short distance, but not when climbing mountains. Why is this the case? Is it because of my long-term state of depression?

⾼灵: 为什么爬⼭不会累? 为什么⾛路会累? 你要问你⾃⼰.你要⾃⼰观察你⾃⼰.⽐如说你爬⼭的时候你的⼼情状态是什么样⼦?还有你⾛路的时候你的⼼情状态?你的频率在什么频率?所以你要⾃⼰观察,⾃⼰去对⽐.就⽐如说你爬⼭的时候,因为在你的记忆当中你已经有⼀种记忆,OK,我现在在运动,然后这个运动我经常做.它对我是完全没有挑战性,就是很简单,明⽩吗?那如果你⾛路的时候,你总是觉得⾛不完,觉得很烦躁的话.那你曾经的,就是再创造这样⼦的⼀个频率的话.那你又会在进⼊到这样⼦的⼀个频率给⾃⼰.因为你的所有反应和情绪,⾝体的感受和感觉,这些都是好像你⾃⼰给⾃⼰设⽴出来的,怎么说,就是你⾃⼰给⾃⼰下的暗⽰.

Gaelin: Why isn't climbing tiring? Why is walking tiring? You need to ask yourself. You need to observe yourself. For example, what is your mood state when you climb mountains? And what about when you walk, what is your mood state then? What's your frequency? So you have to observe and compare with yourself. Just like when you climb mountains, in your memory, you already have a form of memory: OK, I'm doing exercise now, this exercise is something I often do, it poses no challenge to me, it's simple, right? But if you always feel that walking never ends and it's very annoying, then when you recreate this frequency again, you'll enter into it yourself. Because all your reactions, emotions, physical sensations, are like self-imposed on yourself; how you say it, is like giving yourself subliminal hints.

所以你需要你⾃⼰去对⽐你处在⼀种什么样不同的⼼情、情绪和频率状态下.你也可以通过这些反应来认识⾃⼰的⼀些思想、思维模式.

So you need to compare yourself in different moods, emotions, and frequencies. You can also recognize some of your thoughts and thought patterns through these reactions.

问: 还有就是我跟⽼公的关系.他⼀不爽,他就凶⼈.我就难受,没有幸福感.

Questioner: And about my relationship with my husband. When he's unhappy, he becomes aggressive towards others. I feel uncomfortable and lack happiness.

⾼灵:你想象⼀下你是不是对别⼈也这个状态,你⼥⼉才说你⼀不什么你就要吼.她让你先改变你的态度,先让你变得温柔她才跟你互动.你想象⼀下你⼥⼉是不是也在这么对你要求? 那如果你⼥⼉也过来问我这样的问题呢?

Higher Spirit: Imagine if you were in this state with others too, your daughter just said that you shout at her whenever she doesn't do what you want. She asks you to change your attitude first and become gentle before engaging with you. Can you picture if your daughter also makes such demands on you? What if your daughter comes asking me a question like this as well?

问: 但是我⽼公就是⼀不⾼兴就吼,跟他好像没法⼉沟通.

Questioner: But my husband just yells when he's unhappy, and it seems impossible to communicate with him.

⾼灵: 这么说吧,你不能接受或者是不喜欢的所有⼈、对⽅的⼀些⾏为,你⾝上都有.如果你⾝上你能渐渐渐渐的把它给,就是你不再拥有这些特质的话,你⾃⼰个⼈不再拥有的话.那么你也不需要再更多的去体验,明⽩吗?

Supernatural being: In other words, all the people or actions you can't accept or like in others, are reflected within yourself. If over time you manage to lose these traits, and they no longer define who you are as an individual, then you won't need to experience them anymore, do you understand?

问: 我就不知道我为什么⼀直陷在这种负⾯感受出不来? 是什么信念造成我这样? 有时候我⽼公凶我,我需要调整好⼏天.我就抑郁,⾝体就不好.

Questioner: I don't understand why I've been trapped in these negative feelings. What belief causes me to feel this way? Sometimes when my husband is aggressive towards me, it takes a few days for me to adjust and regain my mental health.

⾼灵: 就像刚才我前⾯说的你不喜欢对⽅的所有⾏为或者是对⽅的反应,它都在你的⾝体⾥⾯.它都是你⾃⼰拥有的.如果你能慢慢的就是把⾃⼰调整到⼀个平衡的状态的话,就是说

Higher Spirit: Just like I mentioned earlier about you not liking the other person's actions or reactions, they are all within your body. They are all yours. If you can gradually adjust yourself to a balanced state, that is...

你没有这样的⼀个状态的话,那你便不需要再体验.这么想,你的⽼公也好,你的孩⼦也好,他们就像是⼀⾯镜⼦.那这⾯镜⼦它只是呈现出你⾃⼰的⼀个状态.那呢个状态你如果调整改变的话,那呢个状态你是不是就不需要在镜⼦⾥⾯去见到了,对不对?

If you don't have such a state, then you wouldn't need to experience it anymore. Thinking like this, whether your husband or your child, they're like mirrors. That mirror only reflects your own state. If you adjust and change that state, then you wouldn't need to see it in the mirror, right?

问: 是这样说.但是我每天⼀跟他互动的话…⾼灵: ⾸先你要知道你第⼀所有的问题都还在外⾯找.孩⼦的问题,⽼公的问题,你还在镜⼦⾥⾯找.就是你还在照镜⼦,你还在镜像⾥⾯挑别⼈的问题,明⽩吗?那如果你转变,就是说OK,我知道这呈现的只是我⾃⼰的⼀个问题.这是我⾃⼰需要去清理,需要去调节,需要去转变的.那⾸先你才叫在正确的路上.那如果你没有在正确的路上,那你是不是就越⾛越偏,⽽且你永远都不可能解决的了问题.为什么? 因为你是在错误的路上,对不对? 那

Questioner: That's how it goes. But when I interact with him every day... Higher Spirit: First, you need to understand that all your questions are still external. The child's problem, the husband's problem; you're still looking in the mirror. You're still picking out others' problems through a reflection. Do you get it? If you change, meaning you realize this is just my own issue being presented. It's something I need to clear up, adjust, and transform. Only then are you truly on the right path. If you aren't on the right path, then you're only going further off course, unable to solve your problems. Why? Because you're on the wrong path, correct?

⾸先你第⼀步你就要知道到底是左边还是右边是你正确的路,是吗? 那你⾛到正确的路你才能⾛下去.那你OK,我现在在告诉你你正确的路应该是从你⾃⾝的⼀个频率状态出发的话.那你现在是不是就在正确的路上了? 那你正确的路上你并不是就是⼀步到位的.因为这是⼀个过程,明⽩吗? 那你第⼀步你要知道,OK,我⽼公他只是帮我反应出来我⾃⼰的⼀个能量状态.我⾃⼰是在A房间还是B房间.他只是反应出来这个问题,是吧? 所以我不怪他.为什么呢? 他没有问题,是我⾃⼰的频率决定了对⽅是什么样的状态跟我互动.⾸先你要知道你的频率决定了对⽅是什么样的状态来跟我互动.你⾸先要知道是你的频率决定的.

Firstly, you need to know if the left or right is your correct path, right? Only by walking on the correct path can you continue forward. So, are you on the right path now? Now, being on the right path doesn't mean immediate perfection; it's a process, understand? Firstly, you need to know that my husband only reflects back my own energy state - whether I'm in room A or B. He just reveals this issue, correct? Therefore, I don't blame him. Why is that? There are no issues with him; it's my frequency that determines the state of interaction between me and the other person. Firstly, you need to know that your frequency determines the state of interaction from them towards you. You need to start by understanding this.

问: 那我怎么提升呢?

Questioner: How can I improve then?

⾼灵: 怎么提升? 你要知道你们现在⽣在的⼀个⼤环境,就好像你们是在⼀个林⼦⾥⾯的鸟.所有的鸟都是恐慌、焦虑、着急,都是在这样⼦的⼀个状态下.你也会受集体意识的影响处在这样⼦的⼀个状态下.因为你们都是能量,都是互相影响对⽅的.这就是为什么你也发⽕,你孩⼦也发⽕,你⽼公也发⽕,明⽩吗? 那你⾸先要知道你不去期望通过外⼈来找到平静.就是不去期望是你⽼公先来爱你,先来安抚你.你孩⼦先来安抚你.为什么呢? 因为这是你个⼈的⼈⽣功课.没有任何⼈能代替你.所以你必须是你⾃⼰去做.那当你知道了这是你个⼈的功课,就是外在⼀切关系也好它们只是来映射出你内在的⼀个状态.

Higher Spirit: How to Improve? You need to understand the current large environment you are living in, like birds in a forest. All the birds are panic, anxious, and worried, all in such states. You will also be influenced by collective consciousness, being in this state because as energy, you affect each other. This is why you get angry, your children get angry, and your husband gets angry. Do you understand? So first, you need to know that you cannot expect peace through others. Don't expect your husband to come first loving you, or calming you down. Expect your child to do so. Why not? Because this is a personal life lesson for you. No one can replace you. Therefore, you must be the one doing it yourself. Once you realize this is a personal lesson, everything in the outside world, whether relationships or otherwise, is merely reflecting your inner state.

那你会回到你⾃⼰,回到你⾃⼰就像你刚刚说的达到⼀个状态.那就是平衡你的能量.那怎么样才能平衡你的能量.也就是说你有特定的时间会让⾃⼰…. 为什么你们⼀些会有修⾏的⼀些⽅式,闭关之类.为什么? 我暂时的把这个能量场跟外界断开.因为如果我⼀直处在呢⾥,就是open的状态,打开的状态,跟所有⼈链接,去感应所有的⼀切的话.那你就会在⼀个不稳定的状态.所以你每天就好像是在做练习.因为你要知道你这些你也需要练习的.做练习,就好像你每天要喝⽔,每天要吃饭.你把它当成你调整你的能量状态,暂时的避开外界的⼲扰.成为⼀个也像吃饭⼀样的⼀个routine,就是⼀个每天的⼀部分,是你⽣命中的⼀部分.

So you would return to yourself, back to that state like the one you just described, where it's about balancing your energy. How do you balance your energy? In other words, you have specific times for... Why do some of you engage in practices such as seclusion or meditation? Why is that necessary? I'm temporarily disconnecting from this energy field and outside influences because if I stayed in an open state, always connected to everyone else, constantly sensing everything around me, it would lead to instability. Thus, you practice every day, knowing that you need to do so since managing your energy requires regular practice—just like drinking water or eating every day—is something you should consider routine. Make it part of your daily life, integrating it as a component of your existence, just like how meals are an essential part of maintaining physical health and well-being.

因为你们很少⼈有这么去做,明⽩吗?

Because very few of you do it, understand?

问: 去冥想吗?

Questioner: Do you meditate?

⾼灵: ⽆论你⽤什么⽅式,就好像是暂时的把⾃⼰跟外界切断.你有可能是特别喜欢⾳乐.然后你就把⾃⼰完完全全的沉浸在你最喜欢的⾳乐⾥⾯,明⽩吗? 你这也是跟外界切断的⼀种.然后当你跟外界切断了,你慢慢慢慢就会跟你的内在链接.你就想你内在好像是有⼀⼜井.然后呢⼜井它是有⼀个源头,就是⽔源,明⽩吗? 那当你⾃⼰跟呢个源头链接,打开过后.那你的⽔是不是就不会受到外界的浑⽔.那你是⾃⼰在源源不断的出来清泉给你⾃⼰.那当你保持在这样的⼀个状态下,你内在是没有任何缺失的.就是你没有任何就是我需要这个我需要呢个.你⾃我就是圆满的.

Higher Spirit: No matter which way you use, it's like temporarily disconnecting yourself from the outside world. You might particularly enjoy music, for instance, and immerse yourself completely in your favorite music, right? This is also a form of disconnecting with the outer world. Then, as you separate yourself from the outer world, you gradually reconnect with your inner self. Imagine there's a well inside you. And this well has its source, which is like water supply, understand? When you connect with that source and open it up, then your water won't be polluted by outside impurities. Instead, you're producing fresh water for yourself continuously. If you maintain in such a state, you'll feel whole from the inside; there's nothing missing because you don't need this or that anymore; you are self-complete.

那当你⾃我是在⼀个圆满的状态下,你去跟任何⼈互动的时候,你只是让对⽅感受到你的圆满,感受到你的清甜,感受到你的丰盛,感受到你的爱,明⽩吗? 所以当你失控的时候你就知道OK,我现在受到外界的污染了,我现在需要切开链接.我⾃⼰链接源头.然后你要知道外界呈现的⼀切并不是你认为的呢样⼦.就是你认为的我⽼公就是个坏⼈,我孩⼦就是个坏⼈.并不是的.它只是呈现出你现在的⼀个能量状态是什么样⼦.这就是你们物质世界它存在的⼀个意义.就是让你⾃⼰去认识你⾃⼰是⼀个什么样⼦,明⽩吗?因为当你越多的认识⾃⼰,你才有不断地你看似是成长.但是所谓的成长并不是.为什么?因为你本⾝就是圆满的.

When you are in a state of completeness, when you interact with anyone, you just let them feel your completeness, their sweetness, their abundance, and love, do you understand? So when you lose control, you know that I am now being polluted by the external environment. I need to sever this connection and reconnect with my source on my own. You have to realize that what is presented to you from the outside is not necessarily as you perceive it. For example, you might think your husband or child is bad, but they are not necessarily so. It simply reflects what your current energy state looks like. This is the purpose of your material world - to make you aware of who you truly are. Because the more you know about yourself, the more you seem to grow continuously. However, this kind of growth does not actually exist because you are already complete by nature.

它只是让你不断地把⼀些不属于你的,这么说吧,你被污染了,就把呢些污染拿开,慢慢的回到⼀个纯净的状态,纯洁的状态,就是源头的状态.所以你们需要感谢每⼀个跟你们互动的⼈,明⽩吗?因为他们都是来帮你呈现出你的⼀个状态⽽已.因为如果不是他们的话,你是看不到你⾃⼰处于⼀个什么状态.

It's like you've been tainted, and you have to remove that taint, slowly returning to a pure state, a pristine condition, the original source of being. So you need to thank every person who interacts with you, understand? Because they are there to help reveal your current state. And if not for them, you wouldn't be able to see what state you're actually in.

问: 那这样我就是不知道怎么样让⾃⼰的⼀些思想观念变的更平和?

Questioner: So, how can I make my thoughts and ideas more peaceful?

⾼灵:你要知道你每⼀次链接你都在进步,你并不是原地踏步.你每⼀次都在进步,你每⼀次都是在清理.所以你不需要就是说⼀睡醒就好像变了⼀个⼈⼀样.为什么?因为你现在已经越来越多觉知.你已经是在从内去找原因了.然后接下来你会有更多的觉知.什么觉知呢? 就是你有可能发脾⽓.但是在你的⼼⾥你可能有⼀个声⾳OK,这是我⾃⼰失控了,这是我⾃⼰需要去调节我的能量,明⽩吗?

Higher Spirit: You need to understand that with each connection you make, you are advancing, and you're not standing still. With each attempt, you're progressing and clearing something out. So there's no need for a transformation upon waking up like it's a new person. Why? Because you now have increasing awareness, looking internally for reasons. You'll gain more awareness next. What kind of awareness might that be? It could be that you might get angry. But inside your mind, you might have a voice saying, "This is me losing control, this is something I need to adjust and manage my energy," understand?

问: 我爱吃蜂蜜.但是周围很多⼈说蜂蜜有雌激素对乳腺不好.我就又怕吃蜂蜜,还有花粉.我想问⼀下对于蜂蜜和花粉,到底我们吃了好不好?

Questioner: I love eating honey. But many people around me say that honey contains estrogen and is not good for breast health. This has made me hesitant to eat honey, as well as pollen. I want to know if it's actually okay for us to consume honey and pollen?

⾼灵: 这么说吧,你们总是在在乎⾷物给你们带来的影响,但是对你们最⼤的影响却是你们的思想,明⽩吗? 你们的思想,你们的情绪,然后这些才是给你们带来最⼤的影响.所以如果你真的说蜂蜜对你的⾝体有没有影响? 如果你不是每天⼀吨⼀顿的吃,它对你是没有影响的.任何东西你只要适量的摄取,它是不会对你有任何的影响的.因为你的⾝体它会⾃⼰调节.就是你的频率⼀直保持在⼀个有爱的状态,那这些东西它便不会积累积压在呢⾥,明⽩吗?

Higher Spirit: Alright, you always worry about the effects of food on your body, but the greatest impact on you comes from your thoughts. Understand? Your thoughts and emotions are what truly affect you most. It's these aspects that have the biggest influence. So if you ask, does honey really affect your health? If you don't consume it in massive quantities every day, it doesn't matter for your body. Any substance will not impact you as long as you consume it in moderation because your body can regulate itself. Your frequency should always stay in an affectionate state; then these substances won't accumulate within you. Understand?

问: 因为我吃的还是挺多的,但是⼼⾥又有⼀个结,觉得吃多了对⾝体不好.

Questioner: Although I eat quite a bit, there's still a knot in my heart about the potential negative impact on my health from eating too much.

⾼灵: 如果按照这么说的话,你们每⼀个⼈他们对于⼀种⾷物有负⾯的评价.那如果你每⼀个⼈你都去相信都去听的话,那到今天你什么都吃不了,明⽩吗? 所以平衡,⼀切都是平衡.你平衡你摄取的量,明⽩吗? 然后最重要的是你的思想和你的情绪,它对你的⾝体带来的影响⼤过于⾷物.⾷物只需要平衡就可以.

Higher Spirit: If we were to follow this logic, each of you holds a negative opinion about certain foods. If everyone's opinions and advice are taken seriously, then none of us would be able to eat anything by now, right? So it's all about balance - everything is about balance. You need to balance your intake. Understand? And most importantly, your thoughts and emotions have a greater impact on your body than the food itself. Food just needs to be balanced for that purpose.

问: 你说的思想.因为我觉得⽣活中⾃⼰很多思想没调节过来,我只好就是说⾷物上也注意⼀点.

Questioner: You mentioned ideas because I feel like there are many of my own thoughts that haven't been properly adjusted in life; thus, I have to pay attention to food as well.

⾼灵: 你现在已经是在⼀个成长的状态,⼀个清理的状态.所以你不需要着急.你应该去欢庆欢喜你的每⼀个进步,明⽩吗? 因为你已经有很⼤的⼀个转变.

Higher Spirit: You are now in a state of growth and clearing. So there is no need for haste. You should rejoice in every progress you make, understand? Because you have already undergone a significant transformation.

问: 谢谢.⾃⼰觉得还⾃⼰还没有完全放开.

Questioner: Thank you. I still don't feel like I've fully let go.

⾼灵: 你们不可能⼀⽇之间就变成像佛⼀样的状态.你就算佛,你知道他经历了多少磨难,明⽩吗? 你们连他们的磨难的⼀丁点都不到.所以你又何必要求马上达到他的状态呢? 就好像⼀个⽯头磨磨磨,磨到⼀个发光的状态.你现在还没开始磨,你就要⾃⼰发光了? ⼈家是经过千锤百炼的.所以不要对⾃⼰苛刻.⾄少已经⾛到了在磨的呢条路上.那很多⼈连知道都不知道会有这样⼀条路去磨⾃⼰.他们还在磨别⼈,知道吗? 所以对⽅和他都是痛苦的.

Higher Spirit: You can't become like Buddha in one day. Even if you were to be a Buddha, do you understand how much hardship he underwent and comprehend it? Your trials are far less than even a fraction of what they experienced. Why would you demand that you reach his state immediately? Imagine polishing a stone until it shines. Have you started polishing yet, expecting to shine on your own? It takes thousands of hits with the hammer for humans to become like this. You haven't even begun polishing yourself and are demanding to shine? People have gone through countless hardships and refinement. Don't be too harsh on yourself. At least, you're on the path of being polished. Many people don't even know there's a path that leads to self-polishing. They are still polishing others, understand? That's why both parties are suffering.

问: 我对⾃⼰现在上班的状态还是很喜欢.有时候悠闲我就看看书.但是我们的岗位有时候会变动.⼀听到别⼈说调岗⼼⾥就不安,怕别⼈觉得我这⾥闲.我也觉得⾃⼰有点⼩⼼翼翼的.

Questioner: I still enjoy my current work environment. Sometimes when I have free time, I like to read books. However, our positions are sometimes subject to change. Just hearing others talk about changing roles makes me uneasy, worried that they might think I'm idle here. I also feel a bit cautious myself.

⾼灵: 所以你的问题是什么?

So what's your problem?

问: 我想知道我⾃⼰是什么样的⼀种状态? 这种状态好不好?

Questioner: I want to know what kind of state I am in? Is this state good or not?

⾼灵: 你⾸先你要知道你现在还没有稳定,没有稳定就是说你的能量状态还没有稳定.就是说你还没有深深的扎根,你还没有找到你⾃⼰是谁.因为当你找到你是谁,你是像全世界展现你是谁.⽽不是说怕这样怕呢样,怕⽼公抛弃你,怕公司不要你,怕你⾃⼰⽣存不下去,明⽩吗? 那这只是你getting there,就是你到达呢⾥的呢个过程⽽已.因为你先要深深的扎根,你需要往下⼀点⼀点的扎根,对不对? 那你现在就在⼀点⼀点的往下扎根的⼀个过程,明⽩吗? 那当你扎根越来越稳定的时候,你便⽆论是在⼯作当中还是在⽣活当中都不需要体验这种不稳定的感觉.所以还是外在的⼀切都是让你回到⾃⼰,明⽩吗?

Higher Spirit: First of all, you need to know that you are not yet stable. Being unstable means that your energy state has not stabilized, which implies that you haven't deeply rooted yourself or found out who you are. It's about knowing yourself and showing the world who you truly are, rather than being afraid of various scenarios like fearing abandonment by your husband, losing your job, or struggling to survive. This is just part of the process towards finding stability. Before anything else, you need to deeply root yourself down; you have to go deeper and plant roots step by step. Is that clear? Right now, you're in the process of gradually planting those roots deep down. Can you understand this? When your roots become more stable, whether at work or in life, you won't experience feelings of instability. Therefore, everything from the outside is meant to help you return to yourself, can you understand that?

问: 最近⼀段时间和我⽼公的关系导致我睡眠不好.前段时间我去⼤理玩了⼋九天,睡眠⼀下就好了.但是回来就不好了.但是我就想我这种状态是受我⾃⼰信念的影响啊…⾼灵:就好像刚刚说切断跟外在的,就是每天有⼀个时间只是切断跟外在的影响.那你去旅游的时候你就觉得你切断了这些.为什么?因为在你眼⾥你没有看着孩⼦的脏乱,没有要这样呢样.就是没有建⽴呢么多标准,就是你们要这样按照我的这个按照我的呢个,明⽩吗?那当你没有树⽴这么多标准规则的时候,那你是不是就跟外界就没有呢个冲突? 还有问题吗?

Questioner: Lately, the relationship with my husband has been causing me to have poor sleep. I went on a trip to Dali for about eight or nine days before, and my sleep improved immediately afterward. But when I returned, it got worse again. However, I think this state is influenced by my own beliefs... Higher Spirit: Just like what we just discussed about disconnecting from the external world; there's a specific time each day where you separate yourself from external influences. You felt like you were disconnected during your trip. Why? It's because in your mind, you didn't see the messiness of children, and didn't want to do it this way or that way. Essentially, you didn't set up many standards; meaning they followed me, as opposed to following some externally imposed rules. Correct? So, when there are fewer established standards and regulations, don't you feel like there's less conflict with the outside world? Any other questions?

问: 还是⽼公的问题…⾼灵: 你要看到像前⾯说的,你要感谢每⼀个来到你⽣命中互动的⼈.因为他们只是给你展现出你⽬前选择在哪⼀个房间.但是呢,你每⼀个当下当你意识到,你都可以⽴刻转变到另外⼀个房间,明⽩吗?

Questioner: It's still about the husband issue... Gaoling: You should be grateful for every single person who interacts with you in your life. This is because they are merely showing you which room your current choices have led you to. But remember, with each realization of what you're experiencing now, you can instantly change rooms if you choose to understand this concept, do you see?

问: ⽴刻调整就是说我⽴刻马上放下⾃⼰的标准,就是不责怪他?

Questioner: Adjusting immediately means that I instantly let go of my standards, not blaming him?

⾼灵: 因为在另外⼀个房间没有责怪只有欣赏呀.如果你还在继续责怪继续有问题,那就说明你站错房间了呀.你的频率在这个房间⾥⾯.就好像你在看着镜⼦,你说镜⼦⾥⾯你的脸明明就是呢么脏呀.那是因为你没有擦掉你脸上的脏东西呀,明⽩吗? 你镜⼦⾥⾯你就是呢么丑呀,那是因为你没有倒腾你⾃⼰呀,明⽩吗? 所以你不是等待外界先变,⽽是你⾃⼰.

Higher Spirit: Because in another room there's only appreciation and no blame. If you continue to blame and have problems, it means you're standing in the wrong room. Your frequency is in this room. It's like looking at a mirror; you say your face in the mirror is obviously dirty. That's because you haven't wiped off the dirt on your face. Understand? You look ugly in the mirror because you haven't fixed yourself up, understand? So it's not waiting for the outside to change first; it's about changing yourself.

⽽且外界没有什么需要变的.因为为什么呢? 因为你没有树⽴呢么多规则、标准.因为你没有.你只有允许和爱.你只有⾃⼰圆满的⼀个状态.你不需要外界来满⾜你.为什么? 你是⾃我满⾜的⼀个状态.

And there's nothing that needs to change outside, because why not? Because you haven't established all those rules, standards. Because you don't. You only allow and love. You're in your own complete state. You don't need the outside to satisfy you. Why? Because you are self-satisfied.

问: 那我跟他说话他不耐烦.那我就是允许他? 因为是我⾃⼰先不耐烦?

Questioner: But when I talk to him, he gets impatient. Should I just let him do that because I'm the one who's impatient first?

⾼灵: 那你可以先就是说把你的状态调整好了,等他们来互动你呀,明⽩吗? 因为他们能感受到你频率的⼀个变化的.当你在调整了你的房间过后,你对他们是没有要求的.刚我就说你只有欣赏和爱和允许.OK,我允许你现在是在⼀个愤怒的状态.那么我允许你恢复,就是我允许你会⽣⽓.为什么?因为就连动物都会⽣⽓,对不对?都会发脾⽓,对不对?别说⼈了,所以你允许他⽣⽓的呢个过程.因为每⼀个⼈都会.所以你允许他的所有情绪呈现,明⽩吗? 你要记住的⼀句话就是所有东西它⼀直都在变化当中.所以他的情绪他的愤怒,他不会⼀直停留在当中的.他不会停留在呢⾥⼀直愤怒.

Higher Spirit: You can adjust your state first, then let them interact with you when they come over, understand? Because they can sense the change in your frequency. After you've adjusted your room, you don't have any demands on them anymore. I just said that you only appreciate and love, and accept. OK, I allow you to be in an angry state now. Then, I allow you to recover; I allow you to get angry. Why? Even animals can get angry, right? They get annoyed too, right? Forget about humans. So, allowing them to express their anger is the process. Because everyone does it. You should remember that all things are always changing. Therefore, his emotions and anger won't stay fixed in him forever. It won't linger with constant anger.

问: 如果我跟他互动的时候,他就⼀直在责怪我.我就不想和他说话了.我就⾛开吗?

Questioner: If he keeps blaming me when I interact with him, should I just stop talking to him and walk away?

⾼灵: 那是因为你还⼀直在呢个房间你才会⼀直出现这样的结果.如果你在另外⼀个房间的话,你不会有呢样的结果.没有关系,这个录⾳你反复去听,你就会明⽩所有的⼀切源⾃于你的⼀个频率状态.它决定了对⽅是以⼀个什么样的⽅式来跟你互动.⽽且你追求的也不是完完全全的乖乖的全部都听你的.为什么? 因为你会允许对⽅任何真实的状态.你会允许他发脾⽓,允许他摔东西.为什么? 因为你知道他需要这个释放的过程.那我就允许他释放.你为什么要阻碍他的能量释放呢? 因为在充满爱的房间你是允许他去释放他⾃⼰的,明⽩吗? 你只有在A的房间,就是你不允许.你觉得他应该这样⼦,他应该永远展现出好的⼀⾯,永远展现出耐⼼的⼀⾯.

Spirits: That's because you're still in that room, which results in these outcomes persistently. If you were in another room, you wouldn't have experienced such a result. Don't worry; listen to this recording repeatedly, and you will understand that everything stems from your frequency state - it determines how the other person interacts with you based on their own manner. You don't seek for perfect obedience all the time. Why? Because you allow the other person's authentic states. You permit them to vent or throw things because you know they need a release process. I let them release. Why would you obstruct their energy release? In an environment filled with love, you allow them to express themselves fully. Get it? Only in room A do you disallow this; you believe they should always show the best side and be patient.

你对他有要求,你对他有标准.所以你们才会发⽣冲突.那如果没有呢?

You have expectations of him and you set standards for him. That's why there are conflicts between you. But what if there weren't?

问: 如果他责怪我? 我该怎么? 是我⾃⼰的标准在…⾼灵: 如果他责怪你,如果你是在B的房间,充满爱的房间,你也不会去计较.为什么呢? 你也不会产⽣伤⼼或者是怎么样.因为你知道就算对⽅误解我,我给你机会让你去恢复你的能量状态.因为对⽅也会有失衡的状态,明⽩吗? 那你只要保持你的频率,他迟早会跟你对齐的.

Questioner: What should I do if he scolds me?

A: If he scolds you, and you're in Room B, the room filled with love, you wouldn't care. Why? You wouldn't feel hurt or anything else because you know that even if they misunderstand me, I give them an opportunity to recover their energy state. Because both of you are out of balance, right? Just keep your frequency, and eventually he will be aligned with you.

问: 哦,那就像你前⾯说的,我给⾃⼰⼀点时间去链接.

Questioner: Oh, so it's like what you said before, I'll give myself some time to link.

⾼灵: 是的.

High精灵: Yes.

问: 还要就是我孩⼦分床的事.以前是周末和我们⼀块睡.现在放假了就整天和我们⼀起睡.但是我觉得孩⼦⼤了还是要⾃⼰睡.

Questioner: And regarding my child's sleeping arrangement, previously they would sleep with us on weekends. Now that the holidays have started, they are sleeping with us every day. However, I believe it is still important for them to start sleeping alone as they grow up.

⾼灵: 你⾸先不要有⼀个标准就是孩⼦⼤了⼀定要分床,因为每⼀个孩⼦不⼀样.⾸先他可能还没有安全感.可能是因为他跟你在⼀起过后他才能感觉到⼀点安全感.也就是说他跟你们在⼀起睡的时候,他才能真正的感受到安全感.因为其他时间他没有安全感.那如果你把这个都剥夺的话,那可能其它问题又会出现.所以你允许他⾃然⽽然的,他迟早会想要⾃⼰的⼀个空间,明⽩吗? 不要为了你的任何的思想概念、别⼈怎么说.为什么? 那是别⼈的世界.别⼈的孩⼦跟你的孩⼦成长环境是完全不⼀样的.

Spirit High: Don't have a standard that children must be separated from their parents as they grow older, because each child is different. First of all, he might not feel secure yet. Perhaps he only feels somewhat secure after being with you, meaning that he can truly feel security when sleeping together with you, and not at other times when he doesn't feel safe. If you take this away from him, then other issues may arise. So let him naturally want his own space at some point; understand? Don't base this on any of your personal ideas or what others say. Why? That's someone else's world. Other people's children do not grow up in the same environment as yours.

问: 还有问题是⽗母.我觉得⽗母对我很好.我⽗母把我的鞋晒变形了,我就很愤怒,就⽤吼的.我就想在这件事情上,我的观念是哪出问题了?

Questioner: There are still issues with parents. I feel that my parents treat me well. My parents have made my shoes out of shape from drying them in the sun, and this makes me very angry, so I scream at them. I wonder where my understanding went wrong in this situation?

⾼灵: 没有什么问题.你会觉得有问题是因为你会觉得在你⼼⽬中你应该⼀直很nice,⼀直对⽗母很乖很孝顺.那是因为你有这个标准.那是因为你有这个标准过后你才会觉得有问题.如果你没有任何的标准呢?没有去依照你们社会上任何的标准,他⼈眼⾥的标准,你⼼⽬中的标准,没有任何呢?那你只是在展现你⾃⼰⽽已啊.你不喜欢的是你⾃⼰失衡的⼀个状态,因为你在失衡的⼀个状态.当然跟你们在平衡,平衡是什么?平衡就是处在爱的⼀个状态,那你这样才是让你⾃⼰⼼⾥舒服的.当你失衡你会⾃⼰舒服的.所以你也会通过这样⼦的⼀个体验体验到,实际上呢些在发脾⽓或者是愤怒的⼈,他们⾃⼰也是不好受的,明⽩吗?他们并不是快乐的.

Higher Spirit: There is no problem with this. You would feel that there's an issue because you believe that you should always be nice and obedient to your parents in your mind. That's due to the standard you set for yourself. This standard leads to the perception of a problem after it's established. But what if you had no standards at all? If you didn't follow any societal, others', or self-established standards, then you would simply be presenting who you are. What you dislike is your own imbalanced state because you're out of balance. Of course, being balanced means being in an attitude of love, which makes it easier for you to feel comfortable with yourself. When you're unbalanced, you find comfort within yourself. Therefore, you can understand that people expressing anger or frustration are also not enjoying themselves; they aren't happy either.

因为他们也是在失衡的⼀个状态.你在⼀个失衡的状态,你想⼀下你也是不开⼼不快乐的.所以你体验这些情绪也可以帮助你去体验呢些愤怒之中的⼈.你就会知道他们其实已经也很难受了.

Because they are also in a state of imbalance. When you're in an imbalanced state, think about how unhappy and unjoyful you yourself feel. So experiencing these emotions can also help you empathize with those who are angry. You would understand that they too must be suffering greatly.

问: 是的.我就想我对待这种事情不能每次都是愤怒,我就想调整到有爱的⼀种状态.我要怎么样调节到这种状态?

Questioner: Yes, I want to say that I can't be angry every time this happens; I want to adjust to a state of love. How do I regulate myself to reach such a state?

⾼灵: 那就是说⼀切的物质它最终都会消失.你要知道⼀切你爱护你保护的呢些东西它最终都会消失掉的,明⽩吗? ⽆论你有多么爱护你的房⼦,它迟早会倒塌的.⽆论你的家具有多贵重,它迟早会破损的,明⽩吗?

Sage: That means everything material will eventually fade away. You need to understand that whatever you cherish and protect will eventually vanish, do you see? No matter how much you care for your house, it will inevitably collapse at some point. Regardless of how valuable your possessions are, they will inevitably deteriorate over time, do you get it?

问: 那就是说只是过眼云烟的东西.

Questioner: Is it just something that's here and gone?

⾼灵: 这个需要你⾃⼰慢慢去感悟.

Higher Spirit: This requires you to experience it gradually on your own.

问: 还有就是觉得和⽼公.⽐如说家⾥洗碗,我叫他他也不洗或不回答…⾼灵: 你前⾯问过这个问题,管⽼公管孩⼦.然后回答你的是你管不了任何,你唯⼀能管的是你⾃⼰.管你⾃⼰是选择了哪⼀个房间,你在什么样⼦的⼀个频率状态.因为它决定了你接下来对⽅是怎么样跟你互动的⼀个状态,明⽩吗? 所以你的所有问题它都回到了⼀个终点,就是你只能管你⾃⼰的⼀个频率状态,明⽩吗? ⽽且当你意识到的时候,你每⼀个当下都可以选择进⼊到不同的房间.然后还有⼀句话就是记住: 感谢呢些和你互动的⼈.因为他们把你的频率状态呈现给你.让你⾃⼰察觉到,让你⾃⼰可以修正,让你⾃⼰可以看到.

Questioner: And there's also the feeling of dealing with my husband, for example, like doing dishes at home; he doesn't do them or doesn't respond... Higher Spirit: You asked this question before about managing your husband and children. The answer you got was that you can't manage anything else but yourself. The only thing you can manage is your own state. Managing yourself means choosing which room to be in, being at what frequency level. Because it determines how the other person will interact with you next, understand? So all of your questions lead back to this point: You can only manage your own frequency state, understand? And when you realize this, every moment you can choose to enter a different room. There's also one more thing to remember: Thank those people who interact with you because they show you your frequency state, allowing you to be aware of it, to correct yourself, and to see for yourself.

问: 哦.就是我感觉我每买⼀样东西,⾮要我⽼公同意.我花的钱也不多.⽐如说我要买冷藏柜.他就说你不准买,买回来我就砸了.我就觉得受限制.

Questioner: Oh, I feel like every time I want to buy something, my husband has to approve it, even though I'm not spending much. For instance, if I want to buy a refrigerator, he tells me I can't buy it and threatens to break it if I do. It just feels like there's no freedom in spending my money.

⾼灵: ⾸先你要知道在关系⾥⾯你⽗母的⼀些⾏为,⽐如说他们帮你洗鞋可能是处于爱.然后反⽽让你⽣⽓、发脾⽓.你⽗母也会觉得他们的⾏为在受限制对不对? 你⽼公不想洗完,但是你要求他洗完,那你⽼公的⾏为也在受你限制,你孩⼦的⾏为也在受你限制.所以你们都是在⼀个互相限制的过程.并不是只有他们在限制你,你也同样在限制着他们,明⽩吗?

Higher Spirit: First, you need to understand some behaviors of your parents in relation, for example, helping you wash shoes out of love, which might反而make you angry or upset. Don't you think that your parents also feel their actions are being constrained? Your husband doesn't want to wash them, but you ask him to do so, meaning his behavior is also being restricted by you. Similarly, your children's behaviors are also under your control. So, it's a mutual process of restriction among all of you - not just them restricting you, but you also restricting them, right?

因为这就是你们⽬前互动的⼀个模式.这就是你们⽬前彼此映射出你们是处于⼀个什么样⼦的状态当中.你们在什么样的房间当中.但是还是回到呢句就是说你要改变的只有你⾃⼰的频率状态.所有你所说的所有的这⼀切都只是表⾯的⼀个症状.但是真正的问题在于你⾃⼰选择了⼀个什么样⼦的⼀个房间.它决定了你会遇到什么事情.所以这些事情你不是说⼀件⼀件的处理这些事情.⽽是说你源头的⼀个状态,频率调整.那对⽅就会变了.对⽅变并不是他真的变的很nice.为什么呢? 因为你会允许他发脾⽓.你不会把他发脾⽓看成⼀个不应该的事情,明⽩我意思吗? 并不是说对⽅变的乖巧不发脾⽓了.

Because that is the pattern of interaction you currently have with each other. That's how you mirror each other's state - what room you're both in. But still, the key point here is that only your own frequency needs to be changed. All you say about this is just a superficial symptom. The real issue lies in the kind of room you've chosen for yourself, which determines what happens. So instead of dealing with each incident individually, it's about adjusting your source state, tuning your frequency. Then the other person changes, not because they're suddenly very nice and don't lose their temper. Why is that? Because you allow them to have a tantrum; you don't see it as something inappropriate. Understand me? It's not about making the other person become obedient and stop having fits of anger.

⽽是说你会觉得他发脾⽓是他在释放的⼀个过程,你充满爱,充满包容.你没有⼀个standard,你没有⼀个标准去要求他不发脾⽓,明⽩吗? 然后不明⽩就是把这些所有的信息反复听,你就明⽩了.

And you would feel that when he's having a tantrum, it's part of his release process. You're filled with love and acceptance; there's no standard, no criterion for expecting him not to have a tantrum. Do you understand? If not, just repeatedly listen to all this information, and you will understand.

问: 然后我想知道我和我⽼公是⼀种什么关系? 好像是⼀种程序来反应我? 他是程序还是有灵魂的⼈? 我想知道.

Questioner: Then I want to know what kind of relationship is between me and my husband? It seems like a program responding to me. Is he a program or a being with soul? I want to know.

⾼灵: 是程序还是有灵魂的⼈.就算你⾃⼰,当你不断地在根据外界的反应做出反应的时候,你们都在程序⾥⾯.你只有不根据外界的⼀些做出反应的时候,你才不在(程序⾥⾯),明⽩吗? 所以不只是他,你⾃⼰看⼀下你什么时候能够在对⽅对你⼤吼⼤叫的时候,你还能有爱的对对⽅? 你还处在爱当中? 那这样你就跳出来了.

Higher Spirit: Is it a program or a soulful person. Even you yourself, when you continuously react based on external responses, you are all within the program. You only step out of the program when you don't react based on certain external stimuli. Understand? Therefore, not only is he doing this, but also look at yourself: When can you still love and respond with love towards the other person even when they are yelling at you? Are you still in love? If so, that means you have transcended the program.

问: 刚开始还⾏,久了就不⾏了.我还得练.

Questioner: It was okay at first, but it doesn't work after a while. I still need to practice.

⾼灵: 你今天的信息结束了.所有的信息都会在上⾯.然后等你慢慢的就是真正的去明⽩,然后去理解,然后去成为,越来越多觉知过后.

Higher Spirit: Your message for today has come to an end. All information is above. Then wait for you to gradually understand, comprehend, and become more aware with each passing moment.

问: 还有我母亲她对⼿机不是很会⽤.我对于给她讲这些东西我就不耐烦.但是我觉得我应该教她.

Questioner: There's also my mother, she isn't very good at using a cellphone. I'm impatient when trying to explain these things to her. But I feel like I should teach her.

⾼灵: 你不需要把这些症状问题⼀个个的拿出来问.所有的问题都是你⾃⼰处于⼀个失衡的状态.当你⾃⼰处于⼀个失衡的状态的话,你是没有办法像我刚刚说接触到源头,感受到源头感受到爱的,明⽩吗? 所以先让⾃⼰站稳.每天给⾃⼰时间让⾃⼰跟源头链接.进⼊到⼀个链接的状态.

Higher Spirit: You don't need to ask about these symptoms individually. All the problems are due to your own imbalanced state. When you are in an imbalanced state, it's impossible for you to connect with the source like I just mentioned and feel the love from the source, do you understand? So, first, stabilize yourself. Give yourself time each day to connect with the source. Enter into a connected state.

# **2022/08/19 — 线上通灵集体问答之关注你想要的体验 Online Mediumship Collective Q&A Focusing on Your Desired Experience**

第⼀个⼈问: 我想问⼀下为什么我跟我⼀个朋友只要⼀在⼀起眼睛就会发红发痒?

The first person asked: I want to know why my eyes turn red and itchy whenever I'm with one of my friends?

⾼灵: 你问为什么你的眼睛每次只要你跟她在⼀起的时候就会不舒服? 这个你要问你⾃⼰.你的⾝体的所有的反应都是因为你头脑⾥的⼀些想法、看法,就是你植⼊的⼀些东西.就⽐如说你⼼⾥会有⼀些抗拒,任何.所以你这个是需要你⾃⼰来问你⾃⼰.但是你可以通过这个知道你⾝体的所有反应都是因为你头脑⾥⾯它有⼀些定义,相对的定义.就是你把什么定义拿着当成是真的.当然如果你想要改变你⾝体的反应的话,你只需要去改变你的看法、想法.然后随着你⾝体的反应也会改变了,明⽩吗?

Higher Spirit: You wonder why your eyes feel uncomfortable whenever you're with her? This is something you should ask yourself. All the reactions of your body are due to some thoughts and viewpoints in your mind – things that have been implanted in you. For example, there might be some resistance in your heart towards anything. So, this requires you to question yourself. However, through this, you can realize that all your body's reactions are because of certain definitions in your head – relative definitions. You're defining what as true. Of course, if you want to change your body's reaction, all you need to do is change your viewpoints and thoughts. And then, as your body's reactions will also change, understand?

问: 下⼀个问题是我前段时间在临睡前看了⼀个通灵外星⼈的视频后⾮常兴奋,然后凌晨就感受到有⼀股很强⼤的能量.能问问这是为什么吗?

Questioner: I have a question. The reason I'm asking this comes from an experience I had recently before sleeping. I watched a video about a clairvoyant alien, which made me very excited. Consequently, I felt a strong energy in the middle of the night. Could you explain why this might be happening?

⾼灵:还是回到你的⾝体呢边.如果你的⼼⾥⾯⼀直期待着有⼀些,像⼀些不平常的经历或者想要渴望这样⼦的⼀个体验,然后都会把你带⼊到呢样⼦的⼀个状态.也就是说你意识焦距、关注的⼀个点,然后呢个点就会被你体验到.就⽐如说很简单的如果你们经常看⼀些很恐怖的电影或者电视剧或者什么什么的,恐怖的事件.那你就可能在梦⾥⾯再⼀次体验这些.为什么?因为这是你所关注的.任何体验,任何你在物质世界的体验你都是可以⾃⼰去创造它,⾃⼰去focus,就是你把你的焦距放在呢边.你们并不是被动的,明⽩吗?你是导演,你也是呢个演员.

Higher Spirit: Back to your body's side. If you have been looking forward to some unusual experiences or wanting to crave such an experience in your heart, then it will bring you into that state. In other words, the focus of your consciousness and attention, then that point will be experienced by you. For example, if you watch very scary movies or TV dramas or anything like that frequently, which are frightening events. You might again experience these in your dreams. Why? Because this is what you're paying attention to. Any experience, any experience you have in the material world, you can create it yourself, focus on it, meaning you put your focus there. You are not passive; understand? You are the director, and you are also that actor.

问: 那我们所谓的这个焦距这个注意⼒需要我们多⼤的强度多长的时间才能允许我们在物质世界体验到?

Questioner: Well, how much intensity and duration of our attention's focus would we need to experience phenomena in the material world through this concept?

⾼灵: 需要多⼤的强度才能体验? 任何念头的闪过你都可能会去体验到的.所以跟你所谓的强度要有多强才能… 不是这样⼦的.因为你想象⼀下你每个当下… 你所谓的强度就好像它是可以积累的,就是我攒压、积累积累.但是你并没有.为什么? 你是在每⼀个⽚刻,明⽩吗?你是在每⼀个⽚刻选择,OK,我这个⽚刻我要选择上⼀个⽚刻,继续选择呢个.那在你眼⾥看上去就好像是⼀个强⼤加强了⼀样.但是并没有.它是分开的.但是在你的观念⾥⾯你觉得它是积累的,积压在⼀起的.

Higher Spirit: What level of intensity is required to experience it? Any fleeting thought you might experience could be considered as such. So, regarding how strong this supposed intensity needs to be... This isn't the case. Consider your every moment... Your perceived intensity seems to accumulate in a sense - like building up pressure or accumulating more. But you don't actually do that. Why not? You make this decision at each and every moment, understand? At each moment, you choose whether to continue with the previous moment's intensity or move on. In your perception, it might look like an increase in strength, but that doesn't happen. It happens separately. However, within your viewpoint, you think of it as accumulation - pressure building up over time.

问: 能不能请你帮我看⼀下我现在的能量状态有没有什么信息是需要给到我的?

Questioner: Can you help me understand if there are any messages or information I should be aware of regarding my current energy state?

⾼灵: 你稍等.我搜索⼀下现在有没有什么信息带给现在的你.就是不要太认真和努⼒和严肃去对待你⽣活中的⼀切.因为你过于认真的话它会让你处于⼀种紧张的能量状态.所以越是放松越是enjoy越是快乐的⼀个状态,然后你就越是享受.因为在你们的⽣命当中没有什么是⼤不了的事情,明⽩吗? 不要把⼀切当成是⼀个天⼤的事情.⾼考是⼀个天⼤的事情,⼯作什么任何你们都把它当成是⼀个天⼤的事情.然后这样⼦会让你们处在⼀种紧张,就是紧绷的⼀个能量状态.然后这样就会缺少活⼒和缺少⽣命⼒和缺少可塑性.⼀个东西就好像被你们固定了、固化了,它只有这⼀个出路,它只有这个⼀个出⼜.它会导致你们很多出⼜给堵塞住了.

Higher Spirit: Wait a moment. I'll search for some information to share with you right now. Treat everything in your life not too seriously, not too much effort and rigorously. Because if you take it too seriously, it will put you in a state of high tension energy. So the more relaxed, the more enjoyment, the happier state you are, then you enjoy more. In your lives, there's nothing that is too bad. Understand? Don't treat everything as something huge and serious. The big exam is something huge, work, anything you see as something huge. Then this will put you in a state of tension, being tight. This lack of vitality and life force, and lack of plasticity. It's like being fixed or crystallized with no other options except one way out, just one outlet for it to go through. This would block off many possible outlets for you.

就⽐如说你明明会有⼗个出⼜给你选择,但是由于你的呢种固执或者严肃,死板的能量状态.让你觉得你的出路只有⾼考⼀条路.这是对你们的⼀个限制.因为你们是⽆限的.这样会让你们的⽣命失去很多的可塑性、可造性,很多种可能.让你们的⽣命变的死板跟单⼀、单调、⽆聊,明⽩吗? 然后你们处的能量⾥⾯就是不快乐,不轻松.所以你需要就是more enjoy everything.

Just like you might have ten options available to you, but due to your stubbornness or seriousness, rigid energy state, making you believe that the only way out is through the college entrance exam. This puts a limitation on you because you are infinite. Doing this would deprive your life of much flexibility, creativity, and potential for variety. It makes your life predictable, dull, and monotonous, do you understand? When you're in such an energy space, you won't be happy or relaxed. So what you need to do is enjoy everything more.

问: 最后⼀个问题是关于我通灵的能⼒在链接上有没有什么信息给到我的?

Questioner: The last question is about whether there are any messages regarding my ability to communicate with spirits on this channel?

⾼灵: 这么说吧,我刚才给你的信息就是可以帮助到你.为什么呢? 如果我刚说,就是很认真很严肃,那这样⼦的能量是不是就是紧绷的? 那当你在紧绷的⼀个能量状态,你想⼀下,如果我们的通灵信息是⽔源,⽔流不进去.因为你的能量会阻碍这个⽔渗透,你像是⼀个海绵⼀样,明⽩吗? 你的⼀个能量状态把呢些都堵塞了,这些⽔都流不进来,你也感受不到.那如果你是在⼀个全然的放松和允许的状态下,有些信息它就可以透过你.我们现在是⼀股能量它可以完全⽆阻的通过这个⼥孩⼦的⾝体.因为她已经习惯,她已经适应,她已经完全的允许让这样⼦的能量来渗透于她来传递给你们.那如果她也是在抗拒的状态,就⽐如她的头脑在抵触你这是什么胡说⼋道的.

Higher Spirit: Alright then, the information I just gave you was meant to assist you. Why is that? If what I had said earlier was sincere and serious, would that kind of energy not have been tense? When you're in a tense state of energy, think about this - if our spirit communication acts like water, why won't it enter your system? Your energy is blocking the water from seeping through; you function like a sponge. Do you get it? This energy state blocks everything, preventing the water from entering and impacting you at all. Now imagine being completely relaxed and accepting. Information can then pass through you. Right now, we're a flow of energy that's not obstructed as it passes through this girl's body. She's accustomed to it; she's adapted to it; she's fully allowing this energy to permeate her and deliver information for you. If she were resisting instead, like if her mind was rejecting what you're saying as nonsense.

因为你们的物质头脑、⾝体还会对⼀些不信任或者没有体验过的或者是陌⽣的东西它会有⼀种抗拒,会有⼀种不确定感.但是你们任何这种会阻碍信息的到来.所以你越是能enjoy everything,越是能允许.然后你的通道就会⾃⼰的⼀个⽅式展开.因为你不要把你通灵局限于你要像这个⼥孩⼦⼀样.因为你们每⼀个⼈通灵展现的⽅式不⼀样.你的能量会以其他的⽅式展现出来的,明⽩吗? 有的⼈通过画画,有的⼈通过跳舞,有的⼈通过演戏.但是他们都是在允许呢股能量通过他的⾝体展现出来在这个物质世界呈现给你们.

Because your material mind and body will resist or feel uncertain about things that are not trusted, unexperienced, or unfamiliar. But anything that hinders the information from coming through you must be avoided. So, the more you enjoy everything and allow it, your channel will naturally unfold in its own way. You should not limit yourself to being like this girl; because each person's method of channeling is different. Your energy will manifest in other ways, understand? Some people express this energy through painting, others through dancing or acting. But they are all allowing that energy to flow through their bodies and present itself in this material world to you.

第⼆个⼈问: 我现阶段的⼈⽣主题是什么?

Second person asks: What is my current life theme?

⾼灵: 你稍等.你叫什么名字?问: XXX,今年31岁.

Higher Spirit: Wait a moment. What's your name? Questioner: XXX is 31 years old this year.

⾼灵: XXX,你想要知道你现在的主题是什么? 你现在需要被你注意到的⼀些是什么? 你⽬前最需要你⾃⼰注意到的⼀个点就是你需要更多的信任和允许还有放下.因为在你⽬前的⼀个能量状态当中我感到了你背负了曾经很多你过去⼈⽣⽣命当中经历的⼀些事情.它还是像沉重的⼀堵墙,沉重的⼀些东西,然后你还肩负着它.这样⼦的话它会导致你⽣命的⼀个沉重感,让你不能轻松的上阵.所以有过去的很多… ⽐如说你过去经历的失败,你过去经历的痛苦,你过去经历的⼀些被欺骗或者悲伤痛苦,任何这些东西你需要完完全全的把它抛开.它已经不再属于你,明⽩吗? 你还继续选择背着这些东西来继续你的⼈⽣.

Higher Spirit: XXX, do you want to know what your current topic is? What are you needing right now that you should pay attention to? The one point you most need to notice about yourself at this moment is that you require more trust, allowance, and release. I feel that you have been carrying many experiences from your past life, which still weigh heavily on you like a burden. This heaviness can make your life feel oppressive, preventing you from moving freely forward. There are so many things from the past… such as past failures, painful experiences, being cheated or experiencing sadness and pain. You need to let all of these completely go because they no longer belong to you. Understand that you continue to choose to carry this weight in your life.

这样的话,你想象⼀下你的⼈⽣它是不可能有轻松可⾔的,明⽩吗?

So, imagine that there's no possibility of having an easy life, okay?

问: 之前我给别⼈造成了⾝体的不便,我想问⼀下现在这个因果关系已经化解了吗?

Questioner: Before, I caused inconvenience to others in terms of their physical well-being. I'd like to know if this karmic relationship has been resolved now?

⾼灵: 刚才的信息就是说你还承载了很多过去,因为⼀些事情你还背负着它.你想如果你还背负着它,你现在⾏动会轻便吗? 所以你现在还不能轻便的… 那你要如何放下呢? 如何你才能放下呢? 回到呢个刚才前⾯说的,放下和信任.⾸先你不相信你的⽣命是⼀个可以我们在当下创造你的⽣命.因为你觉得它是个连续性的.你想⼀下为什么你会提出来这个问题? 那就是因为你相信了你曾经的⼀下⾏为和你曾经的⼀下事情它就是让你变得沉重,阻碍了你.因为你会觉得你的⽣命是个连续的.它是从⼀到⼗,它这样是⼀步⼀步的.但是并不是这样⼦.

Spirit: The message for you is that there's still so much of the past being carried because you've taken something on and are carrying it around with you. You wonder if you're still carrying it, would your actions be lighter now? So you can't yet do this lightly... How do you let go of this? How do you do it? Coming back to what was mentioned earlier about letting go and trust. Firstly, you don't believe that your life is something we are creating in the now. You see it as a continuity. Why would you bring up this question? That's because you believed that certain actions or things from your past made you heavier, held you back, as you perceive your life to be continuous - like one step from one to ten and so on. But it isn't like that.

问: 也就是我转变成⼀个全新的⼈过后就会有不⼀样的结果是吗?

Questioner: So, would there be a different outcome after I become a completely new person?

⾼灵:你需要去改变你相信的东西.因为你的信念,就是你相信的你的⽣命它是个连续体.连续体就是说你不能逃离,不能脱离你之前所⾛的呢些路.就好像以前⾛的呢⼏步路,它的每⼀步就好像是⼀个绳⼦还在你⾝上⼀样,明⽩吗?所以你需要去改变你相信的.就⽐如说我现在在说的这些信息,如果你相信我的信息,那么你就在改变.为什么呢?因为你以前相信的呢些东西你就可以不需要再继续去相信它.然后你现在相信的是我告诉你的.那我告诉你的是什么?就是说⾸先你的⽣命并不是从⼀到终的呢种,就是⼀步⼀步.这样⼦你就脱离了呢个你,明⽩吗?这样新的你才能产⽣.新的你怎么样才能产⽣?也就是说你头脑⾥⾯相信的⼀些东西.

Higher Spirit: You need to change what you believe in because your beliefs are that your life is a continuum. Continuity means you cannot escape or break away from the paths you have walked before, like stepping stones of your past journey where each step was still connected to you, understand? Therefore, you need to change what you believe in. For example, when I am sharing this information with you; if you trust my message, then you are changing. Why is that so? Because the things you used to believe can no longer be continued being believed. Now, what you believe is based on what I tell you. What am I telling you? It means your life isn't a linear progression from start to end, step by step, allowing you to break away from yourself, understand? In order for this new you to exist, how does this new 'you' come into existence? This means changing the beliefs within your mind.

因为你相信的东西,所有我就说到前⾯告诉你的信任.因为你还不能做到信任.还相信你眼前发⽣的、经历的、体验的,就是物质世界眼睛能看到的⼀切.你相信曾经发⽣的.为什么?因为它已经发⽣了.你相信你周边的.为什么?因为它就在你眼前.但是你不会去相信你看不到的⼀些东西.所以你就需要信任,你就需要相信.为什么?因为你只有相信了,你才会去….你相信了过后你的振动频率,就好像你的⼀个频率,你相信之前的事情它是⼀个频率.你相信另外的它是⼀个频率.它是不同的频率.你才会脱离以前的频率,明⽩吗?所以你要注意到的就是说⽬前你相信的是已经发⽣的.因为它对你来说是你经历的,是你看得到的和你眼前的.

Because of what you believe in, all I will speak about is the trust that comes before my words to you. Because you still cannot achieve true trust. You only trust in what happens right before your eyes, experiences, and sensations - essentially everything you can see with your physical eyes. You believe in what has already happened because it has occurred. You trust in what surrounds you simply because it is immediately visible. But you do not trust things that are unseen. Therefore, you need to have trust and belief. Why? Because without believing, you cannot… After you believe, your vibration frequency changes - it becomes a different frequency compared to before when you did not believe. When you believe in something else, it's another frequency altogether. You understand this transition from one frequency to another because of your act of belief. Therefore, the key realization is that currently what you trust is what has already occurred for you. It is part of your personal experience, within your field of vision and present surroundings.

但是你现在需要相信⼀些你想要去体验的.⽽不是说已经发⽣的.就是你想要去体验什么,然后你就相信呢些你想要体验的,⽽不是不想要体验的.还有不懂的吗?

But now you need to trust in what you want to experience rather than what has already happened. You want to experience something and then believe those things you want to experience instead of the ones you do not want to experience. Is there anything else that's unclear?

问: 现在没有了.谢谢⽼师.

Questioner: Now it's gone. Thank you, teacher.

第三个⼈问: 有⼀种说法是你要仔细体验每⼀种感觉,你要把这种感觉体验彻底了它才会消失.然后这种说法跟您刚才说的每⼀刻都是全新的,任何时刻都有选择权有相冲突.然后如何理解这两种说法?

The third person asks: There is an idea that you need to carefully experience every feeling until it vanishes completely. This concept seems to conflict with your earlier statement that every moment is new and full of choices. How should we understand these two perspectives?

⾼灵: 你想要知道这种说法对不对吗? 你要知道你们所有的说法它⾸先产⽣于什么? 产⽣于你们的⼈类,对不对? 那你们⼈类的每⼀个说法它都是对的.为什么呢? 因为呢本⾝就是别⼈体验的⼀个世界.他只是把他体验的⼀个世界分享给你,明⽩吗? 所以那也就是说每⼀个⼈的说法,你只要去相信,你就可以跟他体验到⼀样的.那既然是这样⼦的话,你没有必要去判断哪个是对的,哪个是错的,哪个是真的,哪个是假的.你只需要知道你到底是… 你是⼀个创造者,你是⼀个体验者.你不需要去拿别⼈的东西,那是别⼈的经验,明⽩吗? 你不是去重复别⼈的故事.他们有他们⾃⼰对这个世界体验的描述.你有你的.

Higher Spirit: Do you want to know if this statement is correct? Do you want to know what produced all your statements? It was produced by humans, right? Therefore, every human statement is correct. Why is that so? Because essentially it's the world experienced by others. He just shares with you the world he has experienced, do you understand? So it means that each person's statement, as long as you believe in it, you can experience the same thing as them. If that's the case, there is no need to judge which one is right, which one is wrong, which one is true, and which one is false. You only need to know that you are... You are a creator, you are an experiencer. You don't have to take someone else's things; it's their experience, do you understand? You're not repeating someone else's story. They have their own descriptions of their world experience. You have your own.

问: 那就⽐如您刚才说的你相信什么就体验什么.那我们要相信你这种说法吗?

Questioner: Alright, as you just said, what we believe determines our experience. Should we believe in your theory?

⾼灵: 随便你相不相信呀.我们没有强迫你去做任何.为什么? 因为你不相信对你也是个好处啊,也是个体验啊,明⽩吗?这⾥没有对和错,没有好和坏,没有⾼低只分.我们只是分享,然后你⾃⼰可以选择你要去体验什么.或者是去他说的这个我想要去体验⼀下,我想要去验证⼀下,我想要去感受⼀下.只是给你⼀个选择⽽已.就是来让你看到你并不是封闭的,你这⾥是有选择的.就像我们前⾯的信息⼀样,这⾥不是只有⼀条路,不是只有⾼考⼀条路才是出路.这⾥有是条路,明⽩吗?这样你们就不会被限制,被限制在你们的⼀个观念⾥⾯.

Higher Spirit: Whether you believe or not, there's no compulsion for you to do anything. Why? Because it benefits you too as an experience and understanding, doesn't it? There are no absolutes here—no highs and lows, no right or wrong. We simply share, allowing you the freedom of choice in what you want to experience next: Whether to try something mentioned by others, verify your own experiences, or feel into it. This is just an offering for you to consider, recognizing that you are not confined by your current perceptions. Like our previous information, there isn't just one path available; it's not limited to高考 being the only solution. There are alternatives here, making sense? This way, you won't be restricted within your own concepts and beliefs.

问: 如何看待羞耻感? 就有时候这种感觉就很强烈,不是说你转变⼀个信念就能当下改变的.就⽐如对性的羞耻.我想问⼀下这个该如何…⾼灵:那有可能是你这⼀⽣就是说的⼀个主题和体验和功课之⼀.这是属于你个⼈的⼀个…但是你可以从任何,就像前⾯说的信息,你任何⾝体的反应和感受它来⾃于你相信什么.就是你头脑⾥⾯有⼀些什么定义.呢些定义是你拿过来的.可能你从别⼈呢边去,从这个社会,就是你们这个社会都会有这个定义都会有这个观念.然后你也就是⽣下来开始拥有这个观念.这是你可能需要去⾃我探索的关于这⽅⾯的… 但是你⽆论是什么感,什么感.

Questioner: How should we view feelings of shame? Sometimes this feeling is very strong and cannot be changed instantly by just altering a belief. For example, when it comes to sexual shame. I would like to know how one might... Higher Spirit: That could be one of your themes, experiences, or lessons in this lifetime. This is something personal for you, but you can examine any bodily reactions and feelings that come from what you believe. There are certain definitions in your mind which have been imposed upon you. These definitions are taken from elsewhere, perhaps from society or cultural norms shared by those around you. You acquired these notions when you were born and began to understand the world. This may be something you need to explore further on this subject... But no matter what emotion it is,

⾸先你⾝体产⽣的所有感受它都是根据你⾝体植有的⼀个程序,就是你到底是植有的⼀个什么信念、观念和看法、想法,就是定义.你才会体验相应的.因为如果你把你的⽐如说你头脑⾥的定义、观念、想法拿开的话,你的⾝体便不会产⽣呢样的感觉,明⽩吗?

Firstly, all the sensations that your body produces are based on a program implanted within you, which defines what beliefs, ideas, and viewpoints you have. These then determine the experience you will undergo because if you were to remove, say, the definitions, concepts, or thoughts in your mind, your body wouldn't produce such feelings, understand?

问: 那能给我⼀点提⽰吗? 就是我还有什么残留的信念…⾼灵:那你需呀你和你⾃⼰对话,你⾃⼰去问你⾃⼰,你产⽣的这个感觉它到底是因为你相信了什么?因为你头脑⽐如说有⼀个声⾳说你这种做法是怎么样怎么样的,⽆耻的.然后你就开始⼀步⼀步的跟它对话.然后你就可以找到,找到你背后你相信的.所以你可以去⾃我探索.你要知道你们物质世界,就是你的⾝体,你所有看到的⼀切,这⼀切它就好像是⼀个镜⼦.镜⼦它映射出的是你.但是这个你,你就可以通过这个过程来认识这个你.因为呢个你头脑⾥⾯就装的哪些东西,哪些东西.就好像⼀套程序.那你就能知道,OK,你是在这样的程序⾥⾯.

Questioner: Can you give me a hint? Specifically, what are the lingering beliefs I have... E: Then you need to talk with yourself and ask yourself, "What exactly is this feeling that has been generated in me?" Because it's because of something I believe or due to the voice in my mind telling me how terrible my actions are. You should start by having a conversation with this voice inside your head step-by-step. Through this process, you will discover what you truly believe at the core. So you can explore yourself further. Realize that your physical world, including your body and everything you see, is like a mirror reflecting back who you truly are. But through this process, you can come to recognize who you truly are because of the programming in your mind, understanding which beliefs and thoughts are stored there, akin to software in a computer program. This will help you understand that you're operating within this particular set of beliefs and experiences.

如果你能清楚的知道你是持有什么样的程序,呢个程序是不是就可以是变动的,可改变的.那你是不是就是主⼈了,⽽不只是⼀套程序运做的⼀个像⼯具⼈或者是像机器⼈.为什么?因为你可以⾃我编程啊.那你就不是受⼀套呢个,⽐如说被你们集体意识或者是被你们东捡西凑,这⾥呢⾥被动的⼀个⾏为.你就是主动的了.

If you can clearly understand the program you are running, and that this program can be altered or changed, then aren't you the master, rather than just a tool or like a robot executing someone else's program? The reason is, you have the capability to self-program. You're no longer passively influenced by collective consciousness or assembled thoughts from various sources. You are in control and proactive.

问: 我为什么害怕失控呢?

Why do I fear losing control?

⾼灵: 你为什么害怕失控? 你这个也可以像刚刚说的所有的⼀切,你⾃⼰问你⾃⼰什么是在你控制当中? 对你来说在你的控制当中的定义是什么? 对你来说失控是什么定义? 因为当你如果能去不把呢个失控,就是重新给你的失控给它⼀个定义的话,你便不会产⽣这个问题,就是为什么我会害怕失控,明⽩吗? 因为你们每⼀个⼈对⼀个失控的定义是不⼀样的.所以你需要你⾃⼰去跟你⾃⼰.

Spirit Guide: Why are you afraid of losing control? You can do the same thing as what I mentioned earlier, asking yourself what is within your control? What does it mean for you to be in control? What defines losing control for you? Because if you can redefine losing control and give it a new definition, you won't have this problem anymore, understand? As each of you has a different definition of losing control. Therefore, you need to question yourself internally.

问: 失控的感觉就是感觉,就是⾃⼰掌握不了的.是不是就是因为我⾃⼰对它加了⼀些负⾯的定义,所以我才会想要摆脱它?

Questioner: The feeling of being out of control is a sense that I am unable to handle it. Is it true that because I have attached some negative definitions to it, I want to get rid of it?

⾼灵: 失控,⾸先就是说有些⼈在别⼈觉得失控就是说,⽐如说外在的⼀切就⽐如这个⼈他不听我的,事件它没有按照我想要的⽅向发展.因为他的头脑有很多定义,很多概念.然后所有事情都没有按照他的呢个,对他来说就是⼀种失控的状态.然后他就想要把所有的事情都按照他的呢种,你这个⼈要按照他说的呢样去对待他,然后你这个事情⼀定要发⽣这样的结果.但是你刚才所谓的失控,你说是⼀种恐惧是吗? 那你明显就跟别⼈感受的失控是不⼀样.所以基于你⾃⼰对失控的⼀个定义,就需要你⾃⼰去跟你⾃⼰探索,就好像⾃我对话.然后⾃⼰去了解.

Higher Spirit: Loss of Control, first and foremost, refers to the situation where some people perceive others as being out of control when everything seems to be going against their wishes or expectations. This happens because such individuals have a multitude of definitions and concepts in their mind, causing them to feel that events are not unfolding according to their desired trajectory. They believe that everything should align with their perceptions and expectations; otherwise, it feels like a state of loss of control for them. Consequently, they wish for everyone else to behave exactly as they instruct, expecting the situation to inevitably result in those specific outcomes. However, you mentioned earlier that this sense of 'loss of control' is actually rooted in fear, right? If so, your perception of loss of control clearly differs from others'. Therefore, based on your own definition of loss of control, you would need to explore and understand it through self-dialogue with yourself.

但是这是⼀个就是说,就好像我前⾯说的你的⾝体的所有的反应和感受它都是基于你有⼀些什么声⾳在你的脑海⾥⾯产⽣的.它并不是真实的,但是你只需要去跟这个声⾳(对话),你去看到你背后相信了什么.为什么? 因为这些就是所谓我刚才说的程序.那如果你能跳出来这个程序,那你是不是就是主⼈? 你便不是呢种就是活在程序⾥⾯,⽆意识的.

But this means that all of your body's reactions and feelings are based on some kind of sound that you have in your mind creating it. It is not real, but you just need to engage in dialogue with this sound, see what you believe behind it. Why? Because these are the so-called programs I mentioned earlier. If you can step out of this program, then aren't you the master? You would not be someone living inside the program, unconsciously.

第四个⼈问: 我此⽣的灵魂主题是什么?

The fourth person asks: What is my soul's theme in this life?

⾼灵: 你稍等.XXX,你想要知道你这⼀⽣来到这个世界上想要体验的⼈⽣主题是什么? 你会有深刻的体验关于挫折,也就是说你会遇到很多事件在你们物质世界看上去是⼀个挫折.然后你会通过这⼀系列的挫折把你内在的⼒量给激发出来.所以就是说如果从表⾯上看别⼈有可能很轻易地就成功了.然后做⼀些很轻易就可以摘到果⼦了.然后呢,你却需要经历很多很多波折.为什么? 因为每⼀次波折它都可以把你内在的⼒量给激发出来.就⽐如说别⼈很轻松的摘到果⼦的话,他的⼒量并没有突进,并没有改进,并没有进步.为什么呢? 因为他不费吹灰之⼒嘛.那你为什么要反复的经历这种很⼤的⼒⽓呢?

Higher Spirit: Wait a moment, XXX. Do you want to know the theme of life that you have come into this world to experience? You will have profound experiences about setbacks, meaning you will encounter many events in your material world that seem like setbacks. Then, through a series of these setbacks, your inner strength will be激发出来. So, if one looks from the surface, others might easily succeed. They might pick low-hanging fruits with ease. But you need to go through countless struggles. Why? Because every struggle can激发 your inner strength. For instance, if someone picks the fruit effortlessly, their strength does not progress or improve. Why is that? Because they did not have to exert any effort. Then why do you have to repeatedly experience such great exertion?

因为你想要去让你内在的⼒量不断地被激发,不断地被激发.所以呢,信息就是告诉你不要把你遇到的⼀个挫折当成是⽣命的⼀个不公平或者是你的命不是呢么轻松.⽽是说这是你想要去挑战⼤重量的去刺激你,让你内在的⼒量不断不断地被激发,明⽩我意思吗?因为如果你没有得到我的信息的时候,你可能会觉得你的⼈⽣不会像别⼈的呢么轻松.但是呢,它是你⾃⼰选择的⼀个,也就是说⼒量越⼤的⼈他可能会选择越⼤的重量给⾃⼰挑战.因为它呢种轻的,没有重量的可能对他没有挑战意义,他不想挑战呢种,明⽩吗?所以就像⼀个⼩孩⼦他玩⼀个哑铃.可能他的哑铃是充⽓的,没有重量.那你的是⼀百公⽄.你可能呢个充⽓的,你碰都不想碰.为什么?

Because you want to keep激发ting your inner power constantly and continuously. So the message is telling you not to see a setback as unfairness in life or that you were given an easy fate. Instead, it's about challenging yourself with heavy weights to stimulate and continuously fuel your inner strength. Do you understand? If you didn't receive this message, you might feel like your life isn't as smooth as others'. But this is a choice; bigger individuals may opt for greater challenges because the lack of weight or easy tasks doesn't present enough challenge for them. Do you get it?

Now imagine playing with a child-sized dumbbell. Maybe theirs is inflatable, without weight, while yours is 100 kilograms. You might not even want to touch that lighter one. Why?

它不能让你激发出你内在的呢种⼒量.所以我想要你知道这是你内在⾃⼰的⼀个设定,就是你⾃⼰想要去挑战的.⽽不是说⽣命对于你的⼀个不公平或者是没有帮你或者怎样,明⽩吗? 这⼀切都是为早就真正的你⽽来的.

It cannot inspire the power within you. That's why I want you to know that this is an internal setting of yourself - something you wish to challenge - not because life is unfair or doesn't support you in any way, do you understand? Everything is directed towards revealing the true essence of who you are.

问: 我能不能请求我的指导灵给我⼀些提⽰?

Questioner: Can I ask my guide to give me some hints?

⾼灵:刚才呢些信⼼就是呀.这样以后你在遇到⼀些事情过后,你就会完全不⼀样的…就⽐如说你遇到⼀件事情它失败了,你以前可能就觉得我这辈⼦都没这个命或者我呢个什么什么.但是你并不会,你会知道OK,这是你⾃⼰给⾃⼰设下的.为什么? 因为你想要通过⼀⽽再再⽽三来不断地来让你的内在变的越来越强⼤,来让你的⼒量变的越来越强⼤.所以你便会有不⼀样的眼光去⾯对这个事情.那当你有不⼀样的能量状态去⾯对这个事情,那你是不是就选择了不⼀样的道路,明⽩吗?⼀个是迎难⽽上,迎接挑战.⼀个是知难⽽退.所以你的命运和体验已经在现在此刻改变了.

Higher Spirit: Those were the foundations of your confidence just now. With this approach, after you encounter situations and they don't go as planned in the future, you'll perceive things completely differently… For instance, if an endeavor fails, previously you might have thought that it was destiny or some other limiting belief. However, you wouldn't allow yourself to dwell on negativity; instead, you'd recognize that these were self-imposed limitations. Why? Because your intention is to strengthen your inner self and amplify your power through persistence and continuous effort, thus enhancing your overall strength. This new perspective towards challenges will lead you down different paths from what you might have chosen before. You see, there's a choice: one path involves embracing difficulties and迎接 them as opportunities for growth; the other is retreating when faced with obstacles. Your destiny and experiences are already being transformed right now due to this shift in mindset.

问: 那我怎么样知道⽐如我⾛的某条道路它到底是我的激情还是只是⼀种执着呢?

Questioner: How do I know, for instance, whether the path I'm taking is driven by my passion or just执拗?

⾼灵: 怎么样才知道到底是你的激情还是你的执着?

Higher Spirit: How do you know if it's your passion or just执着?

问: 激情就是它最终可能会有结果,执着就是没有结果.

Questioner: Passion is what ultimately leads to something, while tenacity is when there's no outcome.

⾼灵: 你会很轻松… 你不可能不知道是不是你的激情,明⽩吗? 因为你在做⼀件事情当你对它充满了激情的时候,你是不可能不知道的.

Higher Spirit: You would find it very easy to tell... Can't you understand that? Because when you are doing something with passion, you simply cannot be unaware of whether it's yours or not.

问: 可是我不知道它能不能落地?

Questioner: But I don't know if it can land?

⾼灵: 就是你不知道会不会有结果? 这是你的问题是吗?

Higher Spirit: Is it because you're unsure if anything will come of it? Is that your problem?

问: 我的问题可能有点微妙.⽐如说在我们物质世界中,我去追求⼀个长⽣不⽼啊,返⽼还童啊,我再有激情它也不可能会实现的.你明⽩我意思吗?

Questioner: My question might be a bit delicate. For example, in our material world, I'm pursuing eternal life or rejuvenation, passions that are unlikely to be realized no matter how much enthusiasm I have. Do you understand my meaning?

⾼灵: 那是因为你对长⽣不⽼的⼀个错误的定义呀.如果你改变你对长⽣不⽼的⼀个定义呢?

Ethereal Being: That's because of your incorrect definition of immortality. If you were to change your definition of immortality, what would that be?

问: 那这么说,⽐如说⼀个⼈他的胳膊是没有的.他说他想让胳膊长出来,但是他去寻访问道,他⼀定是没有结果的.

Questioner: In that case, for example, if a person's arms are missing and he says he wants his arms to grow back, but he goes seeking Dao, it must not yield any results.

⾼灵: 这就是你们物质世界的限制.OK,对于你来说你觉得你的胳膊是要从你的⼿臂⾥⾯长出来,对不对? 但是对于我们没有限制的⼈来说,OK,他的胳膊可能是以他另⼀半的⾝份,就是说他的妻⼦是他的胳膊.他的妻⼦随时,我渴了,他的妻⼦就跑去给他倒⽔了.我这边痒,他妻⼦马上就给他抓了,明⽩吗? 所以你的观念限制了它长出来的⽅式.如果你不去限制它呢? 所有的⼀些不可能都是你头脑⾥⾯的⼀些限制,因为你看不到.你把它只有这种⽅式,只有从我的⾁体⾥⾯长出来才是长出来.你胳膊长出来是什么? 给你端茶倒⽔,给你按摩,给你抓痒,是吧? 那它可以成为你的妻⼦,你的另⼀半的⾝份来给你做这些事情呀.

Higher Spirit: This is the limitation of your physical world. Okay, for you, you think your arm should grow out of your hand, right? But for us who are not limited, okay, his arm could be a part of his other identity, that is, his wife can be his arm. She would run to fetch water when he feels thirsty. If he itches here, she'd immediately scratch him. You understand? Your concept restricts the way it grows. But if you don't limit it? All those seemingly impossible things are just limitations in your mind because you cannot see them. You perceive it only this way: growing out of my flesh is the way to grow. What does an arm do for you when it grows out? It serves tea, pours water, massages, and scratches your itch, right? So it could be his wife, his other half identity, doing these things for him.

问: 所以说我现在⼼⾥想着⼀件事情,⼀个结果.但是它可能出现的是另⼀种结果,但是依然会让我感到满⾜,是这个意思是吧?

Questioner: So I'm thinking of one thing in my mind, a result. But it might show up as another result, but still satisfy me, does that make sense?

⾼灵: 不是.是因为你头脑⾥⾯的⼀些观念限制了你看到的⼀些东西,你看不到.你会把它,⽐如说我们以前通灵经常说门⼜的⼀堆粪你把它当成恶臭,把它当成是⼈们来侮辱你.但实际上呢? 它⾥⾯是你需要的⼀些养肥成分.是你的⼀些观念和⼀些看法和头脑⾥⾯的⼀些定义限制了.因为你任何想要在物质世界体验的,没有任何限制的.唯⼀限制的就是你⾃⼰限制了它.因为你看不到.

Higher Spirit: No, it's because certain ideas in your mind limit what you can see. You don't see them; you interpret them. For example, when we used to channel spirits, they often mentioned a pile of dung at the entrance that you perceive as foul smell or an insult directed towards you. However, actually? It contains nutrients needed for growth. Your views and perceptions, along with definitions in your mind limit this understanding because anything you want to experience in the physical world is limitless; the only limitation lies within yourself by what you choose to see.

问: 那在这种情况下我应该怎么做呢?

In such a case, what should I do?

⾼灵: 你说呢? 刚才跟你说的很明显,你的限制就是你的⼀些想法,头脑⾥⾯的⼀些定义.如果你不给它定死呢? 我不给它任何定义呢? 我只是去体验呢? 那我是不是允许? 我就允许⽣命给了我⽆限种可能,可以任意发展.⽽不是只朝这个⽅向发展.只能这⼀条路,死路⼀条.很多⼈绝望就是因为这个,觉得⾃⼰没有路.因为他们看不到.你们刚才如果链接前⾯的信息,也就是说你们只看到曾经发⽣过的事情.为什么? 因为它已经发⽣了.和看到眼前的事情.你们不相信⼀些还没有发⽣的事情.所以你们就持续的去体验呢些,就是曾经的限制.

Higher Spirit: What do you think about it? As I clearly stated earlier, your limitations are rooted in certain ideas and definitions within your mind. If you don't fix them? If I don't define anything at all and just experience things as they come? Would that allow for any possibilities? I would allow life to present me with an infinite number of possibilities, allowing it to develop freely without being confined to a single path. Instead of restricting myself to only one direction, leaving no room for alternative routes. This is why many people feel hopeless and believe they have no options, because they can't see beyond what has already happened versus experiencing the present moment. They struggle with accepting things that haven't happened yet. As you just linked into the previous information, meaning you're seeing what has already occurred. Why? Because it's in the past. And when comparing this to seeing what is happening right now, you have difficulty believing in future events without actual proof. Consequently, you continue to experience and remain bound by your past limitations.

问: 所以我应该把这件事放下?

Questioner: So should I let this go?

⾼灵: 放下什么? 没有啊.你看这个事情它很好的来服务了你啊.为什么? 因为你⾸先要体验你⾃⼰观念和想法上的⼀些限制,那你才接下来体验到不限制,明⽩我意思吗?它这些也是来服务于你的.因为你不通过呢⼀步,你到不了这⼀步.所以不要去否定任何关于你的⼀切.

Higher Spirit: What should I let go of? There's nothing. This matter has been serving you well, hasn't it? Why is that? Because first you need to experience some limitations in your own concepts and thoughts, only then can you experience the freedom beyond these limitations. Do you understand my meaning? These are here to serve you too. As you haven't gone through this step before, you wouldn't reach this point otherwise. So don't negate anything about yourself.

问: 我的第三个问题是关于⽣活上的熬夜的事情.就⽐如说我们⼀定要早睡早起,符合呢个⽇出⽇落的作息吗?

Questioner: My third question is about staying up late in daily life. For example, should we always adhere to the practice of going to bed early and waking up early, in line with the rise and fall of the sun?

⾼灵:你⾸先你⾃⼰的⾝体它有它的规律.如果你能很好的去配合它的规律.就是在你⼼⽬中你没有定义说什么叫早睡早起.你只是说你配合你⾝体的⼀些规律.你配合它的规律的话,你这个物质⾁体好像是你的朋友⼀样.你们彼此都摸透了对⽅,知道对⽅的规律,知道对⽅的⼀些品⾏.那你是不是就很好的能worktogether.你就能理解它.就好像你的⼀条狗,你知道它的⼀些习性.

Higher Spirit: Firstly, your own body has its own rhythms. If you can well align yourself with these rhythms, in your mind, there is no definition of "early to bed and early to rise." You just say that you are adapting to the patterns of your body. When you align with its patterns, it's like having a friend: you both understand each other, know each other's routines, and recognize each other's characteristics. Then, wouldn't this make for a harmonious partnership? You can understand it as easily as understanding your dog's habits.

问: 哦,所以从这个⽅向我可以这样认为说早睡早起也只是⼈为的⼀个观念限制?

Questioner: Oh, so if I understand correctly, getting up early and going to bed early is just a human-made limitation of thought?

⾼灵: ⾸先你的⾝体就好像它需要去充电⼀样.因为你这个你需要去看你个⼈,每个⼈不是⼀样的.为什么呢? 因为有些⼈他喜欢在夜深⼈静的时候,在没有这个世界⼲扰的时候,他才能灵感不断,他才充满了活⼒,明⽩吗? 那他在他最有活⼒的时候去创作.那⽩天的话,他可能⾝边有⾮常多的⼲扰.因为他的注意⼒不断地被拉开,不断地被拉开.他很难focus on.那他是不是在夜深⼈静的时候去创作对他来说是最好的? 所以你要知道你们每⼀个⼈都是独⼀⽆⼆的.这个⽅式适合这个⼈不代表适合另外⼀个.那适合另外⼀个不代表适合你.所以你需要你⾃⼰去跟你这个独⼀⽆⼆的存有,跟他去更加就是连接,更加摸透对⽅.就好像你⾃⼰是你的朋友.

Higher Spirit: First of all, your body feels like it needs to be recharged because you each need to look at yourself individually, and everyone is not the same. Why is that? Because some people only find inspiration flowing when it's late at night with no disturbance from this world. Only then do they have an abundance of vitality. Do you understand? They create in their most vibrant time periods. During the day, however, there might be numerous distractions around them because their attention keeps getting pulled away repeatedly and constantly. It's hard for them to focus. So is it best for them to create when it's late at night with no one else around? Therefore, you need to know that each of you is unique. This method may suit one person but not necessarily another. And what suits one doesn't mean it will suit you too. You should thus connect and understand yourself better – as if you are your own friend.

第五个⼈问: 我想问我肚⼦⾥⾯有个东西我感觉很不舒服.

The fifth person asks: I want to ask about something in my stomach that I'm feeling very uncomfortable.

⾼灵: 然后呢? 你的问题是什么?问: 想知道这个是什么东西?

Higher Spirit: And then what? What is your question? Asked: Want to know what this thing is.

⾼灵: 这个你去看医⽣照⼀下⽚⼦你不就知道了吗?

Higher Spirit: Isn't it obvious once you see a doctor and get some pictures taken?

问: 因为照过之后我⾃⼰是从我们看得到的东西来说,是⼀个东西我知道呢是什么.但是从能量来说是什么呢?

Questioner: After being shown, I myself understand it as one thing based on what we can see. But in terms of energy, what is it?

⾼灵: OK,这么说吧,你们⾝体⾥⾯堵塞的任何肿瘤啊或者是什么,这些所有所有的东西它都是属于你们能量层⾯的⼀个积累、积压,明⽩吗? 因为你们就好像是在⼀个不断地积累的过程.你可能把过去发⽣的⼀些事件,⽐如说悲痛的事件或者是悲伤、愤怒,你都没有允许让它,都没有把它变成礼物还给你.因为你⼈⽣所经历的所有的⼀切,就是痛苦的事件或者是挫折、悲伤,它都是可以正⾯服务于你.这么说,这⼀堆粪便,你把它已经转化成了肥料,那么它就滋养了你,对不对?那如果你没有把它变成肥料,它还是⼀堆粪,变的又⼲又臭还在呢⾥,明⽩了吗?

Higher Spirit: Alright, let me put it this way, any tumors or blockages in your body are accumulations and build-ups on the energetic level of yourself. Do you understand? Because you're like being caught up in a continuous accumulation process. You might have not allowed for past events such as painful incidents, sadness, anger, to become gifts for you. Your entire life experiences, whether they be painful events or setbacks, sorrow, can all serve positively for you. Imagine this pile of manure; by converting it into fertilizer, it nourishes you, right? If you didn't turn it into fertilizer, it remains just as a pile of dung that's dry and stinky inside, do you see that?

问: 我这个是,我在湖南少数民族这边.它是⼀种蛊毒.我去做检查也遇到了很多阻碍.还产⽣过幻觉,还做过很多怪异的梦.然后我就想知道在能量层⾯它是什么? 我就想解决它.

Questioner: I'm dealing with something in the Hunan region involving a Miao ethnic minority that involves witchcraft. I've faced many obstacles when trying to undergo examinations, and experienced hallucinations along with strange dreams. My main question is about understanding this phenomenon on an energetic level - how can it be addressed?

⾼灵: 解决的⽅式我刚才已经说了.你们的⼈⽣是⼀个积累的过程,因为为什么? 因为对你们来说你们都是这么去认为它的,都呢么认定它的.为什么? 你们都活在你们记忆当中.那当你的呢个过程,呢个经历你会有很多粪便,⽐如说没有把它转化成肥料来让你这朵花开的更好.那么它就会变的像⼀个又臭又硬的⼀个粪便就⼀直卡在呢⾥.但是如果你要去相信呢种说法,就是蛊毒什么什么.你既然相信它,那么你就会得到相应的体验,你就会在你创造的这个体验⾥⾯继续体验,明⽩吗?

Higher Spirit: The method I just mentioned is the way. Your life is a process of accumulation because why? Because you all think and believe it that way. Why? You all live in your memories. When you go through this process, these experiences will produce a lot of waste. For example, if you don't transform them into fertilizers to make your flower bloom better, they will become like stinky hard feces stuck inside you. But if you believe in such notions, like curses or whatnot, and you believe it, then you will get the corresponding experiences. You'll continue experiencing within this creation of yours, understand?

问: 是我创造了它?

Questioner: Did I create it?

⾼灵: 不是.是你相信了它.有可能创造是别⼈创造了它.为什么? 因为你们都有这个说法,对不对? 那别⼈是这么说的.OK,别⼈这么说,那我也这么信了.那你就会进⼊到这个体验⾥⾯去.

Higher Spirit: No, it's because you believed in it. It could be that others created it. Why? Because all of you have this saying, right? If others say so, then I also believe in it. Then you will enter into this experience.

问: 如果我不相信,就是从本质上去了解是我⾃⼰…⾼灵: 就像我刚刚说如果这⼀堆粪便其实都是你们的礼物,都是来滋养你,让你这朵花开的越来越艳.那如果你能把它的养分给提取出来,把粪便转化成肥料来服务于你.那它是不是就不⽤堵塞在呢⾥了? 所以你可以回顾⼀下你的⼈⽣,你经历的⼀些事件,⼀些重⼤的事件让你不能释怀的⼀些事件或者还让你想起来很悲伤或者恨愤怒.然后你可以再回到呢⾥,然后把这个粪便变成化肥的⼀个过程就是说,我⼩时候我的⽗母总是打我,我⼀想到就很伤⼼.然后你又回到呢⾥,然后和这个伤⼼的⼥孩⼦和她这股能量.我只是打个⽐喻,你需要回到这样⼦的能量状态,然后把它转化,明⽩吗?

Questioner: If I don't believe, that is understanding it on a fundamental level as being myself... Higher Spirit: Just like what I said earlier, if this pile of manure actually are your gifts intended to nourish you and make your flower bloom more beautifully. Wouldn't it be beneficial to extract its nutrients, turn the manure into fertilizer, and serve yourself? Would that not alleviate the clogging in there? Therefore, you can look back at your life, some events, major events that you cannot let go of or still feel sorrowful or anger about. Then, return to that place, transform this manure into a process where you remember being hit as a child by your parents and it hurts you deeply every time you think of it. Return to that point, then interact with the saddened girl within you and her energy. I am just using an analogy; you need to return to this emotional state and convert it, understand?

问: 这现在是我⾯临的最⼤的问题,就是⽣死的问题.我现在总觉得我会死.遇到这个东西之后,我的能量就没有战胜这种幻觉的困扰.我现在就有个声⾳就是说我如果⾛不出来,我两三年内就是死.

Questioner: This is the biggest issue I'm facing now, which is the question of life and death. I always feel like I'm going to die. After encountering this, my energy has been unable to overcome the illusionary困扰. Now, there's a voice saying that if I can't get out of it, I'll likely die within two to three years.

⾼灵: ⾸先如果你结合我们前⾯讲的信息,你⾝体的所有感受,就是你的呢些体验它都是根据你相信什么⽽创在的⼀些体验给你.你也是导演,你也是演员.也就是说你⾃⼰创造了这样的体验给你⾃⼰.那既然你⾃⼰能创造这样的体验给你⾃⼰,那你是不是也能⾃⼰能创造另外⼀种相反的体验给你⾃⼰? 就⽐如说你刚刚创造了⼀种恐惧的体验给你⾃⼰,如此的⽣动,如此的让你坚信不疑,让你百分之百的信任,相信这件事情就是真的.那你同样有这个能量再去创造positive,就是积极的、快乐的、幸福的、⼀切都是你可以去掌控的这样⼦的⼀个给你体验.为什么呢? 因为它的能量都是⼀样的,它动⼒都是⼀样的.

Higher Spirit: First, if you integrate the information we've discussed previously, all the sensations your body experiences are creations of experiences based on what you believe in. You're both the director and the actor; that is, you yourself create these experiences for yourself. Given that you can create such experiences for yourself, could it be that you can also create a contrasting experience for yourself? For instance, if you just created a fearful experience for yourself, so vividly, so firmly believing in its truthfulness to an extent of absolute trust and belief, then why not have this energy generate positive experiences, which are those that bring joy, happiness, everything you can control? Why is this possible because their energies and driving forces are identical.

那会朝左发⽣还是右,左就是你现在相信的,右就是我刚刚给你描述的.既然是朝左还是朝右它决定于你选择什么.那你选择你旧有的呢个选择的话,你就持续的体验呢个.那你选择我们现在给你植⼊的呢些的话,你就知道我还可以选择这个.那你的动⼒是⼀样的呀,明⽩吗? 这么说吧,你前进的速度,你车的速度都是⼀百码,对吧? 速度是⼀样的,那你是朝左朝右,两个完全不⼀样的⽅向,⽬的地.所以你不需要去改变,为什么我有这种感觉,我要把它去掉,这样呢样.因为你就是在fight,你就是在跟你的动⼒做阻抗.你不要去阻抗这个动⼒,⽽是你要去改变你选择相信什么.还有问题吗?

That's going to be left or right? Left is what you currently believe in, and right is what I just described to you. Whether it goes left or right depends on the choice you make. If you choose your existing option, you will continue to experience that. If you choose the options we are now implanting for you, you know that I can also choose this. The power is the same, right? Understand? Like if you're driving at 100 mph in either direction, it doesn't matter; both directions lead to completely different destinations. So there's no need to change your feeling of wanting to get rid of this sensation. You're fighting against your own power. Don't resist this power; instead, focus on changing what you believe in. Is that clear?

问: 我⽬前的这种困境是我从出⽣到未来,因为它是⼀条连线,是不可避免的吗? 是真正的我设置的吗? 我为什么要经历这个东西呢? 是我想要经历的吗?

Questioner: Is the current dilemma I'm in inevitable from birth to the future, as it's a line connecting the two, and is it truly set by me? Why do I have to go through this? Is it something I want to experience?

⾼灵:刚才我们前⾯都已经跟你们说的很清楚,你们很多⼈都相信你们的⽣命是⼀个连续的,是⼀条线从⼀到终的这样.但是并不是.因为你们选择去相信它,所以你们会这样体验.你们会不断地积累,因为你们活在你们的记忆当中.但是刚才跟你说的,你的动⼒是⾜的.你只要去选择⽅向是⼀个反⽅向.

Higher Spirit: Earlier we were very clear to all of you that your life is continuous and like a line from beginning to end, but this isn't true because you choose to believe it and therefore experience it in such a way. You accumulate continuously as you live within your memories. However, what I told you just now, your motivation is sufficient. All you need to do is choose the opposite direction.

问: 啊,我的动⼒是⾜的吗?

Questioner: Ah, is my motivation sufficient?

⾼灵: 如果不⾜的话,你会觉得你⾃⼰快要死了吗? 你会去如此的去相信你快要死了这件事情吗? 你需要多强⼤的,你才会给你⾃⼰创造这样的体验给你⾃⼰?

Spirit: Would you feel like you're about to die if it were not enough? Would you actually believe that you are going to die to such an extent? How strong would you have to be to create such an experience for yourself?

问: 我不知道是我⾃⼰相信了它,还是我的能量不⾜陷⼊了别⼈的幻觉?

Questioner: I'm unsure whether it's me believing in it or my energy being insufficient and getting caught up in someone else's illusion?

⾼灵: 你的能量就是太⾜了,可以把你⾃⼰杀死的能量,明⽩吗? 并不是要对抗你的能看,⽽是要去让你知道你有其他选择.你只要知道你的所有的都是你⾃⼰去导演出来.

Higher Spirit: Your energy is so great, it's like the power that could kill you, do you understand? Not against your ability to see things, but to let you know there are other options available. You just need to realize that all of your experiences come from within yourself.

问: 我也是想通过跟你沟通,就是说我是完全可以靠⾃⼰⾛出去的是吧?

Questioner: I also want to communicate with you to see if I can definitely get out on my own, right?

⾼灵: 你这个困境不是要⾛出去.⽽是你去相信其他相信的.你不需要有⼀个艰难的过程,要怎么样要怎么样.你只是去相信另外⼀种说法.就像我刚刚说你有⼀股强⼤的能量能让你把⾃⼰⾃杀掉,让你把⾃⼰就好像是困死在⾥⾯.那你就有强⼤的能量让你⾃⼰跳的很⾼,很开⼼.这⼀样的能量呀.因为什么? 你的动⼒是⾜的呀,你的这台车是有油的呀.不是像⼀些车它没有油,对不对?那只是说你要选择.你之前⼀直选择在左边这个⽅向,然后你才发现左边的⽅向不是你想要体验的.那OK,我掉个头,⽅向盘转弯⼀样这么简单,然后就到另外⼀条路上了.不要把它想成是⼀个多么复杂,多么艰难的事情,明⽩吗?就好像开车的时候⽅向盘转个弯.

Sage: This difficulty isn't about getting out. It's about believing in other beliefs. You don't need a difficult process on how to do this or that. You just need to believe in another way of saying things. Like I just said, you have powerful energy that could lead you to self-destruct and be trapped within yourself. But instead, you have the powerful energy to jump high and feel happy. It's the same energy, isn't it? Because what matters is your power is sufficient, like your car has fuel, right? Not all cars lack fuel, do they? You just need to choose differently. Before, you've been choosing in one direction that turned out not to be what you wanted to experience. So, okay, I'll turn the wheel and change directions as simply as turning a steering wheel, then we're on another road. Don't think of it as something complicated or difficult. Understand? It's like adjusting your car's steering while driving.

那你还是同样的速度去体验到激情、快乐、美好的⼈⽣.你会觉得我怎么这么幸运,我怎么好事连连,我怎么这么多开⼼的事情发⽣在我的⽣命⾥?

Then you will still experience passion, joy, and a wonderful life at the same speed. You'll wonder how lucky I am, how everything is going well for me, and how many happy things are happening in my life.

问: 我就是想说⾃从发⽣了这个事情后,我没有运⽓了.但是如果就像是我梦⾥⾯告诉我的,为什么我三年了还没有死.我就想我到底是在苟延残喘还是这本来就是个谎⾔?

Questioner: I just want to say that since this happened, I've been unlucky. But if it's like what my dreams tell me, why haven't I died for three years? I wonder if I'm just hanging on or if this is all a lie?

⾼灵: 那接下来你就可以选择好运连连给你⾃⼰体验了问: 🗎,我就是轻松的转个向吗?

Higher Spirit: Then you can choose to experience continuous good luck for yourself. Questioner: Just a gentle turn, right?

⾼灵: 对,就像⽅向盘⼀样.

Higher Spirit: Yes, just like a steering wheel.

问: 我知道你之前说我⽤⾃⼰强⼤的能量去巩固了⾃⼰的幻觉,增加难度好像?

Questioner: I know you told me that I was using my powerful energy to reinforce my illusions and make it harder somehow?

⾼灵: 是,你下次如果想不通你就看⼈家⽅向盘怎么转弯的.问: 第三个问题是我想知道我梦⾥梦到的未来的蓝图是真的吗?

The High Spirit said: "Yes, if you're ever confused next time, just observe how people steer their steering wheels. Questioner: The third question is whether the future blueprints I dream about are real?

⾼灵: 如果你有很多很多恐惧的话,你梦⾥⾯也会产⽣很多恐惧.如果你有很多担⼼很多担忧,你也会去体验.因为你还是在⽤你这个意识状态去创造体验给你,它不管是梦⾥还是梦外.所以你说是真的还是假的? 这⾥没有真的还是假的.为什么? 因为⽆论你怎么样你体验的是你⾃⼰的⼀个能量状态,你⾃⼰的⼀个意识状态.

Higher Spirit: If you have a lot of fears, there will be many fears in your dreams as well. If you have a lot of worries and concerns, you'll also experience them because you're still creating experiences for yourself using this state of consciousness, whether it's in the dream or outside of the dream. So when you ask if it's true or false, there's no such thing as true or false here. Why? Because whatever way you experience it is your own energy state, your own state of consciousness.

问: 我就是想知道我梦⾥的是我的蓝图吗? 不是恐惧.就是对未来的⼀些预⽰.我就想知道这是蓝图吗?

Questioner: I just want to know if my dreams represent my blueprints, not fear or a prediction of the future. I just want to know if it's a blueprint.

⾼灵:如果你觉得相信它对你有帮助的话,你可以这么去利⽤它.因为⼀切都可以,你⾃⼰把它当成你的垫脚⽯来给你去朝你想要体验的⼈⽣⽅向去发展.⽆论任何物质世界发⽣的事件或者是以前发⽣的事件,没有什么是死的,它都是活的.为什么呢?因为⽐如说是死的就是说它这个事件真正的对你造成的是伤害.但是如果你发现呢个事件实际上是来服务于你的,你之所以看不到它服务于你,是因为你的⼀些观念限制.你会觉得呢是⼀个悲惨的事件.当你看到了过后,它就变成了是有利的事件来⽀持你.那呢个事件是不是就是活的?所以没有任何事件是死的,它都是活的.只有你的⼀些死的观念才能持续继续的把它当成是⼀个死的事件.

Sage: If you find that believing in it helps you, you can use it this way. Because everything is possible; you can treat it as a stepping stone to direct your life towards the experiences you desire. Whatever events occur in the material world or have occurred before, nothing is dead—it's alive. Why? Because if something is truly harmful to you, then it serves you. You cannot see its service because of some limiting beliefs you hold. You perceive it as a tragic event. Once you see it, it becomes a beneficial event supporting you. Isn't that event alive? Therefore, no event is dead; they are all alive. Only your fixed, stagnant views can continue to perceive them as dead events.

问: 你说的死的什么我不太懂.

Questioner: I don't quite understand what you mean by death.

⾼灵: 死的就是它是固定的,就是这是⼀个悲惨的事件.活的就是说,他可以把它变成⼀个是⼀个积极的事件,对你的服务,事件对你造成的影响.它能量是可以变的.它能不能变就在于你⾃⼰的⼀个意识程度.因为你只有你的意识程度去让这个事件到底是服务于你还是压着你喘不过⽓,是你的助⼒呢还是阻⼒? 你可以利⽤所有的⼀切,都是你的助⼒,明⽩吗?只有你限制性的观念才会把它当成阻⼒.

Higher Spirit: What is fixed is that it's tragic, this is a tragic event. What is alive says that he can turn this into something positive for your service, the impact of the event on you. The energy is changeable. Whether it changes or not depends on your level of awareness. Because only through your level of awareness do you determine whether this event serves you or suffocates you, is it助力or阻力 for you? You can use everything, it's all助力for you, understand? It's only when you have limiting beliefs that you perceive it as a hindrance.

问: 那我们的⽅向都是乐观的是吧? 只要我们⽤尽全⼒去做?

Questioner: Then our direction is optimistic, right? As long as we try our best to do it?

⾼灵: 不需要⽤尽全⼒.你不需要⽤⼒.问: 不需要⽤⼒怎么理解呢? 怎么来做到?

Higher Spirit: No need to exert your full strength. You don't need to use force. Questioner: How should I understand "no need to use force"? How can I achieve this?

⾼灵: 因为本⽣⼈⽣就是⼀个⾮常变化多端、⽆限可能、然后⼀切充满可能的⼀个状态.不是你们所谓的死的⼀个状态.是你们把物质世界变的更加的坚固.呢是你们的⼀个能量,是你们的⼀个意识程度.

Higher Spirit: Because this lifetime is a state of great variability, infinite possibilities, and everything being full of potential - not the kind of state you call death. It's you who have made the material world more solid. It's your energy, it's your level of consciousness.

问: 我刚刚说的要很努⼒,在你们的⾓度看来反⽽是我局限了吗? 把可能性…⾼灵: 你如果说细节,和前⾯我说的信息带给第⼀个⼥孩⼦说她就是太认真.然后她努⼒的时候就是让这个能量变的越来越凝固,越来越不活跃,不flexible.然后就是限制,充满了限制,没有很多种可能.就好像⼀个灵活的东西变成死的⼀个东西.

Questioner: I just said that effort is needed, but from your perspective, it seems like I'm limiting? By making possibilities... Higher Spirit: If you focus on details and the information you bring forward makes the first girl too serious. Then, when she exerts effort, it solidifies this energy, making it less dynamic and less flexible. It becomes more constricted with limitations, reducing the number of possibilities. It's like transforming a flexible thing into a dead one.

问: 理想的状态怎么做呀?

Questioner: How do you achieve the ideal state?

⾼灵: 理想?

Higher Spirit: Ideal?

问: 就是你说的呢种不需要努⼒,那我们怎么做? 我怎么做?

Questioner: You mentioned something that doesn't require effort; how do we achieve that? What should I do?

⾼灵: 不需要努⼒应该怎么做? 就是允许、信任和享受⽣命.允许⼀切.问: 信任什么呢?

Higher Spirit: What should be done without effort? It's about allowing, trusting, and enjoying life. Allow everything. Questioner: What should one trust?

⾼灵: 因为如果你不信任的话,它是不会发⽣的.就⽐如我刚刚跟你说的你只是⽅向盘⼀转弯你就到了这边,然后你就是不相信.你还使劲,⽅向盘动都不敢动.你觉得我⼀转弯我就死了.那你就是完全的不信任和允许呀,你就继续在你左边的呢条道路上去体验呢种恐怖.信任⽣命的本质,因为⽣命的本质就是⽆限的.是你们的头脑给了它限制.还有问题吗?

Higher Spirit: Because if you don't trust, it won't happen. Like what I just told you - you just turn the steering wheel and you're here, then you just don't believe. You even try to resist, not moving the steering wheel at all. You think that if I turn the steering wheel, I die. So you completely lack trust and acceptance; you keep experiencing that terror on your left road. Trust in life's essence because life's essence is boundless. It's your mind that puts those limitations on it. Any questions?

第六个⼈问: 我现在我不知道我⾃⼰在哪个阶段.我觉得⾃⼰⼀直在跟⾃⼰分离.我说不出来⾃⼰这个状态,我就没有⽅向,不知道怎么办⾼灵: 你⾸先要知道你的⽣命它就好像是⼀条河流,它永远都是在流动的状态.⼀个流动的状态你来问这个河流它现在在什么状态? 当我在说这句话的时候,它已经流向远⽅了,你告诉我在哪个状态? 它不断地在流动啊.它是鲜活的呀.所以你问你在哪个状态的⽬的是什么?

Sixth Person: I don't know which stage of my life I'm in right now. I feel like I'm always separating from myself. I can't describe this state I'm experiencing; I have no direction, and I'm unsure how to proceed. Great Spirit: First, you must understand that your life is like a river that is always moving. Asking about its current state while it's already flowing downstream doesn't make sense. When I say this, the river has already flowed far away, so where are you asking for it to be? It's constantly moving and vibrant. So, why do you ask what stage you're in?

问: 就是之前您跟我说过.我就好像⾛⼀段路,然后不知道接下来该怎么办.然后我就特别迷茫呢种.

Questioner: It's like I've told you before; it feels as if I'm walking for a while and then don't know what to do next. I feel particularly lost in that kind of situation.

⾼灵: 那是因为你的头脑它试图去掌控去了解去弄清楚⼀切.如果你不去试图做这个事情呢?你的所有问题都是你的头脑参与太多.头脑不断地在给它贴标签,给它定义,给它分类,给它说你是这样的,你是呢样的,你现在在哪⾥,明⽩吗? 你看每次我在说话的时候你就迫不及待的要说话.为什么? 因为你的头脑就不能静下来.那如果你能静下来,你的这些问题就不会出现了.所以你去训练你的头脑,不要让它像⼀条⼩狗⼀样⼀天汪汪汪的叫,它会打扰到主⼈的.你要让它慢慢慢慢的学会安静.安静的时间慢慢慢慢的拉长.然后你便不会再去不断的去给这个评判、这个定义,这个这样,呢个呢样.为什么呢? 因为⽣命本⾝是活的.

Higher Spirit: It's because your mind tries to control and understand everything. If you don't try to do this thing? All of your problems are because your mind is involved too much. Your mind keeps labeling it, defining it, categorizing it, telling you that you are like this, like that, where you are now, do you understand? You see, every time I speak, you can hardly wait to respond. Why? Because your mind can't settle down. If you could calm down, these issues wouldn't arise. So train your mind, don't let it bark like a puppy all day long, which distracts the owner. You should teach it to slowly learn how to be quiet. Extend the periods of silence gradually. Then you won't keep judging, defining, saying this way, that way. Why? Because life itself is alive.

它本⾝就是在不断地⼀个变化当中.你如何去给它分类? 所以你让你的头脑少参与,因为这不是它能去弄懂明⽩的事情,明⽩吗? 这样你才能真正的跟⽣活跟⽣命越来越合⼀的状态,⽽不是分裂的状态.因为你的头脑在积极的参与你的⽣活,让你很难去真正的⽣活.

It is continuously in a state of change. How do you classify it? So, you should involve your mind less because this is not something it can understand or figure out. Do you understand? In this way, you can truly become more unified with life and vitality rather than being divided. Because your mind is actively involved in your life, making it hard for you to truly live.

# **2022/09/05 — 线上集体通灵问答之You have nothing to worry Online Group Spirit Communication Q&A: You Have Nothing to Worry About**

第⼀个⼈⾼灵: 你说吧,什么问题?

First spirit: Speak up, what's your question?

问: ⾼灵你好,我的第⼀个问题是对于我⽬前的现状我的⾼灵和指导灵他们有没有什么信息是想要带给我的?

Questioner: Hi High Spirit, my first question is whether my current situation has any messages from my High Spirit and guiding spirits that they want to convey to me?

⾼灵: 你稍等.你说⼀下你的名字.问: 我叫XXX⾼灵: XXX,你想要知道⽬前有没有什么信息想要带给你,你稍等.你现在有⼀个外星的能量它是想要跟你交流,是你们以前联系过的22号.然后它说你们可以建⽴⼀个渠道然后get more information to come.它说想要你找到更多的话题,然后共同探讨.因为它很想念就是和你共同沟通的呢些… 所以你的信息是来⾃于这个.所以这是你之前沟通过的外星朋友22号它传来的信息.它希望你们能保持⼀个稳定的通道,然后多交流.因为之前的信息就是说是它⾮常enjoy的.

Higher Spirit: Wait a moment and tell me your name. Questioner: I am XXX. Higher Spirit: XXX, I have information that you might want to know which is about something currently available for you. Please wait. You are now being contacted by an extraterrestrial energy which wants to communicate with you; it was previously in contact with Unit 22. It says that you can establish a channel to get more information. It wishes you could find more topics to discuss together because it really misses the communication they had... So, this is your message from them. This comes from the extraterrestrial friend named Unit 22 whom you have previously communicated with. They hope for a stable channel of communication between you and wish for more exchange. They enjoyed the previous information greatly.

然后它说随着你们的⼀个交流,然后信息会更加的清晰,更加的easy for you to understand.就是说后⾯的信息会更加的清晰会更加的好.所以你要保持这个通道,就是说 you have to make this connection.do you understand?

Then it says that with your communication, the information will become clearer and easier for you to understand. It means that the subsequent information will be clearer and better. Therefore, you need to maintain this channel, which means you have to keep this connection. Do you understand?

问: 谢谢你22号,我们下次会链接你的.我⾃⼰的最后⼀个问题是能不呢请求你帮我看⼀下我的能量状态,有没有什么是我需要去注意的?

Questioner: Thank you for the 22nd; we will link to your next session. My final question is whether you could help me check my energy state and if there's anything I should be aware of?

⾼灵: 这个还是现在这个你的呢个外星朋友,它还在看.你不要总是去肆意或者是怀疑或者是检测你⾃⼰.因为你在每⼀个阶段它都是⼀个应该呈现的状态.它并不是说…. 因为即使是我们,我们也是永远在⼀个成为的过程当中,它没有⼀步到位的,明⽩吗? 它永远都是⼀个成长的过程,发展的⼀个过程.所以你不要总是去检验⼀个… 你说如果它是⼀个正在成长的树,你怎么去检测它? 你说这个树现在怎么样,怎么样.因为你不知道它⼀直不断地在变化,不断地在成长,不断地随着不同的季节有不同的颜⾊.所以你不要总是去好像是在审视⾃⼰,看⾃⼰哪⾥有没有做错.它说你在当下的每⼀个时刻都是你在呢个时刻应该有的样⼦.因为你不会去断开这个.

Higher Spirit: This is still your extraterrestrial friend from now on. It's still observing you. Don't always indulge in arbitrary doubt or self-examination, because at every stage, it should be the state it's supposed to show. It's not that… even for us humans, we're forever in a process of becoming. There is no instant completion; understand? It's an ongoing process of growth and development. Don't always test… If you say this tree is growing, how do you measure its progress? You ask about the current state of the tree, but you don't know it constantly changes, grows, adapting to different seasons that bring varying colors. So don't always scrutinize yourself, worrying if you've made mistakes. It's said that in every moment of this present time, your actions match who you are supposed to be at that moment. You won't break the flow.

因为你现在是在找寻⾃我的⼀个路上,你已经是在⾃我好像是反省,或者⾃我审视⾃我认知的过程.因为⼀旦你迈上了这条路,它就不会再回头,明⽩吗?就是说你现在就好像是醒过来.那⼀旦你知道你的物质世界是⼀场梦,你便不会再去⼊睡.所以你会⼀直是这样⼦的⼀个状态.所以 have nothing to worry.

Because you are now on a path of self-discovery, where you are seemingly reflecting upon or introspecting your self-awareness. You see, once you start down this road, it doesn't look back; understand? It's like you've woken up. Once you realize that your material world is just a dream, you won't go to sleep again. Therefore, you will maintain this state indefinitely. So, have nothing to worry about.

第⼆个⼈问: ⽼师你好,我想问⼀下关于我⾃⼰我想知道为什么我的⾃我价值感⾮常低.我有很强烈的不值得感.觉得⾃⼰没有什么优点,不配被⼈爱.我觉得我没法带给别⼈爱.这个⾃我价值低衍出很多问题,想问⼀下它的根源是什么?

Second person asks: Hello, respected teacher, I would like to ask about myself. I want to know why my sense of self-worth is extremely low. I have a very strong feeling of unworthiness. I feel that I don't have any advantages and am not deserving of love. I believe I cannot bring love to others. This low self-worth leads to many issues, and I would like to inquire about its root cause.

⾼灵: ⾸先你在说话的时候你就去看你⾃⼰,你为什么⼀直说我我我我? 我的⾃我价值低,我不配,我这样我那样.你知道你是谁吗? 明⽩吗? 你并不知道.你连呢个 ‘我’ 是谁你都不知道.你只是通过你的⼀些⽐如说情绪、反应或者是感受,然后你把⾃⼰给它定义成呢个.但是如果我告诉你的所有感受、情绪,你定义的这些都是假的呢? 它不是真实的.那你还怎么去分辨呢个 ‘我’ 呢? 你明⽩我意思吗? 你刚才给你⾃⼰说的,你⾃我价值感低,你不配感,你这样那样,你想要改变.但是我告诉你,你的所有这些感受都是假的.就是不配不值得感的感受并不是真实的,都是假的.那你如何把你的这些标签贴到这个我⾝上?

Higher Spirit: Firstly, you are looking at yourself when you speak, why have you been saying 'me, me, me'? I lack self-worth, I don't deserve it, I am like this or that. Do you know who you are? Understand? You do not know. Even the 'I' is unknown to you. You define yourself through your emotions, reactions, or feelings. But if all my feelings, emotions, were defined as false by you, they aren't real. How can you distinguish this 'I'? Do you understand me? The self-worth you just spoke of for yourself, the unworthy feeling, not deserving, and wanting to change - but I tell you, all these sensations are fake. The feelings of unworthiness and undeserving are not real; they are false. How can you label them onto me?

因为你连 ‘我’ 是谁你都不知道.为什么? 因为你来到这个世界上就是来认识你是谁的⼀个过程.你并没有认识它,你就给它贴上这些标签.就⽐如这边突然出现了⼀个你从来没见过的东西,你对它⼀⽆所知.你对它去探讨,OK,它闻起来像什么,看起来像什么,触感是什么.你什么都不知道,然后你就给它贴上⼀⼤堆.你能说这是成⽴的吗?那你不就是,你们有⼀句话叫瞎搞吗?所以说你先抛开你的呢个我,就是我是什么样,我是什么什么的.你⾸先要知道你的所有感受,就是你的不值得感你的不配感,你的感受都是幻像,都是假的.它为什么是假的?它是根据你到底相信什么.就是根据你头脑⾥⾯持的定义.

Because you don't even know who 'I' is. Why? Because being born into this world is a process of getting to know who you are, and you haven't recognized it, so you label it. For example, if something suddenly appears that you've never seen before, and you have no idea what it is, you explore it by asking questions like: What does it smell like? How does it look? What's the texture? You know nothing about it, then you attach a lot of labels to it. Can you say this makes sense? Aren't you just blindly messing around? So first discard your 'I', that is, what kind of 'I' I am and what I'm like. You need to understand all your feelings, such as the feeling of unworthiness, the feeling of not deserving, these feelings are illusions, they're fake. Why are they fake? They're based on what you believe in, according to your mind's definitions.

因为你的⾝体它会根据你头脑⾥⾯相信的什么,持有的定义产⽣相应的(反应).OK,⽐如说前⾯有⼀个⿊影.然后突然你相信它就是⼀个⿁,你特别怕的⼀个⿁,它会吃掉你.然后你的⾝体是不是就会特别的紧张,你会特别的害怕,对不对? 你会觉得它是⼀个恐怖的东西.那如果呢个⿊影只是你爱⼈的背影呢? 你看到你⾝体是不是就会产⽣⼀个很亲切很有爱很温暖的感觉,明⽩我意思吗? 那你想⼀下,你的头脑持有两种不同的信念的时候,你的⾝体产⽣两种截然不同的感受的时候.你还能去相信你⾝体的感受吗? 所以你⾝体的感受它只是来告诉你你背后的信息是什么.你只需要去知道背后的信息.但是这个信息它是可改变的,明⽩吗?

Because your body will produce corresponding reactions based on what your mind believes and holds as definitions. Okay, for example, if there's a black shadow in front of you. Then suddenly you believe it is a ghost, the most terrifying one that eats you. Then your body would become exceptionally tense and very afraid, wouldn't it? You'd perceive it as a terrible thing. But if that black shadow is just your loved one's silhouette? Your body might generate feelings of warmth, affection, and familiarity instead, right? Now imagine; when your mind holds two different beliefs simultaneously, and your body experiences two starkly contrasting sensations. Can you still trust your body's perceptions? So the feelings your body provides are meant to inform you about underlying information. You just need to be aware of that information. But this information is changeable, understand?

所以以后你就不要再去…问: 但是我的这个改变很困难.

So you should avoid asking me about it in the future. As for your question, my change was quite difficult.

⾼灵: 因为为什么困难呢? 因为你都不认识它,你如何去改变它? 你认识它吗? 刚才我就跟你说,这个东西是你什么,闻起来是什么,尝起来是什么,摸起来是什么,你什么都不知道你就胡乱给它贴⼀通标签.你这不是瞎搞吗? 但是你们的⽣命是⼀个你去认识它的过程呀,明⽩吗? 如果你真的不明⽩的话,你就反复的听这个信息.听完这个信息你以后便不会去⾃⼰有这些定义了.然后你要知道你⾝体的所有反应它都是可以根据你头脑⾥给它输⼊什么信息去改变的.还有问题吗?

Higher Spirit: Why is it difficult? Because you don't know it, how can you change it? Do you know it? I just told you about this thing; what does it smell like, taste like, feel like when you touch it - you don't even know and you're labeling it randomly. Aren't you just making a mess of it? However, your life is a process where you get to know it, understand it, right? If you really don't understand that, keep listening to this information. Once you've heard it, you won't impose these definitions on yourself anymore in the future. Then you should realize that all responses from your body can be changed based on what information is inputted into your mind. Any more questions?

问: 我想问⼀下我的⾼我和指导灵有没有什么关于我⾃⼰的⼀些建议给我?

Questioner: I would like to ask my higher self and my guide spirits if they have any suggestions for me regarding myself?

⾼灵: 你稍等,你叫什么名字?问: 我叫XXX.

Higher Spirit: Wait a moment, what's your name? I am Questioner: My name is XXX.

⾼灵: XXX,你有很多恐惧.你的恐惧是来⾃于你总觉得怕你什么都做不好.就是你总会觉得就是不相信你⾃⼰.你总会觉得怕你不够好,虽然你已经够好.也就是说你还在误解你⾃⼰,你还不认识你⾃⼰,你还没有完完全全的接纳你⾃⼰.你总是在嫌弃⾃⼰的⼀个状态当中,所以这是你需要突破⾃⼰的⼀个点.就是完完全全的去爱上你⾃⼰,去发现你⾃⼰⾝上的发光点,然后允许它去成为它独特的⾃⼰.哪怕就是你现在天⽣是三只脚,你看其他⼈都是两只脚,你是三只脚.然后你就要知道你是独⼀⽆⼆的,你是如此的special,你是如此的

Higher Spirit: XXX, you have many fears. Your fears come from the feeling that you always think you can't do anything well. You tend to doubt yourself and fear not being good enough, even though you already are. This means you still misunderstand yourself, don't fully recognize yourself, and haven't completely accepted yourself yet. You're stuck in a state of criticizing yourself. This is a point where you need to break through your own limitations. Fully love yourself, discover the shining aspects of yourself, and allow them to become unique to themselves. Even if you were born with three legs while others have two, you are unique, special, and so much more.

特别.为什么?因为别⼈都是两只脚,你是三只啊,你⽐别⼈更多⼀只啊.就是你不要把第三只脚当成是怪胎,⽽是把它当成是⽣命的礼物.为什么?因为你跟其他⼈不⼀样,youare sospecial.你们有⼀句话不是就是你不是很特别吗.那你们只有特别的⼈才能成为明星,才会让⼈关注,对不对? 所以说 you are special.你要知道你是独⼀⽆⼆的,你是特别的,明⽩吗?⽽不是把呢个当成你是有缺陷的,⼈家都是正常的你是不正常的,明⽩吗?就是完完全全的去换⼀种⾓度去看待你⾃⼰.因为当你完完全全的换⼀个眼光去看待你⾃⼰.就好像之前⼈家觉得你是⼀个怪胎,为什么你与众不同?

Especially, why is that? Because others have two legs, you have three; you have an extra one compared to others. Don't see your third leg as a deformity but rather as a gift of life. Why? You are different from others, unique. There's a saying that goes: "You're not very special." Only the exceptionally special can become stars and attract attention, right? Hence, you are special. Realize that you are one-of-a-kind, exceptional, understand? Not to see it as being defective while others are normal; you're abnormal, get it? Completely change your perspective of yourself. Because when you completely alter your viewpoint on yourself, just like how before they saw you as a freak because you were different?

那你换成另外⼀种 I am so special,我是世界上独⼀⽆⼆的.你们谁都跟我不⼀样.因为当你去改变了这样⼦的⼀个眼光,改变了这样⼦的⼀个⾓度视⾓去看你⾃⼰的话.你会爱上你⾃⼰.你就会开始⽤欣赏的眼光去看待⼀切,不只是你⾃⼰的⽣命.你也会⽤欣赏的眼光去看待外在的⼀切.你便不会觉得这⾥也有问题,那⾥也有问题.不会觉得这⾥不够好那⾥不够好.还有问题吗?

If you change your perspective and look at yourself from a different angle or with altered eyesight, you will fall in love with yourself. You'll begin to appreciate everything, not just your own life, but also the external world around you. You won't feel that there are issues everywhere; you won't think this is bad or that is inadequate anymore. Is there still anything problematic?

问: 还有最后⼀个问题是关于我最近的⼀个兴趣.就是我最近我在追⼀部剧,就特别喜欢⾥⾯的⼀个男主⾓叫做王鹤棣.我就觉得他长相特别出⾊.我就想知道他的长相为什么这么出⾊? 这个和他的灵魂计划或者是什么有关系吗? 就是它的意义是什么?

Questioner: There's one last question regarding my recent interest - I've been following a drama series recently and have developed a particular fondness for the lead actor named Wang He Di. I find his appearance to be exceptionally striking. I'm curious about why he has such remarkable looks, and is there any connection between this and his spirit or something else? What does it mean by "his meaning"?

⾼灵: ⾸先你要知道你是⼀直在变化当中的.就⽐如说你可能⼩时候可能特别喜欢吃甜的,你长⼤又喜欢吃辣的.你的⼜味也在⼀直变化当中.所以这只是你在千变万化⼀直在变化当中的⼀个点.你不需要太去这个是怎么回事? 为什么会产⽣这种感觉? 因为你的⾝体本⾝就是⼀个有很多感觉的,⽽且这种感觉是可以创造的,明⽩吗? 他可能符合了你当下对另⼀半或者是对⼀个美好的象征.但是呢,他这个只是符合你的当下.你要知道你并不是固定的.如果你们都是固定的话,那你们⼩时候喜欢⼀个⼈或者是长⼤喜欢⼀个⼈,那你们⼀辈⼦就不可能出轨了.你不可能喜欢上其他任何,你也不可能去尝试任何,明⽩吗? 那为什么你们有如此多的这种现象?

Higher Spirit: First, you need to understand that you are always in a state of transformation. For instance, you might have really enjoyed sweet food when you were young and then later developed a preference for spicy dishes as you grew up. Your taste buds continuously evolve. This is just one point among countless instances where change occurs. You don't need to question how this happens or why such feelings arise. Because your body itself is filled with many sensations, which can be created by you, right? This phenomenon might align with what you associate with another half or a symbol of beauty in the moment. However, it merely fits your current state. Remember that you are not fixed. If both parties were unchanging, then if you liked someone when you were young and continued to like them as an adult, there would be no possibility of infidelity for life. You wouldn't seek out or try any other options. Yet, why do we have so many instances like this?

因为你们是⼀直在变化.你在不同时期你就是不同的⼈,明⽩吗? 还有问题吗?

Because you are always changing. You are different people at different times, right? Any other questions?

问: 没有了,谢谢⽼师第三个⼈问: 我有⼀个问题是最近看了⼀篇⽂章.有⼀个⼈他⾃律能⼒不太⾏,然后他有⼀个⽅法是他每天早上给菩萨磕头请菩萨加持他.然后后来他还不错.但是我又看到⼀些信息说如果太相信宗教对后⾯的修⾏会有阻碍,宗教会控制他们.⽼师您怎么看这个信息? 您觉得这个信息可信吗?

Questioner: Nothing else, thank you teacher. Third person Questioner: I have a question after reading an article recently. There is a person whose self-discipline ability isn't very good. He has a method where he prostrates to the Buddha every morning and asks for blessings from the Buddha to help him. Later, it worked out pretty well for him. But then I saw some information suggesting that too much faith in religion could hinder their future spiritual cultivation and that religions might control them. What's your take on this information? Do you think it is trustworthy?

⾼灵: 你要知道你们所坚信的东西它最终都会变成你的⼀个阻碍.因为你只是把它当成是⼀个唯⼀的标准,但是这⾥没有唯⼀.这⾥没有唯⼀.这⾥也没有⼀个是⼀个道理⾏遍天下.为什么? 因为你们体验的这个世界是你⾃⼰的状态创造出来给你⾃⼰体验的.⽆论是他的说法还是你的说法,你们都是把⼒量给了外在.为什么? 是菩萨给了我⼒量是吧? 菩萨帮我有了⾃律.但不是.你是你⾃⼰.然后也成了障碍就是说,我⾮常坚信这个,然后我信了这个我就不能信其他的.那也是你们⾃⼰创造的障碍.所以这并不是这个信息是真的还是假的.你所有的⼒量全部来⾃于你⾃⼰.你需要清楚这⼀点才对.也就是说你变的⾮常⾃律. OK,那是因为你是来⾃于你⾃⼰.

Higher Spirit: You need to know that the things you firmly believe in will eventually become obstacles for you. Because you treat them as the only standard, but here there is no single standard; there is no one-size-fits-all approach. Why? Because the world you experience is something you create and provide for yourself to experience. Whether it's his or your interpretation, you are giving power to the external force. Why do you do that? Is it because Bodhisattvas gave me power, helping me with self-discipline? But no, you have this power within yourself. Then these beliefs also become obstacles because if I strongly believe in something and can't then believe in other things as well, that's another obstacle you create for yourselves. This isn't about the truth or falsehood of the information; all your power comes from within you. You need to understand this point: it means you're becoming extremely self-disciplined. Alright, because it originates from yourself.

那让你变的⾃律的这个宗教条款限制了你,也是来⾃于你⾃⼰,明⽩吗? 所以这⾥没有外在.然后你的问题就是说你相信外在有⼀个⼒量它可以帮你变的⾃律.然后你也相信外在有⼀个⼒量它可以阻碍你.但是这两者都没有.呢⾥只有你⾃⼰.也就是说帮助你的是你,阻碍你的也是你.

This Chinese text translates to English as:

That religious clause which makes you disciplined restricts you, and it comes from within yourself, right? So there's no external factor here. Your question is that you believe in an external power that can help you become disciplined. And you also believe in an external power that can hinder you. But neither of those exist. Here, only yourself matters. In other words, what helps you is you, and what hinders you is also you.

问: 我看过⼀些书,然后有⼀些⼈他修⾏的时候去喜马拉雅⼭去⼭洞⾥严苛的修⾏.等到他开悟之后他就觉得以前过的⽣活都不值得,反⽽是说开悟之后才是真正的喜悦快乐.所以就感觉这些事件在证明⼀个道理就是说通过严苛的修⾏⽅式来开悟是⾏不通的.我就想知道他们说的这些道理适合⼤部分⼈吗? 还是这只是个例?

Questioner: I have read some books, and there are people who practice by going to the Himalayas and meditating in harsh caves during their practice. After they achieve enlightenment, they feel that their previous lives were not worth living; instead, it's said that enlightenment is true joy and happiness. So they feel that these events prove a principle that rigorously practicing meditation does not lead to enlightenment. I want to know if the principles they are talking about apply to most people, or is this just an exception?

⾼灵:⽆论你去看什么,看谁给你传授的经验,看书还有任何,你相信的任何.你只有去相信它,它才会影响到你.但是我们的信息⼀直告诉你,就是说别⼈的只是别⼈的世界.他的世界跟你没有任何关系.你是独⼀⽆⼆的,你创造你的世界,你去体验你想要体验的世界,明⽩吗?你应该问你⾃⼰为什么你总是觉得别⼈的追求,或者是追求⼀种喜悦或者是追求开悟的状态,然后是你⾃⼰想要去跟别⼈照搬的? 开悟是什么吗? 明⽩吗? 你这不是在开悟,你是把⾃⼰迷信.为什么?呢个⼈说好呀.呢个⼈说好我就觉得好.你看已经⼗个⼈说好.⼗个⼈说好我就加⼊了.你们的集体意识创造的所有的⼀切不都是吗?不都是所有⼈都这样, OK,那我也加⼊了.

Higher Spirit: Whatever you look at, whatever experience is given to you by others, whether it's from a book or anything else, if you believe in anything, the only way it affects you is when you actually believe in it. However, our information has always been telling you that other people's knowledge belongs to their world and has no relation to yours. You are unique; you create your own world and experience what you want to experience. Do you understand? The question should be why do you feel the constant need to mimic others' pursuits for happiness or enlightenment, as well as wanting to adopt those states themselves? What is enlightenment? Do you see it now? This isn't about enlightenment; you're just feeding your own superstitions. Why? Because if someone says it's good, then you feel it must be true. If ten people say it's good, and everyone else agrees, you decide to join in. Isn't this the creation of collective consciousness—where everything is influenced by everyone's agreement?

你便失去了你的⼒量.你只是去加⼊别⼈的队伍⽽已.所以你去找这些问题,你同时应该审视你⾃⼰.为什么你总是想要去跟随别⼈的路?你还不知道你是谁?你想要什么?你想要体验什么?你还没有找到你是谁.你没有找到你是谁,你就容易看着别⼈在往呢边⾛在修⾏,哦,这个⽅法可以.然后他又这样⼦,然后你也跟着,你觉得这是好的.为什么? 因为⼈们都说好嘛.你这个不就是跟傻⼦⼀样吗? ⼈云亦云.

You lose your strength; you just join someone else's line. So go find those problems, but at the same time, you should also look within yourself. Why do you always want to follow others' paths? Don't you know who you are? What do you want? What experience do you seek? You have not yet found out who you are. Until you find out who you are, it's easy for you to see others going in that direction, oh this method works. And then someone else does the same, and you follow too because you think it's good. Why is that so? Because people say it's okay right? Aren't you just doing what everyone else does like a fool? People do as other people do.

问: 但是咱们的认知不就是随着学习积累不断地改变吗?

But isn't our cognition constantly changing as we learn and accumulate knowledge?

⾼灵: 如果你是这么认为的,你觉得你的认知是随着别⼈.那OK,你这⼀⽣就是如此体验的.其实这⾥并没有应该怎样怎样.你来到这个世界上最⼤的⽬的并不是去找⼀个他们说对的队伍去加⼊.⽽是你⾃⼰想要活出⼀个什么样⼦的⼈⽣.你才是独⼀⽆⼆的创造者,⽽不是跟随别⼈的队伍.这是你⾃⼰需要去问你⾃⼰.那你这样就不会迷失.那我⼀边在借鉴别⼈的,那我⼀办知道我⾃⼰要⾛什么路.那你就完完全全没有⾛⾃⼰的路,你全是在借鉴别⼈的,就是跟着别⼈屁股⾛,明⽩吗?

Higher Spirit: If you believe that way, then you think your understanding is following others. Alright, if that's how you've been experiencing life, there's nothing wrong with it. In reality, there's no right or wrong in this situation. The biggest purpose of coming to this world isn't joining a group where they say things are correct. It's about living the kind of life you want as an individual. You're the unique creator, not someone who follows others. This is something you need to ask yourself. Then, you won't get lost. When I borrow from others, when I know what path I should take, it means you're completely not walking your own path; you're just borrowing and following others, understanding?

问: 我能理解⽼师您说的.但是我想象不出我⾃⼰应该⾛什么样的路.您能举⼀个⾃⼰⽣活中的例⼦吗?

Questioner: I can understand what you, the teacher, are saying. But I can't visualize what path I should take myself. Could you give an example from your own life?

⾼灵: 你稍等.⾸先你并不是跟你所说的这个⾁体交流.我不是这个⾁体,我现在不是这个⾁体在跟你交流.所以这⾥没有任何可以借鉴的.但是我可以链接⼀下你的能量状态看看你今⽣想要来挑战的是什么? 如果你想要知道的话.

Spirit: Wait a moment. First of all, you're not communicating with this physical body that you've described. I am not this physical body; I'm not the one speaking to you right now. There's nothing here for reference. However, I can connect to your energy state and see what kind of challenges you want to take on in this life? If you want to know.

问: 那⿇烦⽼师.

Questioner: Troublesome Teacher.

⾼灵: 你叫什么名字?问: XX⾼灵: 你稍等.坚定的⼒量,你需要拿到这个礼物.就是你需要通过这个⾁⾝拿到的⼀个东西来让你拥有的,就是你坚定的⼒量,你内在坚定的⼒量.所以你会体验很多就是说,就⽐如说容易受到⼀些权威信息或者是权威组织或者是权威任何,在你们社会上.它对你有很⼤的影响⼒.就是你觉得你很难去突破它或者是拜倒它或者是跟它有相左的意见.然后你会去体验⼀系列这样⼦的⼀个事件在你的⽣命当中,在你的过程当中.但是呢,这些过程都是来让你⾃⼰拥有⼀个坚定的内在的⼀个⼒量,来让你活出⾃⼰,活出独⼀⽆⼆的你.知道你坚定的⽬标或者是想法或者是你的任何.这是你⼀系列需要去突破的.

Higher Spirit: What is your name? Questioner: XX Higher Spirit: Please wait a moment. The force you need to obtain this gift, which is the strength within you that you possess—your steadfast inner strength. You will experience many situations where you might be easily influenced by authoritative information or organizations, or any form of authority in your society. These have significant impacts on you; it may feel challenging for you to overcome them or disregard their influence when they present opposing views. Throughout these experiences in your life and during this process, the aim is to help you develop a strong inner strength that enables you to live authentically as yourself, embracing your uniqueness. This involves overcoming any steadfast goals, ideas, or aspects of your self. It's part of what you need to navigate through on your journey towards self-discovery and fulfillment.

所以你在这个过程当中你会遇到很多你你觉得你会突破不了.你觉得这个社会或者是这个政府或者这个权威组织或者这个领导或者这个家庭,就很多东西是让你突破的.然后你要知道这些体验不是来让你去顺从的.你要记住这句话就好了.因为如果这样⼦的话,你的呢股⼒量它永远都不能被释放出来.然后它会⼀直好像是你⼼⾥的⼀个梗.你就好像⼀个被压到树底下的呢个⼩树苗,它长不出来.但是你要知道你能从缝缝⾥⾯长出来,长成参天⼤树的,明⽩吗? 因为在你内⼼深处你知道你就是呢棵参天⼤树,你不是呢棵⼩树苗,明⽩吗? 我想让你知道你所有的这些它不是你的障碍来让你顺从的,明⽩吗?

So during this process, you will encounter many things that you feel you cannot overcome. You might think it's society, the government, an authority organization, a leader, or your family that's holding you back. But you have to understand that these experiences are not meant for you to just conform to them. Remember this: they're there to challenge you, not to force you into submission.

If you follow blindly, your true power remains untapped and stuck inside of you like a thorn in the heart. Imagine yourself being squashed under a tree as a young sapling; it can't grow properly. However, know that you can find strength even from small cracks and sprout into a towering tree. Do you understand?

I want you to realize that every challenge isn't meant to suppress your spirit or make you conform; instead, they're opportunities for growth and discovery of the greatness within yourself. It's important that you grasp this.

Because deep down inside, you know that you are capable of becoming that towering tree, not just a young sapling, do you understand?

⽽是来让你越来越坚定的知道,就好像你有⼀个反⾯的(教材)让你坚定的知道你想要成为什么.

And it comes to make you more firm in knowing, just as if you have an opposite (textbook) making you firmly aware of what you want to become.

问: 好的好的.谢谢⽼师.我还有⼀个问题我最近看有⼀个系列⾥⾯,关于巫师唐望.⾥⾯有⼀个聆听死亡的声⾳.他们觉得死亡是他们的⽼师.但是我又看赛斯和巴夏,他们又说⽣命是永⽣不死的.我就感觉这两个信息很⽭盾.

Questioner: Alright, alright. Thank you, teacher. I have another question. Recently, I've been watching a series about a witcher named Don Juan. There's a concept of listening to the voice of death. They consider death as their teacher. However, I also read about Seth and Basha who say life is eternal and unending. This creates a contradiction for me.

⾼灵: 你⾸先你看到你⾃⼰,我刚刚说的呢些信息你需要突破的是什么? 你永远都在找⼀个正确的答案或者⼀个权威的信息或者有⼀个什么来告诉你哪个是正确的,明⽩吗?然后我告诉你这个世界上没有任何是正确的,然后所有的东西都是正确的.为什么呢?因为它们是根据你⾃⼰到底相信什么⽽去体验什么.如果你体验这个死亡的忠告,你相信它.OK,那你便可以⾛上这条道路.去给你创造相同的体验.就像我前⾯呢个信息说的⼀样,你给你头脑输⼊这个信息,你的⾝体产⽣这个反应.那你在输⼊另外⼀个信息,你的⾝体产⽣另外⼀个反应.你告诉我哪个是假的? 它们都是真的.那哪个是真的? 它们都是假的.为什么? 它们都是可改变的,可变换的.

Higher Spirit: First of all, you see yourself, what are the pieces of information I just mentioned that you need to break through? You're always looking for a correct answer or an authoritative piece of information or something to tell you which is right. Do you understand? Then I tell you that there's nothing right in this world; everything is right. Why is that? Because it depends on what you actually believe and experience. If you experience the advice about death, and you believe it. Okay, then you can go down that path to create similar experiences for yourself. Just like the information I mentioned earlier, you input the information into your mind, and your body produces a response. You're putting in another piece of information, your body produces another reaction. I ask you which is false? They are all true. Which one is true? They are all false. Why is that? Because they are all changeable, changeable.

所以你要看你⾃⼰为什么⼀直在从外去找这个信息? 因为外在的信息它没有真和假.如果你能明⽩你们物质世界体验的这个是什么? 你可以给你创造任何感受给你体验,物质体验.你说.

So you need to question why you've been seeking this information externally all along? Because external information doesn't have true or false. If you can understand what your material world experience is about? You can create any feeling for yourself to experience in the material realm. You see.

问: 就⽐如说万物⼀体.这个算是信息吗? 就⽐如说我相信它还是不相信它,它都存在.就有⼀些法则跟我的信或不信是不影响它的,是不是这样?

Questioner: For example, the concept of everything being one. Is this considered information? Even if I believe in it or not, it exists regardless. There are certain principles that do not get affected by my belief or disbelief in it; is that correct?

⾼灵:你这个⾁体只是去体验你独⼀⽆⼆的世界.你这个⾁体它只能去体验你⾃⼰持有的程序,它只能在呢个⾥⾯.你除⾮脱离这个⾁体.你不再⽤这个⾁体去感知,明⽩吗?那如果你现在还再⽤这个⾁体去体验的话,那你就只能去体验你这个⾁体⾥⾯植有的程序.就好像你是⼀个机器⼈,如果你是⼀个机器⼈的话,你的程序输⼊什么,你就做出什么相应的反应.如果你想要跳出程序外的话,那你脱离这个⾁体.脱离这个⾁体,那你就是跳出来了,明⽩吗?所以说外在的⼀些信息,你们真的没有必要去辨别它到底是真的假的.问题是在于你到底是关注什么,你到底要体验什么.这个才是最重要的.这样⼦你就不会总是被这个影响,被呢个影响.因为你们信息太多了.

Higher Spirit: Your physical body is meant to experience your unique world. Your physical body can only experience the programs that you possess within it. You can only do so through it unless you transcend this physical form. Unless you stop using this body to perceive, understand? If you are still experiencing through this body now, then you are limited to the programs implanted within your physical self. Like a robot; if you're a robot, whatever input goes into its program will result in corresponding reactions from it. If you want to go beyond the programming, then you must transcend this physical form. By transcending this physical form, you have stepped out of it, understand? Thus, external information doesn't really matter whether they are true or false. The question lies in what you focus on and what you wish to experience. That's truly what matters. This way, you won't be constantly influenced by these external factors. Because there is too much information for you guys.

你想你们就算是⼀个国家,你们⼀个国家就有多少信息? 还别说这个世界,是吧? 那你们有多少民族? 多少不同的种族? 有多少地⽅不同的风俗?

You wonder if you're one country, how much information do you have about a single nation? Forget about the whole world, right? How many different ethnic groups or races are there for you? How many places with distinct customs exist within your boundaries?

那如果你每⼀个你都去,哎呀,他们这个风俗是这样,我们呢个风俗是呢样,这样那样.你会怎样? 你要去接受哪个信息? 你会发⽣混乱的.然后,你只是去在⽤你的这个视⾓,就好像我把你带到这个视⾓,让你去看⼀下你⾃⼰.然后你需要看你⾃⼰头脑⾥⾯呢些冲突,明⽩吗? 那你就会慢慢知道你到底是谁了.

If you go to every one of them, oh my goodness, their custom is like this and ours is like that; this way or that way. What would happen then? Which information should you accept? You would be confused. Then, you're just looking through your perspective, as if I'm bringing you to this perspective to see yourself. And then you need to observe the conflicts within your own mind, right? That's how you will slowly figure out who you really are.

问: 好的,⽼师.我没有问题了.收获很⼤.

Questioner: Alright, teacher. I don't have any questions anymore. The收获 was very great.

第四个⼈问: 我想要知道我今⽣能不能做出来⼀些利于他⼈的事业?

The fourth person asks: I want to know if I can do something beneficial for others in this life?

⾼灵: 你今⽣有没有利于他⼈的事业?问: 对⾼灵: 为什么你会想着利于他⼈的事业呢? 如果这个事业不利于他⼈你就不做了是吗?问: 因为我是疗愈师.我就想着在疗愈⾃⼰的过程当中也能帮助其他⼈.

Higher Spirit: Have you undertaken any beneficial endeavors for others in this life? Q1: Why do you contemplate on undertaking ventures that benefit others? Would you refrain from doing such projects if they were not advantageous to others, right? Q2: Because I am a healer, my thoughts are centered on the idea of being able to assist others during my own healing process.

⾼灵: 你的问题不是很清晰.所以你能重新提问你到底想要问什么?问: 就是想要问⼀下我今⽣能不能做出⼀些事业来?

Higher Spirit: Your question is not very clear. So, could you please rephrase what exactly you want to ask? Questioner: I just want to know if I can achieve some accomplishments in this life?

⾼灵: 今⽣能不能做出⼀些事业来,这来⾃于你⾃⼰的决⼼,来⾃于你⾃⼰的⼀个动⼒.它没有注定的,明⽩吗?

Higher Spirit: Can you make some achievements in this life? This comes from your own determination and the motivation within yourself. It is not predetermined, understand?

问: 我想问⼀下我的信⽤卡什么时候能还清?

Questioner: I'd like to know when I'll be able to pay off my credit card debt?

⾼灵: 你的信⽤卡什么时候能还清? 你这个问题可不可以换成你什么时候可以不再匮乏或者什么什么的?

Higher Spirit: When can your credit card be paid off? Could this question be rephrased as when will you no longer be in want or something like that?

问: 主要是这个信⽤卡不是我本⼈刷的.它中间有⼀些曲折.是孩⼦的爸爸⽤的我的卡.但是每个⽉都要还款,会对我的情绪有拉扯.我很想要宇宙帮我显化这个信⽤卡能早点还清.

Questioner: Primarily, this credit card wasn't used by me personally; there were some complications involved. The child's father was using my card, but I have to pay it off every month, which creates tension in my emotions. I really want the universe to help manifest the repayment of this credit card as soon as possible.

⾼灵: 你稍等,你就问你⽬前最需要去⾯对或者是突破的障碍是什么?问: 也可以这样,⽼师.

Higher Spirit: Wait a moment, would you like to ask what current obstacle you need to face or break through right now? Questioner: You could also ask this, Teacher.

⾼灵: 你叫什么名字?问: XXX⾼灵: 你稍等.(你把你呢边声⾳关掉) 你⽬前就是说体验到很强烈的⼀个⽆⼒感.就是你没有办法去过上你想要的⽣活或者你想要去做的⼈.然后你会从各个⽅⾯去感受到⼼有余⽽⼒不⾜.然后⽬前对你来说最⼤的挑战就是说你需要坚定你⾃⼰的⽬标,你坚定你的⽅向.你知道哪个⽅向是你想⾛的.然后当你想⾛这个⽅向的时候没有任何可以阻碍你.然后任何呢

Higher Spirit: What is your name? Asked: XXX Higher Spirit: Please wait a moment. (Please turn off the sound on your side) You are experiencing a strong sense of powerlessness right now. That means you can't live the life or do things that you want to. Then, you will feel powerless from various aspects. Currently, for you, the biggest challenge is that you need to stick to your own goals and directions. You know which direction you want to go. When you want to take this path, there should be nothing that can obstruct you. And anything

些不让你或者是让你⾛不了这条路的,你都需要把它当成是⼀个让你越越来越坚定你的⽬标,⽽不是说让你去远离你的⽬标.因为你,⽐如说你想去⼀个地⽅.但是因为有可能是你不够坚定或者是旁边的影响,就⽐如说你觉得孩⼦不⾏,孩⼦太⼩了,我不能往这边⾛,对孩⼦是⼀个伤害.这样⼦的⼀个念头或者⼀个想法会阻碍你往这个⽅向⾛.为什么?因为如果你只有去真正的⾛到这个⽅向,你才能真正的去有利于你⾝边的任何⼀个⼈.因为你会觉得你在朝这个⽅向⾛,你可能会觉得会影响到⽐如说跟你孩⼦的⼀个关系或者是亲⼈的⼀个关系.但是并不是.你需要改变这个观念.你越是朝你坚定的⽅向去⾛,你越是能让所有⼈看到光明.⽽不是说去离开这些⾝边的亲⼈.

The things that might prevent you or stop you from pursuing a certain path are what you should view as reinforcing your goal rather than deterring you from it. For example, if you want to achieve something, but due to lack of confidence or external influences, such as thinking your child is too young and you can't proceed in this direction for their benefit, which could hinder your progress towards that goal. Why? Because by truly moving forward in that direction, you can genuinely benefit everyone around you. You might feel that pursuing this goal will affect relationships with your child or relatives. However, that's not the case. You should change this perspective. The more you move confidently in the direction of your goals, the brighter light you will shine on all others, rather than drifting away from your loved ones.

为什么?因为你们跟他们永远都是(在⼀起).分离只是⼀个幻像.就是说你们永远都是连接在⼀起的.⽽且你内在越来越坚定的⼒量它会改变你下⼀代⼈的命运.它会影响到你的⾝边的⼈.就⽐如说你转变了,他们都会转变.因为如果你没有转变,你没有去朝你坚定的⽬标⾛的话.那他们也可能会在原地踏步.你的信息你能明⽩吗?

Why? Because you are always together with them. Separation is just an illusion. That means you are always connected. And the increasingly strong force within you will change the destiny of your next generations. It will affect the people around you. For example, if you change, they all will change too. Because if you don't change and don't move towards your firm goal, they might also stay in place. Can you understand my message?

问: 我记录下来⼀些,回头我会在观看的.还有⼀个问题是我去年有接触⼀个国内的⼀个⾝⼼灵的⽼师,然后他是国内道家的⼀个弟⼦.然后我学了他的⼀些课程.但是我在学的过程中感觉好像又回到当初原点的感觉.我当初学习的时候就是因为我过于恐惧.然后就是这么久,我现在依然⾯对的问题.我就想问⼀下这个是不是我现在需要突破的⼀个课题?

Questioner: I have noted some concerns; I will revisit them after watching. I also want to address a question from last year when I came into contact with a Chinese mind-body teacher who is a disciple of Taoist practice in China. I've been studying his courses. However, during my learning process, I felt like I was returning to the starting point. When I began my studies, it was due to excessive fear. Now, years later, I still face similar issues. My question is: Is this something I need to overcome as a challenge in my current situation?

⾼灵: 这个就跟我前⾯的⼀个信息是⼀样的呀,明⽩吗? 你需要转变的就是你的⼀个想法,你的⼀个看法.你说你恐惧.你为什么会产⽣这些恐惧? 你会觉得你的选择它会对你或者对你 (⾝边的⼈) 不好呀.但是实际上呢? 只有你的转变才能带来⼀系列的转变,明⽩吗? 因为当你的看法变了过后,你便不会产⽣恐惧.你会产⽣什么? 产⽣⼒量,明⽩吗?

Higher Spirit: This is just like the information I provided earlier, do you understand? What you need to change is your perspective or idea. You mentioned fear. Why would you generate such fears? You might think that your choices will be detrimental to you or those around you. But actually, only by changing yourself can a series of changes occur. Do you get it? Because once your view shifts, you won't feel fear anymore. Instead, what will you experience? Strength, do you understand?

问: 那⽐如说对⾝体的恐惧…⾼灵:你⾝体的恐惧,你⾝体产⽣的任何反应或者感受,⽐如说恐惧或者快乐.它是来⾃于你持有什么信息.你没有呢个信息你不会有相应的呢个感受的.那当你的信息转变了呢?就好像我刚刚说你往前⾛的话,你最开始觉得你就会家破⼈亡,我这么说啊.那你现在只有往前⾛,你才能让你家庭兴旺,家庭就是越来越有⼒量.这两种是截然不同的感受的,明⽩吗?

Questioner: For example, the fear of your body... Higher Spirit: The fear or any reactions and feelings you generate in relation to your body comes from the information you hold. You won't have that feeling without that specific information. When your information changes? As I just said about taking a step forward, at first you felt it was akin to destroying your family, understanding what I'm saying. Now, only by moving forward can you ensure your family's prosperity. The family will grow in strength over time. These are two completely different feelings, do you understand?

问: 明⽩了.然后我想问⼀下我的指导灵和⾼我有什么想要跟我说的?

Questioner: I understand. Then I'd like to ask what my guide spirit and higher self have to tell me?

⾼灵: 刚才的信息就是给你的.就是告诉你,你需要往你的⽬标⾛.因为你的头脑它会告诉你⼀些信息,这个是怎么样怎么样的.但是实际上呢? 我刚就说了,你需要朝你坚定的⽬标去⾛.你会转变你下⼀代的命运.因为他也会成为就是充满了⼒量,然后做⾃⼰的⼈.

Higher Spirit: The message I just gave you is to inform you that you need to move towards your goal. Your mind will tell you some information, such as how it should be or what it looks like. However, in reality, as I just said, you need to head towards your firm goal and change the destiny of your next generation because they will also become powerful individuals who are true to themselves.

问: 我想知道通过您的个案我可以获得什么?

Questioner: I wonder what insights I can gain from your case?

⾼灵: ⾸先你要知道你现在并不是和这个在说话的⼥孩⼦,这个⾁体,跟她在打交道.你不是在跟这个对象,⽽是在跟⼀股能量,明⽩吗? 我们现在是在跟能量对话,所以任何问题你需要下来等她在没有通灵的状态问她,关于你们个⼈的,明⽩吗?

Higher Spirit: First of all, you need to understand that you are not dealing with the girl who is speaking to you, this body. You are not interacting with an individual but with a force of energy, get it? We are communicating with energy now, so any questions regarding personal matters should be asked when she is not in a mediumistic state, do you see?

第五个⼈问: 我的问题是我⾝上的东西什么时候可以离开我? 我什么时候可以跟我的本源链接? 我什么时候可以开悟?

The fifth person asks: When will the things on me leave me? When will I reconnect with my origin? When will I attain enlightenment?

⾼灵: 你⾝上的东西可以跟你离开你?

Higher Spirit: Can the things on you follow you when you leave?

问: 我什么时候可以跟我的本源链接? 我什么时候可以开悟受到⾼我的指引? 就这个问题.

Questioner: When can I reconnect with my primordial essence? When can I enlighten and be guided by my higher self? In regard to this matter.

⾼灵: 这⾥没有时候呢? 你要知道你们的时间只是你们⾃⼰创造的.这⾥根本没有时间.你来问我哪个时间.如果我告诉你后天.你知道后天的呢⼀刻还是什么? 是你的当下啊.所以你们没有后天,你们没有时间.

Higher Spirit: Is there no time here? You must know that your time is only what you create yourselves. There's simply no time here. If I were to tell you about the time of 'the day after tomorrow', do you know what would happen at that moment, or what it would be? It's right now, right this second, so there's no such thing as the day after tomorrow for you; you don't have any concept of time.

问: 还有我到这⾥来我到底想体验什么? 我的⾼我想告诉我什么东西,能帮我看⼀下吗?

Questioner: What am I trying to experience here? My height wants to tell me something that might help me. Can you look into it for me?

⾼灵: 你想知道你的⾼我有什么信息想要告诉你?问: 告诉我这⼀世的任务.

Spirit Guide: Do you want to know what information your High I has for you? Ask: Tell me about this lifetime's mission.

⾼灵: 你稍等,我看看有没有信息给你.你叫什么名字?问: XXX⾼灵: 如果你越是能够让你的头脑安静下来,那么你就越有可能去达到你刚刚说的什么连接本源.它不是⼀个积累的过程.不是⼀个你去积累,不是⼀个积累的过程.⽽是⼀个减少的过程,⽽是⼀个拿开的过程.它不是⼀个积累的,就是你不断地去学或者是什么.⽽是你减少减少减少.让你头脑⾥⾯的声⾳越来越少.因为你头脑⾥⾯有很多声⾳它在阻碍着你.所以你需要不断地让你的头脑变的越来越安静.那么越来越安静你就会在⼀个狭⼩的瞬间感受到⼀个宁静的感觉,明⽩吗? 然后这就是你所想要感受和体验的.所以你⼀直的这种,就好像头脑⾥⾯的各种念头或者声⾳都是不断的.

Higher Spirit: Wait a moment, I'll check if there's any information for you. What's your name?

Questioner: XXX High Spirit:

If you can quieten down your mind more and more, then you're more likely to achieve that connection you just mentioned with the source. It's not a process of accumulating knowledge or experience; it is not about gathering anything. Rather, it involves reducing things, taking things away from your mind. It's not an accumulation process but one of diminishing distractions within your mind. It's not like constantly learning or gathering information; instead, it's about gradually quietening the voices in your head until there are fewer and fewer sounds left. This is because there are many distracting thoughts and noises in your mind that hinder you from focusing. Therefore, you need to continuously make your mind more and more peaceful. As you become increasingly calm, you'll experience a moment of stillness at some point. Understanding?

This moment of peace and quiet is exactly what you're aiming for. So, this ongoing process within your mind involves continually reducing thoughts and sounds until they are minimized.

它对你来说给你造成了困扰.所以你很想让它有⽚刻的⼀个体验,来让你体验到呢种感觉.但是你是可以做到的.这是给你的信息.

It has caused you disturbance. So you want it to have a moment of experiencing something in order for you to experience that feeling. But you can do it. This is the information for you.

问: 就是看书不⽤看太多了是吧?

Questioner: Is it true that one doesn't need to read too much when studying a book?

⾼灵: 前⾯的信息你反复去听你就知道了.

Higher Spirit: If you listen to the information again and again, you will understand it.

问: 还有⼀个问题是我以前很喜欢的⼀个⼥孩⼦,我把她奉为灵魂伴侣.她还好吗? 因为我现在跟她失联了.

Questioner: There's one more question - I used to really like a girl whom I regarded as my soulmate. How is she doing? Because we've lost contact now.

⾼灵: 这些也是你头脑⾥⾯的声⾳,明⽩吗? 这些也是需要你放下,把它清除掉,明⽩吗?

These are also the voices in your mind, understand? These are also things you need to let go of and get rid of, understand?

第六个⼈问: 我想知道我当下要⾯对的课题是什么?

The sixth person asks: I want to know what challenges I am facing right now?

⾼灵: 你稍等.你叫什么名字?问: XX⾼灵: 给你的信息现在就是快乐,就是让你把快乐当成第⼀去做的.因为你越是在⼀个快乐的状态下,然后你的⽣命还有你的各⽅⾯会越来越灵活,就好像越来越松动,就好像越来越轻巧的能量状态.然后它就会让你越来越能⾛到⾃⼰的路上.你就会越来越爱上你⾃⼰.然后你就越来越知道你到底想要做什么.所以你把快乐当成你的第⼀要素.然后在快乐中你就会找到你⾃⼰.

Higher Spirit: Wait a moment. What is your name? Questioner: XX Higher Spirit: The information I'm giving you now is joy, that means to regard joy as the first priority in everything you do. Because when you are more joyful, all aspects of your life will become increasingly flexible, almost like it's becoming softer and lighter energy state. And then, it'll enable you to walk on your own path more easily. You'll start loving yourself more. Then, you'll understand better what you really want. So treat joy as your primary focus in everything you do. In the process of joyfulness, you will find yourself.

问: 那我此⽣的灵魂使命或者天赋是什么呢? 就是我来到这是想要挑战体验什么?

Questioner: So, what is my soul's mission or gift in this life? I came here to challenge and experience what?

⾼灵: 因为你的呢种灵魂是⾮常的就是,怎么说,就不是呢种很沉重,就是像蝴蝶呢样轻飘飘,漂亮,然后美丽,然后就是enjoy life.那如果你越是能让⾃⼰保持在这样⼦的⼀个能量状态的话,会对周围的⼀个能量状态有很⼤的影响.就是能把他们带⼊到⼀种很轻松、快乐和美的⼀个状态当中,明⽩吗? 你可以去观察蝴蝶.你从蝴蝶⾝上你便可以知道你⾃⼰,就觉得你的⽣命的⼀个状态.

Spirit High: Because your essence is very much like a butterfly - light, graceful, beautiful, and enjoying life. If you can maintain this energy within yourself, it will significantly influence the surrounding energy. You'll be able to lead others into a state of ease, happiness, and beauty. Understand? You could observe butterflies; you would see yourself in them, realizing the nature of your existence.

问: 我明⽩了.我的爸爸妈妈总是吵架,他们要离婚了.我就总是被他们影响,不开⼼.我就想知道这件事情带给我什么功课? 让我学会什么?

Questioner: I understand that my parents always argue and they are getting divorced, which affects me and makes me unhappy. I want to know what lessons this situation is teaching me and how it impacts me.

⾼灵: 然后这不是⼀个很好让你⽆论在什么环境下,你都可以去体现出你的美、你的轻快、你的轻松快乐的⼀个状态吗? 即便是你的⽗母他们不开⼼或者他们不快乐或者他们很痛苦.但是你没有被他们的能量影响.你在你⾃⼰的⼀个能量状态⾥⾯.然后当他们看到,你想象⼀下你是⼀朵美丽的花朵,那如果他⼼情不好,他看到这朵花⼼情⼀下就会变好,明⽩吗?所以说你只需要在你的能量状态当中你就在影响着… 你不需要去苦⼜婆⼼或者是很努⼒的劝别⼈,明⽩吗?你只需去创造这种能量状态,就是在你的呢种独⼀⽆⼆的呢种轻松、美,就是飘逸的能量状态⾥⾯.

Higher Spirit: Then isn't this a great way to allow you to express your beauty, your lightness, and your easy happiness in any given environment? Even if your parents are unhappy or not joyful or experiencing pain. But you aren't influenced by their energy; you remain within your own energy state. And when they see that, imagine yourself as a beautiful flower. If someone is having a bad day, seeing this flower might instantly improve their mood, do you understand? Therefore, all you need to do is maintain being in your energy state and influencing others from there. You don't have to endure or try hard to convince others; it's just about creating that energy state where you are - within the unique tranquility, beauty, and effortless flow of your own energy.

因为他们会⾃动的被你影响,⽽不是你去… 你想象⼀下,如果你是⼀朵娇嫩的花,你是⼀只漂亮的蝴蝶.如果你想要⽤⼒的话,你的翅膀会被折断,对吧?你的花朵是易碎的,所以你做不了这样的事情,明⽩吗?所以你只能在你⾃⼰的世界⾥去呈现你⾃⼰.他们⾃然⽽然会受你的影响进⼊⼀种美好的状态.⽽不是说你去… 因为你要知道⼀旦你⽤⼒,你就会破碎.记住这句话.你⽤⼒,你就会破碎.你破碎,会给别⼈带来更悲伤.为什么? 美好已经不存在了呀.然后你也带不来任何改变.

Because they will naturally be influenced by you, rather than you going... Imagine if you were a delicate flower and you wanted to use force; your wings would break, wouldn't they? Your flower is fragile, so you can't do such things, right? Therefore, you have to present yourself only within your own world. They will naturally enter a beautiful state because of you, not because you go... Remember this: if you use force, you will break. And when you break, it brings sadness to others. Why? Because the beauty is gone. And you can't bring any change either.

问: 就是我只需要轻松喜悦的保持⼀个快乐的⾼频能量就可以了?

To ask: I just need to maintain a happy high-frequency energy without effort and joy?

⾼灵: 你就看鲜花和蝴蝶,明⽩吗? 你只要⼀⽤⼒你就会破碎.你记住你的⼀个状态.所以你试图⽤⼒的去促使任何事情的发⽣.

Higher Spirit: Just watch the flowers and butterflies; do you understand? As soon as you exert yourself, you will shatter. Remember your state of being. So you try to force anything to happen with effort.

问: 那我的指导灵和⾼我它们有什么信息给我吗?

Questioner: Does my guiding spirit and higher self have any messages for me?

⾼灵: 这些信息都是给你的.

High精灵: These messages are for you.

问: 那我现在还是很迷茫,我不知道我要做什么?

Questioner: But I'm still very confused; I don't know what I should do.

⾼灵: 那你多去观察花朵和蝴蝶就可以了.

Higher Spirit: So you can observe flowers and butterflies more often.

问: 那我现在特别没有归属感,我感觉我好像不属于这⾥.然后我跟⼤多数⼈他们的信念系统都不⼀样.就感觉没法融⼊这个世界,为什么会这样呢?

Questioner: I feel a strong sense of disconnection now; it's like I don't belong here. Moreover, my belief system is different from most people's. I can't seem to fit into this world. Why is that?

⾼灵: 你先去看⼀下蝴蝶的状态,明⽩吗? 你才会知道它这朵花上去了,它又想去另外⼀朵.它不断地想去体验更多的花朵.你难道只想永远在⼀朵花上⾯吗? 所以这是⼀种你需要去享受的⼀个状态.⽽不是把它当成你觉得你需要怎样.因为呢只是你头脑觉得的问题.

Higher Spirit: Go and check on the butterfly's condition, okay? Only then will you understand that it has moved to another flower and wants to go to yet another one. It is constantly seeking to experience more flowers. Do you want to stay forever on just one flower? So this is a state of enjoyment you need to embrace, not treating it as if you think you should do something about it because your mind perceives it as an issue.

第三个⼈补问问: ⽼师我补问⼀个问题,我今⽣的任务是什么啊? 我今⽣体验的是什么任务?

Third Person Questioner: Elder teacher, may I ask a question? What is my mission in this life? What experience am I undergoing in this life?

⾼灵: 刚都告诉你了,你需要不断地不断地减少你头脑⾥⾯的声⾳.你是被你头脑⾥⾯的声⾳控制了.它不断地有声⾳.就⽐如说你现在声⾳又出现了.你又不断地让你来去…明⽩吗?它这些声⾳你并不需要去跟随的.⽽是需要让它在你眼前飘过消失的.只有你不断地不断地去跟随它,它才会不断地出现来加强,就变成了实相.它会像昙花⼀现,出现了再消灭,出现了再消灭.你只要去允许它这个过程⽽已,明⽩吗?如果信息不懂,你可以反复听就懂了.

Higher Spirit: You just heard this before - you need to continuously reduce the sounds in your mind. Your mind is being controlled by those sounds. It keeps producing them. Like now, the sound has appeared again. You're constantly making it come and go... Do you understand? These sounds don't require following; rather, they need to pass in front of your eyes and disappear. Only when you continuously follow them will they continuously appear and strengthen, turning into reality. They will be like a昙花 that appears and then vanishes, appearing again and vanishing. You just need to allow this process - do you understand? If the information is not clear, you can listen repeatedly until it becomes understandable.

# **2022/09/06 — 让每⼀个当下正⾯的服务你与连接22号 Let every present moment serve and connect with you effectively. 22nd.**

第⼀个⼈⾼灵: 什么问题,你问吧.

First spirit being Li Ling: What question do you have? Ask it.

问: 我⽬前的⾝体患了乳癌.我化疗了两次就没有再治疗了.现在又有肿块,伤⼜流脓没有愈合.那我的病是怎么形成的和怎么治愈呢?

Questioner: I have breast cancer at my current state of health. After undergoing two rounds of chemotherapy, I stopped the treatment. Now, there is a new lump and my wound is oozing pus without healing. How did this illness occur and how can it be cured?

⾼灵: 你稍等.我⾸先来看看就是是什么导致你需要进⼊到这⼀个实相? 就好像你的⼈⽣有很多个版本,你为什么选择了换癌症的这个版本? 我先收集⼀些你的信息.⾸先,你⾃⼰⽬前体验的这个⾁体,这个⼈⽣对你来说它好像是千疮百孔,就好像不是如此的圆满或者是完美或者是满意.你对你⾃⼰的⼀个,就好像如果你来描述你⾃⼰的⼈⽣的story,你总会觉得它会有⼀些漏洞,它会有⼀些让你膈应让你觉得不完美的地⽅.所以我想要你开始转变你⾃⼰对你⾃⼰的 life story 的⼀个描述或者想法或者看法.因为你是怎么去认定你的⼈⽣,你头脑⾥⾯有⼀个,⽐如说 someone 要跟你交朋友.他可能会想要跟你聊天.

Higher Spirit: Wait a moment. First, I'll explore what has led you to be in this reality? As if your life has many versions, why did you choose the one with cancer? I'll gather some information about you first. Currently, the body and life you're experiencing seem fragmented or incomplete to you; it's not as whole, perfect, or satisfactory. You feel that there are gaps in your self-story, aspects that bother you and make it imperfect. Thus, I want you to start transforming your perception of your own life story, thoughts, or view. How you perceive your life matters because someone might want to befriend you, wanting to have a conversation with you.

然后你有两个版本的story,⼀个是 sad story,⼀个是 happy story.⼀个是你会把你的注意⼒放在很多你不满意的地⽅,另外⼀个是呢些不满意的地⽅恰恰是你需要挑战的地⽅.这是⼀种完全截然不同的态度和观念,明⽩吗? 因为你才是呢个体验者,你才是呢个谱写,就好像导演写剧本⼀样来写你的⼈⽣ story.所以我想要你清楚的是你需要重新去写你的 life story.就⽐如说你从⼩到现在到⽬前,就⽐如说你从⼩的家庭环境、跟家⼈的关系、然后长⼤,就所有的亲密关系还有所有你在外⾯被⼈怎么对待.

Then you have two versions of the story, a sad one and a happy one. One focuses on all the things you're not satisfied with, while the other sees those unsatisfied areas as exactly where you need to challenge yourself. This is a completely different mindset and perspective, do you understand? Because you are the experimenter, you are the author, like a director writing a script for your life story. So what I want you to realize is that you need to rewrite your life story. For example, from childhood up until now, things like your family environment, relationships with your family, growing up, all intimate relationships and how you were treated by others.

然后任何让你 feel sad,就是呢些 sad story,你需要全部把它变成是你⾃⼰给你⾃⼰创造的⼀个功课给你挑战.⽐如说⼀个特别不包容你的妈妈,然后她来教会你学会包容是多么重要,明⽩吗? 如果是在前⼀个版本的你,你可能会说我的妈妈从来不包容我,她怎么样怎么样.然后你需要把这个故事版本变成我之所以有⼀个不包容的妈妈让我体验到,她是来教会我在我的⽣命当中包容是多么的重要.因为我体验到了我没有被包容的呢个情境.所以我不会把我喜欢的感觉制造给其他⼈.所有我体验到的这种感受它让我很不开⼼,我不喜欢.那我就永远不会把这种不开⼼的感觉再创造给别⼈.因为我⾃⼰体验过的.好不好? 我就不要在创造这个体验.

Then any story that makes you feel sad, those sad stories, you need to transform all of them into being your own assignment given to yourself as a challenge. For example, say you have an especially unaccommodating mother who comes to teach you how important it is to learn accommodation. Do you understand? In the previous version of you, you might say my mom never accommodated me; she was like this and that way. You need to turn this story into: I had a non-accommodating mother because life gave me an experience where I could learn how essential it is for me to accommodate in my life due to not being accommodated before. So, I won't create feelings of enjoyment for others based on what I experienced myself. All the feelings that I've experienced make me unhappy, and I don't like them. Therefore, I will never recreate this sense of unhappiness for anyone else because they are a result of my own experiences. Do you see it now? I shouldn't be recreating these experiences again.

那这个 sad story 是不是就变成⼀个把你变的更加的完美、完善,更加的是你想要成为的呢种⼈,对不对?那你⽣活中会有很多很多这样的例

Isn't this sad tale one that transforms you into a more perfect, complete person, someone you aspire to be, right? And in your life, there would be numerous examples like this.

⼦.所以你需要把它找出来,然后再重新通过我刚刚跟你说的呢个版本,重新谱写你的⼈⽣的故事,好吗?因为它的来治好,来让你的⾝体变的完善完美,就是健康,我说的健康的状态.它需要你⾃⼰拥有⼀套全新的⼀个视⾓、观念去看待你⾃⼰.因为如果你看待你⾃⼰还是 feelsad,然后你就还是在继续体验这种悲惨的局⾯,明⽩吗?所以这必须是你发⾃内⼼的,你感受到你开始真⼼的就⽐如说⾛到呢个曾经打骂你的⼈⾯前,然后感谢他.你说他让你的⼈⽣变的更完美,明⽩吗?当你发⾃内⼼的有了这样⼦的感受过后,你便进⼊了另外⼀个版本的你.就⽐如说我刚才说的你⽬前体验的⼈⽣它是A版本,对不对?

Child. So you need to find it and then rewrite your life's story through the version I just told you, alright? Because its cure lies in improving your body until it becomes perfect, that is, health - a state of health. It requires you to adopt a new perspective and viewpoint towards yourself. If you still see yourself as feeling sad when looking at yourself, then you are still experiencing this miserable situation, understand? Therefore, this must come from the depths of your heart, you feel a genuine desire like walking up to the person who once scolded you, and thanking them. You say they made your life more perfect. Understand? After having such feelings from the bottom of your heart, you enter another version of yourself. Like I mentioned earlier, your current experience is version A, right?

OK,你如果想要治好你的病的话,你必须要脱离A版本,去到B版本.那你去到B版本的话,你的所有感受、体验、就是事件对你到底是正⾯的⽀持还是负⾯的影响是需要你在当下去改变的,明⽩吗?所以你什么时候可以完完全全的从A版本⾛到B版本的话,那么你的⾝体就会截然不同.因为你的情绪、你的感受、你的任何思维模式、你的振动频率,就⽐如说你可能之前⼀起床你就觉得好痛苦啊,然后就愁眉苦脸的去渡过这⼀天.但是当你到B版本,你就哇,今天好开⼼啊.然后你就看到的景象就是完全不⼀样.你会把每⼀件事情,因为这个事情它发⽣如果

Alright, if you want to cure your illness, you must detach from Version A and move to Version B. When you transition to Version B, all of your feelings, experiences, whether the events are positively supportive or negatively impactful, need to be changed in that moment. Can you understand? Therefore, when can you completely transition from Version A to Version B? That's when your body will change dramatically because your emotions, your perceptions, any thought patterns, and your vibration frequency will be different. For example, previously, you might feel very painful upon waking up, then having a gloomy day. But when you reach Version B, you'll think, "Today is so happy!" And the scenes you see are completely different. You will treat every situation differently because of how this event unfolds.

没有经过你的允许它是不可能发⽣到你的⽣命当中来.如果它发⽣到你的⽣命当中来,它就是来帮助的.它就是有可供你学习、体验和创造的机会.这个事件它是可供你去施展的.那你到底是要把它正⾯运⽤还是负⾯运⽤让它来加深你的恐惧还是说加强你的⼒量.那来⾃于你的⼀个选择.还有问题吗?

There is no way for it to occur in your life without your permission. If it does happen, it's meant to assist you. It offers opportunities for you to learn, experience, and create. This event is available for you to utilize. Are you going to use it positively or negatively? Will it deepen your fear or strengthen your power? That's a choice for you to make. Any questions?

问: 我想问⼀下我这⼀世适合做什么?

Questioner: I want to ask what would suit me in this life?

⾼灵: ⾸先你在这个点你现在最重要的就是刚像我说的你需要就好像是⼀个转折,你需要从A到B.那等你到了B过后你再来问我好吗? 因为如果你没有转你还在A的话,是不⼀样的.你的能量会变的.因为你还在持续体验A.那如果你转变了你在B的话,你再来问我问题的话,你的(命运)又变了.

Higher Spirit: Firstly, at this point, what you need most is just like I said, you need to make a transition, moving from A to B. Once you reach B, come back and ask me, okay? Because if you haven't changed yet, staying at A, it's different. Your energy will change because you're still experiencing A continuously. If you have changed when you are in B, then when you come back to ask me questions, your destiny has already changed.

问: 了解.就是说从A版本到B版本,之前的情绪、感受,呢种锻炼,都是阻挡了我在这种状况下的主要原因?

Questioner: Understand. That means that from Version A to Version B, my previous emotions, feelings, and training are the main reasons preventing me from being in this situation?

⾼灵: 你要知道你有很多条好像⽣命不⼀样的体验给你选择.那你如何才能A跳到B,我刚刚已经告诉你了.等你跳到另外⼀个版本的时候,呢个时候的你是完全不⼀样的你.呢会⽽的能量状态,呢会⼉才知道你的问题.因为你现在跳不到是你⾃⼰的⼀个选择,它在你⾝上,它在你⼿上,明⽩吗?

Higher Spirit: You need to know that you have many experiences of lives for you to choose from. If you want to go from point A to point B, I've already explained it. When you jump to another version, the you at that time is completely different from you now. Only then will the energy state and being of that self help you understand your problem. Because right now, you cannot jump to a choice that belongs to yourself; it's within you, in your hands, do you understand?

第⼆个⼈问: 我知道我现在的经历是我之前梦⾥做过的.就是我看到光亮⼀直在向着光跑,然后快到的时候突然有⼀个罩⼦罩住了我.我想问⼀下这个罩⼦要被突破了吗?

Second person asks: I know that my current experience is something I did in a previous dream. I saw light and was running towards it, then suddenly there was a cover over me when I was about to reach it. I would like to ask if this cover needs to be broken through?

⾼灵: 你想要知道这个罩⼦要出去了吗? 这个决定权不是在你⼿上吗? 你为什么会问其他⼈?你把我当成朋友好吗? 你要问⼀个好朋友,你看我现在被困在这⾥,我要出去了吗? 你问你朋友,你朋友怎么说? 这是你⾃⼰的选择,明⽩吗? ⽽且⽆论是罩⼦⾥⾯罩⼦外⾯,如果你真的是就是说你知道所有的⼀切它都是有意义的体验,它都可以⽀持你.那你有何必在乎罩⼦在⾥⾯还是外⾯呢? 没有区别的.重要的是你能从中获得什么? 你就在外⾯,如果你没有得到任何,你觉得你就是⾃由的吗? 你并不是呀,明⽩吗? 所以重要的不是你在哪⾥,⽽是你到底有没有从每⼀个画⾯就是每⼀个当下,每⼀个事件当中让它正⾯的服务于你,并没有任何东西困住你.

Higher Spirit: Do you want to know if I can go out with this罩子? Isn't the decision in your hands? Why do you ask others? Can't you treat me as a friend? If you were asking a good friend, they would say that now that I'm trapped here, should I try to get out? You would ask your friend what they would say, right? This is your own choice, okay? And no matter inside or outside the罩子, if knowing everything makes it meaningful and fulfilling for you, it can support you. Why does the location of the罩子 matter? There's no difference. What matters is what you gain from it. If you're outside and not benefiting from any of it, do you feel free? You're not, right? So what truly matters isn't where you are, but whether each scene, every moment, every event serves positively for you, freeing you from anything that binds you.

问: 接下⾥能不能请你帮我们链接我们的外星⼈朋友22号? 谢谢.

Questioner: Can you help us link to our alien friend Number 22 in the next segment? Thank you.

⾼灵: 好的外星⼈22号22号: 我⾮常开⼼我们能再⼀次交流,然后你说你今天想要和我们这次交流就是怎么样的⼀个开始? 请提问.

Higher Spirit: Alright, Alien 22. We are glad to communicate with you again. You mentioned that you wanted this particular conversation today. Could it be considered the start of something? Please ask your question.

问: ⽬前⼈类和你们最⼤的差别是什么?

Questioner: What is the biggest difference between humans and you?

22号:⼈类和我们最⼤的差别是你们不知道你们体验的这个世界是个虚幻的.你们不知道.你们觉得它是真实的,然后你们觉得它是不可更改的.然后你觉得你们是被动者,这个世界这个幻像才是不可更改的,才是强⼤的.然后⼀切都是如此的结实.但是实际上恰恰相反,你懂我意思吗?也就是说你们好像是像你们说的猴⼦⽔中捞⽉.它把⽔中的⼀切都当成是真实的,⽽不是说只是⼀个倒影.所以说你们被这样⼦的⼀个幻像深深的给困住了.因为你们没有很多⼈有⼏个⼈知道你们所经历的⼀切它实际上都只是⼀个幻像,只是⼀个投射,它只是⼀个供你们去.就好像你照镜⼦,然后供你看到,OK,我这个地⽅有脏东西⽽已.那供你看到它就是来让你去改变,去选择.

Day 22: The biggest difference between humans and ourselves is that you don't know that the world you experience is an illusion. You believe it's real, and then you think it's unchangeable. You feel like passive players where this illusion or image is unchangeable and powerful. Everything feels solid, but in reality, it's the opposite. Do you understand what I mean? Essentially, it's like monkeys reaching for a moon in water; they treat everything as real instead of just an inverted reflection. Thus, you are deeply trapped by this illusion because very few people realize that what you experience is actually just an illusion, a projection, something to be explored and altered, just like when you look at yourself in the mirror and notice some dirt needs cleaning up. It's there for your inspection and potential improvement.

⽽不是说看到,然后就把你吓死了.然后你就觉得事情就这样⼦就没有办法更改了.因为你认为事情是这样⼦没有办法更改了,那么你就是在加强这个幻像,明⽩吗?

Rather than seeing it and being terrified, then thinking the situation is fixed and can't be changed because you believe it's already that way, which only reinforces this illusion, understand?

问: 那更改幻像最⼤的秘诀…22号: 这⾥没有什么秘诀.因为如果你觉得这个幻像是真实的,你怎么去更改? 因为对你来说你觉得所有的⼀切它都是真实的,它是坚不可摧你的,它是没有办法更改的.事情本⾝就这样⼦,瘟疫本⾝就这样⼦,病毒本⾝就这样⼦,我⾝上患癌本⾝就是事实,我贫穷本⾝就是没有办法更改的,明⽩吗?这个世界本⾝就是险恶的,所有⼈都是坏⼈.当你都把这些当成是真实的,就是它不可塑造,就好像是⼀颗硬硬的⽯头,在你⼼⽬中你觉得它不可能像橡⽪泥⼀样柔软可以雕塑成其他样⼦.这⾥哪有什么秘诀呢?就是你都没有认清楚它是可以变换的呀.那如果当你知道,就是看清楚了物质实相.那你是不是就不会被它们外在的影响了?

Questioner: What is the biggest secret for changing illusions... Number 22: There are no secrets here. If you believe this illusion to be real, how can you change it? Because to you, everything seems real; it's unbreakable and cannot be changed. Things are like that, plagues are like that, viruses are like that, my cancer existing on me is a fact, being poor has no way of changing, do you understand? This world itself is wicked; everyone is bad. When you consider all of this as real, it becomes unshapable; it's like a hard stone that you believe can't be molded like clay into other forms in your mind. Is there any secret here? It's because you haven't recognized that it can be transformed. If you realize the true nature of physical reality, won't you then no longer be affected by their outer influences?

那你没有被它外在影响的话,它对你没有任何影响⼒的话,那你就没有被困在其中呀.你就不会产⽣所谓的恐惧或者是好怕呀.你就不会进⼊这样⼦的⼀个状态呀.那它外在发⽣的对你就没有任何影响⼒呀.但是为什么这种事情还在发⽣呢?因为你们只要有⼈他的意识去创造,他需要这堂课,他需要镜⼦⾥⾯这个画⾯.那就有这个画⾯来供给他们使⽤、体验.但是它跟你没有关系,明⽩吗?因为你知道这个画⾯就好像是电视⾥⾯的⼀个剧情⼀样.它只是电视剧.

If you are not affected by its external manifestation and there is no impact on you from it, then you are not trapped within it. You wouldn't experience any so-called fear or dread. You wouldn't enter into such a state. It's because the external occurrences have no impact on you. But why does this still happen? Because as long as someone's consciousness creates something they need - a lesson for them, an image in their mirror – then that image is available to be utilized and experienced by them. However, it has nothing to do with you, right? You understand because the image is like a plot on TV. It's just part of a drama series.

问: 那⽐如已经深困在让⼈害怕的幻像⾥,要怎么做才能更好的⾛出来呢?

Questioner: What should one do to better escape from such terrifying illusions that have deeply trapped them?

22号: 因为连你体验的…. 就算你体验的呢个什么感觉,呢个也是幻像.你⽐如说这个⼥孩⼦她是催眠师,她就知道她通过暗⽰通过催眠可以给你⾝体创造很多,给你创造疼痛感,她可以减轻你的疼痛感.她可以让你的⽪肤⽐如说没有发痒,然后让你的⽪肤开始痒.那你觉得这个是真实的吗? 明⽩吗? 呢些都是她通过暗⽰给你创造出来的这种感觉,那你能告诉我这是真实的吗? 但是你体验又是真实的呀.

Number 22: Because even the sensations that you experience... Even that feeling is an illusion. For example, if this girl is a hypnotist and she knows that through suggestion and hypnosis, she can create many things for your body, such as pain, she can alleviate your pain. She could make you feel itch-free on your skin, then suddenly start itching it again. Do you think this is real? Can you understand? All of these sensations are illusions created by her through suggestion, but isn't your experience also real?

问: 你们体验的是线性时间吗?

Questioner: Are you experiencing linear time?

22号: 你们所谓的时间是什么? 对我们来说只有当下.问: ⼈类有必要控制碳排放吗?

Number 22: What is your concept of time? For us, there is only the present moment. Questioner: Is it necessary for humans to control carbon emissions?

22号: 碳排放在你的字⾥⾯,你给它理解的是什么? 你们没有办法控制,你们觉得你们有办法控制,但是你们没有办法控制.因为⼀个事情当你越是控制的时候你越是在加深它对你产⽣的影响.为什么呢? 刚才我跟你说你们物质世界所有东西都是幻像对不对? 那你越是在控制这个幻像的时候,你在控制的时候是不是就⼀直在创造它,然后来体验它? 是不是? 你明⽩吗? 所以你没有办法控制任何.任何你在控制的时候你都是在加强体验.那你可以这么说,因为当我说你咋控制的时候你就加强了显化,就是继续你在体验这个是吧? 那你可以就是说不去控制任何,但是创造另外⼀个.明⽩我意思吗?

22nd: Carbon in your words, what understanding do you give it? You have no way of controlling it, yet you feel like you can control it, but you cannot control it because when you try to control something, you are only deepening its impact on you. Why is that? Just now, I told you that everything in your material world is an illusion, right? When you are trying to control this illusion, aren't you constantly creating it and then experiencing it during the process of controlling? Aren't you doing exactly that? Do you understand? Therefore, there is nothing you can truly control. Any attempt at control only strengthens the experience. So, you could say, when I ask you how you are controlling something, you are indeed enhancing manifestation through that very act of control, thus continuing to experience it, correct? But, you could also not control anything and instead create something else. Do you understand what I mean?

就是你的关注点,你的思想,你的… 我想⼀想要怎么给你形容.这么说,⼀个⼩孩⼦不停的在哭,你想要控制他不让他哭.你⼀直去shake shake 去摇他,捂住他的嘴,不让他哭.然后你越是这样他越是哭的很厉害.那如果你创造⼀个,你在旁边做⼀些很搞笑的动作,然后创造⼀个特别欢乐的频率,然后像⼀个⼩丑⼀样跳来跳去蹦来蹦去.呢个⼩孩他会怎样,他还会哭吗? 他会被你又蹦又跳的频率给吸引,他会加⼊到你的呢个频率,明⽩吗? 然后⼤概就是这样⼦的⼀个⽐喻来让你能明⽩这两者的区别.

It's about your focus, your thoughts, your... I need to figure out how to describe this. Imagine a child continuously crying, and you're trying to control them not to cry by shaking him constantly, covering his mouth, preventing him from crying. The more you do this, the harder he cries. Now, if you create a situation where you perform some funny actions nearby, creating a very joyful frequency, acting like a clown jumping up and down with lots of energy, how would the child react? Would he still cry? He would be attracted by your energetic, playful frequency, joining it, understand? And this is roughly how you can comprehend the difference between these two approaches.

问: 对于地球上来说什么才是真正的环保?

Questioner: What constitutes true environmentalism on Earth?

22号: 任何如果你们是从这个幻像上⾯,就是说你们外⾯发⽣的这些事件或者现象这些幻像,如果你们是从这些上⾯去下⼿的话.就好像我刚刚跟你说你都是在加深这个幻像,你继续在扩⼤它,加深它对你的影响,就是在创造它制造它.那怎么样才能改变这个? 也是就是说从你们的思想,从你们的认知.就⽐如说你们所有⼈都认识到了世界上所有的⼀切都是…我们不⽤去太关注外在发⽣什么,⽽关注的是为什么会这样发⽣.它来⾃于什么? 它来⾃于你们的频率,你们的认知,你们的意识状态它投射出这样的现象.那如果我们从我们的意识状态呢边去改变呢? 从我们所关注的,所相信的.就⽐如说我刚才前⾯呢个⼥孩⼦她得了癌症.

Number 22: If you are working from this illusion, that is, the events or phenomena happening outside of you, if you start from these, it's as if you're deepening the illusion and expanding its impact on you. You're creating it and making it more intense. How do we change this? It means changing from your thoughts and beliefs. For example, if all of you are aware that everything in the world is... We don't need to focus too much on what's happening externally; instead, focus on why these things happen. What causes them? They come from your frequency, your understanding, your state of consciousness projecting such phenomena. If we change it from our state of consciousness, focusing on what we pay attention to and believe in. For example, just now, the girl who was diagnosed with cancer.

她的⾝体显化出⼀些这样⼦的问题对吧? 那她为什么会显化出⼀个千疮百孔的(⾝体)? 因为呢就是她觉得她的⼈⽣是这样⼦.那怎样才能改变呢? 那如果你们每⼀个⼈,OK,你并不是说去单独的阻⽌⼀些不环保的⾏为.⽽是说从你的思想上⾯去改变这个观念.因为你们每⼀个⼈的思想是连着的.然后当你们的思想发⽣转变的时候,事件它⾃然⽽然,不,它不是⾃然⽽然它是必然发⽣转变的.所以这个才是真正的就是说…. ⽽且你们⽆论出台多少政策出台多少罚款,它都是治标不治本的.你即使表⾯上有⼀点点成效,那它漏洞可能会从其它地⽅出来.因为你们物质世界体验的所有⼀切它都是跟你们意识状态,跟你们⼈类整体的意识状态紧密联系的.

Her body manifests such issues, right? So why does she manifest a body with so many holes? Because that's how she perceives her life. How can this change? And if each of you, okay, isn't about stopping non-environmental behaviors alone. It's about changing your观念 from your thought process. Because every person's thought is connected. Then when your thoughts change, the events naturally and inevitably change. So this is truly... And regardless of how many policies or fines are issued, they don't address the root cause. Even if there seems to be some effectiveness on the surface, the vulnerabilities might emerge elsewhere because everything you experience in the material world is closely tied to your consciousness state, and your overall human consciousness state.

那也就是说你在世界上看到的所有的⼀切它其实只是⼀个镜像⽽已,明⽩吗? 还有问题吗?

That means everything you see in the world is just a reflection, right? Is there anything else you don't understand?

问: 下⼀个问题是什么类型的环保是你们需要关注的?

Questioner: What kind of environmentalism are you concerned about next?

22号: 当然如果呢些真正的他去关注环保的,他肯定是有⼀颗爱护地球的⼼.然后他的⼀些⾏为是源⾃于呢颗⼼,就是来⾃于他的呢颗⼼,来⾃于他的⼼⾥,来⾃于他的思想,来⾃于他的振动频率,明⽩吗? 那也就是说最重要的就是你们的思想.因为它⼀旦有这样⼦的思想,他便会投射…. 你不⽤去在他的⾏动和⾏为上⾯去做.就像这个⼥孩⼦⼀样,你有逼着她去做任何事情吗? 没有啊.但是她的思想上⾯,还有你,你们都⼀样对吧? 那你⾃然⽽然的就会⾛上这条路,去做出这些⾏为.

Number 22: Of course, for those who truly care about the environment, they definitely have a heart that loves the Earth. Their actions stem from this heart, coming from their heart, from within themselves, from their thoughts, and from their vibration frequency, right? That means the most important thing is your thoughts because once you have such thoughts, you will project… You don't need to look for it in his actions or behaviors. Just like this girl, did you force her to do anything? No. But on her thoughts, as well as yours and everyone else's, right? So naturally, you'll end up walking down that path and taking these actions.

问: ⼀个⼈处在什么样的状态下才是不进⼊头脑,让⾃⼰的⼼灵做主导?

Questioner: In what state of mind is a person not entering their mind and allowing their heart to lead?

22号: 你没有谁去做主.你只要⼀进⼊了做主这两个字,管你是⼼灵头脑还是什么.你都会是在创造⼀个幻像.

On the 22nd day: You have no one to make decisions for you. Once you enter those two words "make decisions," whether it's your mind, intellect, or anything else, you will be creating an illusion.

问: 那应该怎么做?

Questioner: So, what should be done?

22号: 就是什么都不做.我说的什么都不做不是你以为的什么都不做.因为你们总会就是说… 这么说吧,就好像⼀个跳舞她去学动作.她说我在跳舞所以我⼀定要学⼀些动作.但是真正的舞者她是随着能量的流动,她的呢股能量通过她的⾝体,她只是个稻草⼈.她去跟这个能量,然后进⼊合⼀的状态.那你说她什么都没做吗? 她做了呀,她的⾝体⼀直在动.那你说她没做什么吗? 她做了,对不对? 那你说她故意去做什么吗? 她没有.明⽩这两者不同吗? 明⽩这个意思吗? ⼀个是在学着别⼈跳舞,别⼈动⼀左⼿她动⼀下左⼿.⼀个她是跟随呢股能量,她内在的呢股能量.她不知道她下⼀步… 就好像这个⼥孩⼦在通灵,她不知道她下⼀步的信息是什么.

Number 22: It's just doing nothing. The "doing nothing" I'm talking about is not what you think of as doing nothing. Because you all always say... Let me put it this way; imagine a dancer learning the moves. She says she's dancing, so she must be learning some moves. But for true dancers, they move according to the flow of energy. They are just puppets with their energy flowing through their bodies. They follow that energy and enter into a state of unity. Would you say she did nothing? She was doing something, her body was moving constantly. And would you say she didn't do anything? She was indeed doing something, wasn't she? So would you say it was intentional for her to do so? No, it wasn't. Do you understand the difference between these two situations? Do you get this concept? One is mimicking another person dancing; whatever their hands do, she does the same with her hands. The other is following that energy within herself, the energy residing inside of her. She doesn't know what step comes next... Like this girl channeling spirits, she has no idea what information will come to her next.

那你说她在说什么? 还要说些什么? 还要怎么说才是好的通灵师? 她有去学习怎么说她才是⼀个好的通灵师吗? 明⽩吗? 她什么都没做,但是她又什么都做了.你能明⽩这种… 你能明⽩这个⼥孩⼦在通灵的时候她什么都没做,但是她又什么都做了? 你能明⽩这样⼦吗? 这就回答了刚才你说的要做些什么,要怎么做的问题.

What is she saying? What else should she say? How should a good medium speak? Has she learned how to be a good medium? Do you understand? She did nothing but everything at the same time. Can you comprehend this... Can you understand that during her spirit channeling, she did nothing but everything? Can you understand this? This answers the question of what you said about what one should do and how they should do it.

问: 最近⼏年⼈类多灾多难,⼲旱、瘟疫、⽕灾等等.我们应该如何应对⽽不被这些灾难影响到?

Questioner: In recent years, humans have faced numerous disasters such as droughts, plagues, fires, and more. How should we respond to these calamities without being affected by them?

22号: ⾸先你们的灾难从来就没有断过,也没有少过.为什么会你们以前这么多世界⼤战,又是⾃然灾害又是瘟疫,整个村庄全部死完.会⽐现在好吗? 并没有.所以这些它并没有少过.那为什么地球上的⼈类会⼀直体验这种? 因为你们还没有从这些lessons⾥,从这些课程当中去学习到如何去转变它.也就是说这个功课还没有学习.就⽐如说你为什么反复的不停的学这本书.每⼀次都是这本书.因为你这本书你没有学习到.你这本书没有学习到,那你就不能进⼊下⼀本书啊,明⽩吗? 那也就是说你们还没有从中学习到灾难并不是真正的灾难.它是来⾃于你们的集体意识.那你什么时候意识到你们的集体意识,就是不再创造这样⼦的给你们体验了呢?

22nd: Your calamities have never stopped and they have never been fewer. Why did you have so many world wars in the past, along with natural disasters and plagues that wiped out entire villages? Would things be better now? No, it's not better at all; these calamities haven't decreased. Then why do humans on Earth keep experiencing this? Because you haven't learned how to transform them from these lessons or courses. It means the lesson is still unfinished. For example, why are you constantly learning this book over and over again every time it's the same one? You haven't learned this book; therefore, you can't advance to the next book. Do you understand? That implies that you have not yet learned that disasters are not truly calamities; they come from your collective consciousness. When will you realize that you're no longer creating these experiences for yourselves due to your collective awareness?

那你就不需要再体验这些,你体验的就是另外⼀种了.你就是需要其它的lessons了.所以这些灾难它并不是…最开始你问的问题你说你们跟我们最⼤的区别,然后就说你们把这些真实当成是真实的了.你们把这些什么灾难什么瘟疫所有东西都当成是真实的了.你看死了呢么多⼈了,你看真的是天崩地裂,真的是这样⼦.你已经把它当成是真实的了.你如果把它当成真实的了,你觉得你没有⼒量改变.⼤⾃然的⼒量才是最强⼤的.你已经有这样的思维模式了,你当然是这样⼦去体验它了.那你知道该如何改变了.你知道该如何去利⽤外界的现象,就是幻境,你就知道了,明⽩吗?因为你只要不受你外在物质的影响.

If you don't need to experience those anymore, you're experiencing something different. You just need other lessons. So these disasters are not... When you first asked us about the biggest difference between us, and then said that you took everything as real, including all the calamities and plagues. You have treated them as actual occurrences. See how many people died? You see it as truly devastating; the earth is broken apart. It's like that. You've already accepted this reality. If you accept something as true, you feel powerless to change it. The power of nature is the strongest. You have this mindset, so naturally, you experience it in this way. Now you know how to change it. You understand how to make use of external phenomena, which are illusions, and you get it, right? Because you're not influenced by your external material surroundings.

但是你们还都是在,你们所有的意识,你们的呢些⼈,所有的思想,它都在加深这个幻像.让它变得越来越凝固,好像是⽯头⼀样如此坚硬.你们所有的思想都在强化它呀.你们并没有意识到你们思想的⼒量,你们只是加⼊了这个幻像的恐惧.然后每个⼈都在加深它,给它注射能量,注⼊能量.如果你们所有⼈都不去关注新闻,不去关注世界上发⽣的这些悲惨的事件恐怖的事件.然后更多是让⾃⼰处在欢乐、有爱、当下的⼀个现象.那如果越来越多的⼈处在这样⼦的状态,你想象⼀下世界会发⽣什么样⼦的⼀个变化.你想如果我们就拿⼀个⼩城镇来说,就⼀条街.所有的⼈散发的都是爱,他没有焦虑没有恐惧没有打⽃没有纷争没有分裂.

But you are all still in it, your collective consciousness, your minds, all of your thoughts, they are intensifying this illusion. Making it more and more solid, like a stone, so hard. All of your thoughts are reinforcing it. You do not realize the power of your thoughts; you just add to the fear of the illusion. And each one adds to it, injecting energy, pouring in energy. If all of you stopped paying attention to news, stopped being aware of these tragic events happening worldwide, then more and more would be about finding joy, love, presence. Imagine if an increasing number of people were in such a state – what kind of shift might that bring about for the world? Just consider it for a small town, just one street where everyone radiates love, without anxiety, fear, struggle, conflict or division.

他每⼀个⼈都是爱、合⼀的状态,都是⽀持彼此.我们家做的事情是为了⽀持邻居家,邻居家做的事情是为了⽀持我,彼此⽀持的状态.你觉得他们呢条街道会有⽃

He loves every person in a unified state of oneness and supports each other. The actions our family takes are to support the neighbors, whose actions support us, in a mutual support state. How about that street? Do you think there will be fights?

争会有打⽃会有呢些不好的事情发⽣吗? 不会的.呢条街它⼀定只是有好的事情发⽣的,它不断地⼀起喝彩⼀起唱歌⼀起分享美味分享⾷物.他们不断地会有欢喜欢乐.为什么? 他们都在爱中,都在呢样的频率当下.所以呢个街道就不可能发⽣⼀些不好的事件.那你把这个街道想象成是你们的地球呢? 你们整个地球.明⽩吗? 那你这个地球便不会发⽣呢些事件.你说.

Will there be fights and bad things happening on that street? No, it won't. That street is definitely full of good things; people will cheer together, sing together, share delicious food, and enjoy themselves continuously. Why? They are all in love and at the same frequency. Therefore, that street can't have any negative incidents. If you imagine this street as your Earth, would you understand? Then, your entire Earth wouldn't experience those events either.

问: 因为我们还在体验时间,我们还需要多久才能达到你说的这样⼀个状态?

Questioner: Since we are still experiencing time, how long will it take for us to reach a state like the one you're describing?

22号: 这不是你们还需要多久才能达到这个状态.不是这个,不是有⼀个时间.你们经历了多少这样的反反复复.因为这⾥没有⼀个时间.你觉得你在经历⼀个时间,今天明天后天,⼏百年前⼏百年后,但是实际上都只有现在.所以这⾥并没有时间给你.就好像刚才前⾯呢个,这⾥有⼀个ABC不同的地球版本给你选择.你要进⼊到哪个版本,明⽩吗? 然后如果你真的要问我什么时间的话,时间我可以告诉你,你现在就可以.你现在就可以选择进⼊到我刚刚说的呢个版本的世界.你就在⾥⾯.为什么? 因为外在发⽣什么不重要,没关系.你不会因为外在不断地有战⽕连天然后产⽣恐惧.为什么? 你知道这些跟你没有关系,你在你的世界⾥⾯.

Number 22: This is not how much longer you need to reach this state. Not this, there's no time here. You've gone through so many ups and downs like that. Because there isn't a time here. You think you're going through a time period today tomorrow the day after tomorrow, hundreds of years ago or hundreds of years later, but actually it is only now. So there's no time given to you here. It's like just now in front of us, there are different versions of Earth for you to choose from. You need to enter which version, understand? Then if you really ask me about a time period, I can tell you the answer right now, right now you can choose to enter the world I mentioned just now. Why is that so? Because what happens externally doesn't matter, it's not relevant. You won't be afraid because of constant warfare and conflict happening around you. Why? Because you know these things don't affect you, you're inside your own world.

你知道这些都是幻像.如果你真的是达到这个状态,当下你就创造了这样⼦的⼀个环境给你,明⽩吗? 你创造了这样⼦的⼀个频率是吧? 那如果你影响到你⾝边的⼈,⽐如说你的⽼公你的孩⼦,他们也加⼊了这个世界.为什么呢? 因为他们选择停留在你的版本⾥⾯,他们也在这样的状态.那如果有更多的⼈加⼊呢? 那更多的⼈来加⼊呢? 你们的思想是不是又在显化⼀个不⼀样的地球版本.那呢些需要在继续需要在不断地体验⼀些负⾯的 lessons,需要学习的,他们还需要继续学习.但是你们还是在你们的版本⾥⾯.这个是没有任何影响的.为什么? 他们需要什么lessons需要什么课,你可以看到.但是呢些都是他们学习的⼀个过程,都是幻像.

You know that these are illusions. If you truly have reached this state, then you create such an environment for yourself in the present moment, understand? You create a certain frequency, right? So if you influence those around you, say your husband and children, they also join this world. Why is that? Because they choose to stay within your version, and they are also in this state. If more people join, then more people come along, wouldn't their thoughts be manifesting a different Earth version as well? Those needing to continue experiencing negative lessons, requiring learning, still need to continue with their education. But you are still within your own version. There is no impact from that. Why? They require what lessons or classes they need, and you can see them clearly. But all these are processes of their learning, mere illusions.

你并不会加⼊他们的呢个版本.你如果被他们影响的话,那你就是又跳到他们的地球⾥⾯去了.因为你可以跳进去跳出来.那你为什么要如此的傻不让别⼈跳进来,⽽是你要跳进他的呢个⽕海呢?

You won't join their version. If you are influenced by them, then it means you've jumped into their world again, as you can jump in and out of it freely. Why would you be so foolish as to prevent others from coming in, instead you wish to jump into his fiery hell?

问: ⼈类集体意识现在进化到了什么程度? 集体意识进化的阻碍在哪⾥?

Questioner: How advanced is human collective consciousness, and what are the obstacles to its evolution?

22号: 到什么样⼦,你们⾃⼰都看得到.你们才是体验者.你们都可以看到,明⽩吗?

Number 22: To what extent, you can all see for yourselves. You are the ones experiencing it. It's clear to you, right?

问: 在中国古代的时候有紫微⽃数,西⽅有占星学.这些是不成熟的探索还是我们现代⼈还没有了解的技术?

Questioner: Were there Purple Micro Combat Numbers in ancient China and Astrology in the West? Are these immature explorations or techniques that modern people haven't yet understood?

22号: ⾸先⽆论是你说的什么⽅式是什么模式,它⾸先是有⼀个⼈,他去创造的.那呢个⼈他是根据⼀套他⾃⼰的感应⽅式感受⽅式.就好像,OK,我是通过这个技术达到呢个什么.然后我就把它的经验写下来,然后供后⼈分享.任何都是这样⼦的⼀个模式.他们觉得他们遵循了⼀些规律或者模式,也就是说这是他们⾃⼰感受这个世界的⼀个⽅式.所以你们如果去问什么成熟不成熟,对不对,好不好.哪怕是⼀个精神病他体验的也是真实的.那为什么你们物质世界的其他⼈都不接受呢? 明⽩吗?

22nd: Regardless of the mode or method you're referring to, it always starts with one person who creates. That individual senses and perceives through a set of personal modes. It's as if they say, "I've achieved something using this technique," then document their experience for others to learn from in the future. This is how any such mode functions. They believe that they are following certain patterns or rules, meaning it represents their way of perceiving the world. So when you ask about maturity, correctness, and quality—whether someone's mentally ill, what they perceive remains real. But why don't others in our physical world accept it? Can you understand this?

问: 佛陀是外星⼈吗? 地球上会出现圣⼈,是在什么时候出现? 可以把⼈引领到⼀个什么样的⾼度? 圣⼈会以什么样的⽅式出现?

Questioner: Is Buddha an extraterrestrial? When will sages appear on Earth? What kind of height can humans be led to? How might a sage manifest?

22号: 地球上是不是会出现圣⼈? 你们所谓的圣⼈就是不是在幻像中的⼈,就是你们所谓的圣⼈.因为刚说你们⼀般⼈普通⼈所有⼈都是在幻像当中.他还在受幻像的影响.那呢个能让

Number 22: Will there be sages on Earth? Are the so-called sages you talk about just people in illusions, which are also what you call sages? Since you've mentioned that everyone, including ordinary people, is in an illusion and being affected by it. Then, how can

你们看清楚幻像的⼈就是你们所谓的圣⼈.什么时候能出现? ⼀直都有,只是你能不能去看到.你能不能去明⽩.就好像你们的佛陀⼀直说的呢些话,你们真的能明⽩吗? 就好像我们之前通灵告诉你们的⼀句咒语: 我在做梦.你真的能从这四个字当中… 它真的有影响到你吗?它真的有让你明⽩吗? 你真的能从这⼏个字当中去感受到什么吗? 所以你们⾯对的所有的⼀切它都是圣⼈.但是你能不能看到它圣⼈的点,还是你看到的是恶魔,就要看你⾃⼰了.

The ones who see through the illusions are what you call sages. When will they appear? They have always been around; it's just a matter of whether you can perceive them or understand them. Are you able to grasp the teachings of your Buddha, or do you truly comprehend them? Just as our spirit guides told you before with that mantra: I am dreaming. Can these four words really affect you? Do they truly help you understand? Can you sense anything from those few words? So, whatever you face is a manifestation of sainthood, but whether you see its sainthood or perceive it as evil depends on yourself.

问: 现在有越来越多的外星飞船被看到.有⼈想问是什么原因? 因为也有别的通灵渠道说2023年会有公开的物质层⾯的接触….

Questioner: There are now more sightings of extraterrestrial spacecraft being reported. Someone might ask why this is happening, given that there are also other spirit channels predicting a public physical contact in 2023...

22号: 是什么原因是吗? ⾸先就好像⽐如说你是⼀个中国的⼀个部落或者是⼀个村庄的⼀个⼈.那你经常也会看到⼀些外国⼈,⿊⼈、⾮洲⼈.那当你们的互动越来越频繁的时候,你的确会越来越多的见到外地⼈.⾸先就是说通过你们的信息,通过你们的⽹络你们就会听到其他⼀个⼩地⽅的信息.那以前⽹络不发达的时候,你看不到也听不到.所以这是你们社会本⾝它本⾝信息传播程度的⼀个影响,明⽩吗? 然后导致你会觉得这些事件频繁的发⽣.

Number 22: What causes this? Firstly, imagine you are a member of a tribe or village in China. You would often see foreign people, specifically black people and Africans. As your interactions become more frequent with them, you indeed will come across foreigners more frequently. First of all, through your information and network, you'll hear about what's happening in other small areas. Before the internet was well-developed, you couldn't see or hear much about these places. This affects how information spreads within your society itself, understand? And this leads to the perception that such events happen frequently.

问: 那现在地球上现在有没有装扮成地球⼈的外星⼈在地球上⽣活?

Questioner: Is there now anyone living on Earth who is an alien disguised as a human?

22号: 你的意思就是他本⾝就是外星⼈然后他变成地球⼈是吗? 如果你只是说他的,就⽐如说现在这个⼥孩⼦她连的这个能量,她现在把她的意识链接到这样⼦.如果是这样⼦的话,是有的.因为你现在就在⾯对这样⼦的⼀个对象和这样的⼀个状态.

Number 22: Your point is that he himself is an alien and then he becomes a human on Earth? If you are just referring to his energy, like with this girl who has connected her energy. If it's like that, then there can be such connections because you are dealing with an object in such a state now.

问: 那有没有真的是以物质形态存在在地球上的外星⼈呢?

Questioner: And are there really extraterrestrial beings that exist in physical form on Earth?

22号: 物质形式.有很多很多外星⼈他也是有物质形态的,他也是有⾁体的.因为外星⼈他也会需要⼀个探索的⼯具,需要⼀个体验的⼯具.

Number 22: Physical forms. There are many extraterrestrial beings that also have a physical form, they also have a body. Just like extraterrestrial beings would need a tool for exploration and an instrument for experiencing things.

问: 那他们有到地球上来吗?

Questioner: Have they come to Earth?

22号: 你要知道你所谓的外星⼈,因为连我们都不知道具体有多少数量.就好像你们不可能知道海底到底有多少种⽣物,因为不断地… 你只有发现了它才叫已知,对不对? 那如果它⼀直,它⽣命它实际上⼀直是在进化的呢? 它如果⼀直是在繁衍⼀直是在进化的⼀个状态呢?你如何去说这些不确定的.因为你所有的东西你说的你都只是已发⽣的已确定的事情.你怎么去说呢些没有确定,它⼀直是在被发现中,被探索中,明⽩吗?

On the 22nd, you need to understand that so-called extraterrestrials by you might not exist at all, because even we don't know exactly how many there are. It's like trying to determine the number of organisms in the ocean; you can't possibly know without discovering them, right? If their lives have been constantly evolving and reproducing throughout history, how can one account for that uncertainty when everything you're saying is based on what has already happened and is confirmed? How can we discuss these variables since they are still being discovered and explored continuously? Do you understand this concept?

问: 外星飞船出现在地球让⼈类看到,他的⽬的是什么?

Questioner: What are the purposes of extraterrestrial spacecraft appearing on Earth and being seen by humans?

22号: 你这么想,我们现在交流只是其中的⼀个能量体.那你知道有多少个能量体吗? 有⽆数个.你来问我为他呢个⽆数个的他们的⽬的是什么.你能回答这个问题吗? 如果我问你,你们地球有70多亿⼈,我问你呢个⼈他向来链接你,他的⽬的是什么?

Day 22: If you think that our communication is just one of the energy entities, how many energy entities do you know there are? There are countless. You asked me about the purpose of these countless entities. Can you answer this question? And if I ask you, with a population of over 7 billion on your Earth, and I ask someone they link to you, what is his purpose?

问: 地球上的⾃由能源什么时候可以实现?

Questioner: When can free energy on Earth be achieved?

22号: 地球上的⾃由能源? 你现在就实现了呀.你知不知道你们拥有多⼤的能量,⽆限的能量.你们现在就拥有,但是你们根本就不认识,看也看不到,⽤也⽤不到.明⽩吗? 你们拥有⽆限的去使⽤能源,不是你们,是你这个⼈,明⽩吗? 这么说,你⾸先你看这个⼥孩⼦她通灵她在⽤什么? 她就是⽤她的⾝体对不对? 那你们开发出这样⼦的⼀个能⼒了吗? 并没有.那你就知道你的⾝体,你这个⼈有多少没有被你开发出来的.

On the 22nd: The free energy of the earth? You've already achieved it right now. Do you realize how much power, unlimited power, you possess? It's available to you now, but you're completely unaware of it, can't see it, and can't utilize it. Understand that you have unlimited access to energy, not because of others, but because of yourself, do you get it?

Now, if someone says this girl has spiritual abilities, what is she using? She's simply utilizing her body, right? Have you developed the ability to do so? No, you haven't. This means you're aware that there are many capabilities within you that remain unexploited.

问: 如何可以切换到⾃⼰想要的平⾏现实? 有什么技巧吗? 它是如何运作的?

Questioner: How can one switch to a desired parallel reality? Are there any techniques involved? And how does it work?

22号: 刚才前⾯的呢个癌症的呢个信息从A到B的就告诉你了,很清楚很明确的告诉你了这个问题该如何呢个什么.

22nd: The information about that cancer case from A to B has been clearly and explicitly conveyed to you, addressing how to deal with this matter.

问: 地球上的经济系统什么时候会崩溃? 22号: 他所谓的崩溃是什么意思?

Questioner: When will the economic system on Earth collapse? Number 22: What does he mean by "collapse"?

问: 可能就是突然之间钱不值钱了? 股市崩溃了? 22号: 那不是你们⼀直在经历的吗?

Questioner: Is it possible that money just became worthless overnight? Or that the stock market collapsed? On February 22nd, wasn't that what you've been going through all along?

问: 有⼈想问地球上很多⼈都有脱发秃头的危机.我们可以让头发重新长回来吗?

Questioner: Some people wonder if there's a crisis of hair loss and baldness among many on Earth. Can we grow our hair back?

22号: 就像我前⾯说的控制,你越是去控制你越是进⼊⼀个失控的状态.因为你控制的时候你就加深了对这个事件的体验.所以需要改变的不是头发,⽽是它⾃⼰去如何看待头发这个问题,明⽩吗? 改变的是他的观念,他如何看待这个.因为你只要是这个物质⾁体,你说你难道能活⼏百年? 你只有⼏⼗年的⼀个状态下,然后它就会消失.那就好像你在问为什么⾁体要消失,为什么⾁体要变衰⽼,为什么要这样那样?

Number 22: Just like I mentioned earlier, the more you try to control, the deeper you are entering into a state of losing control because when you control, you deepen your experience of the event. So it's not the hair that needs to change; what needs to change is how he views the hair problem - do you understand? It's his perception that changes, how he perceives this. Because as long as you are part of this physical body, can you realistically live for hundreds of years? You have a state of only a few decades and then it disappears. That's like asking why the body has to disappear, why must it age, and why does it have to go through all these processes?

问: 那换⼀个⽅式我估计他更想问的是我们如何去利⽤吸引⼒的法则让头发长回来?

Questioner: In a different way, I reckon he's really wondering how we can utilize the law of attraction to get our hair back.

22号: 如何让秃头长回来? 就是说你不再去控制.就像前⾯说的事件,你为何会有如此坚固的体验,如此你去体验它.那就是你⼀直在创造它呀.如果你不去创造它呢? 明⽩吗?

Number 22: How to grow your hair back? That is, you stop controlling it. Like the events mentioned earlier, why do you have such a strong experience of it? Experience it as it is. You've been creating it yourself, after all. But if you don't create it anymore? Do you understand this?

问: 在你们的星球上如果别⼈做了不好的事情,你们会表达情绪吗? 你们如何宽恕别⼈?

Questioner: If someone did something bad on your planet, would you express emotions? How do you forgive others?

22号:因为这⾥没有需要宽恕的,也没有不好的.没有不好的事情.⼀个事情好或不好,那是因为你对它有⼀个预想.就是你对它有⼀个概念有⼀个看法有⼀个评价.然后OK,你说这个事情是不好的,呢个事情是好的.那是因为来⾃于这个.所以问题不是出现在事件上⾯,⽽是在你对这个事件的⼀个定义.就好像我们前⾯信息说⼀直对你不包容的母亲,对不对? 然后你把她评价成⼀个坏母亲,她不包容.那如果你把她当成⼀个⾮常感谢你来到我的⽣命当中.因为通过我体验了不被包容的感受,我永远不会再创造这个感受给任何⼈.你能告诉我这是个不好的事件吗?为什么?

22nd: There's nothing to forgive here and there are no bad things happening. There are no bad things because you have a preconception about it, which is your concept, view, or evaluation of the situation. You then say this thing is bad or this thing is good based on that. The issue doesn't lie with the event itself; it lies in how you define it. Think back to our previous discussion where we talked about an unaccommodating mother who didn't care for you, correct? Then you labeled her as a bad mother because she was not accommodating. But if you thought of her as someone very grateful for being part of your life, because through this experience of not being included, I will never create that feeling for anyone else again. Can you tell me that this is an event that isn't good? Why?

这个事件它是来让你成长的,来让你变的所有⼈都觉得你好好,让⼈钦佩,我好想靠近你,让⼈学习的状态.你能告诉我这是个不好的事件吗?它服务于你啊.它⽀持你啊.它如果让你变的更好变的更完善,让你更能成为你想要的⼈,为什么是个不好的事件呢?那这个定义成好的事件不好的事件来⾃于哪⾥?来⾃于你⾃⼰,你的认知.那既然没有不好和好,那又何来宽恕呢? 明⽩吗?

The event is meant to help you grow, become so admirable that everyone finds it pleasing and wishes to approach you, leading into a state of learning. Can I tell you that this isn't a bad event? It serves you by supporting you. If it helps you improve and become more refined, making you better suited for who you want to be, why would it be considered a bad event? Where does the definition of good events versus bad events come from? From your own understanding. Since there is no distinction between good or bad, how can there be forgiveness? Do you understand?

问: 我们如何能够做到不依靠⾷物来维持⾝体.因为也确实有⼈可以做到辟⾕.

Questioner: How can we survive without relying on food, as there are indeed people who can fast?

22号: ⾸先你这个⾁体是需要⾷物来维持的.那为什么有的⼈他不需要,因为他根本就不在你们的这个世界⾥⾯.你要知道你们的世界不是… 就是你可能可以看到⼀些这样⼦的,但是并不代表你们在同⼀个世界⾥⾯.你去问⼀下呢些不吃饭的⼈,他的⼀些观念他的思想他对这个世界的体验跟你是⼀样的吗? 你们是不⼀样的,明⽩吗? 那如何你才能加⼊到对⽅的世界⾥⾯去呢? ⾸先你要看你们每⼀个⾁体选择来到这个世界上他都有⼀个特定的主题.主要是来体验什么的.那如果你的⾁体来到这⼀世主要是来体验⾝体上挑战的极限.你才会去经历这些,明⽩吗? 因为当你去体验的不是你来这⾥的(主题)的话,你只是看着别⼈这样做的话.

Day 22: Firstly, your physical body needs food to sustain itself. Why don't some people need it because they're not actually in your world. You have to understand that your world isn't... you might see some like this, but it doesn't mean you are in the same world. Ask those who don't eat; do their beliefs, thoughts, and experiences of the world match yours? They aren't the same. Do you understand? How can you join them in their world? Firstly, recognize that every physical body chooses to come into this world for a specific theme. The main purpose is to experience something. If your body comes into this life primarily to experience physical limits and challenges, then you will undergo these experiences because when you don't experience what you're supposed to (the theme), you just observe others doing it.

你会有⼀股⼒量不断地把你往回拉,明⽩吗? 所以不要去跟随任何⼈的脚步.如果你能去领悟到是什么东西,有⼀股⼒量⼀直在推你向某⼀个⽅向.呢才是你的⽅向.因为⼀切都是顺的,就好像顺⽔⾏⾈⼀样.

You will feel a force constantly pulling you back, understand? So don't follow anyone's footsteps. If you can comprehend what drives a force to always push you in a certain direction, that is your direction. Because everything flows smoothly, just like sailing with the current.

问: 我们如何才能联系链接我们的⾼我?

Questioner: How can we connect with our higher selves that link us?

22号: 那就是说你们越来越可以让你的头脑安静下来.那只有选择去做可以让你好像让我忘了时间的存在,忘了外界的存在(的事情).⼀种忘我的状态.然后你越是去进⼊到这样的⼀个状态,那就是你的连接⽅式.因为每⼀个⼈他是不⼀样的.你⾃⼰才能哪⼀个才是你的⽅式,明⽩吗?

Number 22: This means you can gradually calm your mind. Only by choosing to do things that make me forget about time and the external world could you reach a state of being completely immersed in yourself - a state of selflessness. The more you immerse yourself in such a state, the closer it aligns with how you connect internally because everyone is unique. You alone can determine which method works for you, do you understand?

问: 我们的地⼼是不是有⼈居住? 我们可以跟他们产⽣链接吗? 我们可以去吗?

Questioner: Is there life in our core? Can we establish a connection with them? Can we go there?

22号: 你感受的地球是⼀个,⼈家地⼼能住⼈的又是另外⼀个.处在不同的⼀个频率⾥⾯.问: 有⼈想问他的⼀个朋友是阴阳眼说近⼏年会死去⼤量的⼈⼜.他想问这个是真的吗?

22nd: The Earth you feel is one thing, and the one where people can live underground has another frequency entirely. Questioner: Someone wants to ask a friend who believes in the Yin-Yang eyes if many deaths will occur over the next few years. They want to know if this prediction is true.

22号: 他看到的是哪⼀个地球的版本呢? 你明⽩我意思吗? 那我刚刚有跟你说A版本B版本C版本.那他看到的只是他⾃⼰的⼀个版本.那你跟他是在同⼀个版本⾥⾯吗? 你可以跟他是同⼀个,你也可以跟他不是同⼀个.

On the 22nd: Which version of Earth is he seeing? Do you understand my meaning? That's right, I just told you about versions A, B, and C. He's only seeing his own version. Are you both in the same version? You can be the same as him or not.

问: ⽬前地球的收割进程如何? 有多⼤的⽐例实体可以毕业到正⾯的四密度的地球? 我们如何协助地球的扬升? 如何在灵性的层⾯缓解地球母亲的分娩痛苦?

Questioner: How is the current harvesting process on Earth progressing? What percentage of entities can graduate to the positive fourth density Earth? How do we assist in the ascension of the Earth? And how can we alleviate the Earth Mother's labor pains spiritually?

22号: ⾸先他要知道什么分娩的痛苦什么什么东西,这些都是他⾃⼰体验的呢个版本,都是他⾃⼰创造出来的.这⾥并没有所谓的分娩的痛苦,也并没有所谓的要帮助扬升或要帮助任何.你只有你⾃⼰的⼀个体验.但是你的任何,⽐如说你的认知的转变,你的认知的提升,你的任何思想层⾯的进步或者是什么,你都会带动着整体,你都会影响着其他.就好像你是⼀个光,你要是亮起来的话,你没有办法不照亮.然后呢些他可以选择跟你同时跟你⼀起亮,被你照亮.他也亮起来.因为你们就好像是你们都是河⾥的⽔,你们都是这个池⼦⾥⾯的⽔.那你⾃⼰进化了,那整个池⼦的⽔它也会受到影响的.你污染了,它也会受到影响的.

Number 22: Firstly, he needs to know what childbirth pain is and what things are involved, which are all his own experiences and creations. There's no real pain of childbirth here, nor any need to assist ascension or anything else. You only have your own experience. However, whatever cognitive shifts or enhancements you undergo, whether it be in thought processes or not, they will influence the whole, affecting others. It's like you're a light; if you turn on, there is no way of avoiding shining on them. And those who can choose to shine with you, to be illuminated by your light, also brighten up themselves. You are like water in the river or in a pool; when one part of it evolves, the entire pool's water is affected. If one part is polluted, it affects everything else as well.

问: 觉是⼀种现象还是功能?

Questioner: Consciousness is a phenomenon or a function?

22号: ⾸先是你们⾃⼰对⼀个⽂字的理解和定义,是你们⾃⼰给与的.你觉得它是什么就是什么,明⽩吗?

Number 22: Firstly, it's your own understanding and definition of a word that you give yourselves. Whatever you think it is, it is, understand?

问: 有⼈想问她⽼是⼼慌不安害怕失去.有没有什么办法可以帮助她⾛出来?

Questioner: Some people want to ask her about always feeling anxious, afraid of losing things. Is there any way to help her get out of this?

22号: 那就是前⾯我们⼀直说到的你们⼈类最⼤的区别和限制就是你们会把物质世界外在的⼀切看成是真实的,是坚不可摧的.那如果你知道外界的所有的⼀切它实际上都是幻像呢?它并不是坚不可摧的,它是随时都在变化的,它是随着你的视⾓你的观念变化⽽变化的.就好像我们昨天通灵信息说的呢个⿊影.最开始你觉得它是⿁,它会吃掉你.你⾝体产⽣反应.那最后你发现实际上它是你的爱⼈,你的⾝体的变化,明⽩吗?那实际上这个背影它是没有变化的呀.你变化的是什么?是你去看待它的⼀个⾓度.你头脑⾥⾯如何给它定义的.那导致她害怕恐惧⼼慌不安的话,那她肯定是进⼊了物质世界的幻像.那她知道这是个幻像呢?

22nd: That is the greatest difference and limitation you humans have always been talking about - that you perceive everything in the material world as real and unbreakable. But what if you knew that everything outside was actually an illusion, not unbreakable, but constantly changing, dependent on your perspective and beliefs? As we discussed yesterday with the spiritual information about the shadow figure. Initially, you perceived it as evil, thinking it would eat you. Your body reacted accordingly. Later, you realized it was your loved one or a change in your own body - you get it? Actually, that back figure didn't change; what changed was your perception of it – how you defined it in your mind. If she felt afraid, anxious, and uneasy because of her understanding of the situation, then indeed, she had entered into the illusion of the material world. Would she understand this if she knew it was an illusion?

她知道其实所有⼀切并不是我眼前看到这个样⼦? 明⽩吗? ⽽且她知道不同的现象都是可供我使⽤的.它来帮助我成长,它来成就我的.那她的⾝体感受是不是就完全变化了?

She knew that everything wasn't actually how I saw it, could you understand that? And she knew that different phenomena were all available for my use. They came to help me grow and achieve myself. So, isn't her physical sensation completely transformed too?

问: 有⼈想问地球上电视⾥⾯这种⼆维的存在,⽐如奥特曼打怪兽.这种事情是存在的吗? 存在于哪⼀个现实⾥?

Questioner: Someone wants to ask about these two-dimensional beings on Earth shown in TV shows like Ultraman fighting monsters. Does such a thing exist? In which reality does it occur?

22号: 是不是真实存在的? 你先别说电视⾥⾯是不是真实存在的,你们物质世界你看得到摸得着尝的到的东西它都是⼀个幻像.但是这些幻像它是来帮助你的.那电视⾥⾯它可以给你创造⼀个频率.你也可以很好的去利⽤呢个频率.因为你们看到电视⾥⾯恐惧的⼀个频率,你们会进⼊到⼀个恐惧的频率状态,看到⼀个开⼼的可以进⼊⼀个开⼼的频率状态.那你是不是可以很好地去利⽤这种让你很快的去进⼊⼀个什么样⼦的⼀个频率,⼀个状态,明⽩吗?所以它真假是没有必要的.最重要的是你如何让它外在的这个相如何来服务于你.因为你才是最重要的,⽽不是外在的相.你们所有⼈都颠倒了.你们是把外在的相看作是最重要最坚不可摧的.

Number 22: Does it truly exist? Don't you just want to discuss whether what's shown on television is real, but what your physical world presents as tangible things that you can see and touch are merely illusions. However, these illusions are designed to assist you. The TV can create a frequency for you; you can also effectively utilize that frequency. As you observe fear on television, it can lead you into a state of fear, just as a joyful scene might bring about a sense of happiness. Can't you use this to quickly enter into a certain state or frequency? Understand that truthfulness isn't the essential point. The most crucial aspect is how you make that external appearance serve your needs. You are the priority, not the external manifestation. All of you have it backwards; you've mistaken the external appearance for being the paramount and unbreakable factor.

就⽐如说很多⼈他死于疾病.为什么?因为他觉得疾病是不可战胜的.就是因为他这个观念.他觉得我这么痛,看吧,这个是真实的,是没有办法的.那他就在继续加深这个幻像,然后就真正的困在⾥⾯了.所以你们要知道你才是呢个拥有⼒量的,⽽不是疾病,不是外在的现象也不是外在的事件.你说.

For example, many people die from diseases. Why? Because they think that diseases are invincible. It's because of their mindset; they feel so much pain and say, see this is real, there's nothing you can do about it. So they deepen this illusion, trapping themselves in reality. So you need to understand that the power lies within yourself, not the disease, not external phenomena or events.

问: 发明电动汽车的特斯拉还有上个世界的伟⼤科学家尼古拉斯.特斯拉,他们之间是有什么连接吗? 他们是带着讯息来的吗?

Questioner: Is there a connection between Tesla, the inventor of electric vehicles, and the great scientist Nikola Tesla from the previous century? Are they bringing messages?

22号: 是否带着信息⽽来? ⾸先你要知道你们创造的这个电动车也是你们,就好像我刚刚说的你的⼈才是主导者,才是影响者,⽽不是外界.你可以去通过他的这个案例也好这个事迹也好,他就是所谓的创造者.但是你们世界上不只是只有汽车这个创造者.很多很多创造者.然后他们是带着信息⽽来吗? 你这问题很… 因为你们每⼀个⼈都有带信息,明⽩吗? 并不是⼀些真正的做了⼀些有影响⼒的事件的⼈,他们才是带着信息.为什么他们的影响⼒会⼤过于其他普通⼈的影响⼒呢? 是因为你们的集体意识更多的认同他.就是你们所有⼈都这么认同,去这么认同,就是这样了.然后另外⼀个只是没有被很多⼈看到,没有被很多⼈认同.

Number 22: Do they come with messages? Firstly, you need to understand that the electric cars you create are also you, just like I mentioned earlier - your intelligence is the driver and influencer, not external forces. You can look at this through his case or achievements; he is the creator in question. However, it's not only automotive creators in the world. There are many other creators out there. Do they come with messages? Your question...is quite.. because each of you carries information, right? It's not just those who have truly performed impactful events that carry messages. Why does their influence overpower that of ordinary individuals? Because your collective consciousness resonates more with them - because everyone agrees and acknowledges them in the same way. And then there are others whose contributions may not be as visible or widely acknowledged by many.

但是并不代表他没有带信息,明⽩吗? 这么说吧,你们都是种⼦,都会盛开都会开花.然后你们开花的都是⼀样的.那你说他们这些开了花的才是有种⼦,呢个种⼦才会开花吗? 其他的不会开吗? 都会开的.因为你们都⼀样,都是花种⼦.只是这朵花被⼈看到的多.是因为你们集体意识创造了这个.你们不断地在看它,不断地在谈论它,不断地在传播它.当然,那它就是越来越显眼.

But it doesn't mean he didn't bring information, right? Let me put it this way, you are all seeds that will bloom and flower. Then when you do bloom and open up, they're all the same type of flower. Do you think only those flowers that have bloomed have seeds, and that these seeds are the ones that will bloom? What about the others; won't they also bloom? Yes, they will bloom because you are all the same; you are flower seeds. The reason this particular flower gets seen more often is because of your collective consciousness. You keep looking at it, talking about it, and spreading it around. Of course, as a result, it becomes more prominent over time.

问: 有⼀个⼈想问她提前两个⽉梦到了⼀个男⽣.然后在微信⾥发现这个男⽣是她的好友,但是他们从来没有说过话.他们从开始聊天到现在快10个⽉了.开始的时候是很⼀见如故,现在⾯临很多的磨合.由于国家的不同,他们还没有见到⾯.她想问她和这个男⽣是灵魂的伴侣吗?

To ask: A person wants to know if she dreamed about a boy two months earlier and then found out via WeChat that he was her friend, even though they had never spoken before. They have been chatting for almost 10 months since the beginning. They started off with an instant connection but are now facing many adjustments. Due to geographical differences, they haven't met in person yet. She wonders if she and this boy are soulmates?

22号: ⾸先我没有去链接她的能量,所以我不能去从呢个⾓度去看到.但是呢,任何阶段出现的⼈他只是来映射你当下的⼀个状态.你记住这句话,任何阶段他出现的跟你互动的对⽅,他只是来映射出你当下的⼀个状态.就⽐如说你当下有⼀个特别强烈的需求,你想要出现⼀个什么样⼦的⼈.然后呢个⼈就会出现的.然后他来出现他只是让你来看清楚,你⽬前有这个需求,就是你⽬前是这样⼦的⼀个状态⽽已.然后呢,你的状态它实际上只是在不断地变化当中不断地变化当中.当你们的频率如果越来越不相容的时候,越来越不兼容的时候,就会出现很多很多摩擦.就会出现⼀些排斥,就不在互相呢种,就感觉我跟你是同频的呢种状态.

Number 22: Firstly, I did not link her energy, so I cannot see from that perspective. However, any person who appears at any stage is merely there to reflect your current state. Remember this sentence: whoever appears and interacts with you at any stage only reflects your current state. For example, if you have a particularly strong need at the moment and want someone of a certain type to appear, they will show up. They come into being just to help you see clearly that you currently have this need, that you are in this particular state. Your state is actually constantly changing. When your frequencies become increasingly incompatible, friction starts to occur. There may be feelings of rejection and disconnection as each person feels out of sync with the other.

所以说任何外在的它都只是映射出你⾃⼰的⼀个状态.你看到了这句话你就知道最重要的不是你外在遇到什么⼈,⽽是你你内在是⼀个什么样的状态.因为当你处在⼀个什么样的状态,你便会,怎么说,你⾃⼰会投射出来这样的⼀个⼈来跟你互动.如果你是每天都是想着⼀些露⽔姻缘,就是呢种很肤浅的关系.你⾃然⽽然就会吸引很多这种很肤浅的关系来到你的⽣命当中.那如果你的内在你是觉得我是想要稳定深厚的感情,那你⾃然会吸引到⼀段深厚的感情到你的⽣命当中来.因为你外在所有的⼀切它显现的就是你⾃⼰的⼀个信念和你的⼀个状态,明⽩吗?因为外在⼀切它都是,就好像我刚刚说幻像是镜⼦⾥⾯的镜像.

So any external thing is merely a reflection of your own state. When you read this sentence, you'll understand that what truly matters isn't who you encounter externally but the internal state you're in. Because when you are in a certain state, you naturally project someone with that same quality to interact with. If you constantly dwell on fleeting relationships, superficial connections - you will attract many such superficial relationships into your life. Conversely, if your inner self desires stable, profound love, you will naturally draw deep, lasting relationships into your life. Because all external things reflect your own beliefs and state of being, do you see? As I said earlier, everything external is like an image in a mirror, mirroring back to you what you truly are inside.

# **2022/09/12 — 线上集体通灵问答之善⽤你的能量 Online Group Mediumship Q&A: Utilizing Your Energy Effectively**

第⼀个⼈⾼灵: 你们可以提问了,什么问题?

First spirit: You can ask questions now, what question?

问: ⾼灵你好,我现在在打坐冥想的时候腹部⽼是有很强烈的胀感,不舒服.想问⼀下是为什么?

Questioner: Greetings Spirit, I often feel a very strong sense of bloating in my abdomen when meditating. It's uncomfortable. Could you explain why this is happening?

⾼灵: 你想问⼀下你的⾝体为什么会难受? 如果你每次所有的东西都是去找到为什么的话,那我跟你讲你每⼀个时刻发⽣的事情它的背后的为什么都会不⼀样的,你明⽩吗? 所以最主要的是你可以,就是说如果你真的觉得⾝体不舒服,那么你不要打坐了.去做让你觉得舒服的事情.你睡觉舒服那你就睡觉,明⽩吗? ⽽不是⼀定要去忍受这个不适.因为你⾃⼰的⾝体,你⾃⼰才是呢个去给它创作感受的⼈,明⽩吗? 所以就顺着你的⾝体,然后你去发现它怎么样可以最舒服的⼀个状态.

Higher Spirit: Are you wondering why your body feels uncomfortable? If you question the cause of everything every time, I'll explain that the reason behind every happening at each moment will be different. Do you understand? So the main thing is that if you really feel unwell, don't meditate; do things that make you comfortable instead. If sleeping gives you comfort, then sleep. Understand? You shouldn't force yourself to endure discomfort because ultimately, it's you who creates these sensations in your body. Thus, follow your body and find out how it can be most comfortable.

问: 明⽩了.第⼆个问题是我想问⼀下我前⼏天在凌晨的时候忽然感觉到⼀股能量,然后我就从床上飘起来⼤概⼀⼨.因为我们之前说我们体验的都是⾃⼰的能量.所以我想知道这是我⾃⼰在跟⾃⼰做游戏还是有什么别的信息要给到我?

Questioner: I understand. The second question is that I wanted to ask about the sudden sensation of energy I felt a few days ago around midnight, which made me float up from the bed by about an inch. Since we've been discussing our personal energy experiences, I'm curious to know if this was just my own mind playing with itself or if there's any other information being conveyed to me?

⾼灵: 你想问⼀下发⽣的这个事情? 你想的这些都是你的头脑想要去给它⼀个定义.就像我前⾯说的,就算你同⼀个感受它每⼀次它可能产⽣的原因都不⼀样.然后你也不要把我们曾经说的⼀句话就是你感受的都是你⾃⼰的能量,然后就永远拿着去对待所有的事情.这⾥没有任何东西是永远定死的.所以你看你⾃⼰,你最重要的是看你⾃⼰,你的⼀个思维模式,思维⽅式.拿着⼀句然后永远都这么看.然后永远去找为什么.为什么有什么意义? 为什么呢? 因为你每⼀个时刻都是不⼀样的,每⼀个时刻都是新的.你上次是因为吃错东西肚⼦疼,那你下次可能是别⼈打了你⼀拳你肚⼦疼,明⽩吗? 这个都不⼀样的.

Higher Spirit: You want to ask about this incident that happened? What you're thinking are all definitions your mind wants to give it. As I mentioned before, even though you might feel the same sensation each time, there could be different reasons for its occurrence every single time. Don't always hold onto a statement that what you feel is solely due to your own energy, treating it as an absolute truth for everything. There's nothing that stays permanently determined here. So, when looking at yourself, your primary focus should be on your mindset and thought patterns, rather than grasping onto one idea and endlessly asking questions about why. Why does any of this matter? Why question things constantly? Because every moment is different, every moment brings something new. Perhaps you had stomach pain last time due to eating the wrong food. This time, it could be because someone punched you in the stomach, understand that these reasons are not consistent.

但是你也没必要⼀定要去抓紧,知道,就是我这个是因为这个所以肚⼦疼.那我下次就去照着,只要产⽣这个现象就是呢个原因引起的.你这不是⾃⼰在捆绑⾃⼰吗? ⽽且外在所有东西它其实怎么样不重要.为什么呢? 重要的是你想去哪⾥! 明⽩吗? 不然的话,任何⼀个现象你都会陷进去.这样出现⼀个现象,你就开始在这⾥.然后又出现另外⼀个现象你又开始在呢⾥.你永远都会被外在的这些现象,在这些幻像给捆住,然后你到不了你想要去的地⽅.

But you don't need to necessarily cling so tightly, understand? This is because of this reason that my stomach hurts. Next time I'll follow this method; as long as this symptom appears, it must be due to this cause. Aren't you just tying yourself up here instead? And what's more, all external things actually don't matter in essence. Why is that? It's because where you want to go matters! Get it? Otherwise, any phenomenon will trap you into a loop. Once a symptom appears, you start focusing on this one; then another symptom pops up, and you switch focus again. You'll forever be caught in these external phenomena and illusions, unable to reach the destination you desire.

问: 我的最后⼀个问题是请问我的⾼我还有指导灵还有别的什么信息带给我吗?

Questioner: My final question is, do my higher self, guides, and any other entities have messages for me?

⾼灵:最前⾯的呢些信息,你⾃⼰从你的头脑⾥⾯产⽣的⼀些问题,你⾃⼰去看你卡在哪⾥.这样你就不需要去消耗你的能量在对你⽆关紧要的⼀些事情,明⽩吗? ⽽是你可以朝着你⾃⼰想要创造的⼀个⽅向.

Higher Spirit: Those initial pieces of information are questions that you generate from your own mind. Look at yourself to see where you're stuck. This way, you don't have to waste energy on things that aren't important to you. Understand? Instead, you can move in the direction you want to create.

第⼆个⼈问: 我爷爷最近确诊了肝癌晚期,然后我今天看⼀篇⽂章说喝西芹汁和柠檬汁可以解毒,可以治愈.

Second person asked: My grandfather was recently diagnosed with late-stage liver cancer. I read an article today that says drinking celery juice and lemon juice can detoxify and cure it.

⾼灵: 你爷爷得了肝癌晚期,然后呢?

Higher Spirit: Your grandfather has late-stage liver cancer, and then what?

问: 就是医院已经没办法治了.所以想知道给他喝点解毒的果汁会有效果吗?

Questioner: The hospital can no longer treat him. So, I wonder if giving him a detoxifying juice would be effective?

⾼灵: 会有效果吗? 所以你是想要请求我们来告诉你会有效果还是没有效果,是吗?问: 对.然后没有效果的话…⾼灵: 如果我们说没效果,然后呢?问: 那有什么别的建议或药?

Higher Spirit: Will it work? So you're asking if we would tell you whether it will work or not, correct?

Questioner: Yes. And what if there's no effect... Higher Spirit: If we say it won't work, then what? Questioner: Then do you have any other suggestions or medicine?

⾼灵: 那你可以去问医⽣啊.如果医⽣告诉你没有效果,那你们会怎么做?问: 医⽣已经说不能治了.

Higher Spirit: Then you could ask the doctor. If the doctor tells you it won't work, what would you do then? Questioner: The doctor has said they can't treat it.

⾼灵: 医⽣的话你们都不相信,为什么你们要相信我们的话呢?问: ⾃然疗法和西医不⼀样.

Higher Spirit: If you don't believe what the doctor says, why would you trust our words instead? Questioner: Natural therapy is different from Western medicine.

⾼灵: 我为什么会问你这些问题? 因为你关注在⼀个错误的点.你还是在指望⽤外界的⼀个东西可以把你们⼈⽣的功课或者是经历或者是体验去拿掉.但是这并不是疾病发⽣在你们⾝上的原因、⽬的.你明⽩什么意思吗? 本来这个疾病发⽣在这⾥是⽤来呈现出什么,来让你们体验或者学习到什么.然后你就直接来说这个能不能把我这个拿⾛? 能拿⾛? 那你拿吧.哦,不能拿⾛? 那我继续找⽅法把它拿⾛.然后发现什么⽅法都没办法.你也错过了你的功课.

Spirit: Why am I asking you these questions? Because you are fixating on the wrong point. You still expect something from the outside to take away your life lessons or experiences or even your conditions. But that is not the reason or purpose behind this disease happening to you. Do you understand what I mean? The very fact that this disease has occurred here is intended to reveal something, to enable you to experience and learn something. And then you simply ask, can this be taken away from me? Can it be removed? Just take it if you want. Oh, it cannot be removed? Then I will keep looking for ways to remove it. But you find that no method works. You have also missed your lesson.

问: 那我的功课是什么?

Questioner: What's my homework?

⾼灵: 你既然来到这⾥,然后问这个问题.OK,那我们这⾥就是⼀次机会来让你们所有的⼈类来了解到疾病对你们⼈类真正的含义,明⽩吗? 因为你的所有问题都是来⾃于你的头脑,你的⾁体.你的头脑还有⾁体它对这些是⼀⽆所知的.因为它关注的只是物质现象的⼀个结果,就是物质现象的⼀些事件.但是是什么导致了这些物质现象? 就好像你只看到了⼟地上⾯长了⼀棵树,长了⼀根藤.但是呢个藤是从哪⾥出来的从哪⾥冒出来的你不知道.你知道找出来⼀根藤把它割掉.你看不到呢根藤是来⾃于哪⾥.你不知道它地底下还长了很多根.是呢个根导致呢个藤在不断地长.你说.

Higher Spirit: Since you've come here and asked this question, okay. Now, we are providing you with an opportunity to understand the true significance of illness for your species. Do you comprehend? Because all of your questions stem from your mind and body - they have no knowledge about these matters as their focus is on the results of material phenomena, the events that manifest in the physical realm. But what causes these material phenomena? It's like seeing a tree growing on the ground or a vine sprouting forth; you don't know where it came from, how it appeared. You understand to remove one vine, but you can't see which root caused this vine to grow continuously beneath your knowledge - in the same way that there are many roots supporting and enabling its growth.

问: 那他时间就不够去了解了,就必须先把病治好.

Questioner: If so, then he doesn't have enough time to understand it, and therefore must first treat his illness.

⾼灵: 你想你们整个社会整个⼈类整个思想都有病,都有毒.你怎么去把你这个拿⾛? 都是在⼀个有毒有病的状态,你怎么把你的肝拿⾛? 你拿⾛了又冒出来啊.

Higher Spirit: Do you think that your entire society, humanity, and thought are all sick, all poisonous? How do you remove this from yourself? They are all in a toxic and diseased state, how do you take out your liver? It just keeps coming back.

问: 就我爷爷得病是因为我奶奶影响他⼼情.

Questioner: My grandfather got sick because of my grandmother's impact on his mood.

⾼灵: 就好像刚才我给你⽐喻的呢样⼦,如果你只关注呢个⼟地⾯上长出来的呢⼀根藤⽽不知道地底下有多少根的话.那你觉得你能把藤全部割完吗? 你现在就好像你来跟我说我要把地⾯上的藤全部给它割完.你能割的完吗? 它不断地在繁殖不断地在⽣长.你割了它又长.

Higher Spirit: Just like the analogy I gave you just now, if you only focus on one vine growing aboveground without knowing how many are underground, would you think you could cut them all down? Right now, it's as though you're telling me you want to cut off all the vines aboveground. Can you do that? They keep reproducing and growing continuously; you cut one, and another grows back.

问: 那反正暂时是没有别的办法.

Questioner: Well, there's no other way for now.

⾼灵: 因为你们的头脑只关注着呢根藤.就像我说的,你把这根藤拔掉,它还会再长.那如果你把这次你亲⼈得病的这个事情当成是你对⽣命的⼀个认知认识呢? 明⽩吗? 因为你要知道只要你们有物质⾁体,你别说你爷爷,你的⾁体也会消失.你的⾁体也会⽣⽼病死也会消失的.你能防⽌的了吗? 你说你连你⾃⼰的⾁体你都保不住,你如何去保护你爷爷的⾁体?因为你现在说的只是保护他的⾁体呀.

Higher Spirit: Because your minds are only focused on this vine. As I said, if you pull it out, it will grow back. If you consider the illness of your loved ones as a cognitive understanding of life, do you understand? You must know that with your physical bodies, not even your grandfather's body is safe. Your own body will also age, get sick, die and disappear. Can you prevent this? If you can't protect your own body, how can you protect your grandfather's body when you're only talking about protecting his body now?

问: 对呀.我就想再最后尽⼀下⼒,如果没有办法就算了.

Questioner: Alright. I just wanted to make one last effort; if there's no way, then it's fine.

⾼灵: 就算是你的⾁体你都没有办法保护它,明⽩吗? 所以你只能在去通过这个⾁体,就好像我刚才说通过这个事件去认识到底什么是⽣命? ⽣命并不像你们以为的它是永久的,它是永远的或者它能活⼀百年多少多少.它只有你们就是好像是醒过来.

Higher Spirit: Even your physical body you can't protect, understand? So you can only go through this body like I just said going through this event to understand what life truly is? Life isn't permanent as you all think; it's not forever or able to live for a hundred years and so on. It's only you waking up.

问: 就是珍惜现在?

Questioner: It's about cherishing what we have now?

⾼灵: NO.如果你现在如果没有醒过来,就好像还是在这个睡梦当中,在这个幻像当中.你并没有活出你的⽣命,你只是⼀个⾃动反应⽽已.就好像是⼀个稻草⼈,风⼀吹你动⼀下.你只是在做出条件反射⽽已.

Higher Spirit: NO. If you haven't woken up right now, it's as if you're still in this dream, in this illusion. You're not living your life; you're just a reactive mechanism. It's like a scarecrow, moving with the wind. You're simply reacting conditionally.

问: 所以我爷爷也能在最后这段时间就是珍惜⽣命?

Questioner: So my grandfather could also cherish life during these final days?

⾼灵: ⾸先你爷爷,你不能拿你对⽣命的认知或者是思想或者是见解去代替他⾃⼰的感受,明⽩吗? 你不能⽤你觉得死亡好可怕,结束⽣命好可怕,或者是怎么样.没有的.为什么?因为在他深深的呢⾥⾯,他知道他是⼀种回归.他并不是⼀种像你说的结束、死亡.它只是⼀种回归.回到他真正的归属.

Sage Spirit: Firstly, you cannot replace his own feelings with your understanding or thoughts about life or death. Understand? You can't say dying is terrible and ending life is terrible, because he knows it's a return. It's not an end or death like you say; it's just a return to where he truly belongs.

问: 那我知道了,我就放开⾃⼰的执念.

Questioner: Alright, I understand now; I'll let go of my attachments.

⾼灵: 你还有问题吗? 我们来这⾥不是来教你们应该怎么做.⽽是只是来让你看到你被卡在你的头脑⾥⾯.

Higher Spirit: Do you have any more questions? We're here not to teach you what to do, but simply to show you that you are stuck in your own head.

问: 第⼆个问题是我想知道我跟我的男朋友,叫沈X,我们俩前世是什么关系? 我跟我男朋友相处感觉很紧张.是不是因为前世是什么关系导致现在…⾼灵: 你想知道你们前世是什么关系? 你们最应该关注的是你现在.你只要知道你现在你的关系当中,你的所有关系当中他都是来帮助你有⼀个⾃我看清楚⾃⼰的⼀个机会,来让你重新做选择.就好像我刚刚跟你说你通过爷爷得病你就可以看出来你困在哪⾥.你是活在什么样的观念⾥⾯.那通过这个事件你就可以看到你原来是卡在这⾥.原来我是关注错了,原来我是这样.那通过你男朋友的关系,它也可以把你内在的很多很多给映射出来.原来我有这个恐惧,原来我最紧张的是这个,原来我最在乎的是这个.然后背后所有的这些都会有⼀套你

Questioner: The second question is that I want to know what kind of relationship me and my boyfriend, named Shen X, had in our previous lives? I feel very tense when I'm with my boyfriend. Could it be because of the previous life relationship causing this... Higher Spirit: You want to know what kind of relationship you had in your past lives? The most important thing for you now is to focus on yourself right now. Just know that he, your boyfriend among all relationships, provides an opportunity for self-reflection and self-awareness, allowing you to make new choices. It's like I just told you that by observing how you handle the situation of your grandfather's illness, you can see where you are stuck and what kind of mindset you're living in. This event reveals where you were previously blocked, realizing that you had been focusing on the wrong things and that this is how it was. Through his relationship with you, he reflects many aspects within you. Realizing that I have these fears, understanding that my greatest tension lies here, and acknowledging what truly matters most to me. Everything behind these realizations forms a set of lessons for me

⾃⼰的⼀个程序或者是思维模式或者是信念在⾥⾯.这个才是你需要去知道你是被什么控制的.因为你⾝体产⽣的所有反应和情绪它都是有⼀套程序.你就会知道你在程序⾥⾯,那当你知道这些的话,你是不是就可以不断地不断地跳出这个程序.当你跳出这些程序不被程序控制的时候,你是不是就真的是活着的? ⽽不是只是像我刚刚说的⼀个稻草⼈风⼀吹⼀动.这才是你们之间,就是说不同的关系来服务于你们的⼀些⽬的.

Your own program or mode of thinking or belief is within it. This is what you need to know what controls you, because all the reactions and emotions your body generates have a set of procedures. You will realize that you are inside this procedure. Once you understand these things, can you keep breaking out of this procedure continuously? When you manage to escape from these programs without being controlled by them, do you truly live rather than just moving like a straw figure with the wind blowing on it? This is how their interactions serve certain purposes for all of you.

问: 我在怀孕,我想知道我的⼩孩想跟我说什么?

Questioner: I am pregnant, and I want to know what my baby wants to tell me.

⾼灵: 你现在怀孕? 你想知道你的⼩孩想跟你说什么? 你怀孕多久?问: ⼋个⽉多⼀点.

Higher Spirit: You're pregnant? Do you want to know what your baby wants to tell you? How far along are you? Questioner: A little over eight months.

⾼灵: 你稍等.他说他⽬前没有什么信息想要带给你.但是如果你留意你的梦,然后这些所有的信息他会通过梦中的⼀些景象呈现给你.

Higher Spirit: Wait a moment. He said he doesn't have any information to share with you at the moment. But if you pay attention to your dreams, then all this information will be shown to you through scenes in your dreams.

第三个⼈问: 我想问⼀下我和我双⽣⽕焰的关系.前段时间我们决定不聊呢么亲密的活体.我就觉得我的性能量,就是我对我⽼公没有呢种感觉和想法.后来我把我的双⽣⽕焰删除以后,我就膝盖疼.我想知道这两种情况跟我的双⽣⽕焰有关系吗?

Third person asks: I want to ask about my relationship with my twin flame. Recently, we decided not to discuss anything too intimate. I felt that there was no such feeling or thoughts towards my husband. After deleting my twin flame, I experienced knee pain. I wonder if these situations are related to my twin flame?

⾼灵: 双⽣⽕焰是⼀个⼈,你⽼公是⼀个⼈是吗?问: 对.就是我们各⾃都有家庭.

Higher Spirit: Twin Flames is one person, right? Is your husband also one person?

Questioner: Yes, that's correct. We each have our own families.

⾼灵: 为什么你会觉得他是你的双⽣⽕焰呢?

Higher Spirit: Why do you feel he is your twin flame?

问: 因为我跟他聊天的时候我经常会流泪会哭,跟别⼈说话不会.跟他说话我会经历很多灵魂暗夜,很多课题.然后我就确定他应该就是我的双⽣⽕焰.

Questioner: Because I would often cry while talking to him and not with others, he was my soul flame, as I experienced many dark nights of the soul and faced numerous challenges when speaking with him. This is how I confirmed that he should be my twin flame.

⾼灵: 那是不是如果⼼理医⽣,因为⼼理医⽣都知道你的所有,他知道你的痛点,知道你的呢个什么.如果他来这样跟你说话,你也会觉得⼼理医⽣是你的双⽣⽕焰了?

Higher Spirit: Is it possible that if a psychologist spoke to you like this, knowing all about you and your vulnerabilities, they would feel like your soulmate?

问: 那可以看他是不是我的双⽣⽕焰吗?

Questioner: Can it be that he's my twin flame?

⾼灵: ⾸先这⾥并没有什么双⽣⽕焰.是你⾃⼰给⾃⼰创造的,就是你⾃⼰给⾃⼰制造的⼀个⽹.就好像你⾃⼰是蜘蛛,你⾃⼰给⾃⼰织的⽹.然后乐在其中,明⽩吗? 你都是在你⾃⼰创造的⼀些幻觉当中,⾃⼰去⾃导⾃演,⾃⼰去感受、体验.你说.

Higher Spirit: First of all, there is no twin flames here. It's something you create for yourself, a web that you make for yourself. Like you're the spider spinning your own web and enjoying it, understand? You are caught up in illusions you've created, acting out scenarios and experiencing them on your own.

问: 就是每次他把我删了或者是我把他删了,我就会有很强烈的被遗弃的感觉.删了后就会有各种各样的信息来⼲扰我,就好像催促我把他加回来⼀样.那这是什么原因呢?

Questioner: It's when he blocks me or I block him, that I feel a very strong sense of abandonment. After blocking each other, various types of information bother me, as if urging me to add him back. What could be the reason for this?

⾼灵: 那也是你⾃⼰,⾃⼰脑海⾥⾯的⼀些各种定义、念头、想法.

Higher Spirit: It's also you, your various definitions, thoughts, and ideas within your own mind.

问: 但是我以前并不知道有双⽣⽕焰这个概念.就是跟他聊天之后才..

Questioner: But I didn't know about the concept of Twin Flames before. It was only after chatting with them...

⾼灵: 你们物质世界的⼈是很喜欢把⼀些东西归类,然后把它命名,不是吗? 你们把所有的表现都变成为这个是什么病,那个是什么症状,呢个是什么障碍.这不是你们最喜欢做的事情吗? 因为你们如果不命个名的话,你们就会觉得…. 但是你要知道所有的东西它都是在千变万化当中,明⽩吗? 所有的都是在千变万化当中.

Spiritual being: You humans in the physical world really like to categorize things and name them, don't you? You've turned all manifestations into what's a disease, what symptom is this, what kind of disorder. Isn't that what you like doing the most? Because if you didn't give it a name, you would feel... But you have to understand that everything is in constant change, right? Everything is in constant flux and transformation.

问: 但是为什么我们不聊亲密的话题的时候,我的性能量就…. 我对我⽼公也没有感觉,就觉得很痛苦?

Questioner: But why do I feel... when we don't talk about intimate topics? I don't even feel anything for my husband and it feels really painful to me.

⾼灵: 你看到呢些演戏的,你们的呢些电影⾥⾯的,你说为什么他会这样的哭? 为什么他会害怕? 你们不是导演去要求的吗? 你们导演是这么输⼊信息的,然后你们也是这么经历体验的.明⽩吗? 他们演员他们的恐惧、他们的难受、⼼疼、哭,它并不是假的.如果你能去跟你们的演员交流⼀下.你要问为什么,那你问导演,明⽩吗?

Sage: You see those actors in your movies, why would he act that way and cry? Why would he be afraid? Aren't you the directors who guide them? Your directors input information to them and it's what they go through as well. Do you understand? Their fears, discomforts, heartaches, crying are not fake. If you can communicate with your actors, ask why from the director, do you get that?

问: 但是我跟别⼈就不会有这种强烈的链接的感觉.

Questioner: But I don't feel such a strong connection with others.

⾼灵: 那你问导演为什么我会跟这个主⾓才会有这个什么,我跟其他⼈反应又不⼀样?问: 我的导演是谁?

Higher Spirit: Then ask the director why I would only have this kind of chemistry with the lead actor and not others? Ask: Who is my director?

⾼灵: 你⾃⼰.

Higher Spirit: You yourself.

问: 啊,那我可以问我的⾼我吗?

Questioner: Ah, then can I ask my higher self?

⾼灵: 你的导演是你⾃⼰.当你处在你的头脑的混乱当中,你没有办法也没有空间也没有时间去跟你的⾼我链接的.you are too busy.你太忙了,明⽩吗? 还有问题吗?

Higher Spirit: You are your own director. When you are in the chaos of your mind, there is no way and no space and no time for you to connect with your higher self. You are too busy. Understand? Do you have any other questions?

问: 那我想知道我现在最⼤的功课是什么呢?

Questioner: I wonder what my biggest assignment is right now?

⾼灵: 最⼤的功课就是认识你⾃⼰,认识你的情绪,认识你的所有.你连你是谁你都不认识.

Higher Self: The biggest task is to know yourself, your feelings, and everything about you. You don't even know who you are.

问: 我觉得我现在跟其他⼈没什么情绪.就是跟我觉得是呢个双⽣的呢个⼈眼泪会不由⾃主掉下来.

Questioner: I feel like there's no emotion between me and others now. It's just with that person who I think is my twin, their tears would fall uncontrollably.

⾼灵: 因为你现在还在这部戏⾥⾯呀.问: 那我要怎么样跳出这个剧情呢?

Higher Spirit: Because you're still in this play right now. Questioner: How do I break out of this storyline then?

⾼灵: 那你导演重新给你安排剧情了,你导演就是你⾃⼰.问: 就是只要我想法改变了,我就可以改变我的剧情了?

Higher Spirit: Then your director has reassigned your storyline for you; your director is yourself. Questioner: Meaning, as long as my ideas change, I can change my storyline?

⾼灵: 你重新安排你的剧情,你的感受就变了,你关注的也变了.

Higher Spirit: When you rearrange your plot, your feelings change, and what you focus on also changes.

问: 那我这辈⼦的天赋使命是什么呢? 我适合做什么?

Questioner: Well, what's my life's innate mission? What am I suited to do?

⾼灵: 你这⼀辈⼦? 你⾸先你要知道你在每⼀个当下,⽐如说现在.现在我这⾥有⼀万张图⽚,每⼀张图⽚都有不同的情节或者是主题.那你现在在这⾥⾯,那只有你跳出来进⼊另外⼀个图⽚的时候,你的问题才会有意义,明⽩吗? 如果你跳不出来的话,你的问题没有任何意义.

Spirit: In your lifetime? First of all, you need to understand that at every moment, for instance now. Right now, there are ten thousand images here, each with different plots or themes. Then, within this context, only when you step out and enter another image will your question hold any significance, do you see? If you cannot step out, then your question has no meaning.

问: 就是说要跳出这个双⽣的这个主题是吧?

Questioner: So it's about stepping out of this twin theme, right?

⾼灵: 也就是你现在就好像是在转变或者是转化或者是成长,就好像是个⼩树苗.当你还只是在发芽的⼀个状态.就好像我跟你说⼀些关于参天⼤树的事情,然后天有多⾼.这些跟你都没有多⼤的关系,明⽩我意思吗? 所以你只有去允许,这是你⽣命成长的⼀个过程.你要沿着这个轨迹,沿着这个过程,到时候⾃然⽽然你就会越来越明⽩或者是越来越清晰,越来越知晓的⼀个状态.你现在还是在体验认识你⾃⼰,认识你的情绪,认识你的感受,认识你的这些的⼀个过程.但是你要知道就算呢个你,它也是没有办法去定义,它在千变万化.你说不定过个⼏天你醒过来,你就是完全另外⼀个⼈了,明⽩吗?

Sage: Essentially, you are undergoing transformation or growth, like a young sapling when it's just beginning to sprout. When you're in that stage of germination, I'm explaining to you about towering trees and how high the sky is – none of this matters much to you yet, do you see what I mean? Therefore, allowing this process to happen is part of your life's growth journey. You should follow this path, and as you go through this process naturally, you will gradually gain more clarity and understanding. Currently, you are experiencing the process of self-discovery, understanding your emotions, feelings, and yourself in general. But remember that even though it might be hard to define or predict exactly how you'll change, life is constantly evolving. You could awaken one day and find yourself completely different from who you were before, do you understand?

问: 那我现在要怎么样活出我圆满的状态呢?

Questioner: So, how do I live up to my perfected state now?

⾼灵: 什么是圆满的状态?

Sanskrit Deva: What is the state of perfection?

问: 就⽐如说不是每个⼈都是内在有雌雄同体的状态? 就阴中有阳,阳中有阴的呢种状态.

Questioner: For example, is it not true that not everyone is in an androgynous state internally? Where there's yang within yin and yin within yang.

⾼灵: 你要怎么样? 你只是去追求这个状态吗? 如果你只是追求这个状态的话,你只是给你⾝体创造另外⼀个感受⽽已.你只是拼命的去给你⾝体创造另外⼀个感受.感受到你觉得你⾃⼰好像是圆满了,明⽩吗?

Higher Spirit: What do you intend to do? Are you just pursuing this state? If you are just pursuing this state, you are merely creating another sensation for your body. You are desperately trying to create another sensation for your body. You feel as if you have become complete, understand?

问: 不太懂.

Questioner: I don't quite understand.

⾼灵: 是的.所以说我现在给你再多的信息你都不会太懂.因为你现在还是在,就好像你还没学会说话,我给你说很多很多概念,你都不会懂,明⽩吗?

Higher Spirit: Yes, so it doesn't matter how much more information I give you now; you won't understand very well because you're still in a state where you haven't learned to speak. If I explain many concepts to you, they would go right over your head, do you get it?

问: 明⽩了.那现在就是要提升⾃⼰的⼀个认知?

Questioner: I understand. So now it's about elevating one's own awareness?

⾼灵: 你现在知道这是你成长的⼀个阶段,这是你体验的⼀个阶段,这是你通过⾃⼰的体验去认识⾃⼰的⼀个阶段.那你⼀边在认识你,你也不要去给你有任何定义.因为你永远都是在⼀个变化当中.

Higher Spirit: Now you know this is a stage of your growth, a stage of experiencing, and a stage where you recognize yourself through your own experiences. But as you are recognizing yourself, don't give yourself any definition because you are always in a state of change.

问: 我想知道我的⾼我和我的指导灵有什么信息给我吗?

Questioner: I wonder if there are any messages from my High Self and my guides to me?

⾼灵: 就是刚才呢些信息.问: 没有别的了?

Higher Spirit: That's all the information just now. Questioner: Nothing else?

⾼灵: 没有.

Higher Spirit: None.

第四个⼈问: 我想问⼀下我的指导灵有什么话想对我说? 然后对现在的我是如何评价的?

The fourth person asked: I would like to ask what my guiding spirit has to say to me? And then, how does it evaluate the current version of myself?

⾼灵: 你们不需要去找任何评价,明⽩吗? 因为你们⽆论做什么你们都不会有错.最重要的是从你做的,就是说所有呈现在你眼前的事件,来让你去认识,认识⽣命是什么? 认识你⾃⼰在什么状态? 你是在程序⾥⾯还是在程序外⾯? 这是⼀个过程.

Higher Spirit: You don't need to look for any judgments, understand? Because whatever you do, you can never be wrong. The most important thing is to learn through what you experience, that is, all the events presented to you, allowing you to comprehend what life is? To understand your own state? Are you inside the program or outside of it? This is a process.

问: 就是能不能帮我链接⼀下我的⾼我,然后我想知道它有没有什么话对我说?

Questioner: Can you help me link to my higher self? I want to know if it has anything to say to me.

⾼灵: 你叫什么名字?问: 我叫XXX.

High精灵: What's your name? I am XXX.

⾼灵: 你稍等.他们想要给你的信息是说你需要更多的,因为我们⽣命的每⼀个阶段都需要有⼀个你去关注的⼀个点.然后在⽬前的这个点上你需要更多的build up 更多的正⾯积极充满⾃信的⼀些.你需要不断地暗⽰你⾃⼰或者提醒你⾃⼰,你值得相信⾃⼰.就是你必须把呢种相信或者⾃⼰,对⾃⼰产⽣的呢种我就是王的呢种感觉,必须要植⼊到你所有的⼀个态度.就好像你知道你天⽣就是王,你是与众不同.所以这个点是你需要去,就好像你⾃⼰又是个⽼师又是个学⽣.然后不断地不断地在build up这种⾃信.这是你需要关注的⼀个点.就⽐如说你遇到了⼗件打击你或者拒绝你或者否定你的事情.但是你⼀定要就是说不是把它当成对你的否定.

Higher Spirit: Wait a moment. The message they want to convey to you is that you need more, because every stage of our life requires a point for us to focus on. At this current point, you need more buildup of positive, affirmative, and self-confident aspects. You must constantly remind yourself or whisper affirmations into your own ear that you deserve to believe in yourself. You have to implant the feeling of being king within you—confidence in oneself—that must permeate every attitude, as if you are born to be a king and are unique. This is the point you need to focus on. For example, when faced with ten things that criticize or reject you, it's crucial not to interpret them as criticisms directed at you.

⽽是说这个是为了让你知道⽆论你被外在拒绝⼀千次还是⼀万次,你永远不会拒绝你⾃⼰,你永远相信你⾃⼰,明⽩吗? 所以外在的这些经历只是来让你变的更加的强⼤,来让你变的更加的确信、确定.为什么呢? 因为每⼀次的击倒或者是挫折你都没有把它当成是你的归宿或者是你的宿命.更多的是来让你知道外在怎么样对我的否定它都不是对我的,就是那都不是我.所以当你就是说不断地在这⽅⾯不断地积累了,就好像这是⼀个打游戏去闯关然后去拿分的⼀个过程.当你去拿到了这个过后,就好像你现在是⼀棵树,你现在要开始长枝.长开了过后,你才能继续地去长更多的枝出来,然后让你变得越来越茂盛.

And this is to let you know that no matter how many times you are rejected externally a thousand or ten thousand times, you will never reject yourself, you always believe in yourself, right? So these external experiences are just there to make you stronger and more confident. Why is that? Because every knockdown or failure doesn't become your final destination or fate. They're mostly meant to show you that whatever the outside is negating, it's not about you; they're not you. Therefore, when you accumulate this continually, like playing a game where you overcome challenges and score points, once you've achieved that, you can now start growing branches on your tree. Once the branches have opened up, you can then grow more branches out of them, allowing you to become increasingly lush and thriving.

问: 好的.我童年的时候经历过⼏次重⼤的⽣命危险事件.在事发的时候我的记忆就中断了.我想知道这段记忆中断期间我是有意识还是⽆意识的? 为什么不让我看到这段记忆?

Questioner: Alright, I experienced several significant life-threatening events during my childhood. My memory seems to have gaps during these times. I wonder if I was conscious or unconscious during this period of memory loss? Why wasn't I able to recall these memories?

⾼灵: 你要知道你们的⾝体有⼀个⾃我保护的功能.就是⽐如说它在特别危机或者是特别凶险或者是特别痛苦或者是特别任何,就是你们的⾁体不能接受的事件,就好像是电视突然断开信号,就像是呢样的感觉.因为这是你⾝体的⾃我保护的功能.所以你们会出现⼀些,就⽐如说⼀些特别的事件,他是没有记忆的,明⽩吗? ⼀种⾃我保护.

Higher Spirit: You need to know that your body has a self-protective function. It's like when there is a severe crisis or extreme danger or intense pain or anything else that your physical body cannot bear - it feels as if the TV signal suddenly gets interrupted, giving you an idea of what I mean. This is because it is your body's self-protection mechanism. As such, you might experience certain unusual events without any memory留存 of them, understand? A form of self-protection.

问: 那段记忆发⽣了什么我的⾼我应该是知道的吧?

Questioner: What happened in that memory? My higher self should know, right?

⾼灵: 发⽣了什么? 你只需要知道⽆论发⽣什么你都是安全的.你只需要知道这个就⾏了.因为⽆论我现在给你说什么,你只是试图⽤你的头脑(理解).然后这⾥根本就没有任何凶险.因为所有的凶险只是你们的物质头脑对事件的⼀个不理解.因为它们只能看到表⾯的.但是你要知道你们不在你们的⾁体⾥⾯,明⽩吗? 你不在你的⾁体⾥⾯.如果你能记住这句话,就知道你是没有办法被破坏的.你是不会被破坏的被伤害或者是影响的.因为你不住在你的⾁体⾥⾯.

Higher Spirit: What happened? Just know that whatever happens, you are safe. That's all you need to know. Because no matter what I tell you now, you're just trying to understand with your mind. And there's absolutely no danger here. Because all the danger is simply your material mind's misunderstanding of events. Because they can only see superficially. But you have to realize that you are not in your body. Do you understand? You're not in your body. If you remember this sentence, then you know that nothing can be harmed or influenced because you do not reside in your body.

问: 我⽼婆最近⽣了⼀个男宝宝,有⼀个多⽉了.我看到他就很喜悦.我想知道他为什么选择做我的孩⼦? 他有没有什么话是要带给我跟我⽼婆的?

Questioner: My wife recently gave birth to a baby boy who is now over one month old. Whenever I look at him, I feel great joy. I wonder why he chose me to be his parent? Is there anything he wishes to convey to my wife and myself?

⾼灵: 这个宝宝为什么会选择来做你们的孩⼦? 这⾥永远都没有单⼀的为什么.然后如果真的是要跟你们说⼀个为什么的话,那就是都是你们双⽅授意的.也就是说孩⼦他能从中得到他成长需要得到的,你也能得到你需要成长和得到的.你们都是互相互助,然后互相成为互相成就的.

Higher Spirit: Why would this baby choose to become your child? There is never a single reason here. If I were to provide a reason, it's that both of you have agreed on it. This means the child gets what he needs for growth, and you get what you need for growth as well. You support each other and help achieve each other's goals.

问: 就是你能不能帮忙链接这个宝宝有没有什么话想对我们说的? 以后的⽣活有没有什么指导性的话跟我们讲?

Questioner: Can you help us connect with the baby to see if there's anything they want to communicate to us, and any guidance on their future life?

⾼灵: 也就是说⽆论发⽣什么事情,⽆论外在发⽣什么事情,你都要相信呢个事件它是服务于你们共同.就⽐如你孩⼦他长⼤了他可能很调⽪,他经常逃课,他完全不听你的.但是这个事件发⽣并不是说他就是个坏孩⼦,他不听话,他不可教.并不是.为什么? 因为出现这个事情是你们共同都可以从中,从这样的⼀个事件当中去受益去成长.那如何从这个事件当中去受益去成长? 第⼀就是你不把这个事件定义成为⼀个不好的事情,就是他是坏孩⼦的事情,明⽩吗? 你⾸先把它定义成… 你遇到挑战是什么? 那就是你们俩遇到挑战了.你遇到挑战了就是你成长的时候.你成长是什么? 就是转变你的⾓度.

Higher Spirit: In other words, no matter what happens internally or externally, you must believe that the event serves both of you. For example, your child grows up and may become rebellious, skipping classes frequently and ignoring you completely. But this event doesn't mean he's a bad kid who can't be taught; it simply means they are in disagreement. Why? Because such an occurrence allows both parties to benefit from the situation, allowing growth. How does one gain from this event of learning? The first step is not to define the incident as a negative thing, that he's being disobedient or unteachable. Understandably, you should rather see it as... What challenge have you encountered? That's when both of you face challenges. Facing challenges means growth. And what is growth? It involves changing your perspective.

就⽐如说你这是⼀棵参天⼤树,你最开始只是站在这个⾓度来看.那你移动,不断地去认识这棵树不同的⾯相,那你就是在成长了,明⽩吗? 所以未来的所有事件⽆论发⽣什么,你都知道它是共同来服务于你们.服务于你们就是在服务什么? 服务你们就是在服务整个社会,服务整个⼈类,服务整个意识.因为当你的视⾓转变,就是你不把⼀个,你们物质世界上看成⼀个很不好的事情,不把它看成⼀个不好的事情.你把它看成⼀个是对你们的成长,对你们的帮助,这是你们成长的机会.因为当你们去⽤这样⼦的视⾓,⽤这样⼦的⼀个想法去对待⼀个事件的时候.呢个事件它当时就发⽣了变化.它就不是来成为你的障碍的,明⽩吗?

Imagine you are a towering tree; initially, you just observe it from one perspective. As you move and come to know various aspects of the tree, your understanding grows—right? So, all future events regardless of what happens serve you because they're all working together for you. But why does serving you also serve society, humanity, and consciousness as a whole? Because when your viewpoint shifts; instead of seeing something in your physical world as an unfortunate event, you perceive it as beneficial for your growth and aid to you—an opportunity for you to grow. When you approach events with this perspective and mindset, those events transform rather than become obstacles.

第五个⼈问: 我想知道我⽬前的⼀个,我这个能量状态,就是现阶段功课或者⾃⼰需要突破的是哪⼀⽅⾯?

The fifth person asked: I want to know which aspect of my current energy state, or the work I am doing at this stage, is where I need to break through myself?

⾼灵: 你稍等.你叫什么名字?问: 我叫XX⾼灵: 你⽬前需要关注到的点注意到的点就是说不要太被外在的⼀些影响.也就是说你需要去关注你的定⼒.就⽐如说你⾃⼰有⼀个⽬标,你有⼀个⽅向.

Higher Spirit: Wait a moment. May I ask what is your name? Questioner: My name is XX. Higher Spirit: The point you need to focus on right now is not getting too influenced by external factors. That means you should pay attention to your concentration. For example, if you have a goal and a direction,

问: 我知道.我这⽅⾯就像是有⼀个业障,我很清楚⾃⼰这⼀点.我其实⾮常清楚.

Questioner: I know that on my part there's something like a karmic obstacle, and I'm very clear about this point of myself. In fact, I'm very clear about it.

⾼灵: 然后呢? 所以你已经知道你还需要我们的信息吗?问: 就只有这⼀点吗?

Higher Spirit: And then what? So you already know that you need our information, right? Questioner: Is this it?

⾼灵: 也就是说我们的信息关于你如何定⼒,如何不被外界其它事件影响的这个,你不想再听了是吧?

Higher Spirit: In other words, our information about how you maintain your focus, how you're not influenced by other events outside, you don't want to hear that anymore, right?

问: 不是.我想呀.我只是说⼀些我⾃⼰的⼀些想法.你继续吧.

Questioner: No, I mean. I just want to express some of my own thoughts. You can continue.

⾼灵:你现在就知道是什么影响着你,影响着你的定⼒.就是你头脑⾥⾯的声⾳.它迫不及待对任何事件它都想要去⼀个参与感,它都想要去踏⼀脚.它不会允许⼀个事件,你要知道外在的所有事件,⼀个⽯头丢下去像是丢在⽔⾥⾯.呢个⽔会晕开.晕开了过后它会⼲什么?它会静⽌.这是它⼀个过程,这是⾃然⽽然的⼀个过程.你在它还没有熄灭,呢个晕还没有平静的时候.你就继续地去,你就忍不住想要去呢个什么:你这个⽯头怎么溅起这么⼤的⽔花什么什么的?你不断地去⼲涉.你不断地去⼲涉的话,你是不是就让它⽔⾯上的动静就越来越⼤,对不对?那你现在就知道了是什么导致你不断地好像有事情需要你去处理?

The Higher Spirit: You already know what influences you and your concentration—it's the voice in your mind that can't wait to be involved in any event. It wants to make its presence felt, to have a foot in it. It won't allow events; you understand that all external events are like stones thrown into water. The water ripples and then what does it do? It calms down. This is its process, a natural process. When the disturbance isn't extinguished, when the ripple hasn't settled, you can't help but ask: Why did this stone create such big waves? You keep interfering, constantly disrupting. If you continue to interfere, doesn't that mean the water's surface will get more turbulent? Now you understand what continuously causes you to feel like there's something needing your attention and intervention.

不断地消耗你的经历或者是keepyoubusy,就是把你消耗在⼀些不是你想要去,就是不是你情愿不是你享受的事件⾥⾯.就被动地带到这个旋涡⾥⾯.你觉得你又停不下来.然后导致你产⽣的这个现象就是你并没有允许.就这么说你的头脑就像⼀条狗.这条狗它没有被训练过.那它总是⼀看着东西它就想扑上去,⼀看到东西就想扑上去.那我们是不是要去训练它,让它不要看到⼀个东西就马上扑上去,明⽩吗?所以这是你⾃⼰训练你头脑的⼀个过程.

Constantly draining your energy or keeping you busy means being occupied with events that are not what you want, are not what you willingly choose, and are not enjoyable for you. You find yourself pulled into this vortex unwillingly, feeling unable to stop. This results in a phenomenon where you have not allowed it, essentially making your mind akin to an untrained dog. Whenever the dog sees something, it wants to rush forward; similarly, when faced with situations or tasks, you instinctively engage without proper training or consideration. Wouldn't we need to train this dog not to immediately rush towards anything at first sight? This is about training yourself to manage your thoughts and decisions more deliberately, isn't it?

问: 那我⽬前就是需要给⾃⼰⼀个功课是吧?

Questioner: So, I need to give myself a task, right?

⾼灵: 你们⼈⽣很多⼈⼀辈⼦都是这样的⼀个功课.

Higher Spirit: Many people spend their entire lives doing one and the same task.

问: 我想问我的⾼灵能不能告诉我今⽣的课题? 就是应该往哪个⼤的⽅向去⾛?

Questioner: I want to ask my high spirit if it can tell me about this life's subject or task? That is, which big direction should I head towards?

⾼灵: ⾸先刚才告诉你的⽬前的遇到的挑战和⽬前不能让你做你真正的⾃⼰的路上的⼀个牵绊.这就是你问的信息.因为如果你⽬前的这个点,就好像你这边需要突破这个点,那你这个点都没有突破,那你前⾯的路呢? 明⽩吗? 所以等你突破了这个点,你有不同的能量状态的时候.你再来去问下⾯.

Higher Spirit: First of all, the challenges you are currently facing and the obstruction that is preventing you from being your true self on this path - these are the issues I'm addressing with your question. Because if there's a point where you need to break through in the current situation, then failing to do so means you won't make progress ahead of it. Do you understand? So once you've overcome that barrier and have a different energy state, you can proceed to ask about the next questions.

问: 我觉得⾃⼰好像有⼀点情执.就是感觉上有⼀些执着.这是⾃⼰给⾃⼰投射的还是什么?

Questioner: I feel like I might have a bit of emotional attachment. It's like there are some strong feelings that I'm holding onto. Is this something I'm projecting about myself or what?

⾼灵: 你们任何⼈都没有任何执着是什么?问: 那执着的是什么? 是头脑?

Higher Spirit: None of you have any attachments, what is that? Questioner: What is it that is attached to things? Is it the mind?

⾼灵:那是因为你对事件的⼀个错误的认知.因为你觉得只有通过这个路或者通过这个⼈或者通过这个事件你才能怎么样达到你想要去的地⽅.那是因为你头脑的⼀个误知.如果我告诉你的头脑,OK,你说你情执,执着于⼀段关系.那如果我让你真正的看到或者体验到另外⼀段关系你像⼀个⼥王⼀样,你充满了幸福充满了财富充满了任何你想要的⼀切.你还会执着在这个上⾯吗?就好像你现在执着在⼀千万上⾯,对吧?这⼀千万我⼀定要拿到.那如果我告诉你你现在⾯前就摆了⼏⼗个亿,你还会执着呢⼀千万吗? 没有⼈会执着呢⼀千万⽽放弃呢⼏⼗个亿,明⽩吗? 那为什么会执着在呢⼀千万上呢? 因为是他头脑⾥⾯的⼀个错误的认知.

Higher Spirit: It's because of a misperception you have about the event. You feel that only through this path or person or incident can you reach your desired destination. This is due to an erroneous understanding in your mind. If I were to tell your mind, yes, you are clinging to emotions, being attached to a relationship. But if I let you truly see or experience another relationship where you feel like a queen, filled with happiness, wealth, and everything else you desire, would you still be执着 about that? Just like how you're执着 about having one billion right now, correct? This one billion is something I'm certain you must obtain. But if I told you that in front of you are tens of billions, would you still cling to the one billion instead of considering the tens of billions? Nobody would choose a mere one billion over tens of billions, understand? Why would you be执着 about just one billion when there's so much more available? Because it's due to an erroneous understanding in your mind.

他看不到其他的,他只看的到他呢⼀点.所以任何你们头脑,你觉得你们卡住的或者是执着的东西,它都是可以替换的.你给它设定⼀个更好的,它马上就转移了.因为这是你们头脑的游戏.

He sees only himself; he doesn't see anything else. So any limitations or attachments in your mind, they can all be replaced. You just set a better one for it, and immediately it shifts because this is the game of your mind.

问: 那就是说我们本⾝就是开悟的,只是我们⾃⼰在给⾃⼰不断地设障碍,是不是这个意思?

Questioner: That means we are enlightened already, just that we ourselves are constantly setting obstacles in our own way, right?

⾼灵: 你们本⾝开悟的跟你这个,你现在是⽤你的物质⾁体来体验这个世界.所以开悟跟你这个⾁体没有关系,明⽩吗? 你是通过这个滤镜来看这个世界,来感受这个世界.你只有不通过这个滤镜过后… 因为如果你真的(没听清)过后,你便不会有我了.你不会我我我我我我,我的头脑.你不会被这些困住的,你不会有这个问题的.

Higher Spirit: Your enlightenment and this - you are experiencing the world through your physical body now. Therefore, enlightenment has nothing to do with this physical body of yours, understand? You're viewing and feeling this world through a lens. Once you step out of that lens... If you were really not paying attention (if you didn't hear clearly), then there wouldn't be me anymore. There would be no "I, I, I, I, my mind" trapping you. You wouldn't have this issue.

问: 那就没有问题是吧?

Questioner: So there are no problems, right?

⾼灵: 你没有任何问题.因为你所产⽣的问题全是你的物质头脑,全是你的观念,全是你的记忆.这些都是死的.

Higher Spirit: You have no issues because all your problems are generated by your material mind, all of them being your concepts and memories, which are dead entities.

第六个⼈问: 我这⼀两年有⾃⾔⾃语的⾏为.我跟家⼈和朋友就会⾃⾔⾃语把⾃⼰的⼼⾥话说出来.我想问怎样消除这个? 怕别⼈觉得我不正常.

English

The sixth person asks: In the past one to two years, I've been talking to myself. When interacting with family and friends, I express my inner thoughts out loud. I would like to know how to eliminate this behavior? Afraid that others might think I'm abnormal.

⾼灵: 怎样消除你⾃⾔⾃语的问题? 那你就悄悄说话了,你不要发出声⾳了.

Higher Spirit: How do you deal with your self-talk issue? Just whisper to yourself and don't make any noise.

问: 我说话不是故意的.根本就没经过我⼤脑思考就突然冒出来⼀句话.然后就吓着我⾃⼰了.

Questioner: I didn't speak with intention; it just popped out of my mouth without any thought in my brain, then it scared myself.

⾼灵: 也就是说你的物质⾁体它现在是不受你控制的对吧?

That means your physical body is now out of your control, right?

问: 其他都受我控制,就⾃⾔⾃语这⼀个.⽽且我在陌⽣环境中就没有这个状态.我感觉就是处于熟悉的状态会这样.我觉得这是⼼理上的问题,不是精神上的问题.

Questioner: Everything else is under my control, except for this one - self-talk. And I don't have this issue in unfamiliar environments. I feel like it only happens when I'm in a familiar state. I think this is a psychological issue, not a mental health issue.

⾼灵: 所以你有提问吗? 如果你⾃⼰已经知道答案的话,你还需要提问吗?问: 我的提问就是怎样消除它?

Higher Spirit: So do you have questions? If you already know the answer, do you still need to ask? Questioner: My question is how to eliminate it?

⾼灵: 怎样消除它? ⾸先你要知道你消除不了任何.因为当你在执着于消除⼀个现象的时候,你就在制造这个现象.你就在制造这个现象给你体验.那呢个现象如何能达到像你说的不显现呢? 那也就是说你去创造其他的.⽐如说你不停的说话是吧? 你越是憋你越是想说.那你就去睡觉.你睡着了是不是就不说话了? 我只是给你打个⽐喻.我给你打个⽐喻就是来让你看到你们物质世界上的现象是怎么样产⽣的.你越是抵触它,它越是发⽣.还有⼀件事情就是说你为什么要把⾃⾔⾃语当成⼀件坏事呢?

Higher Spirit: How to eliminate it? First, you need to know that you can't eliminate anything because when you are fixated on eliminating a phenomenon, you are creating that phenomenon. You are creating that phenomenon for your experience. How could that phenomenon reach the state of non-appearance as you say? That means you go and create others. For example, if you keep talking, right? The more you hold back, the more you want to speak. Then, just sleep. Wouldn't you stop speaking when you are asleep? I'm just giving you an analogy. I give you an analogy so that you can see how phenomena in your material world are generated. You resist it the more you do, and it happens more. And there is another thing, why do you consider self-talk as a bad thing?

问: 因为这会让别⼈觉得我不正常.

Questioner: Because it would make others feel that I am abnormal.

⾼灵: 那你就能看到实际上是你们社会上的功课.你们社会上会把⼈的⼀些功课当成是正常或不正常.那什么是不正常的? 去给它归类,去给它定义,刚才我就说你们最喜欢的就是把⼀个症状说这是什么病,那是什么病.你们最喜欢做的就是这些⼯作.但是呢,恰恰说不定你的这个⾃⾔⾃语的想象,给了⼈们包容的⼼.让他去接受我们这个世界上每个⼈都不⼀样.⽽且每个⼈都有权⼒活在这个世界上⽽不受到指责或者是评判或者是恶意去对待,明⽩吗?你给他们创造这样的功课就是来让他们有更加的包容⼼,更加理解.⽽不是你要把所有⼈都弄成符合你们社会标准的.因为这个永远都没有办法.你们社会上为什么会不断地出现各种的冲突?

Higher Spirit: Then you can see that it's actually the homework in your society. In your society, people treat certain aspects of the human condition as normal or abnormal. What is considered abnormal? To categorize and define it, just now I mentioned that what you all love to do most is labeling a symptom as this disease or that disease. This is your favorite job. However, perhaps it's precisely because of these self-talk imaginings that give people the heart to accept that everyone in this world is unique. And everyone has the right to live in this world without being judged, criticized, or treated maliciously, do you understand? The homework you create for them should foster greater tolerance and understanding, not forcing everyone to fit into your societal standards, because it's impossible. Why does your society constantly face conflicts of all kinds?

就是因为你们不能去包容,不能去接受,明⽩吗? 那当你们去接受了,说不定… 你要⾸先看到你⾃⼰就不能包容你⾃⼰也不能接受你⾃⼰.你怎么知道你说的⼀些话就是完全没有意义的呢? 说不定你会说出来很多真理,明⽩吗?

It's because you can't tolerate and accept it, do you understand? And when you actually do accept it, perhaps... You first need to see that you cannot tolerate yourself or accept yourself. How do you know that the words you say have no meaning at all? Perhaps you will say many truths, do you understand?

问: 我说的都是我潜意识⾥⼀些,⼤部分都是跟别⼈的⼀些感情纠葛.

Questioner: I'm talking about some unconscious issues, mostly involving emotional conflicts with others.

⾼灵: 说什么不重要,重要的是想让你看到问题出现在哪⾥.是出现在你们社会的⼀个认知,出现在你们的头脑⾥⾯.你⾃⼰就产⽣了分裂和冲突.为什么? 因为你想把你变成呢样,变成就好像来符合这个世界这个社会的⼀个标准,明⽩吗? ⽽没有去看到就算这样⼦的⼀个事件,它也可以服务于你们这个社会.

Higher Spirit: What you say doesn't matter; what matters is to make you see where the issue lies. It's in your society's cognition and in your minds. You create division and conflict within yourself. Why? Because you want to turn yourself into something that fits this world, this society's standard, right? But you don't realize that even such an event can serve your society.

问: 就说要接受这个事实然后想办法利⽤它⽽不是抵触它?

Questioner: Just accept this fact and find a way to utilize it rather than resist it?

⾼灵: 接受这个事实? 你们这个物质世界所有东西都是幻像,没有什么事实不事实的.你说不定只是陷在越是压抑它越是这样.那说不定你,像我刚刚说的,转变这个观念转变这个思想,不这么看待你⾃⾔⾃语的这个事情,也不去刻意的去改变它.那它⾃然⽽然就会消失了.为什么呢?因为它这个功课的⽬的已经达到了.那你便⾃然⽽然需要进⾏其它功课了.你便不需要永远的卡在这⾥.

Higher Spirit: Accept this fact? Everything in your material world is an illusion; there's no such thing as facts or otherwise. You might just be trapped in the very repression of it, making it worse. Maybe you need to shift your perception and thoughts about what you're self-talkin' about, without刻意 trying to change it. It will naturally disappear. Why? Because the purpose of this lesson has been achieved. Then you would naturally move on to other lessons and not be stuck here forever.

问: 明⽩了.我的第⼆个问题是我在学通灵.很多⼈已经可以⾃⼰通灵.但是我必须在他的引导下才能通灵.他每次引导我,我⽼是感觉不出来我是不是达到了通灵状态.

Questioner: I understand. My second question is about practicing spirit communication. Many people have already learned to communicate with spirits on their own. However, I can only do it when guided by someone else. Whenever they guide me, I always struggle to recognize if I'm actually in a state of spirit communication.

⾼灵: 这是你们⾃⼰就好像在玩⼀个游戏.你跟⼩朋友就好像在玩的⼀个游戏,明⽩吗? 呢是你们之间的事情,所以这⾥没有什么信息可以带给你.还有其他问题吗?

Higher Spirit: This is like a game you are playing yourselves, like a game you play with children. Do you understand that this is something between the two of you? There's no information for you here. Are there any other questions?

问: 我已经设定了我下半⽣的⽬标,⼀个是写作,⼀个是传播灵性知识,⼀个是创建⼀个企业.我想知道这三个⽬标是否是我今⽣的⽬的?

Questioner: I have set the goals for my second half of life as writing, spreading spiritual knowledge, and establishing a company. I want to know if these three objectives are the purpose of my current life?

⾼灵: 你有去创造任何或者是去做任何你想要做的.你不需要去问任何⼈.这是你的⾃由意识,明⽩吗?

Higher Spirit: You have the freedom to create anything or do anything you desire. You don't need to ask anyone. This is your consciousness of freedom, understand?

第七个⼈问: 我前段时间找了个命理师说我的性命到2038年.幸运⾊是⽩⾊.想知道您对这个怎么评价?

The seventh person asks: I recently consulted a feng shui master who said my life span ends in 2038 and my lucky color is white. I'd like to know your opinion on this.

⾼灵: ⾸先你要知道你为什么会去相信任何⼀个⼈,OK,他说我是算命的,然后你就相信他的话了.

Higher Spirit: First, you need to understand why you trust anyone at all, okay? He says he's a fortune teller, and then you believe what he says.

问: 我还没有相信.因为这个2038年…⾼灵: 如果你没有相信他的信息,你就没有必要在让这些信息再影响到你.为什么呢? 因为他说的都是⼀些bullshit.所以你就没有必要去在乎⼀些,就好像有⼈拉了⼀堆屎,你去在乎呢堆屎⼲什么?

Questioner: I haven't trusted it yet. Because this 2038... Higher Spirit: If you don't believe his message, there's no need for these messages to affect you anymore. Why? Because everything he says is bullshit. So there's no point in worrying about it; it's like someone left a pile of shit and you're asking yourself why you should care about the pile of shit.

问: 因为我之前听凯西的信息说2038年是亚特兰蒂斯….

Questioner: Because I heard from Kathy's messages that 2038 was Atlantis...

⾼灵: 你们的头脑⼀般都是这些,你吸收到的信息拼积起来.你进⼊到了你的头脑,只能说.因为你的头脑会把你摄取的⼀些信息哪怕是毫⽆关联的拼凑在⼀起.你想⼀下,如果你的头脑不断地不断地接收了⽆数的信息,你怎么办? 你要拼凑多少story for yourself,明⽩吗?

The mind is usually like this for you; it accumulates the information you absorb. You enter your mind and say, "Because your mind combines some of the information you take in, even if unrelated, into a single entity. Imagine, if your mind keeps receiving countless pieces of information continuously, what do you do? How many stories do you have to create for yourself, understand?

问: 那您的评论就是这些信息都是⼀些bullshit了?

Questioner: So your comment is that all of these details are just nonsense?

⾼灵: no no no.如果你要去进⼊它们,你要去相信它们,它就会给你带来⼒量.但是你要知道呢个⼒量是来⾃于你.为什么? 因为是你给的,是你去相信,你去让它来影响你⾃⼰.所以就好像是你⾃⼰拿着你的⼿扇你巴掌⼀样.

Higher Spirit: No no no. If you want to enter them, you need to believe in them and they will give you strength. But you must know that the power is coming from within yourself. Why? Because it's you who gives it to you, by believing and letting it affect you. It's like when you're hitting your own palm with your own hand.

问: ⼈在世上的寿命是负⾯的,我就是想问他的信息是不是准确的?

Questioner: Is human life on Earth a negative experience, and I just want to know if the information is accurate?

⾼灵: 这⾥没有准确的.因为你们还在⽤⼀个线性的时间去理解这个世界是⼀个12345678,但是并不是这样.你们的世界并不是这样⼦.只是你们头脑没有办法去理解.所以你们只能⽤这种线性的时间,OK,02、03、04、05,你们只能这样去理解它.但是世界并不是你理解的这样⼦.因为你头脑没有办法去处理太多信息,它只能这样⼦去理解.那如果我告诉你根本就没有38年呢? 38年means nothing,这⾥没有任何意义.只有你⾃⼰,就是⽐如说你不断地在发射频率,你要知道你是个意识,你的意识不断地在产⽣频率.就好像在发⽣电波,⼀波⼀波⼀波.如果你能看到你们思想的电波的话,你就知道你们的电波不断地在发射.

Higher Spirit: There is no accurate time here because you are still using a linear understanding of the world as 12345678, but it's not like that. Your world isn't structured this way. It's just that your mind cannot comprehend it properly. So, you can only use this linear time, okay? You understand: zero two, zero three, zero four, zero five...you can only perceive it this way. But the world is not as you understand it because your mind can't process too much information and thus, perceives it in this way. If I were to tell you that there's no 38 years? That "38 years" means nothing here; there's no significance. Only yourself exists. You're constantly emitting frequencies. You need to know that you are consciousness, your consciousness is continuously producing frequencies. It's like waves of electricity, one after another. If you could see the electromagnetic waves of your thoughts, you'd realize how they're continually being emitted.

那你们的电波不断地在发射,发射出去过后它会创造⼀些什么形象给你们体验,明⽩吗? 就好像你扔出去⼀个东西它会回来⼀个东西.回来⼀个东西就是你感受的.通过这个⽅式去认识你⾃⼰,去认识体验⽣命.那不然的话,如果没有回馈的话或者是没有反射回来的话,你没有办法认识.那当你知道的话,你如果改变了⼀个电波频率,改变了你的思想的振动,那你体验的就好像是另外完全不⼀样的世界了.当然如果你拥有⼀套就是说我是线性时间体验明天后天,时间就是慢慢这样.那你当然也会创造这样⼦的世界给你⾃⼰.但是我只是想让你知道那只是你⾃⼰创造出来的,它并不是真实的.

Your radio waves are constantly transmitting, creating some image for you to experience after being sent out, right? It's like when you throw something out, it comes back with something; the return is what you feel through this method, to recognize and understand yourself and life. Otherwise, without feedback or reflection, there would be no way to know. When you understand this, if you alter a radio wave frequency and change your thought vibrations, then your experience becomes almost like an entirely different world. Of course, if you have linear time experiences where tomorrow follows after the next day with time progressing slowly, then you will create that kind of world for yourself as well. But I just want to let you know that this is only what you are creating on your own; it's not real.

问: 那么他说的幸运颜⾊这个也不是⼀个真实的东西,不是⼀个反应我频率的⼀个东西?

Questioner: So, what he said about lucky colors is also not a real thing, something that reflects my frequency?

⾼灵: 你觉得是真实的就是真实的.因为你的物质体验是你⾃⼰决定,是你⾃⼰创造.就好像我前⾯刚刚说的信息,你是导演你也是呢个演员你也是呢个经历者,也是呢个体验者,也是呢个创造者.你没有任何限制.你所有说的都是在限制你⾃⼰.你觉得你有⼀个东西固定的来什么什么的.

Higher Spirit: What you perceive as real is indeed real because your material experience is self-determined and self-created. Like the information I just mentioned, you are both the director and the actor, the experiencer, the experiencer, and the creator. There are no limitations on you. Everything you say restricts yourself. You think there's a fixed thing coming to what what.

问: 我的微信名是泰⼭,我想知道我的⼈⽣主题是什么?

Questioner: My WeChat name is Taishan; I want to know what my life's theme is.

⾼灵: 我不需要你的名字.有时候需要你的名字就是说我需要从你更多的⾔语中抓住你的频率然后来链接信息给你.你这⼀⽣会经历很多很多障碍,呢些障碍它会产⽣在各个⽅⾯,就⽐如说⼯作、婚姻、家庭,就是各⽅⾯都是障碍.但是我想让你知道的就是这些障碍是你⾃⼰设置的.它不是强加给你的.为什么你会⼀⽽再再⽽三的设置障碍?因为你想让你⾃⼰变的更加的包容,更加的容纳⼀切.就是你的⼼能容纳所有,就是在别⼈眼⾥很⼤⼀件事情,但是在你这⾥都没有了.这是你提升你⾃⼰的包容度,有⼀句话叫宰相肚⾥能撑船.因为你想要成为⼀个像宰相呢样肚⼦⾥⾯能撑下船.

Higher Spirit: I don't need your name. Sometimes requiring your name means that I need to grasp your frequency from more of your words in order to connect and deliver information to you. You will experience numerous obstacles throughout your lifetime, which manifest across various dimensions - such as work, marriage, family, etc. However, what I want you to know is that these obstacles are self-imposed by you. They are not forcibly imposed upon you. Why would you repeatedly set up barriers for yourself? Because you want to cultivate greater inclusivity and acceptance of everything. Your heart should be able to accommodate all things - so much so that what might seem like a big deal in others' eyes becomes insignificant to you. This is how you elevate your capacity for inclusion, as there's an idiom: "A statesman's stomach can hold a ship." You aspire to be someone with such a large heart that even the biggest challenges can fit comfortably within it.

所以⽆论⽣命中遇到⼀些什么,你记住⼀句话,是你⾃⼰允许这样的事件发⽣在你的⽣命当中来让你变的更加的包容.就是让你的⼼胸变得更加的宽⼴,能包容.因为包容度直接就代表了你的⼀个,⽐如说越是⼩孩⼦他越是不能包容.他⼀个事情就要发脾⽓或者是哭或者是伤⼼,过不去,对吧?那你年龄越来越⼤,你到了⽼年的时候,你什么事情都没事没事.

So no matter what happens in life, remember this one sentence: it is you who allow such events to happen in your life so that you become more accommodating. It makes your heart wider and able to accommodate. Because the extent of accommodation directly represents your, for example, children are even less capable of being tolerant. They get upset or cry or feel hurt over something trivial, unable to move on, right? But as you age and reach old age, everything is just fine with no worries.

问: 这个很准确.我现在越来越能放得开…⾼灵: 那你现在就知道它不是来为难你,它是来让你变的越来越豁达.因为你不是⼀个⼩学⽣或者幼⼉园的⼀个级别,明⽩吗?

Questioner: That's very precise. I'm now more open-minded... Higher Spirit: So you understand that it isn't here to make things difficult for you; it's here to help you become increasingly open-minded. Because you're not at a primary school or kindergarten level, do you see?

问: 我现在很想去埃及的⾦字塔.但是我想找⼀个旅伴,因为我⾃⼰没有这么⼤胆量.我应该找男的还是⼥的?

Questioner: I really want to visit the pyramids in Egypt right now. But I want to find a traveling companion because I'm not so brave on my own. Should I look for a male or female companion?

⾼灵: ⾸先我们不看男性和⼥性.看男性和⼥性只是看你们的物质⾁体.你们的物质⾁体不代表任何.因为你也看到你们有些物质⾁体是男性,但实际上他是⼥性的能量.有的物质⾁体是⼥性的,但是男性的能量.所以它跟它的物质⾁体是模式显化出来,就是是男性还是⼥性不重要.重要的是它的能量状态,明⽩吗?如果你想知道就是说跟你的能量状态什么是更加的契合?就是他拥有坚定的⼒量的.因为在你有很多不确定的时候,你只要对⽅坚定,然后你就能更加的确定了.因为你是很容易受对⽅影响的.如果对⽅更加的弱,就是说不坚定,⼀会⼉这样⼀会⼉呢样的.你也会被他带⼊到烦躁不安,就是你也不知道该怎么办的呢种状态.

Higher Spirit: First of all, we don't look at men and women. Looking at men and women is like looking at your physical bodies only. Your physical bodies do not represent anything because you see that some physical bodies are male but they actually have female energy within them. Some physical bodies appear to be female, yet they carry the energy of males. So it's about how these physical forms manifest through patterns; whether someone appears as a man or woman is less important than their state of energy. Understand? If you want to know what resonates better with your energy state, look for someone who has strength and stability. When you're in a lot of uncertainty, having someone who is firm makes it easier for you to be certain because you tend to get influenced by others easily. If the other person is weaker, less stable, changing constantly, you'll also feel烦躁不安 when interacting with them; you won't know what to do or how to handle situations like that.

问: 但是我也希望他也对这个感兴趣,不然的话…⾼灵: 如果他没有兴趣的话,你们是不会踏上这个旅途.所以如果你们既然踏上这个旅途,也就是说你们都会有共同的要去体验的.

Questioner: But I also hope he's interested in this too, otherwise... High Ling: If he has no interest, you wouldn't embark on this journey. So if you are taking this journey, it means that you all will have a shared experience to explore together.

问: 我有⼀只宠物猫.我知道猫可以看到另外的维度.但是我始终不知道怎么跟它沟通.我知道有些萨满的⽅法可以和猫沟通,看到另外的维度.还有我想知道我现在的猫是不是前⾯的猫的转世?

Questioner: I have a pet cat. I know that cats can see another dimension, but I'm always unsure about how to communicate with it. I know there are shamanistic methods for communicating with cats and seeing other dimensions. And I wonder if my current cat is the reincarnation of the previous one?

⾼灵: ⾸先你要知道并不是你们所有⼈都有这个必要去看到其他维度的.因为你们物质世界的⼈很容易被影响.他拥有这个是特异功能,我也想拥有这个.但是呢个并不⼀定说你需要体验的.你明⽩吗? 因为你们每⼀个⼈来到这个世界上你们需要体验的… 这么说吧,有些是海⾥的动物它是在海⾥⾯体验的.有些是沙漠⾥⾯的动物它体验的是沙漠.那你在沙漠⾥⾯你⼀直说它在海⾥⾯它游的这么好,它都不⽤呼吸… 你明⽩我意思吗? 就好像是⼀个骆驼和⼀个鲨鱼⼀样,你们本⾝就不⼀样.你们每⼀个⼈就好像是造物主的⼀个触⾓,⼀个眼睛去感受每⼀个⾓度.你们可以有⾃⾝的点去理解这⼀切.那你为什么想要去成为别⼈呢? 别⼈有的只是他⾃⼰的体验.

Higher Spirit: Firstly, you need to understand that not all of you have the necessity to see other dimensions. Because people in your material world are easily influenced. He has this as a special ability; I also want to have this. But it doesn't necessarily mean that you need to experience it. Do you understand? For every person coming into this world, they need to experience their own... Let me put it this way, some sea animals exist in the ocean environment, and they are experiencing life there. Some desert animals live in a desert, and they experience their environment there. If you're in the desert and you keep saying that the fish can swim so well in the sea without breathing, they wouldn't need to... Do you understand my meaning? It's like comparing a camel with a shark; we are fundamentally different. Each of you is akin to one of God's sensory organs, an eye to sense every angle. You can have your own point of understanding for everything. Then why do you want to become someone else? Others only have their own experiences.

你只在你⾃⼰的体验⾥⾯.因为你如果去追求别⼈拥有的体验,你不⼀定能追求的到是⼀回事,还有就是呢不是你真正的激情.那你也会遇到很多阻⼒.所以⾛在⾃⼰的路上.⾛在⾃⼰的路上就是说你要清楚你不是别⼈.你不是受外在影响.⼈家⽆论说的再好或者是再恐怖,那只是他们的世界.

You only have your own experiences. It's one thing to pursue others' experiences that you might not be able to achieve, and it's another that those aren't truly your passions. This can also lead to many obstacles. So, stay on your path. Walking your own path means being clear that you are not someone else; you're不受外界影响. No matter how well or fearfully others speak, that is just their world.

问: 那我是不是可以这样理解,是不是您链接我的能量我需要体验猫? 呢个不是我的最⼤激情?

Questioner: Does that mean I am interpreting correctly that you are linking my energy to cat experience instead of my greatest passion?

⾼灵: 就好像你现在本⾝就是⼀个拥有⼏⼗个亿,你看到⼈家中奖中了⼀千万.你⼀定要去中呢个⼀千万.为什么这⾥有⼏⼗个亿给你拿,你要去盯着呢⼀千万呢? 那你就错过了你的⼏⼗个亿呢? 你又不是做萨满的,你又不帮别⼈怎么样,你看到其他维度你有什么⽤? 你的⼼已经能容纳下整个宇宙,你还说怎么样可以去容纳下⼀个呢个什么?

Sage: It's as if you are already a billionaire, and you see someone winning ten million. You must go for that ten million. Why would you focus on the billions given to you when there's a chance at ten million? If you chase after that ten million, wouldn't you miss out on your billions? You're not a shaman helping others, so what good does it serve seeing other dimensions? Your mind can already encompass the entire universe, yet you still ask how to accommodate something else?

问: 我只是说想通过萨满的⽅法去和猫沟通.我⾃⼰不是萨满.

Questioner: I just meant that I wanted to communicate with the cat through a shamanic method. I am not a shaman myself.

⾼灵: 我知道.我现在告诉你的信息就是不要去追求别⼈的⼀些功能或者是什么.因为你拥有的远远⽐呢个⼤的多.你这样容易把你的时间和energy消耗掉.⽽你不能⾛向你⾃⼰的⽬的地.

Higher Spirit: I know. The information I'm giving you right now is not to chase after others' functions or anything else. What you have is far greater than that. You are likely to waste your time and energy doing so, which prevents you from reaching your own destination.

问: 那现在这个猫是不是以前的猫的转世是不是对我也没有意义了?

Questioner: But now, does that mean my idea of this cat being a reincarnation of the old one is pointless?

⾼灵:你不会去在乎这个.你如果觉得跟前世有链接的话,你觉得会更好⼀点,更prefer这种说法的话,那你可以这么去植⼊这个概念.因为你们的头脑会找所有的证据来⽀持你的概念.如果你觉得需要.你们有⼀个错误的认为就是说转世是不是这个死掉然后又跳到另外⼀个.并不是这样的⼀个模式.你这么想,就好像⼀个⼤海,⾮常⾮常⼤的⼀个⼤海的⽔.它往⼀个⼩坑⾥⾯流了⼀点,又往另外⼀个⼩坑又流了⼀点…你能理解这个意思吗? ⽽不是说这个⼤海⾥的⽔只有⼀个,只能在这个坑⾥.这个坑没了,再跳到另外⼀个坑⾥,明⽩吗?

Higher Spirit: You won't care about this. If you feel connected to your previous life, you might prefer this concept and find it more suitable for you. You can incorporate this idea because your mind will seek all evidence that supports your view. Should you feel the need, there's a misunderstanding people have regarding reincarnation, believing that it's simply dying and then jumping into another body. It's not like that. Imagine a vast ocean; water from this ocean flows into one small pit, then into another… Can you understand what I mean? Not as if the water in this ocean is limited to just one pit. If one pit dries up, it doesn't mean you jump into another pit. Understand?

# **2022/09/13 — 线上集体通灵问答之让头脑安静Online Group Spirit Communication Q&A - Making Your Mind Quiet**

第⼀个⼈问: 我能否请我未来的⾃⼰给现在的我⼀些指引的信息?

The first person asks: Can I ask my future self to give me some guidance information for my current self?

观世⾳: 你的所有需要的任何指引也好,你所谓的帮助也好所有信息也好它都在你的眼前.需要的⼀切它都呈现在你的眼前,明⽩吗?

Guan Shi Yin: All your guidance and help, any information you need is right in front of you. Everything that you require is presented to you in your sight, understand?

问: 能否请您帮我感受⼀下我的能量状态看看有没有什么信息是需要带给我的?

Questioner: Could you help me understand my energy state and share any information that might be relevant for me?

观世⾳: 放下更多的思考或者是思绪或者是头脑⾥⾯的⼀些声⾳或者念叨或者计划或者任何,就是占满你思绪占满你头脑的.然后让它越少的⼲扰你,然后你越好.因为你就会感受到越多的⼀些活⼒.因为当你的头脑开始运作的时候,它会消耗你的⼤量精⼒.也就是没有做事情,但是你头脑⾥⾯⼤量的思绪或者是思虑或者是思考或者是念头这些它也会消耗很多你的能量.你有⼗分的能量你已经消耗了⼋分的话,那你是不是就感受到你没有能量再去投⼊到你的⽣活当中.所以就是这些信息.

Guan Shi Yin: Let go of more thoughts or ruminations or sounds in your mind, whether they are plans or anything else that fills up your thoughts and your mind. Then, let it be less of an interference to you, as this will make you better. You will feel more vitality because when your mind starts to function, it consumes a large amount of energy from you. Even if you're not doing something, the abundance of thoughts or contemplation or consideration or notions in your head also consume much of your energy. If you have ten units of energy and you've already used up eight of them, wouldn't you feel that you don't have enough energy to invest back into your life? That's why these messages are here.

第⼆个⼈问: 今天跟您聊天是不是我⾃⼰意识的⼀个显化?

Second person asks: Is our conversation today a manifestation of my own consciousness?

观世⾳:⾸先你要知道你的念头发⽣的时候,发出的时候,你就会得到回应.回应的⽅式你需要不去限制它,以哪⼀种⽅式过来.你不需要去描述背景或者任何.(所以后⾯所有描述省略)问: 我想问您通灵信息的来源是不是来⾃于阿卡西记录或者是记忆⼤厅或者是来⾃地球的记忆?

Guan Shi Yin: First, you need to know that when your念 (thought) occurs and manifests, a response will be given. The manner of this response should not be constrained by you; it can come in any form. You do not need to describe the context or anything else. (So, all subsequent descriptions are omitted)

Questioner: I would like to ask if the source of the spiritual information you provide comes from the Akashic Records, the Hall of Memories, or Earth's memory?

观世⾳: 这⾥你们所谓的只是你们⾃⼰会去给它命⼀个名字.因为这只适⽤于你们的头脑能够去理解.所以这是你们⾃⼰⼈类去让你们的头脑能达到理解或者是认知认识的⼀个状态.然后呢,你会接受到什么信息,你只有我们结束这⼀段联系,就是我们的信息结束过后,你才会知道什么信息进来.所以如果是说现在的话,是不知道的,是未知的,明⽩吗?

Guan Shi Yin: What you call this is merely something that your mind can comprehend because it applies to the state where your mind reaches understanding or cognitive recognition. Then, what information you receive is only known after we terminate this connection - after our message ends, you will know what information has come in. So if I were to say now, it's unknown and unknowable, do you understand?

问: 那今晚我询问您关于未来的⼀些信息是不是都是不准确的?

Questioner: Asking you about some information on the future tonight, is it all inaccurate?

观世⾳: 你只有去问,因为接下来有什么信息是不确定的,是不知道的.所以你只有去问你才能知道.尽管的提问,不⽤去想或者猜测你将会得到什么答案或者来源是什么.

观世音: You must ask because the information that will follow is uncertain and unknown. So, you can only know it by asking. Simply question without pondering or guessing what answers you might receive or where they originate from.

问: 我来这⼀世灵魂主要学习的课程是什么? 进展的怎么样?

Questioner: What is the main course of my soul learning in this life, and how am I progressing with it?

观世⾳: 你想要知道你这⼀⽣想要来到这个世界上想要体验的是什么? 你想要体验的是⽆条件的爱.因为你是⼀个特别⽤理性去分析,就好像是⼀个计算机.他像是计算⼀切,就好像是⼀切它都需要⼀个证据,所有来⽀持你的⽐如说观念、观点这些.然后如果所有东西你都需

Guan Shi Yin: What do you want to know about the experiences you desire in this lifetime? You wish to experience unconditional love because you reason like a computer that requires evidence for everything, supporting your concepts and perspectives. You seek proof before believing or accepting them.

要看到实实在在的证据的话,那你就很难去真正的,就⽐如说你个对⽅带去⽆条件的爱或者是你去接受到⽆条件的爱.为什么呢? 因为你有可能去在感受到这份爱,你会揣测对⽅的动机.这个是你这⼀世需要摆脱的⼀些东西.就是说让你的头脑少去算计或者是参与或者是做任何这种动作.然后慢慢慢慢地感受到其实它背后没有什么⽬的也没有什么企图,然后就是单纯的⽆条件的爱.这是你向往的,也是你追求的,也是你想要的.所以说从⼀系列的经历当中,你会是以这个好像是为你的⽬的地.

To see concrete proof of this, you would find it hard to truly experience unconditional love or receive it from someone else. Why? Because you might question their intentions when you feel this love, which is something you need to let go in your current life. It involves keeping your mind from calculating, engaging in activities, or making any such moves. Gradually, you'll realize that behind this love, there's no purpose or ulterior motive; it's simply unconditional love. This is what you aspire for, pursue, and desire. Therefore, through a series of experiences, this seems to be your destination.

问: 刚才您在读我信息的时候,我感觉我的眉⼼有⼀股光.我想知道这个是幻觉还是真实的体验?

Questioner: Just now, when you were reading my message, I felt a light in the center of my eyebrows. I wonder if this is an illusion or a real experience?

观世⾳: 因为就好像把你内在的⼀些东西给你唤醒⼀样.

观世音: Just like awakening something inside you.

问: 能请您帮我读⼀下我⼏个脉轮还有参数吗?

Questioner: Could you please help me read my chakra points and parameters?

观世⾳:你⾸先要知道这是你们⼈类的观念.就是⽐如说我有⼀套观念,我⽤这个教学系统我⽤这个观念来定义.然后你们跟着我的(没听清)来学习,来体验.所以这是你们⾃⼰创造的.但是如果你是想让我来感受⼀下你堵塞的地⽅.然后你⽬前的能量状态,就是说堵塞的地⽅,你稍等.也就是说你是⼀个特别特别喜欢就好像dopuzzle,就是你喜欢解题或者是喜欢去不断地吸收知识,不断地去吸收很多概念.然后这些知识概念是你的⼀个限制.就是当你不断地去吸收外界的⼀些权威信息或者是官⽅信息,然后所有的这些你觉得它很呢个什么的,就是你的头脑很赞同的.这些信息你会把它收集在⼀起,这些信息会在你的体验和成长的过程中它会对你是⼀个阻碍.

Guan Shi Yin: Firstly, you need to know that this is your human conception. That means I have a set of conceptions, and I use this teaching system with these conceptions. Then you follow my (not clearly heard) teachings and experiences accordingly. So, it's something you've created yourselves. However, if you want me to feel the areas where you're blocked. Your current energy state, specifically the places that are blocked, please wait. This means you have a particular inclination towards puzzles; you enjoy solving problems or constantly absorbing knowledge, acquiring many concepts. These knowledge concepts act as limitations for you. When you continuously absorb external authoritative information or official data, and all these things resonate with your brain's agreement, you gather this information together. These facts are becoming an obstacle in your experiences and growth processes.

我想就是说你把你收集的⼀切放在旁边,⽽不是放在你的眼前.因为放在你的眼前的话,它会阻碍你去看到⼀个真实的世界.如果只是放在旁边的话, OK,我可以看⼀眼旁边我也可以看⼀眼我眼前.我眼前没有任何遮拦的地⽅,明⽩吗? 你就算拥有了很多你所谓的呢个什么,但是把它放在⼀旁就好.⽽不是让它来阻挡了你的视线.因为在你的内⼼你才是呢个真正的主宰者,⽽不是外界.你这样的话,你很容易把你收集的呢些东西当成它是有影响⼒的,它是主宰者,⽽不是你.这样你就会渐渐失去你⾃⼰的⼒量.因为你的⼒量它是不断地,就好像是⼀个⽔源,就好像井⽔,是个洞.你打开过后,它就不断地不断地在产⽣.

I think what you should do is to have all your collected items beside you, rather than right in front of you. Because if they are right in front of you, they could obstruct your view of the real world. If you just keep them on the side, okay, I can look at them next to me and also look right in front of me. There's no obstruction anywhere in front of me. Do you understand? Even if you have acquired a lot of what you call things, but keeping them beside is fine. Not letting them block your vision. Because in the end, it's you who truly control everything within you, not the external world. If you do this way, you'll easily perceive that the things you collect have influence and are the ones controlling things instead of you, thus gradually losing your own power. Your strength is like a never-ending source of water, like well water from a hole. Once opened, it keeps producing endlessly.

那如果你不去从你的内在去看到你这个源头,⽽只是把外在你去拿到的东西当成呢个什么的话,你的内在的⼒量就不会打开.然后呢个才是你最需要关注的.你要记住⼀个就是,外在的武器⽆论它多强,我今天去拿了⼀把⼑,明天去拿了⼀把剑,后天拿⼀个锤⼦.你觉得哇,我多强⼤,因为我拥有这些.但是它们并不强⼤,真正的强⼤是你⾃⼰,明⽩吗?因为呢个才是活的,呢个才是源源不断的.呢个才是,⽐如说你拿着⼀把⼑它只能是⼀把⼑,如果你内在的呢个它,它是变幻莫测,它是可以变成任何.就是说前⾯呢个⼈,你拿出来⼀把⼑,你没有办法让他投降.但是你拿出来你的爱,他就对你投降了,他就融化了,明⽩吗?

If you do not look within to find your source and instead only use what you obtain from the outside as a tool, then your inner power will not be unlocked. That is where your focus should truly lie. Remember this: external weapons, no matter how strong they are - if today I take a knife, tomorrow a sword, and the next day a hammer - you might think, "How powerful I am because of what I have." But that strength does not come from them; it comes from within yourself. Because those things are static, they do not have true power. You see, your inner strength is dynamic; it can be anything - like when you hold a knife which only serves as a knife until you bring forth your love and it transforms everything. The one holding the knife cannot surrender or melt away with it. But your love can make them surrender and melt into it.

问: 我也接触过⼀些有特异功能的⼈.我得到过⼀些相互冲突的信息.其中⼀个⼈告诉我我上⼀世是⼀个妓⼥,⼀个⼈告诉我我上⼀世已经毕业了,是第四密度的存有,来地球是帮助扬升的.不知道哪个信息是准确的?

Questioner: I've also come into contact with some people who claim to have special abilities. I received conflicting information from them. One person told me that in my previous life, I was a prostitute, while another said that I had already graduated in my past life and am of the fourth density, coming here to assist with ascension.

A: I don't know which piece of information is accurate.

观世⾳: ⾸先你们要明⽩⼀点就是你所谓的前世它是跟你没有任何关系的.你的这个⼈格你的这⼀世它才是真正真正你需要focus on,你需要关注,你需要专注的,明⽩吗? 所以不管外界什么信息,哪怕就是今天我们通灵给你的信息.这些都不重要.重要的是你拿来这个信息⽤来做什么.它到底是如何服务与你,到底是负⾯的影响你还是正⾯的⽀持你.是你⾃⼰有呢个决策的能⼒,⽽不是说这个信息是真的,那我把它当成是真的.那到底谁来告诉你是真的呢? 所以不要去看外在什么信息是真的还是假的,因为这⾥没有真的和假的,明⽩吗? 什么是真的呢? 就是⼀个事情你相信它了就是真的.什么是假的呢? 就是你不相信它,它就是假的.

Guan Shi Yin: Firstly, you need to understand that what you call your past lives has no relation with you at all. What truly matters for you, the essence of who you are in this lifetime, is what you should focus on, pay attention to, and concentrate on. Do you get it? Therefore, whatever external information, even if today we provide spiritual guidance, these details do not matter much. What's crucial is how you use that information and whether it serves your needs positively or negatively. It's ultimately about your ability to make decisions, rather than accepting the information as true just because it seems valid. Who tells you what is true? So, don't concern yourself with whether external information is real or false, because there are no absolutes here. Do you understand? What is true? It's when you believe in something that makes it true. What is false? If you do not believe in something, then it becomes false.

问: 协助地球的扬升是不是我这⼀世要做的课题之⼀?

Questioner: Helping with Earth's elevation is one of the tasks I have in this lifetime?

观世⾳:你没有任何需要协助任何,就好像你⾃⼰唯⼀的任务就是活出你⾃⼰.就是你真正的来到这个世界需要体验的,然后去体验你⾃⼰.为什么?因为就好像⼀颗种⼦,你开花结果,你的果⼦必定会喂养很多鸟喂养很多⼈.然后会甜了别⼈.因为你没有办法避免这个.所以你并不是说我的果树,我现在长成果树了,我现在要不要把⾃⼰的树枝砍下来服务⼈类,给他们建房⼦,明⽩吗?那你这样你永远都不能开花和结果.你就⼀直想着你要如何把⾃⼰给他⼈.那你想他⼈本⾝可以⽤砖头建房⼦,但是你给了他树.那你是不是就已经阻碍他⽤砖头建房⼦,就是⽐树更好的材料的⼀个选择?

Guan Shi Yin: You have no need to assist anyone because your sole task is to live as yourself. It's about experiencing what you truly came into this world for, and then experiencing yourself. Why? Because it's like a seed that blooms and bears fruit; the fruits of your tree will inevitably nourish many birds and people, making others happy. You cannot avoid this. So, when you ask if I should cut down my own branches to serve humanity by building houses, understand that if you keep focusing on how you can give to others, you will never bloom or bear fruit. Instead, you're always thinking of how to give yourself away to them. You see, humans could build their homes with bricks, but you gave them a tree instead. Isn't this obstructing the choice of better materials like bricks over wood for building houses?

问: 能否帮我链接⼀下我去世的奶奶?

Questioner: Can you help me connect with my late grandmother?

观世⾳: 你去世的奶奶,我看看有没有信息进来.⽬前这⾥没有信息.

Avalokitesvara: I'll check if there's any information coming in about your late grandmother. There's no information here currently.

问: 我想了解⼀下关于时间和空间的认识.我想听⼀下您对于时间和空间的描述.

Questioner: I would like to understand more about concepts of time and space. I'd appreciate it if you could describe your understanding of time and space to me.

观世⾳: ⾸先你要知道你呆在⼀个你⾃⼰的世界⾥⾯,你独⼀⽆⼆的世界⾥⾯.所以你只需要去关注你⾃⼰,就是时间和空间是如何来妨碍你,如何它可以帮助你? 你只需要理解这⼀点就够了.因为你的头脑充斥着,就⽐如说你去寻找积累太多的这些信息.这些信息就像我刚刚说的,你的所有信息它会阻碍你的眼前.你会觉得我拿了好多的武器,又是⼑又是枪又是剑的.你会觉得哇,我好强⼤,我拥有这个,谁来跟我在舞台上⽐武的时候,我可以把⼑拿出来我可以把枪拿出来.但是它们都是单⼀的,明⽩吗? 它们都是单⼀的效果,然后这些东西会妨碍你去打通你内在的呢股最强⼤的能量.那你这个信息就是结合了前⾯带给你的信息,你的障碍.

Guan Shi Yin: First, you need to know that you are in your own world, your unique world. Therefore, you only need to focus on yourself and how time and space hinder or assist you. Understanding this point is sufficient because your mind is cluttered with information, much like seeking too much of it. This information, as I just mentioned, obstructs what you see immediately. You might feel equipped with numerous weapons, such as knives, guns, and swords. You might think, wow, how powerful I am, possessing all these things; when someone challenges me in a duel on the stage, I can take out my knife or gun. However, they are singular effects, understand? These singular effects hinder you from tapping into your strongest internal energy. Then this information combines with the data provided earlier about your obstacles.

因为就算我给你⼀个概念,对你来说还只是个概念⽽已.然后呢,你顶多去跟其他⼈在聊天的时候,你们顶多就是你拿你的概念,他拿他的概念,概念跟概念之间进⾏沟通.但是你要知道你们⼈类最⼤的阻碍就是什么? 就是来⾃于你们头脑⾥⾯有很多个⼈概念.呢个阻碍了你们真正的能够交融在⼀起.当你们的概念相冲突,你们就开始产⽣抵触.这个⼈跟我不是⼀类的,我们是话不投机半句多.他不明⽩我在说什么.你看我什么都理解什么都懂.你看我是教师,我是教授,我是知识分⼦.明⽩吗? 如果你真的想要去问⼀些关于时间和空间这些.我想告诉你们的就是你们不受时间的限制,也不受空间的限制.你只要记住这个就⾏了.

Because even if I give you an idea, it's still just an idea for you. Then, at most, when you talk to others, you exchange ideas with your own concept and theirs. But what is the biggest obstacle for humans? It's the multitude of personal concepts in their minds that prevent true connection. When your concepts clash, you start to resist each other. This person isn't like me; we don't share common ground. They don't understand what I'm saying. You see me as someone who understands everything, a teacher, a professor, an intellectual. Get it? If you want to ask about time and space, all I can tell you is that you're not bound by these limitations. Just remember this.

问: 我想描述⼀下我个⼈的认识,希望您能评价⼀下.

Questioner: I would like to share my personal understanding and seek your evaluation.

观世⾳:我们的信息不是来纠正你们,你可以把任何你觉得当成真的,就是它是真实的或者是它是我想要相信的.你们可以做任何.所以我们不是来告诉你哪个概念是准确的哪个是标准的.这⾥没有.但是最重要的就是,我们想让你看到你⼤的⼒量的来源是来源于你的内在,⽽不是外在.外在的⼀切你拿到⼿上的都是阻碍你的内在,明⽩吗?因为如果你只是想要⼀场知识分⼦之间的交流或者是学术交流的话,你们可以不⽤来找通灵.你们可以完完全全去找⼀些学术交流,学术派的.然后举很多这之间的交流,以有的知识.我们的信息是来帮助你们拿开你们的限制,⽽不是再给你们增加更多的⼀个条条框框,或者是更加多的限制,就是来框住你们.

Guan Shi Yin: Our messages are not here to correct you; you can take any of them as true or believe in what feels right for you. It's up to you. So we're not coming to tell you which concept is accurate and which is a norm. There are no specific norms here. But the most important thing is that we want you to see where your great power originates - from within, not externally. Whatever you grasp in the external world becomes an obstacle to your inner self, right? If what you're seeking is just intellectual exchange or academic discourse, you don't necessarily need to come through a channeler. You can fully engage in academic exchanges or with academics. Then there are many such exchanges based on existing knowledge. Our messages aim to help you break free from your limitations rather than add more rules or constraints that might confine you further.

问: 我最近觉得时间是三维的…观世⾳:所有的东西都只是幻像.你可以拥有的只是你的眼前,当下.其它都是幻像,其它都是你的头脑.因为我不管明天是什么时候或者是后天将来.你永远都不可能去体验到将来.为什么? 你体验的还是当下,所以你只有当下.

Questioner: I recently feel that time is three-dimensional...观音: All things are just illusions. The only thing you can have is what's in front of your eyes and right now. Everything else is an illusion, everything else is your mind. Because whether it's tomorrow or the day after tomorrow, you will never be able to experience the future. Why? You're experiencing the present, so you only have the present.

问: 我的当下是不是还有另外⼀个版本?

Questioner: Is there another version of me in my current moment?

观世⾳: 你想要知道有没有其他版本的存在? ⾸先你要知道这⾥就好像有很多很多很多张,就好像你有很多很多很多张的照⽚,但是你的眼睛你的⼿只能拿出来⼀张去看它,去体验它.如果你换它,你当然是可以换它的了.你在当下的每⼀个时刻你都可以去替换它.

Guan Shi Yin: Do you want to know if there are other versions? First, you need to understand that here is like having countless photos, just as you have many photos of yourself, but your eyes and hands can only bring out one photo to experience it. If you change it, of course, you can change it. At every moment in the present, you can replace it.

问: 我没有体验的其他的当下的世界是不是也同时在存在?

Questioner: Could other worlds experiencing different realities also exist simultaneously?

观世⾳: 你要知道你的提问它只是来满⾜你头脑的⼀个求知欲.因为就算我们告诉你有还是没有.你的头脑也只是OK,有还是没有.但是你知道你真正的能理解有和没有吗? 有和没有它是⼀体的.你可以说它有,你也可以说它没有,明⽩吗? 但是你的头脑却只能理解….

Guan Shi Yin: You must understand that your question is only coming to fulfill the curiosity in your mind. Even if we tell you there is or there isn't, your mind would just accept it as a 'yes' or 'no'. But do you know if you can truly comprehend what 'has' and 'has not' mean? They are one and the same. You can say it has, or you can say it doesn't, right? But your mind can only understand...

问: 如何理解有? 如何理解没有?

Questioner: How can we understand existence? How can we understand absence?

观世⾳: 当你如果产⽣意识的时候,或者是关注你的能量的呢个什么的时候,那就开始有了.那没有就是当年不产⽣的时候,它就没有.

Guan Shi Yin: When you start to become aware or focus on your energy, that's when it begins. If there is no production of awareness then it doesn't exist.

问: 我们在去世之后会不会还在体验另外⼀个幻像的世界?

Questioner: Will we experience another illusory world after death?

观世⾳: 你⾁体消失过后,你就会发现你只是从⼀个梦⾥⾯醒来⽽已.问: 我的问题是我死了过后是不是又进⼊另外⼀个梦?

Guan Shi Yin: You will realize that you have only woken up from one dream after your physical body disappears.

Questioner: My concern is whether I will enter another dream after I die?

观世⾳: 因为你觉得物质世界是真实的吗?

观世音: Do you believe that the material world is real?

问: 我觉得物质世界是⼀场梦,去世之后是从⼀个梦进⼊另外⼀个梦.

Questioner: I feel that the material world is a dream, and after death, it's moving from one dream into another.

观世⾳:如果你要把它当成是梦的话,你可以这么去认为,可以这么去体验.你要知道你提的所有的这些问题你都是在增加更多的概念⽽已.就好像来满⾜你头脑的求知欲或者是欲望,你想要很多的概念来充斥在你的头脑⾥⾯.但是你⽤永远不会去错过或者缺少任何.因为你就是呢个体验者,你就是呢个经验者,你就是呢个经历者.因为这些信息对于你的呢些不会有任何影响.它不会加强你的体验,它也不会减少你的体验.因为这些不是你的头脑或者你的认知能够改变的.

Guan Shi Yin: If you consider it as a dream, then you can think of it that way and experience it accordingly. You should realize that all the questions you are asking are just adding more concepts to your understanding. It's like trying to satisfy your curiosity or desire for knowledge by filling your mind with many ideas, as if there is something missing that you need to complete your experience. But remember, you never miss out on anything or lack anything because you are the one experiencing it, the one experiencing it firsthand, and the one going through it. These pieces of information will have no impact on you since they don't enhance nor diminish your own experience. They are not something that can be altered by your mind or cognitive understanding.

问: ⼈投胎去世,我们来这⾥之前是不是跟我们的⽗母先有约定,然后之后再去和⾼我计划⼀些关键的点?

Questioner: When humans reincarnate and pass away, did we have an agreement with our parents before coming here, then proceed to collaborate with higher beings to plan some crucial aspects afterwards?

观世⾳: 这么说吧,⽆论什么信息,它只能是代表部分.因为并不是所有的都是这⼀种模式.并不是说你看到JOJO通灵信息,她所有信息都是真的,所有都是按照这种模式.并不是的.因为什么呢? 因为也有就好像是随机的事件.你知道随机发⽣的事件吗? 它有可能在没有任何选择的时候,它就进⼊随机的⼀个事件.就⽐如说⼀个集体意识,整个集体的⽅向.它是服务这个⽅向,⽽不是服务于个⼈.也有这样⼦的⼀个选择.就⽐如说你们有⼀个⼤⽅向要有很多要来⼀起经历这个蜕变.然后我是服务这个⽅向,⽽不是说跟⽣下我的⽗母有任何联系,有任何关系.我只是为了这个⽅向⽽来的.我投在这个家庭⾥⾯,哪个把我的⾁体转化,不是我care的.

Guan Shi Yin: To summarize, this entity can only represent a portion of the information, as not all is of this nature. It doesn't mean that every piece of JJOJ spirit communication is true and conforms to this pattern; it isn't. The reason being? Because there are also instances of random events. Do you understand what I mean by random occurrences? They might accidentally enter a random event without any choice at all. For example, collective consciousness and the direction of an entire group serve that direction, not individuals. There is such a choice as well. Say your overarching goal requires many to undergo transformation together. Then, I'm serving this direction rather than having any connection or relation with my biological parents who gave birth to me; it's just for this purpose alone. I was placed in this family to have my physical body transformed, not something I care about.

所以不要把任何的信息当成它是永远永久或者是真理,或者就是这样⼦.这⾥没有.

So do not take any information as permanent or truth or that's it. There is no such thing.

问: 我们在做为⼈来体验之前,我们的意识是不是有⼀个先后顺序.就是我是不是要先体验植物才能体验动物然后才是⼈?

Questioner: Before we experience being human beings, is our consciousness experiencing things in a sequence? In other words, do I have to first experience plants before animals and then humans?

⾼灵: 要是这⾥没有我呢? 你们习惯性的⽤你们的⾁体或者⽤你们的个体或者⽤你们的思想把它当成是⼀个单独的存在.但是你们并不是,明⽩吗? 所以你们会⽤你们⾃⼰的这个⾝份或者这个⾁体,⽤它来思考.你的思想不只是这么⼀点点.因为你头脑⾥⾯储存的只是⼀点点记忆⽽已,只是⼀点点你个⼈的观念⽽已.呢些means nothing.呢些什么都不是,呢些什么都不重要.

Higher Spirit: What if I were not here? You habitually use your physical bodies or yourselves as a whole or your thoughts to perceive it as an individual entity. But you are not, understand? So you would utilize your own identity or body and think with it. Your thoughts are not just that little bit. Because what your mind holds is only a small amount of memory, just a small portion of personal ideas. All those mean nothing; they're nothing; all that doesn't matter.

问: 您说的是不是我们作为更⼤的我在同时体验⽯头呀,动物呀….观世⾳: ⼀切都是振动频率.⼀切都是振动频率.

Questioner: Are you saying that as the larger self I experience things like rocks, animals...?

Bodhisattva: Everything is a vibration frequency. Everything is a vibration frequency.

问: 您此刻是不是也是⼀股能量或者也是⼀股振动频率,但是具有智慧或者是智能?

Questioner: Are you also a source of energy or a vibration at this moment, but with wisdom or intelligence?

观世⾳: 我们的存在就只是能量⽽已.但是这个能量并不是说现在在和你交流,它就不在其他地⽅.

观世音: Our existence is merely energy. But this energy isn't saying it's now communicating with you and not elsewhere as well.

问: 我们总体的能量是不是⽆限的还是有限的?

Questioner: Is our overall energy infinite or limited?

观世⾳: ⽆限和有限? 这也只是你头脑⾥⾯的⼀个概念⽽已.因为如果只是⽤你的头脑,你的头脑想要理解⼀个东西,它会⽤它学习到的或者收集到的信息,就好像你的电脑的⼀个程序.就是⽐如你植⼊的⼀些.那如果这些已经超出你程序能够读懂或者能够显⽰,那你是不是就成了乱码了?

Guanshiyin: Infinite and finite? This is just a concept in your mind. If you only use your mind to understand something, it would rely on the information it has learned or collected, like a program on your computer. It's akin to what you've inputted. But if this goes beyond what your program can interpret or display, wouldn't you end up with scrambled data?

问: 就是说您在此刻给我的信息是不是担⼼会侵犯我未来的⾃由意志还有我⾃⼰的成长是吗?观世⾳: 我们没有任何担⼼.

Questioner: Does this mean that you are concerned about potentially infringing on my future free will and personal growth at this moment? Avalokiteshvara: There is no concern from us.

问: 您是不是此刻也在体验学习成长?观世⾳: 我们只是存在.

Questioner: Are you also experiencing growth and learning at this moment?观音: We simply exist.

问: 您是否之前也选择作为⼈来到这个世界体验过?

Questioner: Have you ever come to this world as a human being to experience it before?

观世⾳: ⾸先就好像之前的信息⼀样,我们并不是说只是在这⾥不是在那⾥.然后只是选择这个没有选择呢个,明⽩吗? 然后如果是说我们是否是⽤⾁体来到你们地球上体验的话,⽐如说你现在交流的这个⼥孩⼦.那就是我们选择的⾁体,现在在体验,来体验你们,来体验你们的思想或者是观念或者是情绪情感,任何⼀切你想要说的.是以这种⽅式.

Guan Shi Yin: Firstly, just like the previous information, we are not saying that it is here and not there. It's simply a choice between this or that, do you understand? Then if we were to say that we come to your Earth in physical form to experience interactions, for example with the girl you're currently communicating with, that would be the body we chose, experiencing now, interacting with you to see into your thoughts, ideas, emotions, and everything else you might want to discuss. In this manner.

问: 那您体验的⽬的是什么?

Questioner: What was your purpose of experiencing it?

观世⾳: 你今天你接受到的信息是不是有告诉你,你最重要的是放下所有⽐如说⽐如说来接近你对你好,你接近我的⽬的是什么? 因为这是你的头脑⾥⾯才会去追求⼀个⽬的.因为你们会觉得,你们头脑会去做⼀些⽆意义的事情,明⽩我意思吗? 所以存在就是存在,没有你所谓的⽬的.就是说我的⽬的是要⼲什么,我的⽬的是要证明我什么.这是你们头脑会把所有东西给它命名⼀个动机或者是⽬的.这是你们需要去明⽩的物质头脑它的⼀个呢个什么.但是这是头脑永远不能理解的.为什么呢? 因为它只会⽤它头脑⾥⾯已有的⼀些程序去理解.但是这个已经超出它的程序范围内了.就好像你要打字,你要打⼀些从来在你的程序⾥⾯没有输⼊过的字,它能出现吗?

Guan Shi Yin: The information you received today doesn't it tell you that the most important thing is to let go of everything, for example approaching someone who is good to you? Because this is something your mind would pursue a goal. Because you might feel that your mind will do meaningless things, understand my meaning? So existence is just existence, there's no so-called goal. That means my goal is what I aim to achieve, or my goal is to prove something about me. This is what your mind tends to attribute motives or goals to all things. This is a lesson you need to comprehend about the material mind's programming. But this is something that the mind can never understand. Why? Because it only uses pre-existing programs within its own consciousness to interpret things. But this goes beyond the scope of those programs. It's like trying to type characters that were never programmed into your system; will they appear?

它出现不了,就是你们所谓的乱码.你可以通过你的提问然后去观察到你是如何陷⼊在你的头脑⾥⾯的.

It appears nowhere, which is what you call garbled code. You can observe how you get lost in your own mind through your questions and the way you ask them.

问: 我们是不是每个⼈最终也能达到您这样?

Questioner: Will each of us eventually reach a level like yours?

观世⾳: 如果你能放下你对你的⾝体的⼀个执念,你如果你能放下你对你⾝体的执念,如果你能放下你不是这个物质⾁体物质头脑,如果你放下你头脑⾥⾯所有的⼀切.你就可以不需要提这些问题,你就可以知道了,明⽩吗? 如果你还在你的头脑⾥⾯,你的⾁体⾥⾯,你便没有办法去理解.因为⽆论我跟你讲多少,那只是⼀个概念⽽已.那如果你想要知道的话,那你就只有不去认同你是⼀个物质⾁体,你是⼀个物质头脑.然后就是你没有问题,你没有问题产⽣.因为当你在说我的时候,我们的时候,你还是在认同你的这个物质⾁体、物质头脑.然后这就限制或者阻碍了你去体验或者去理解.

Guan Shi Yin: If you could let go of your attachment to your body, if you could let go of the fixation on your physical self, if you could release yourself from being identified with this material body and mind, and if you could detach from all that exists within your thoughts. Then, without having to ask these questions, you would know it, understand it. If you are still caught in your mind and body, there is no way for you to comprehend. Because even if I explain it to you, it remains just a concept. And if you want to know, then the only way forward is by not identifying yourself as a material body or mind; by not being bound to these notions. Then, there would be no questions, and no creation of questions. For when you say "I" or "we," you are still affirming your physical self and mind, thus limiting or hindering your ability to experience or understand truly.

因为这个不是⼀个概念的问题,就是不是⼀些⽂字上的描述的⼀些能让你去理解的.因为⽂字我说的再优美说的再多说的再详细,它只是⼀些死的东西.但是你不是死的,那只是记忆⾥⾯.你不是死的,就是它不是已经固定的.还有问题吗?

Because this is not a conceptual issue; it's not something you can understand through the elegance or abundance of words used in its description. Although I could say beautiful things and elaborate details about it, it would still be static knowledge - lifeless facts that are merely stored in memory. You're not static; what is fixed isn't applicable here. Are there any more questions?

问: 计算机或者AI会不会形成独⽴的⼈格?

Questioner: Will computers or AI develop a separate personality?

观世⾳: 不会.因为它们是死的,你们才是活的.你们超过了所有所有呢些技术或者是机器.为什么呢? 因为你们是活的,明⽩吗?

观世⾳: No, because they are dead, you are alive. You have surpassed all those technologies or machines. Why? Because you are alive, understand?

问: 就是说不会有灵魂选择进到机器⾥⾯体验对吗?

Questioner: So, there will be no conscious choice to enter a machine and experience life, right?

观世⾳: 如果有⼈想要去经历这个体验,他们可以创在这样的体验给他们⾃⼰,就是觉得对⽅好像活过来了.为什么? 就算是⼀个布娃娃,你都可以把它在你的世界⾥⾯在你的体验⾥⾯来把它变活来跟你互动,明⽩吗? 但是你要知道跟你互动的是你⾃⼰的能量,是你⾃⼰创造的.你就好像你是个导演⼀样,你可以创造任何你想要提体验的.

Guan Shi Yin: If someone wants to go through this experience, they can create such an experience for themselves, where it feels like the other person has come back to life. Why? Even a doll, you can make it live in your world and interact with you within your own experiences, understand? But you must know that the one interacting with you is your own energy, which you yourself have created. You're like a director, able to create any experience you desire.

问: 我会对⼀些我有所遗憾的事情⽤冥想的⽅式再去处理⼀遍,这个过程是不是可以改变过去?

Questioner: Will the process of retracing some things I regret with meditation alter the past?

观世⾳:所有的事情如果它已经发⽣了,它就⼀定有可以服务到你的地⽅.然后它是如何服务你的,就是你来去在当下去觉察到这个事件是以什么⽅式⽀持你.当你知道它是如何来⽀持你的,你不再抗拒这个事情发⽣在你的⽣命当中,那它就是在正⾯的在服务于你,明⽩吗?因为所有的事情它是⼀个动态.它为什么是⼀个动态呢?就⽐如说你说你发⽣⼀些事情你会后悔是吗?那是因为你没有真正的看到这个事件它是如何来服务于你.就⽐如说今天你打了你的爱⼈⼀巴掌.然后发⽣了这样的事情,对吧?然后你感受到后悔.这个事情你在打她的巴掌的时候,它并不是说它已经是⼀个死了的事情.它还可以重新来服务于你们.

Amitabha: Everything that has happened is designed to benefit you in some way. It's up to you to discern how it serves you by being aware of the event and its impact on your current situation. Once you understand how it supports you, you no longer resist it happening in your life; then, it becomes a positive influence serving you because all events are dynamic processes. Why are they dynamic? Because when you regret an incident that happened, like hitting someone you love, this implies you didn't see the event's beneficial role. For instance, if you slapped your loved one today, it wasn't just a concluded matter; it could have been an opportunity to serve and improve the relationship in hindsight.

你可以通过这⼀巴掌来看到,你⾸先体验到的是愤怒.⼈在产⽣愤怒的呢⼀瞬间你好像不是你了,那么你是不是就可以去理解很多⼈在愤怒的时候,当他们做出这些冲动的⾏动,你不会就给他们单⼀的评价上你是⼀个坏⼈.你是⼀个暴脾⽓,你就知道打⼈.因为你知道他已经就是失去意识了.他是失控的.那你是不是就可以对呢些施暴者产⽣更多的同情⼼?那如果你通过这⼀个事件拥有了同情⼼,它是不是就在正⾯的服务于你?然后其它就是说你在下来如何在处理后⾯你跟对⽅的关系,又可以让你再重新创造更多的体验,彼此都会有更多的体验.你还有问题吗?

You can see through this single slap that what you first experience is anger. When a person generates anger in the instant, they seem like someone else. So can you understand many people when they act impulsively in anger? You shouldn't give them a one-sided judgment of being bad just because you know they are acting out due to losing consciousness and being out of control. Could this lead you to develop more empathy for those who commit violent acts? If you developed empathy through this event, is it serving you positively? Then, beyond the immediate aftermath, how you handle your relationship with the other person could allow for further experiences where both parties have deeper interactions. Do you have any questions?

问: 关于物质世界的仪式.⼀些通灵⼈会在通灵前进⾏⼀些仪式…观世⾳: 你⾸先你要知道你们物质世界运⾏的⽅式.你们物质世界的频率或者是振动,它是在通过你的物质⾁体的⼀些⾏为和⾏动来产⽣这个振动的.就⽐如说我可能情绪不是很⾼.然后我听到呢个⾳乐,我就使劲跳舞.我越跳舞情绪越⾼,对不对? 那你⼦啊跳舞的呢个过程中你的能量状态是不是就变了? 你从情绪低变到了⾼上? 但是你的呢个跳舞的过程是不是不可以少? 因为你的物质⾁体会通过⼀系列的动作来改变你⾝体的⼀个感受.你的感受改变了,你的频率是不是就改变了? 你就进⼊不⼀样的⼀个状态了.所以最重要的是你的⼀个频率.你看你需不需要这个过程.

Questioner: Regarding ceremonies in the material world. Some mediums perform rituals before channeling… Avalokitesvara: First of all, you need to understand how your material world operates. The frequency or vibration of your material world is generated through certain actions and behaviors of your physical body. For example, if I'm not very emotional, then when I hear music, I might really start dancing. As I dance, my emotions become higher, right? Does the state of your energy change during this process of dancing? Do you go from low to high emotionally? But can't the process of dancing be essential because it causes a series of movements that alter your body's sensations? When your feelings change, doesn't your frequency also change, leading you into a different state? The most crucial thing is your frequency. It depends on whether you need this process or not.

那这个通灵的⼥孩⼦她只需要换⼏次呼吸她就可以转换她的频率,从你们的物质世界到达我们在通灵的状态.她不需要跳舞.所以说每⼀个⼈不⼀样.

That spirit-connected girl only needs to switch her breath a few times in order to shift her frequency from your material world into the state we are in while channeling. She doesn't need to dance. Thus, each person is different.

问: 台湾⼤学⼀个教授做了⼀个实验,他找了⼀些有特异功能的⼈.他们通过观想访问到了您的住宿.这个是真的吗?

Questioner: A professor at National Taiwan University conducted an experiment where he found individuals with special abilities who accessed your accommodation through visualization. Is this true?

观世⾳: ⾸先如果你把物质世界的空⽓给它⼀个住所,你让它住在哪⾥?问: 书⾥说他们看到了荷花,⾦光…观世⾳: 这么说吧,⽐如说如果你们有⼈有这样⼀个意识,就⽐如说你的头脑⾥有⼀个想象,想象是什么样⼦.那你就会产⽣⼀个振动频率.就好像你们画画⼀样.你们的想象⼒也在画画.那你们物质世界画了⼀幅画,那它就存在呢⾥.存在呢⾥,那是不是有⼈过去就可以看到? 明⽩这层意思吗? ⾸先你们有⼀个误解就是你们把观世⾳菩萨当成是⼀个⼈.为什么呢? 因为你们的头脑需要⼀个代物,就是需要⼀个物体,需要⼀个对象.你们不能没有对象,明⽩吗? 就好像你说住所的话,那你说空⽓是住在哪⾥的?

Guan Yin: First, if you were to give the air in this material world a dwelling place, where would you put it? Questioner: In the book, they saw lotus flowers and golden light… Guan Yin: Let me explain this way. Imagine there is an individual with such awareness, for example, your mind has an image within it, like what kind of image. This would then create a vibration frequency, much like how you draw pictures. Your imagination is essentially painting the picture in your mind. If you were to draw a picture in your material world, wouldn't that picture exist somewhere? Does this concept make sense to you? The misunderstanding here is that people perceive Guan Yin as an individual since their minds require a representation or object, something tangible for understanding and interaction. Without such a reference point, the mind struggles to comprehend spiritual entities which are not bound by physical attributes.

因为你们现在理解的所有的⼀切你们还在⽤物质的现象.物质能看得到,摸得到的⼀个东西.呢是你们之间的游戏,你们之间的约定或者是定义,明⽩吗?

Because everything you currently understand is still in terms of material phenomena - something tangible and observable that exists as an agreement or definition among you. Is this clear to you?

问: 我想问 « ⼼经 » 为什么有疗愈的功能?

Questioner: I want to ask why "Heart Sutra" has therapeutic functions?

观世⾳: ⾸先这是回到⼀个能量和频率的问题.因为在就是说谁创造的 « ⼼经 »,就是呢个东西,呢个频率.那么他是达到了呢个频率,达到了呢个频率过后,他⽤⼀些⽂字或者⽤⼀些声⾳,就是⽤⼀些有形的这些东西来把这个转译出来.转译出来,就好像频率在呢⾥.频率在呢⾥,如果后⾯有⼈想要去接触的话.就好像OK,有个⼈在呢边建了⼀个寺庙.然后你们后⾯的⼈也⾛过去⾛到呢个寺庙⾥⾯.那如果是特别灵敏的⼈,就是他的感知⼒⽐较强的⼈,他就会感受到这个,明⽩吗?

Guan Shiyin: First, this comes down to an issue of energy and frequency. Because who created the "Heart Sutra", that thing, that frequency. So they achieved that frequency, after which they used some words or sounds, using tangible things to translate it out. Translating it out is like having the frequency there. The frequency being there, if someone wants to access it later on. Like, imagine someone built a temple on one side. And then you and others walk over and enter that temple. If someone is particularly sensitive, whose perception ability is stronger, they will sense this, understand?

问: 也就是说 « ⼼经 » 的作者他创造了⼀股疗愈的能量?

Questioner: In other words, the author of "Heart Sutra" created a healing energy?

观世⾳: ⾸先他是感触到接触到这个能量,然后再以⾃⼰的⽅式给它呈现出来.问: 那也就是说是不是 « ⼼经 » 的疗愈功能对我们所有⼈都有效还是会因⼈⽽异?

Guan Yin: He first experiences and connects with this energy, then presents it in his own way. Questioner: Does that mean the healing function of "Heart Sutra" is effective for everyone or varies from person to person?

观世⾳: 就像我刚刚说的,有的⼈感知特别强的话,他就能感受到这股振动.那他感受到这股振动的能量的话,他就好像有⼀种离开了他的⾁体的感觉,脱离了物质⾁体.脱离了物质⾁体的话,他就好像是在⼀种你所谓的疗愈⼀样.为什么呢? 因为他不再去赞同这个⾁体.他不再去把观念、信念、恐惧投射到这个⾁体上⾯去.

观音: As I just mentioned, if someone's perception is particularly strong, they can sense this vibration. Once he senses this vibration of energy, it's as though he has a feeling of being detached from his physical body, from the material body. Detaching himself from the material body means that he feels like undergoing what you might call healing. Why is that so? Because he no longer approves of or aligns with this physical body. He no longer projects concepts, beliefs, fears onto this body.

问: 我们是不是在睡觉的时候也是离开了⾁体去体验来⾃本源的爱?观世⾳: 这个不⼀定的.这个看你们个体.

Questioner: Are we experiencing love from its origin even when we are sleeping and our bodies are detached?

Guan Yin: This is not necessarily the case. It depends on your individual selves.

问: 佛教说不能杀⽣,不然会堕⼊六道.我想问⼀下六道真的存在吗? 还是我们集体意识创造的?

Questioner: Buddhism teaches that one should not kill living beings, as it will result in reincarnation into the six realms. I want to know whether the six realms really exist or if they are collectively created by our consciousness?

观世⾳: 你是说因果报应吗? 如果你能在当下去理解你的⼀些⾏为给对⽅产⽣的体验是什么样的⼀个感受,你便不需要⽤你的物质⾁体去体验.因为你当下已经明⽩了.就好像有⼀句话叫放下屠⼑,⽴地成佛.因为你当下已经明⽩了,你就达到了佛的境界.那如果你不能明⽩,还需要这⼀个过程.就好像⼀个⼩朋友⼀样,我如果教你⼀个东西,你⼀下能明⽩的话.我是不是就不需要⼿把⼿的教你了?所以你需不需要这个物质体验是看你个⼈的⼀个觉悟能⼒,明⽩吗?

Guan Yin: Are you talking about the law of karma? If you can understand in the present what kind of experience your actions are creating for others, you do not need to use your physical body to experience it. Because you already understand at this moment. It's like a saying that goes "lay down the butcher's knife and become a Buddha immediately." Once you understand at this moment, you have reached the境界of a Buddha. But if you cannot understand, then you still need this process. Imagine teaching something to a child: if they can grasp it right away, do I still need to guide them step by step? So whether or not you require this physical experience depends on your personal ability to perceive and comprehend, got it?

问: 您说的当下明⽩是不是说是感知作恶后悔的感觉?

Questioner: Are you saying that being aware of it right now means having a feeling of remorse after committing an evil act?

观世⾳: 你当下就是说你知道你的这些⾏为是不必要的.它只是来⾃于恐惧.你给对⽅造成的(没听清).你能感同⾝受,就是你能感受到对⽅的撕⼼裂肺?

观音: You are saying that you know your actions are unnecessary; they just come from fear. (I didn't catch what you said about causing harm to the other person.) You can empathize with them because you can feel their pain deeply?

问: 是不是我们当下忏悔就不⽤⾁⾁体再去体验?

Questioner: Does repentance mean we no longer have to physically experience it?

观世⾳: 是的.因为你已经就是从这个事件当中受益了.你已经从这个事件当中得到了⼀个你应该有的体验.因为为什么? 因为当对⽅撕⼼裂肺,你其实也撕⼼裂肺.那你也是体验过来呀.你已经体验过来撕⼼裂肺.

Guan Shi Yin: Yes, because you have already benefited from this event. You have already experienced what you should experience because when the other person is in great pain, so are you. So you've been through it yourself - you have already experienced the heart-wrenching experience.

问: 我们这⼀世作为⼈如果犯错,下⼀世会不会强制性的体验动物?

Questioner: If we humans make mistakes in this lifetime, will we experience animals in our next life as a punishment?

观世⾳: 你们把动物当成是⼀个⾮常什么? 就是好像是⼀个惩罚⼀样吗? 你并没有困在动物⾥⾯,呢个不是你,明⽩吗? 但是你可以跳到动物⾝上去感受⼀下动物的感受,你的意识.

Guan Shi Yin: What do you consider animals to be very like? Is it almost like a punishment? You are not trapped in an animal form; that is not you, understand? But you can jump into the body of an animal and experience its feelings for a moment, your consciousness.

问: 那也就是说是有这种可能性的是吧?

Questioner: That means there is such a possibility, right?

观世⾳: 这是来⾃你们的⼀些恐惧.就是你们会植⼊⼀些恐惧来避免⼈的⼀些⾏为.所以这个只适⽤于你们.但是这⾥并没有分别.就是成为动物并不是惩罚.⽽且也不是你在成为,跟你没有任何关系的,明⽩吗?

Guan Shi Yin: These are fears coming from you, in order to avoid certain behaviors of people. So this only applies to you. But there is no distinction here; becoming an animal isn't a punishment, nor something unrelated to you. Understand?

问: 那是跟我的灵魂有关系的? 跟我的⼈格没有关系?观世⾳: 没有任何关系.

Questioner: Is that related to my soul? Not related to my personality? Avalokitesvara: There is no relation at all.

问: 我想问如果我是⼀棵树上的树叶,我的灵魂是树.我作为树叶如果做了恶,我的树⼲和灵魂会不会需要去体验作为动物的状态?

Questioner: If I imagine myself as a leaf on a tree, where my soul is the tree, would my trunk and soul need to experience life as an animal if I were to do evil as a leaf?

观世⾳: 没有恶事.只有⽆意识.就是你是睡着的状况.因为所谓的恶事,是你们还在⽤⿊⽩,还在⽤对⽴,还在⽤好坏,还在给事情⼀个定义.但是你们不知道事情是如何来服务于你们的.所以你们会给它有这个定义.你们会给它有恶的定义.就好像你刚才说的时间和空间,如果你把时间拉长呢? 明⽩吗? 如果你们都是永恒的存在呢? 你们所有的事件都是你们集体意识的投射和反射呢?这是你们需要,就好像学功夫需要的⼀个道具.这是你们成长的⼀个梯⼦.你说我从A到B点,那我需要很多台阶,需要很多梯⼦.那你说呢个梯⼦就是恶,那如果离开这个梯⼦的话,我如何达到B点,明⽩吗?这些都是你头脑⾥⾯的⼀些概念⽽已.

Guan Yin: There are no evil deeds. Only unconsciousness, which is when you are asleep. Because so-called evil actions exist because you still use the binary system of black and white, opposites, good and bad; and you give definitions to things based on your understanding of them. But you don't understand how these things serve you. So, you give it a definition—evil is one such definition. You define time and space as you mentioned earlier. If you stretch the notion of time infinitely? Understand that if we are all eternal beings, and our events are projections and reflections of our collective consciousness? This concept mirrors what you need, similar to needing tools in martial arts training. It serves as a step on your journey of growth. You say going from point A to B requires many steps, many ladders. If this ladder is considered evil, how would I achieve point B without it, understanding that these are merely concepts residing within your mind?

你不是来到这个世界上来做正确的事情的.你是学习的.就好像我刚才说,你是⼀棵树,你在长枝芽的时候你说你要把你奉献出去.把你的树枝拿来给别⼈建房⼦.你看他们好可怜,他们都没有房⼦住.那你怎么知道你的这个是他们发现⽤砖头和⽯头去建房⼦更牢固的呢个过程呢,明⽩吗? 你们不是有呢个三只⼩猪的故事吗? ⽤树建的⼀下就被吹倒了? 那你是不是就阻碍了呢? 所以你不要⽤你的头脑去定义好坏和恶什么的之间的事件.

You're not here to do what's right in this world. You're learning. Just like I said earlier, you are a tree and when you start growing branches, you say that you want to give yourself away. You take your branches and offer them for others to build houses with. You see how pitiful they are, without any homes. How do you know if this is the process by which they discover that building houses using bricks and stones is more stable? Understand? Do you remember the story of the three little pigs? The one built with wood falls down with a gust of wind? Don't you think you're hindering them? So don't use your mind to define events as good or bad, right or wrong.

问: 我们可以通过集体的冥想去改变⽐如说地震、战争这种现状或者是结果吗?

Questioner: Can we alter situations such as earthquakes and wars through collective meditation?

观世⾳: 如果你们还是在⼀种,就是说像昨天的通灵信息说你发现地⾯上长了很多藤.你只是在不断地割藤,然后不知道地底下有很多很多根.如果你们只是在做这样⼦的⼀个功夫的话,是没有任何效果的,明⽩吗?

观音: If you're still doing something like what was communicated spiritually yesterday – you found a lot of vines growing on the ground; you keep cutting them, but don't realize that there are countless roots beneath. If all you do is this kind of work, it will have no effect, understand?

问: 整体的⼈类如何去解决根本根部存在的问题?

Questioner: How can humanity as a whole address the fundamental issues at its root?

观世⾳:知晓.因为如果你在不知晓的情况下,你会把物质世界所有的⼀切当做是真实的.你会把物质世界所有的⼀切当做是不可更改的.但是物质世界顶多是,就好像你打了⼀声锣,敲了⼀下钟.呢个钟会不会发出响声,对不对? 然后关注在呢个钟声上⾯.

Guan Shi Yin: Understand. Because if you don't understand, you will perceive everything in the material world as real. You will consider every aspect of the material world to be immutable. But the material world is at most like ringing a gong or striking a bell – would that produce sound? Correct? Then focus on that bell sound.

问: 物质世界醒来的⼈要如何唤醒还在沉睡的⼈?

Questioner: How should those who are awakened in the material world awaken those who are still asleep?

观世⾳: 就好像你前⾯说的信息你说你要服务众⽣.我说你没有任何需要服务的.你只需要成为你⾃⼰.因为当你成为你⾃⼰,你⾃然⽽然会把呢些饥饿的鸟⼉引来在你的树边吃你的果实,明⽩吗? 当他们需要的时候,他们⾃然⽽然会来到你的⾝边.然后你有东西给它.你想,如果你⾃⼰都没有结果,你怎么去服务他⼈? 就像我刚才说的,你把⾃⼰的树枝砍了给别⼈建房⼦.

Guan Shi Yin: Just like you mentioned earlier that you should serve众生, I told you that there's no need for you to do so. You just have to be yourself. When you are being true to yourself, you naturally attract those hungry birds to come to your tree and eat your fruits, understand? They come when they need something naturally. Then you have something to give them. And you might ask, if you don't even bear fruit yourself, how can you serve others? Just like I mentioned just now, you cut off your own branches for others to build houses.

问: 就是说我们⽬前要专注于⾃⼰的成长?

Questioner: It means that we should focus on our own growth at present?

观世⾳: 当你在成长的过程当中你也在服务他⼈.为什么? 你想⼀棵果树,它的成长的过程它开的花是不是⾃然⽽然给这个世界带来很多⾹味? 它的树叶它的树枝是不是就在让这个世界变的更绿,明⽩吗? 所以这不是刻意的.

观世⾳: As you grow, you are also serving others. Why is that? Imagine a fruit tree; as it grows and blossoms, isn't its natural process of blooming bringing in many scents to the world? And don't its leaves and branches make the world greener? It's not something forced upon them, you see.

问: 我想问⼀下⼋卦的图案是不是对应某些能量? 它的预测的功能是不是因为通过看能量来推测我们的现实世界?

Questioner: I wonder if the eight-trigram pattern corresponds to certain energies, and whether its predictive function relies on deducing our reality through observing these energies?

观世⾳: 任何你们所谓的⼀些技术它只对他去进⼊这股能量,就是选择这股振动频率去进⼊的这个⼈有效果.就好像刚我说有个⼈修了⼀个寺庙,就好像他设了⼀个东西在呢⾥.那⼋卦也是.对于他们需要这样的⼀个东西,就是让他来进⼊这样的⼀个状态,明⽩吗? ⾸先有⼈他创造了这个,技术build up,就是有⼈建造了这个.

Guan Yin: Any of the so-called techniques you mentioned are only effective for someone who chooses to enter this energy. It's like I just said about a person building a temple – as if they set something up there. The Bagua is similar. They need such an element for it to help them enter that state, understand? First, someone created this technique, built it up, meaning someone constructed it.

问: 那就⽤它的时候会链接它的能量是吧?

Questioner: So, when using it, will its energy be connected?

观世⾳: 并不是所有⼈他都可以,明⽩吗? 如果对它⼀窍不通的呢? 如果他是关闭的呢?问: 所有就是他必须得达到条件或者⾃⼰有这⽅⾯的训练对吧?

观音: Not everyone can do it; understand? If they know nothing about it? If they are closed off? Questioner: Does it mean he must meet certain conditions or have training in this area, right?

观世⾳: 它必须这是符合他的⼈⽣主题.⽐如说这是他⼈⽣主题的⼀部分,那他就会有这个体验.

观世音: It must be in accordance with his life theme. For example, if this is part of his life theme, he will have this experience.

问: 我看到消息说地球以后只能开放给更⾼振动频率的存有,我们如果还想体验需要去其他星球.这个是真的吗?

Questioner: I've seen reports suggesting that in the future Earth will only be accessible to beings with higher vibrational frequencies, and if we want to experience it, we'll need to go to other planets. Is this true?

观世⾳: 这么说吧,你们每⼀个⼈体验的都是独⼀⽆⼆的地球.有的⼈OK,他是有这样⼀套感知或者有这样⼀套振动频率.他就真正的看到了,就⽐如说前⾯有⼀个⿊影.他对⿊影感到很恐怖.为什么? 他⼩时候被狗或者狼咬过.他就把这个⿊影当成狼.然后⼀直在跟这个狼,这个⿊影互动.然后他就给你们讲这个故事.他就说这是个狼,怎么样怎么样.你能理解我分享的故事的意思吗? 也就是说外在的所有信息你没有必要去看它是真的还是假的.为什么? 你们每⼀个个体都是有⾃⼰独⼀⽆⼆的感知⽅式去体验它.然后体验了,然后你们分享.你的世界是你⾃⼰创造出来的.为什么? 因为这个世界是空的.⼀个空的东西.那别⼈讲述的东西,是他创造出来的.

Guan Shiyin: Let me put it this way, each one of you is experiencing a unique Earth. Some people are okay, they have a certain set of perception or vibration frequency that allows them to truly see something. For example, if there's a shadow in front of them, they feel very terrified by the shadow. Why? Because when they were young, they were bitten by a dog or a wolf. They perceive this shadow as a wolf and then they keep interacting with what they perceive as a wolf - this black shadow. Then they tell you this story and say it's a wolf, like this. Can you understand my shared story? That means all external information doesn't necessarily need to be seen as real or false. Why? Because each individual has their own unique way of experiencing the world through perception. After experiencing it, you share your stories with others. Your world is what you create yourself. Why? Because this world is empty - a void that you fill in. Others' accounts are based on what they create themselves.

因为他可以去创造任何他想要体验的.你想象⼀下你眼前看到的所有固定的物质,如果你加上时间,加上⼀千年的时间它会变成什么? 只是你们体验的⾮常缓慢,所以你能感受到它是存在的.那如果你把它加速呢? 所以今天你的信息你可以从你的提问,然后回到最前⾯带给你的信息.你的头脑会去搜集很多权威知识或者是信息或者

Because he can create anything that he wishes to experience. Imagine all the fixed matter you see before your eyes; if you add time, a thousand years of time, what would it turn into? Just because your experiences are so slow, you can feel its existence. But what if you speed it up? So today's information you can obtain from your question and then bring back to the forefront the information that is provided. Your mind will gather lots of authoritative knowledge or information or

是概念.然后这些是它们阻碍了你,让你内在活的东西不能涌现出来.所以如果你回去反复听录⾳的话.就好像现在给你只是⼀⾯镜⼦让你照出你⾃⼰.我们存在的⽅式就好像是个镜⼦,来让你看到你⾃⼰,认识你⾃⼰.当你认识了⾃⼰,你便不会⼀直在这⾥打转.因为你现在就好像是,你的头脑是条狗.然后这条狗不停的牵着你⼀直在打转.这也是你成长的⼀个过程,也是你去认识这个世界的⼀个过程.

This is a concept. Then these are the things that stand in your way, preventing what's alive within you from surfacing. So if you go back and listen to recordings repeatedly, it's like being given just a mirror now, allowing you to see yourself. Our existence functions as a mirror, letting you see yourself and know yourself. When you come to know yourself, you won't keep spinning in circles. Because right now, your mind is like a dog. And this dog keeps pulling you around in circles constantly. This is also part of your growth process, and it's how you learn about the world.

问: 柏拉图写过⼀本书叫理想国.⾥⾯写到有些⼈会通过看影⼦认识外⾯的世界.我是不是也是这样?

Questioner: Plato wrote a book called "The Republic." In it, he mentioned that some people recognize the outside world by seeing shadows. Am I also like this?

观世⾳: 你反复听前⾯的录⾳你就知道了.问: 我的⾼灵和指导灵跟我的链接状态怎样?观世⾳: 前⾯的信息都是跟你说的.

Guan Shi Yin: You will understand by repeatedly listening to the recording in front of you.

Ask: How is my high angel and guide spirit connected to me?

Guan Shi Yin: The information provided was meant for your understanding.

第三个⼈问: 我有⼀个⼥⼉⽆端端的就跟我们断绝了关系.观世⾳: 多⼤年龄?

The third person asked: My daughter suddenly cut off all relations with us without any reason.观音: How old is she?

问: 今年25岁.我们现在虽然⽣活近在咫尺.但是我不想进⼀步破坏这个关系.我想知道未来我跟她之间的关系难道就这样下去了吗?

Questioner: I am 25 years old now. Although we live close to each other, I don't want to further damage this relationship. I wonder if our relationship will just continue like this in the future?

观世⾳: 你说你想要去改变你们的关系吗?

Guan Shi Yin: You say you want to change your relationship?

问: 我希望能改变.当然是往好的⽅向改变.

Questioner: I hope to change, naturally for the better.

观世⾳: 你⾸先你需要发出这个念头.因为如果你什么都没有.你说我们现在是这样了,不联络了.然后你只是在认定这个事实⽽已,你只是在加强这个事实⽽已,你在加强这个现象⽽已.就好像⽐如说我们这⾥的东西,你可以显化任何你想要的.如果你想显化另外⼀个,那你是不是⾸先要发出念头.就是你有这个想法,就是我想跟我⼥⼉的关系特别亲密.我想进⼊她的⽣活,我想她进⼊我的⽣活.你有发出这个念头吗?

Guan Shi Yin: You first need to generate this thought because if you have nothing, you say we are like this now, not connected anymore. Then you just acknowledge this fact, merely reinforcing this fact, and thus intensifying this phenomenon. It's akin to the things here; you can manifest anything you desire. If you wish to manifest another, don't you first need to generate this thought? That is, you have this idea - I want a particularly intimate relationship with my daughter. I want to enter her life, and I want her to be part of mine. Have you emitted this thought?

问: 曾经有过.但是由于她之前的叛逆对我的伤害很⼤,所以我变的⽐较恐惧.

Questioner: There used to be. But because of the deep hurt caused by her rebellious behavior towards me in the past, I became quite fearful.

观世⾳: ⾸先你的这个想法你就在推开她,你知道吗? 你刚才的呢句话,她之前的叛逆让我变的恐惧.你这个想法就是⼀个念头.这个念头就好像它是有能量,然后它是有振动频率.然后你的这个振动频率就好像是电⼀样,在把她推开,明⽩吗?

Guan Shi Yin: Firstly, your idea is pushing her away; do you know that? Your previous statement just now made me fearful due to her past rebellion. This idea of yours is just a thought—a concept with energy and vibration frequency. Your vibration frequency acts like electricity, pushing her away, right?

问: 可以链接到她? 她是怎么想的呢?

Questioner: Can we link to her? What does she think about it?

观世⾳: 不是她是怎么想,⽽是你是怎么想.是你⾃⼰的⼀些观念把她给推开.你的观念是她的叛逆伤害了你.你⾃⼰来看看你的定义.因为你的么⼀个定义它都会有⼀个频率.它这个频率就会相应的出现⼀些事件.就是它会出现⼀些事件出来.伤你的事件是什么? 就是说她的叛逆.她的叛逆是什么?如果你⼥⼉只是成为她⾃⼰,你的存在只是⽀持她成为她⾃⼰.她赫拉叛逆?你如果要说她叛逆的话,你必须要有⼀个标准.就是什么是不叛逆的.你必须⾃⼰先建⽴了⼀个标准就是什么是不叛逆的.OK,呢个标准可能是社会上的标准.但是为什么你采⽤了?你把它当成是你的了.你也加⼊他们了.那你如果没有任何标准呢?你如果没有任何什么叛逆不叛逆的标准了?

Guan Shi Yin: It's not about what she thinks, but how you think. It's your own notions that are pushing her away. Your notion is that her rebellion has hurt you. You should look at your definition yourself because every one of your definitions carries a frequency. This frequency will correspond to certain events, which will manifest themselves. What event does this hurt you? That is, her rebellion. What is her rebellion? If your daughter is just being herself and your presence serves as support for her to be herself, why do you perceive her as rebellious? If you say she's being rebellious, you must have a standard of what non-rebellion looks like. You need to set that standard for yourself, okay? That standard might be societal norms. But why did you adopt it and make it yours? You've joined in with them. What if there are no standards at all? If there is no distinction between rebellion or not being rebellious?

那如果她只是做她⾃⼰,她又何来伤害你?你最⼤的存在的意义就是⽀持她来成为她⾃⼰.⽐如说她是⼀棵苹果树.你⽀持它开花结果.它如果开花结果,它又何来影响你或者是伤害你?明⽩吗?所以这是你的思想.你的思想会散发频率.然后你的频率会显现⼀些事件.所以这个现象是你⾃⼰思想导致的⼀些现象.那不是 match的吗? 这⾥没有错啊.这是你思想产⽣的果.这个果没有任何错.那如何才能改变这个结果呢?如果这个结果不是你想要的.那就是改变你的念头,改变你的思想.为什么?因为你的振动频率就会变.你的振动频率变了,你经历的事件就变了.

If she causes you no harm when being herself, what harm could she possibly inflict upon you then? Your greatest value lies in supporting her to be her own self. For example, if she were an apple tree, you would support its blooming and bearing fruit. If it did produce flowers and fruits, how could it affect you or do you any harm at all? Can you understand that this is your mindset? The thoughts within you will emit a frequency which will manifest into certain events. Therefore, the phenomena are manifestations of your own thoughts. Isn't this fitting? There's nothing wrong with this here. It's the fruit of your mind-producing thought. This result carries no fault at all. So, how can we alter this outcome? If this result isn't what you desire, then change your thoughts, change your mindset. Why is that? Because changing your vibration frequency would follow suit. Your vibration alters and with it, the events you experience also change.

第四个⼈问: 我得了分裂型精神障碍.发病会神神经经的.之前通灵⾼灵说这是通灵状态.我为什么会得这种病? 以及该怎么办?

The fourth person asks: I have been diagnosed with a split personality disorder. The onset is characterized by nervousness. Prior spiritual leaders said this was a state of spirit connection. Why would I get this illness, and what should I do about it?

观世⾳: 你说的只是你们物质世界会把你们的⼀些现象定义和归类,把这个现象描述成这个病.⾸先你这⾥没有病.为什么? 你只有就是说你可能不能很好的handle,就是不能很好的处理你⾝体的能量,明⽩吗? 你⾸先你有⼀个物质⾝体,对吧? 然后有⼀个能量会链接到你的物质⾁体你才能在这个世界上去做任何事情.那在这个链接的过程,你是不能把它很好的处理.那为什么会发⽣这种障碍呢? 就是这种链接不稳定或者是链接不畅通的障碍? 那是因为你们内在有很多不稳定的情绪.不稳定的情绪来⾃于哪⾥? 来⾃于你的⼀些观念、信念、或者你的焦虑或者忧虑.

观音: You are describing how in your material world, certain phenomena would be defined and categorized, labeling them as diseases. Firstly, there is no disease here. Why not? Because you merely struggle with handling your body's energy poorly, right? You first have a physical body, yes? Then, an energy link to your physical body enables you to do anything in this world. The issue lies in not being able to properly manage this connection. What causes these barriers to occur? Are they due to instability in the link or obstruction of communication within it? This instability often stems from internal emotions that are tumultuous. Where do such volatile feelings originate? They come from your beliefs, thoughts, anxiety, or worries.

就是你跟你的⾝体,you put too much stuff on your body.你想⼀下你的⾁体它只能承载5公⽄,你⼀定要给它放50公⽄,明⽩吗? 所以这是你学习你的⾁体和能量之间和谐运作的⼀个⽅式.那你⾸先你要停⽌的第⼀件事情就是不去给你的⾝体命名为它是⽣病的,明⽩吗? 它是精神有问题的.不是的.那你如何才能让这个能量更加和谐的运⾏在你的⾝体⾥⾯? 就是不带来⼀些堵塞或者是触电或者是排斥.那你⾸先要做的⼀件事情就是接纳你的⾝体,接受你的⾝体,爱上你的⾝体.就好像你又是个母亲的⾝份,你的⾝体是个孩⼦的⾝份.你要给它爱,你要给它接纳.

You've overloaded your body with too much stuff. Your physical body can only carry about 5 kilograms, yet you insist on putting 50 kilograms onto it. Do you understand? This is a method of learning how to harmonize between your body and energy. The first thing you should stop doing is labeling yourself as sick or having mental issues because of your body. Instead, you need to love and accept your body, just like a mother accepts her child's body. You must show it love and acceptance, seeing the body as a part of oneself that requires nurturing care.

就好像我刚刚说前⾯的呢个母亲,她发出的⼀些念头,她就把她⾃⼰的⼥⼉⼀直在推开.你现在也是,明⽩吗? 你就是在让你进⼊⼀种分裂的状态.把你⾃⼰分裂出来,就是推开.

It's like the mother I just mentioned, her thoughts pushed her own daughter away. You're doing the same now, do you understand? You're pushing yourself into a state of division, splitting yourself and then pushing it away.

问: 那我每次发病的时候到底是不是在通灵的状态?

Questioner: Then, am I actually in a state of spiritual communication every time I experience an episode?

观世⾳: 这个不是通不通灵,⽽是你⾝体链接的⼀个,就是内在产⽣的⼀个冲突.不是说通灵,明⽩吗? 也就是说你的⼀股能量在你的⾝体⾥⾯产⽣了抵抗、排斥、抗拒、分裂.这个信息你需要反复去听你才能理解你才能明⽩.然后这是你接纳⾃我的⼀个过程.然后重新让你的⾝体进⼊⼀种接纳的过程.呢个接纳是来⾃于你⾃⼰.你还有问题吗?

Guan Shi Yin: This isn't about whether or not you are in contact with spirit, but it's something that is occurring within your body, an inner conflict that you are experiencing. It's not about contacting spirits, understand? In other words, there is a resistance, rejection, or division within your energy inside your body. This information requires repetition for you to comprehend and understand. Then, this is part of the process of accepting yourself. Following that, it allows your body to enter a new phase of acceptance. This acceptance comes from within yourself. Do you have any further questions?

问: 我现在的⼈⽣过的举步维艰.也赚不到什么钱.每次⽣病进医院,之后又要重新找⼯作.就想赶紧死掉.我想知道你对我这种状态有什么建议吗?

Questioner: I am struggling to survive in my life and can't earn much money. Whenever I fall ill and have to go to the hospital, it leaves me needing to find a new job afterward. I just want to die as soon as possible. Could you give me any advice for this situation?

观世⾳: 那你⾃⼰从你的描述当中你就能看到你⾃⼰对你⾁体的⼀个排斥.那你体验的是不是你想要的? 就是这些你体验的所有的⼀切都是你⾃⼰创造的.就好像我们刚刚说,你虽然现在在承受这个果,呢个果是不是你⾃⼰种下的? 明⽩吗? 这只是进⼊到⼀个恶性的循环.你越是去排斥你的⾝体,你的⾝体越是不可控,越是失去控制.越是失去控制,你越是能难在物质世界扎根下来.那你越难在物质世界⽣存.那你就进⼊这个恶性循环.还有问题吗?

Guan Shiyin: So you can see your own rejection of your body from your description. Are you experiencing what you want? Everything you experience is created by yourself, just like we said earlier - are you suffering this fruit because it was sown by you? Understand? This only leads to a vicious cycle. The more you reject your body, the less controllable and out of control it becomes. The more out of control it gets, the harder it is for you to ground yourself in the material world. And the harder it is for you to survive in this world. You are entering this vicious cycle. Any more questions?

问: 你能不能对我进⾏⼀个疗愈?

Questioner: Can you perform a healing on me?

⾼灵: ⾸先你要知道,你是神的⼀部分.你并不是没有⽤的.你并不是没有能⼒或者没有价值的.你必须要接受这⼀点.因为你⼀直在贬低你⾃⼰.你在贬低你⾃⼰,你就在贬低神.所以你必须要回归到就好像你⾃⼰是认定和明⽩和赋予,就是赐予你⾃⼰你是神的⼀部分.你来这个世界,你所有的⼀切都是受到⽀持的.然后你的所有抗拒都是来⾃于你的⾁体的抗拒.你的⾁体在阻碍神的⼀部分进⼊你的⾝体.反复的听呢⼏句话.

Higher Spirit: Firstly, you need to understand that you are a part of God. You're not useless. You don't lack capability or value. You must accept this fact because you've been undervaluing yourself. When you belittle yourself, you're diminishing God as well. So, you must return to the idea that you are acknowledged and understood as being given, essentially bestowing upon yourself that you are a part of God. Your existence in this world is supported by everything you have. All your resistances come from the body's resistance. The body is obstructing a part of God from entering your body. Repeat these few sentences over and over again.

# **2022/09/21 — ⼀切都是幻像 Everything is an illusion**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: ⾼灵你好.最近⼀段时间我都腹痛.以前咨询过说是⾃⼰的信息.最近痛的⽐较厉害.我想知道是什么原因? 能疗愈我吗?

Questioner: Hello spirit. I've been experiencing abdominal pain recently. I consulted about it before, saying it was my own information. The pain has become more severe lately. I want to know the reason and if it can be cured.

⾼灵: 你稍等,我帮你看看.这么说吧,你现在⾝体⾥⾯腹痛,它就好像是要⽣孩⼦⼀样.就好像⾥⾯有东西,它想给你排出来.你们⽣⼩孩它是不是会肚⼦疼? 肚⼦疼,然后它就会想要往外排.然后你的这个疼痛也是你的,就好像⾥⾯有⼀个东西它需要从你的⾝体⾥⾯排出来.为什么呢? 因为它不属于你的⾝体,它跟你的⾝体是产⽣冲突的,明⽩吗? 就是它不属于你的这个⾝体⾥⾯的.那这个不属于你的⾝体是什么呢? 就是你的头脑⾥⾯所有的思绪、想法、记忆,就是所有这些陈年… 就好像⼀个⽔管,你经常⽤它.然后它的呢个下⽔道堵塞了⼀样.然后你现在⾝体也像,你想象⼀下你的⾝体是个管道.然后你每天都在吸收东西.

Higher Spirit: Wait a moment, let me help you figure this out. Here's how I'd explain it to you: right now, you're experiencing abdominal pain as if your body is trying to give birth—like there's something inside that wants to be expelled from your body. When humans give birth, do they experience stomach discomfort? They have cramps and then want to expel the baby. Similarly, your current pain seems like it's part of this process—it's as though there's an entity within you trying to leave your body. Why is this happening? Because it doesn't belong to your physical self; it's in conflict with your body. Understand?

Now, what isn't yours within your body? It's all the thoughts and memories residing in your mind—these are the accumulated contents that have been going through your body regularly over time, like a pipe being used frequently but has an obstruction. Your current situation might be likening to experiencing pain as if you're trying to unclog this pipe while also constantly taking in new information daily.

你就像下⽔道,你每天都在往⾥⾯扔这个⽶饭,呢个垃圾、菜叶.你想⼀下你的这个⾝体⽩天所接收的⼀切,外在的这些,外在的所有事件.然后想法、情绪…你都不断地在往⾥⾯… 然后积累,积累了过后,但是它又不属于你的⾝体.然后它就想要把它往外push,就是把它往外排的⼀个过程,知道吗? 你们不是有很多得肿瘤的⼈吗? 他们排不出去就变成肿瘤了.所以这就是形成它的原因.那要怎么样可以把这些排出去呢? 你⾸先你要接受(这是)⼀个好的现象.为什么呢? 因为你没有把它变成肿瘤.这些疼痛是来告诉你,你看,我这边要排出去了,排出去了.把你的⾝体想象成⼀个,就像我刚刚说的⽔管⼀样,对吧? 它现在在给你排.

You're like a drain, you dump rice, trash, and vegetable leaves into it every day. Imagine all the things your body receives during the day from the outside world—the events, thoughts, emotions... You continuously put them in, accumulating them over time. But they don't belong to your body; eventually, they need to be expelled or pushed out, which is the process of elimination. Have you noticed that many people get tumors? They can't push it out, so it forms a tumor. This explains how it happens. How do we manage to eliminate these things? You first have to accept this as a positive thing. Why? Because you didn't turn them into tumors. These pains are telling you that they're about to be expelled; they're getting flushed out. Picture your body like the pipe I just described; now, it's flushing itself.

所以你不要把它当成⼀个坏事.为什么呢? 因为你们所有⼈都会这样,不只是你.只是你们只是关注这个物质⾁体,你们没有关注看不见的⼀些东西.但是你们看得见的东西都是⼀些看不见的东西形成的,明⽩吗? 那你⾸先要做的就是说,你要知道你所,就是在你的头脑⾥⾯记忆⾥⾯.这些东西所有的都是虚假的.这么说吧,所有的都是垃圾.我不管你的头脑⾥⾯有什么念头,就⽐如说同事纷争啊,或者曾经被谁伤害过啊,或者是跟任何⼈发⽣的冲突或者仇恨啊.所有这些东西全部都是垃圾,全部都是不真实的.全部都是你需要把它给放下.这么说吧,你吃的东西在你的肚⼦⾥⾯现在都已经变成粪便了.你把这个粪便你还积压着.

So don't see it as a bad thing. Why not? Because all of you do this, not just you. It's just that you're only focusing on the physical body and you're not paying attention to some unseen things. But what you can see is all formed by unseen things, understand? So your first task should be to realize that everything in your mind, within your memories - these are all false. Let me put it this way: everything is garbage. I don't care what thoughts are floating around in your head; for example, arguments with colleagues, or being hurt by someone before, or conflicts or hatred with anyone else. All of those things are garbage, they're all untruthful. They're all something you need to let go of. Let me put it this way: the food you've eaten is now turned into feces in your stomach. And you're still storing that feces.

你如果还让它继续停留在你的⾝体⾥⾯,就好像你是不拉屎⼀样.你要不拉屎你会怎样?你会便秘呀.你想象⼀下你要长期不拉屎的话,对不对?所以你⼀定要让就是说,你的⾝体好像是通透的.OK,它从⾥⾯过去了,可以完完全全的排出去.那如果你还保留着什么想法,或者任何⼀些记忆啊,就是呢些伤害你的记忆,就是你觉得不好的东西.呢些你觉得想起来会让你伤⼼或者是愤怒,所有东西你都要让它⾛.因为呢些全部都是垃圾. (听不清),你说这是真实的,然就继续的保留在你的⽣命当中.

If you keep it lingering inside your body like you're not having a bowel movement, what would happen? You'd get constipated. Imagine if you were to go for long periods without having a bowel movement; wouldn't that be true? So, you must let everything out as though your body is completely transparent. Once it goes through from the inside, it can be fully expelled. But if you still hold onto any thoughts or memories that hurt you, such as those bad experiences you feel sad or angry about when recalled - you have to get rid of all these things because they're just trash. If you say this is real, then keep it in your life.

问: 怎样排出这些垃圾呢?

Questioner: How do you get rid of these wastes?

⾼灵: 你⾸先要知道以前发⽣的呢些事情跟你没半点关系.你不是呢个你.你只有进⼊记忆当中去积累这些记忆,你才会觉得这个是你.但是你并不是.你在当下这⼀刻,你在现在这⼀刻你就可以选择,就是脱离曾经的⼀切.然后只是把眼前专注在你想要过的⽣活上⾯去,你想要什么样的⽣活状态.因为如果你你觉得呢是真实的,呢是你的⼀部分,你就是在保留它.那如果你明⽩过去的所有⼀切都是幻像,都是假的,都是垃圾,你是不是就不会在脑⼦⾥⾯再去重复播放它了? 就算它闪现了⼀下(没听清),假象⽽已.

Higher Spirit: First of all, you need to understand that those past events have absolutely nothing to do with you. You are not the person you used to be. The only way you can feel like it's "you" is by entering into your memories and accumulating these experiences. However, you're not actually that person. At this moment, in the present, you have the choice to detach from all of the past. Instead, focus solely on what kind of life you want to live right now. What kind of lifestyle do you desire? If you perceive it as real and believe it's part of you, you're holding onto that illusion. But if you understand that everything in your past was an illusion, false, and trash, wouldn't you refrain from replaying those thoughts in your mind anymore, even if they momentarily flashed by (due to misunderstanding), just being a mere illusion?

问: 我记忆⾥⾯东西呢些东西都是假的,但是我还是能记住.只是我不对它…⾼灵: 你不对它反应,你知道只是⼀个念头⽽已.它只是⼀个幻像⽽已.你不去继续想它,或者继续想怎么样解决这个问题.就是怎么样怎么样,就是你不把它当成是⼀个问题或者是⼀个事,是⼀个真实的,明⽩吗? 就好像电视⾥⾯出现了⼀个恐怖的画⾯,你都知道这是个电影.

Questioner: The things in my memory are all false, but I can still remember them. I just don't react to them... Higher Spirit: You do not respond to them because you know they are just thoughts. They are mere illusions. You do not continue to think about them or how to solve this problem. It's like not considering it as a real issue or matter, understanding? Similar to seeing a terrifying scene on TV, you know it's just a movie.

问: 但是我对于新的⽣活呢些东西有些经验会告诉我… 呢些也是假的吗? 教会我⼀些东西,那些也是假的吗?

Questioner: But do some of the experiences I have for this new life...are those also fake? Does the Church teach me things that are also fake?

⾼灵: 什么东西?

Higher Spirit: What's up?

问: ⽐如说以前的⼀些经历啊,或者学习的⼀些经验啊,那些.

Questioner: For example, past experiences or learning experiences, those kinds of things.

⾼灵: 你又不会抛弃呢些.为什么你会觉得呢是负担吗? 因为真正属于你的东西它不会造成负担,只有不属于你的东西它才会造成堵塞和负担,明⽩吗? 所以那如果(没听清)念头都是爱,然后你想到美好的时光,那会给你增加负担吗?

Higher Spirit: You wouldn't abandon those anyway. Why do you feel they are burdensome? Because what truly belongs to you won't cause burden; only what doesn't belong to you will create blockages and burden. Understand? So if all thoughts are love, then when you think of good times, would that give you more burden?

问: 那些不会.⽐如说⼀些困难或者负⾯的东西它教会了我该怎么做,呢些学习的经验也不是负担,对吧?

Questioner: Those that can't, like some difficulties or negative things, they teach me how to do it, right? These learning experiences are not a burden, are they?

⾼灵:你⾃⼰⾝体会知道哪些是属于你,哪些是不属于你,哪些是发⽣冲突,哪些是顺着,哪些是你的⼀部分.不是⽤你的头脑去分辨的,明⽩吗?不然的话,你又开始进⼊呢个幻像了.明明就是虚假的,你为什么要去分辨它呢?所以就⽐如说你现在脑海⾥⾯你见到你⽼公你就开始,你看你上次不听我的话,你上次怎么样对我,你上次又怎么样怎么样.然后这些都是假的.为什么呢?因为你还在把以前的所有东西都继续背负在你⾝上.然后它会让你不能真正的和你的⽼公互动.为什么?因为你是活在你的幻像当中,你的记忆当中,你的定义,你的观念,你的观点当中,明⽩吗?如果你见到你的⽼公,你⼀⼤堆,你看你上次怎么样怎么样.

Higher Spirit: Your own body will know which is yours, which is not yours, which causes conflict, which goes with the flow, and which is part of you. It's not about distinguishing with your mind, do you understand? Otherwise, you'll start diving back into illusions again. Why would you want to differentiate something that is obviously false? So for instance, when you see your husband in your mind now, you begin recalling, "You didn't listen to me last time, how did you treat me, what happened the previous time?" All of this is false. Why? Because you're still carrying all the past with you. This prevents genuine interaction between you and your husband. Why? You live in illusions, in your memories, definitions, viewpoints, do you understand? If you see your husband, you have a bunch of judgments like, "You didn't listen to me last time,"

如果又是进⼊这种状态的话,那你就是在了.你把他当成⼀个,我们今天刚认识,我对你没有任何记忆.因为你遇到的对⽅会是什么样⼦来⾃于你如何去想,如何去觉得.这样你不会被封死在过去,过着就是重复的重复的.你这⼀辈⼦就是不断地积累.

If you find yourself in this situation again, then you are indeed there. You treat him as if we just met today, and I have no memory of you because what the other person might be like comes from how you think about them and how you feel towards them. This way, you won't be trapped in the past, living a repetitive cycle. All your life, you will continuously accumulate experiences.

问: 上次通灵就说⼀切都是我的频率.我最近也在释放和转变对⽼公的观念.⾃⼰感觉清理了很多.在这⽅⾯还有什么给我的指引吗?

Questioner: In our last session, it was mentioned that everything is at my frequency. I've been releasing and transforming my views on my husband recently, feeling like I've cleared a lot. Are there any further guidance for me in this area?

⾼灵: 就是刚才的信息,如果你真的能理解的话.因为我只是给你说这是⼀个幻像,但是让你的头脑真正的把它当成幻像还需要⼀个过程的,明⽩吗? 因为你们头脑只会去接受眼见为实,还有你⾝体产⽣的反应.但是这些反应也是假象.这些反应也是根据你头脑⾥⾯的记忆和定义,它产⽣相应的反应.如果你改变了呢些定义,然后去关注在好的记忆⽅⾯.你的⾝体感受也就变了.你的⾝体感受变了,它就会加强你的观念,就是你新的呢个观念.

Higher Spirit: It's the information just now; if you really understand it. Because I only told you that this is an illusion, but for your mind to truly perceive it as such requires a process - do you get it? As your minds only accept what they see and the physical responses generated by their bodies are also illusions. These reactions are based on memories and definitions stored in your minds, leading to corresponding responses. If you alter those definitions and focus on positive memories instead, your body's sensations will change. Your body's altered sensations reinforce your new perspective, affirming your evolving viewpoint.

问: 因为旧的关系,我必须马上改变⾃⼰的观念.因为还要和旧的形态互动⼀下,只是改变了观念,互动的⽅式就不⼀样了,对吧?

Questioner: Due to previous connections, I must immediately alter my perspective because I still need to interact with the old forms; just by changing my perspective, the way of interaction will be different, won't it?

⾼灵: 你⾃⼰反复听前⾯的录⾳你就知道了.

Higher Spirit: You will know just by listening repeatedly to the previous recording.

问: 在健康⽅⾯我需要改变和注意的也是这些吗?

Questioner: Are these the things I need to change and pay attention to in terms of my health?

⾼灵: 健康⽅⾯? 你要知道这只是(听不清)(物质世界的⼀个)说法⽽已.就好像是结晶,那是什么结成这个晶呢,这个形态呢? 那就是你的⼀个思想、思绪、还有⼀个你的频率你的⼀个意识状态.这些导致了你会以什么样⼦的⼀个相存在给你经历给你体验.

Spiritual Entity: In terms of health? You need to understand that this is just a statement about (inaudible) in the material world. It's like a crystal; what forms this crystal, and what shapes it? That's your thought, mental state, and your frequency, which is also a state of consciousness. These things lead you to exist in certain ways that you experience them.

问: 我最近在做⼀本书⾥⾯的叫疗愈密码.我每回做会不停的流泪.呢个从灵性⽅⾯有效果吗? 我⾃⼰感觉也有效.

Questioner: I've been working on a book called Healing Code recently. Every time I do it, I cry nonstop. Does this have spiritual effects? I feel it's effective for me too.

⾼灵: 你觉得有效就好.

Higher Spirit: It's fine as long as it works.

问: 您不对这个说⼀下是怎么回事吗?

Questioner: Don't you want to comment on how that's happening?

⾼灵: 这⾥没有对和错,只有对你有没有效果,明⽩吗? 没有哪个⽅式⽅法是好的或者是不好.它只要work for you.就是它在你⾝上产⽣效果.那你就可以去使⽤它,明⽩吗?

Higher Spirit: There is no right or wrong here; only whether it works for you, understand? No method is inherently good or bad. It just needs to work for you and produce an effect in your situation. Then you can use it, understand?

问: 就是富氢⽔.我⽗母以前都说好,我最近喝了感觉也不错.这也是头脑⾥⾯凭⾃⼰的感觉呢?

Questioner: It's about hydrogen-rich water. My parents used to say it was good, and I've been feeling pretty good after drinking it lately. Is this just my personal judgment?

⾼灵: 你没有必要去分辨外在哪个到底是怎样怎样.因为你没有办法,它产⽣效果的是在于你⾃⼰,是你⾃⼰.你要知道最⼤的能量和最⼤的魔法是你⾃⼰.是你赋予了它意义,它才会存在意义.你要不赋予它意义,它便不存在意义,明⽩吗?

Higher Spirit: There's no need to discern which of the external aspects is what it is. You can't do that because what produces effect lies within you, in yourself. You have to understand that the greatest energy and the greatest magic are yourself. It is you who gives it meaning for it to exist with significance. If you don't give it meaning, then it has no significance, do you see?

问: 那我吃⼀颗毒药的话,我觉得它是好的.但是我⼀下就被毒死了,那也是我赋予的意义吗?

Questioner: But if I eat a poison pill and think it's good for me? Then suddenly I die from the poison - is that my given meaning as well?

⾼灵: 那你去吃这个毒药是什么意思? 那你就是测试我的⾝体会不会毒死,对不对?

Higher Spirit: So you're going to eat this poison? You want to test if I'll die from it, right?

问: 如果别⼈都认为它有毒,但是我不知道.我就认为它是好药,我吃了.但是我⾝体就会…⾼灵: 这不是你觉得,因为在你的问题⾸先出发点是什么? 我来实验,我来验证如果我觉得它呢个什么什么的.你们世界上看到过很多从⽕上⾯⾛过的⼈,他完全没有任何问题.然⽽你也来说我也来试⼀试.然后你⼀下去就被烫死了.你们两个是完全不⼀样的信念,明⽩吗?别⼈从⽕上⾛过去没有被烫死,是他不需要去验证.你是,你想要去验证,明⽩吗?但你的验证的呢个出发点是什么? 就是我不信任.因为如果你信任的话,你需要去验证吗?

Questioner: What if everyone else thinks it's poisonous but I don't know; hence, I consider it a good medicine and consume it; however, my body would... Master Li: This isn't about what you think because the starting point of your question is already flawed. You are experimenting, trying to verify it when you feel that something could be the case. You've seen many people walk on fire in the world and they didn't suffer any issues. However, you're saying I'll try too. Then, you end up burned. Your intentions are entirely different from those who walked on fire without suffering; they did not need to verify because they already knew it wouldn't harm them. You do want to test something out. But what's the foundation of your validation? It is that I don't trust. If you were to trust, would you still need to validate it?

问: 那像我不知道的情况下呢? 别⼈说这个药特别特别好,但是实际上它不是很好的药?

Questioner: What about when I don't know? If others say this medicine is exceptionally good, but in reality, it's not a very good medicine?

⾼灵: 那你便不会(没听清)这个事情.因为你现在头脑⾥⾯是在⼀种怀疑的态度,是在⼀种验证的态度.那你当然是这样⼦的.因为如果这个是不产⽣的不成⽴的.为什么呢? 你不知道.因为呢就不是你需要去经历的,明⽩吗? 你想刚才我说的呢两种,⼀个⼈从⽕上⾛过⼀点事都没有.然后你说我要去验证⼀下到底能不能?

Higher Spirit: Then you wouldn't understand this matter (I didn't hear clearly). Because now your mind is in a state of skepticism and verification. That's why you're like that. Because if it doesn't exist or isn't valid, why would that be? You don't know. Because it's not something you need to experience. Understand? I just explained two scenarios: one person walks through fire without any issue, then you say you want to test whether it's possible.

问: 那万⼀是在我不知情的情况下,他说是好的我也认为是好的.那我吃下去的效果也会是好的吗?

Questioner: If he says it's good and I think it's good too, but without my knowledge, will the effect on me also be good when I consume it?

⾼灵: 你们不是有很多这种实验叫安慰剂吗?问: 万⼀那颗是毒药呢? 我就吃下去了.

Higher Spirit: Aren't you guys doing a lot of these experiments called placebos? Questioner: What if that one is poison? I would have eaten it.

⾼灵: 你现在是在头脑⾥⾯论证.然后你如果是论证的话,你的出发点就已经决定了你所体验的结果.

Ethereal Intelligence: You are arguing within your mind. Then if you're arguing, your starting point already determines the outcome of your experience.

问: 以前我⼼⾥⽼是会郁闷… 这是我⾃⼰的频率决定的吗?

Questioner: I used to feel depressed in my heart... Is this determined by my own frequency?

⾼灵: 那是你⼀直活在你的头脑⾥⾯.只有头脑⾥⾯才会有这么多的..

Ethereal Spirit: That's because you've been living in your mind all this time. Only within the mind could there be so many...

问: 有个故事三个和尚打⽔喝.⼀个和尚打⽔喝,两个和尚挑⽔喝,三个和尚没⽔喝.这是⼀种什么样的状态呢? 我不喜欢这种状态.

Questioner: There's a story about three monks getting water to drink. One monk gets water for himself, two monks carry the water together, and three monks have no water. What kind of situation is this? I do not like this state.

⾼灵: 这是某个⼈的⼀个观念⽽已.他的观念形成了,很多⼈去赞同这个观念.仅此⽽已.那你们也有⼀个观念是三个⼈是铁三⾓,是最稳定的就是三⾓,彼此⽀持彼此.也有这样的观念啊.

Higher Spirit: This is just one person's idea. Once his idea is formed, many people agree with this notion. That's all. You guys also have an idea that three people form a铁triangle, which represents the most stable relationship as they support each other - there are ideas like these too.

问: ⽐如我和我⽼公,⽐如我叫他洗碗,他不洗.我也不想洗.那这个事情怎么办呢?

Questioner: For example, with my husband and me; if I ask him to do the dishes, he doesn't. Nor do I want to do it myself. What should we do in this situation?

⾼灵: 你的问题是你的⽣活中遇到的这些琐事,应该怎么办,是吗? 你好像你现在掉进⼀个坑⾥⾯,掉进⼀个泥潭⾥⾯.然后你说在泥潭⾥⾯,在呢个泥坑⾥⾯,我⼀动就会往下陷,⼀动就会往下陷.怎么办呢? 你⾸先你就已经在呢个泥潭⾥⾯了,知道吗? 你看如果你要怎么办? 你是说⽆论解决你什么问题,你⽆论什么解决的⽅案.但是你还是在⾥⾯挣扎的.你需要的是你根本就不掉进去,你不在⾥⾯.你根本就不会进⼊在泥潭⾥⾯,明⽩吗? 这是完全不⼀样的⼀个状态.为什么呢? 因为⽆论你来问什么⽅式⽅法,怎么样怎么样.你总是陷在⾥⾯的,你总是陷在呢个泥潭泥坑⾥⾯的.那你⽆论怎么样动,你都是往下掉的.

Higher Spirit: Your question is about how to handle these trivial matters in your life, right? It seems like you've fallen into a pit, maybe even sunk into quicksand. You say that with every move you make, you just sink further down, sinking deeper and deeper. What should you do? First of all, you're already stuck in this quagmire, understand? If you ask what to do, it doesn't matter if you seek solutions or any method; you're still struggling within it. You need is not to fall into the pit at all; you shouldn't be inside it. The whole situation would change completely if you could avoid entering that quagmire in the first place. Why? No matter how many ways or methods you try, you always find yourself stuck, trapped in that very quagmire. Whatever action you take only leads to descending further down.

也就是说你跟你⽼公到底是选择这个还是选择呢个⽅式,还是什么剪⼑⽯头布还是你⼀天我⼀天.⽆论怎样,你都在这样的状态⾥⾯.

In other words, you're deciding with your husband whether to choose this or that way, or maybe it's scissors-paper-rock or taking turns every day. No matter what, you're stuck in this state.

问: 那我怎么跳出这个泥坑? 转变我的观念?

Questioner: How do I break out of this rut and transform my perspective?

⾼灵: 怎么样跳出这个泥坑? 也就是说你的头脑⾥⾯根本就没有像你说的,你洗碗我洗碗,你不想做我不想做,你根本没有在这样⼦的⼀个左右挣扎的⼀个状态.你是完完全全的在喜悦当中.你也不会去给你⽼公的⼀些⾏为给他任何的评判.⽐如说他做着休息,你脑海⾥⾯不会冒出来,你看你吃完饭碗都不洗,就翘着个⼆郎腿.你根本没有这种… 明⽩吗? 你头脑⾥有定义或者看法的时候,你就是在泥潭⾥⾯.既然是在泥潭⾥⾯,你怎么挣扎你都是往下掉的.所以就是说你不受你的思想,不受你的念头,不受你头脑⾥的呢些声⾳控制.它不会产⽣声⾳.

Higher Spirit: How do you get out of this muck? In other words, there's no real back-and-forth in your mind about whether to wash the dishes or not; you don't have thoughts like "if you won't wash them I won't either." You're completely immersed in joy and bliss. You wouldn't pass judgment on your husband's actions simply because he's resting after dinner, for example. Not that he leaves his dirty dishes unwashed and rests with his legs up high; it never crosses your mind to do so. Understand? When you have definitions or opinions forming within your mind, you're stuck in the muck. If you are already trapped, struggling will only make things worse, sinking deeper into it. Therefore, you must not be controlled by your thoughts, your ideas, or any voice echoing within your head; there should be no noise coming from those reflections.

问: 我最近就是在控制头脑,它就是会产⽣声⾳….

Questioner: Recently, I've been trying to control my mind; it just keeps producing sounds...

⾼灵: 你把呢个声⾳当成是真的了.如果你只是知道它只是⼀个幻像,就像⼀朵云⼀样飘过⽽已,你不去跟随它.它就对你不会造成任何影响,明⽩吗?

Sage Spirit: You've taken that sound as real. If you just knew it was merely an illusion, like a cloud passing by without following it, it wouldn't have any impact on you at all. Understand?

问: 有更好的⽅法吗?

Questioner: Is there a better way?

⾼灵: 没有更好的⽅法,只有你⾃⼰去体验.你觉得你体验够了,你想要选择另外⼀种体验,然后你就会选择,明⽩吗? 如果你还没有受够,你还想继续这样,你还可以继续这样.这⾥没有对和错.只有就是你真正的发⾃你内⼼,就好像⽔到渠成,就好像开花结果.它是⼀种状态.⽽不是你的这种.因为这样导致你更加分裂.你把你的能量全部压抑在呢⾥,突然⼀天爆发的更加严重.

Spirit: There's no better way, you just have to experience it yourself. Do you feel like you've experienced enough and want a different kind of experience? Then you choose, get it? If you haven't had enough yet and still want to continue this way, you can. There's no right or wrong here. Only when what you're doing truly comes from your heart, like water finding its channel, like fruit bearing blossoms - it's a state, not like yours because that leads to greater division within you. You restrain all your energy inside until one day it explodes even more intensely.

问: 我以前经常⽓阻.这是我的观念造成的吗? 还是我的什么信念?

Questioner: I used to frequently experience stagnation in qi flow. Is this due to my conceptual understanding, or is it related to some belief of mine?

⾼灵: 刚才所有的信息,前⾯的呢个,你就像⽔管⼀样,积压的呢些垃圾.还有就是说你怎么样都在泥潭⾥⾯.这就是你的问题.还有问题吗?

Higher Spirit: All the information you've given me so far, like a pipe accumulating waste, you're stuck in the muck. That's your issue. Do you have any more problems?

问: 我喜欢种蔬菜.但是蔬菜有⼀些害⾍.我就会去把它杀死.但是每次这样我就觉得⾃⼰杀⽣了.我就会觉得⽭盾.我不知道怎么看待这个事情?

Questioner: I enjoy growing vegetables, but they sometimes have pests that attack them. When this happens, I will go to kill the pests. However, every time I do so, I feel like I'm harming life. This creates a conflict for me because I'm unsure how to view this situation.

⾼灵: 怎么看待你的想法吗? ⾸先你要有⼀个,如果你觉得它只能死,你才能活,你就已经在创造这样的现象给你体验了.要么就是它死,要么就是你活,明⽩吗? 如果你会觉得要么是它死要么是你活,只能是其中⼀个.但是你要知道并不是这样的,还有其他选择.你们可以平衡的,明⽩吗? 当你从另外⼀个想法,就是说我们可以平衡的.你们可以吃饱,那我也不会影响到我吃我的菜.这是另外⼀个频率,这是另外⼀个念头,这是另外你选择进⼊的⼀个时空去体验.你刚才呢个只有你死才能我活,呢个是另外⼀张图⽚.就好像这是两个电视频道⼀样.你选择了哪⼀个频率,哪个频道去体验.那⾥⾯的都是真实的.没有假的,都是真实的.

Higher Spirit: How do you perceive your thoughts? Firstly, you need to have one; if you feel that it can only die, then you can live, you are already creating such phenomena for yourself to experience. Either it dies or you live, understand? If you would think either it dies or you live, it could only be one of those. But you should know this isn't so; there is other choice. You can balance them, understand? When you consider another thought that we can balance. You can eat full, and I won't be affected by my eating my meal. This is another frequency, another thought, an alternative time-space for experience. Just now, it was only when you die then I live, this is another picture. It's like choosing between two television channels. Which frequency, which channel do you experience? Inside there are all realities; no fakeness, all are real.

问: 那⽣活中我要怎么去进⼊另外⼀个⾼灵:像我刚才说的,你把它想象成,它这⾥没有哪个是真的哪个是假的.只有就是说你创造什么.如果在你的观念⾥⾯你觉得… 因为世界上有很多例⼦,⼈和动物和所有的⼀切它是和谐相处的.不是说你死我活的呢种状态,明⽩吗?有很多例⼦可以给你们看到,可以给你们借鉴.你可以去借鉴别⼈的⼀些观念.因为呢个观念就导致了你的体验,明⽩我意思吗?所以问题不在于你要如何去解决.问题是在于你的观念,你到底是觉得只有你死我活还是说我们可以共同⽣存,我们可以平衡.

Questioner: How do I enter another high spiritual realm in everyday life? As I just mentioned, imagine it as a place where there is no true or false; only what you create. If within your perspective you think... Because there are many examples of humans and animals coexisting harmoniously, not like a fight to the death situation. Can you understand that? There are many examples we can show you, and you can learn from others' perspectives. You can borrow their ideas because these ideas lead to your experiences. Do you understand what I mean? So the issue is not about how to solve it. The problem lies in your perspective; do you believe only in competition or think that we can coexist and maintain balance together?

问: 我看了⼀部电影叫阿凡达.呢⾥⾯他们吃⾁杀⽣会念咒语.我可以通过这种吗?

Questioner: I watched a movie called Avatar. In it, they eat meat and kill animals by chanting spells. Can I do this too?

⾼灵: 你看到的所有的⼀切都是⼈们的⾓度,⼈们的观念,⼈们的观点,明⽩吗? 这些观点没有对和错.只有你觉得是真的,你就会有此体验.你可以跟万物沟通的.还有问题吗?

Higher Spirit: Everything you see is from people's perspectives, their concepts, and their viewpoints, got it? These viewpoints have no right or wrong. Only when you perceive something as true do you experience it. You can communicate with all things. Any questions?

问: 我⼩时候别⼈就说我⼩⽓.我看我⼩时候的照⽚也是嘟个嘴⽓嘟嘟的.就像我⼀直⾛过来的状态.那是我过去的状态,我现在是可以改变的,对吧?

Questioner: I was told I was stingy when I was young. When I look at my old photos from back then, I have a pouting face that matches the way I've always been. That was who I used to be; can I change that now?

⾼灵: 今天第⼀段信息就是告诉你,你在当下你就可以选择.过去的任何⼀切跟你没有关系.

Higher Spirit: Today's first message is to tell you that in this present moment, you can choose for yourself. Anything from the past has no relevance to you.

问: 我的指导灵还有什么对我说的吗?

Questioner: Does my guiding spirit have anything else to tell me?

⾼灵: 你稍等.你⽣活中的⼀切,就是你会把⼀些,你要知道所有的东西它都是平等的.没有哪⼀个⼤于哪⼀个.就是说你觉得有问题的东西它并不⼤于你⽣活中的幸福.⽐如说你⽣活有很幸福的⽚刻,你的孩⼦抱你,你的⽼公亲你,这种现象.还有⽼公不洗碗这种现象.

Higher Spirit: Wait a moment. Everything in your life is that you will understand that everything you know, it's all equal. There isn't one thing greater than the other. That means what you think of as problematic does not exceed the happiness in your life. Like when you have very happy moments, your child hugs you, your husband kisses you, such occurrences. And also the occurrence where your husband doesn't do the dishes.

⽼公不洗碗的现象没有⽐⽼公亲你的现象⼤,明⽩吗? 只有你把它⽤放⼤镜放⼤了来给⾃⼰体验.进⼊呢个不洗碗的⾥⾯,它才会变的如此的真实和⼤.所以取决于你到底⽤你的放⼤镜放⼤了什么? 放⼤了你⽣活中的⼀些,就是你不喜欢的事情还是你喜欢的事情,明⽩吗?因为都是存在的,但是你是加强你⾃⼰的感受.你是呢个拿着放⼤镜的⼈.你决定你要去把什么放⼤了,然后再来给你加深你的体验,明⽩吗? 所以你只需要去不去放⼤呢些让你觉得你不幸福或者是不开⼼的事情.⽽是去放⼤呢些让你开⼼的事情.因为如果你们的物质世界有⼀个,就是你越是放⼤这些开⼼的事情,这些开⼼的事情它救护越来越多呈现给你体验.

The phenomenon of an old man not washing dishes is no bigger than the phenomenon of your husband being intimate with you, do you understand? You are only magnifying it under a microscope to experience it yourself. Entering that realm of not washing dishes, it becomes so real and vast due to this magnification. So, it depends on what you are magnifying through your lens. Are you amplifying the things in your life that you don't like or those that you do? Understand that they both exist, but it's about enhancing your own feelings, making you the one holding the magnifying glass. You decide what to amplify and then deepen your experience with it. So, you only need to choose whether to amplify the things that make you unhappy or not, instead of amplifying the things that bring you happiness. Because if in your material world, by amplifying these happy moments more, they will continue to present themselves for your experience increasingly.

就好像你在⼀⽚森林⾥⾯你找地上的鲜花或找地上的⾍⼦.因为它们实际上… 你去找鲜花,就会发现越来越多的鲜花.你去找⾍⼦,就会发现⾍⼦越来越多.因为你的焦点不⼀样.但是这⾥没有是哪个⽐哪个更强⼤的,就是更真实.你去放⼤你想要去体验的⽣活⽽不是不想要的.因为这样⼦的话,你就会感受到你只⽣存在⼀个美好的世界⾥⾯,⽽不是⼀个你抗拒的世界⾥⾯.

It's like when you're in a forest looking for flowers on the ground or ants. Because they are actually... If you go looking for flowers, you will find more and more flowers. If you look for ants, you'll find more ants. Your focus is different. But there's no one that's stronger; it's just more true. You amplify the life experience you want instead of the one you don't want. Because then, you'd feel like you exist in a beautiful world, not a world that you resist.

# **2022/09/22 — 如何切换到不同的世界 How to Switch to a Different World**

第⼀个⼈问: 在切换实相上,我们有⼀句话叫feeling is the secret, 为什么feeling is the secret?

The first person asks: In terms of shifting realities, there's a phrase we say, "feeling is the secret," why is "feeling is the secret"?

⾼灵: 这是你们⾃⼰有⼈创造出来的,他觉得当他改变了他的感觉,他就进⼊了另外⼀个实相.所以就创造了这样⼦.你⾃⼰都可以去感受啊.你问为什么你⾃⼰去感受啊.如果你改变了你的感受你会不会觉得你眼前的世界就好像变了⼀样? 所以你的提问没有要点.就是没有带出来你需要去… 因为你的深层次其实你还想要更多的去了解这个.你提问的⽅式,为什么感觉是重要的.你⾃⼰就能知道,明⽩吗? 但是你可以继续提问.因为这个不是你真正想要去得到的信息.

Higher Spirit: This is something that you have created yourselves. He feels that when he changes his feelings, he enters into another reality. So he creates like this. You can feel it yourself too. Why not ask why do you need to feel it yourself? If you change your feelings, wouldn't you think the world in front of you has changed? So your question lacks focus because it doesn't lead to what you really want... which is deeper understanding. Your questioning style makes it obvious that you're seeking a clearer understanding, don't you see? But you can continue asking questions because this isn't the information you truly desire.

问: 我也觉得我也想要得到这个信息,但是就是不知道怎么把这个语⾔组织出来.

Questioner: I also feel that I want to get this information, but I just don't know how to organize my thoughts into language.

⾼灵:好的.那我就根据你想要关注的⼀个点就是如何切换就是转换到不同的⼀个世界⾥⾯,然后根据这个来跟你们分享,可以吧? ⾸先你们需要放下⼀个观念就是说你觉得外在的世界是真实的这个观念.如果你只持有这个观念的话,那你就不能体验到这个世界… 这么说吧,⼀个⽯头,如果你已经把它当成⼀个⽯头⾮常硬.那你肯定就不会体验到它是橡⽪泥的⼀个状态.为什么呢? 因为你持有这个外在的世界是真实的,就是你就已经把外在的这个世界,就是你已经阻挡了外界它是可以随时转换的,就是它有可塑性,可转化性,可改变性,明⽩吗? 就是你的第⼀个的观念和思想你就已经block,就是把呢个可能性给block了.

Higher Spirit: Alright. So my point of focus would be on how to transition or switch to different worlds and share this with you based on that. First, we need to let go of the idea that you perceive the external world as reality. If you only hold onto this belief, you won't experience this world... Let me put it this way: if a stone is considered very hard by you, you definitely wouldn't experience its state as rubber mud. Why? Because you believe in the external world being real, implying that you already have blocked any possibility of change or transformation from happening in this external world; you perceive it as fixed and unchangeable. Essentially, your initial perception and thoughts have already blocked off the potential for such possibilities to exist.

这么说吧,就好像你觉得我只有死路⼀条.那当你觉得你只有死路⼀条的话,你就只有死路⼀条.你就不会想到有其他的出路.那如果当你有⼀个观念就是说there is always… 就是永远都会有解决事情的⽅案.那你是不是就开始敞开给呢些⽅案了? 所以这是两种不⼀样的(state).所以你⾸先要放掉就是外在的世界是真实和不可改变的这种观念.因为你们基本上⼈都持有这个观念,就是外在是不可更改,然后外在是真实的,明⽩吗? 因为你是相信你看到的,你听到的,你闻到的,还有就是你能摸到的,你能感受到的.但是如果你真的去研究这些东西,实际上所有这些东西它都是随时可以改变的.就是你⾝体的任何这些.

Let me put it this way, like you feel that I have no choice but to die. If you feel the same way about yourself, then indeed, there's only one option for you - death becomes your ultimate destination. You wouldn't think of any other alternatives. However, if you adopt a mindset believing in "there is always…" – always being ways to tackle problems – wouldn't this encourage consideration of various possibilities? This makes it clear that these are two different states. So the first step involves letting go of the notion that the external world is real and unalterable. Most people hold onto this belief, assuming the external is fixed and concrete. You trust what you see, hear, smell, touch, feel; but if you were to genuinely explore these aspects, you would realize they're all subject to change at any given moment. Any aspect of your body too.

所以你需要⾃⼰把你⾃⼰的⼀个顽固的思维模式给它松动.就⽐如说你要换⼀颗螺丝的话,你是不是要把原有的螺丝给它拔出来,对不对? 那你另外才会有新的螺丝才可以进去.所以说,你第⼀个就是说你

So you need to loosen your stubborn mindset on yourself. For example, if you want to replace a screw, don't you have to remove the existing one first, right? Then you can put in a new screw. Therefore, the first step is that you

⾸先要转变对这个世界认知的这个观念,明⽩吗?因为当你持有这样⼦的⼀个外界世界是真实的不可改变的话,呢就是你所体验到的.那当你不再持有这个观念,你知道就是说,就像我们之前通灵信息⼀直说的你不是累积的,你不是你曾经经历的.你在每⼀个当下你都可以去选择你想要成为什么样⼦的,想要体验什么.那如果你知道你是在每⼀个当下都可以选择,你就是焕然⼀新.可以就是说⽴地成佛,你们有⼀句话是⽴地成佛.那你是不是就有更多的去选择进⼊什么样⼦的状态当中了?因为你不再被你经历的或者你眼前的这些东西给牵绊着.你就没有陷⼊在之前的呢个泥潭⾥⾯.你便可以就是说选择去进⼊到你想要去进⼊的.然后关于这个还有问题吗?

Firstly, you need to shift the perception of this world, understand? Because when you believe that the external world is real and unchangeable, that's what you experience. Then, when you no longer hold this belief, you know that, like the spiritual messages we've been conveying, you are not accumulated; you are not who you have experienced before. You can choose in every moment what kind of person you want to be and what experiences you desire. If you know you can make choices in every moment, you are refreshed and transformed. It's like becoming enlightened on the spot, which is a term used sometimes. Does that mean you have more options to enter into different states? Because you're no longer constrained by your past or眼前的 circumstances. You're not stuck in the mud of the past. Instead, you can choose to enter into what you want. And do you have any questions about this topic?

问: 那如果我的外在物质没有变化我应该怎么办?

Questioner: But what should I do if my external circumstances don't change?

⾼灵: 因为如果你还指望着外在物质变化,如果你还误把它当成是真实的,那就说明你根本没有变啊.你还是活在外在世界是真实的,不可更改的⼀个状态下.所以并不是外在的要怎么变.之前有个通灵信息说,你⽐如说前⾯看到⼀个⿊影.然后你最开始你会说呢是⼀个⿁,⿁要吃掉你.你全⾝都紧张、害怕.但是呢,如果你告诉你⾃⼰呢是你的爱⼈,你的⾝体的感受就会完全不⼀样,对不对?所以就⽐如说同样⼀件事情,你开⼀个公司它现在⾯临破产.然后如果你⼀直想要去扭转它让它不破产,让它怎么样.那就说明你还是在破产的这个幻像当中.如果你把它破产看成是⼀次你重新整理⾃⼰.

Higher Spirit: Because if you still rely on external material changes, and if you continue to mistake them for reality, that means you haven't changed at all. You are still living in the state where you believe that the external world is real and unchangeable. So it's not about the externals changing. A previous spirit communication stated that, for example, if you saw a shadow in front of you. Initially, you might say it was a demon trying to eat you. You would be extremely tense and afraid. But if you told yourself it was your loved one instead, your body's response would be completely different, wouldn't it? So the same situation—opening a company facing bankruptcy—remains relevant. If you keep trying to reverse its fate and prevent bankruptcy, that shows you're still trapped in the illusion of bankruptcy. Viewing bankruptcy as an opportunity for self-reflection changes everything.

如果我们的公司它会⾛到破产,它肯定是有问题,就是有不适合,就是我这边有⼀些我需要去noticedown的⼀些问题.那我通过这个提醒,然后去改善它这个问题的话.它⾃然⽽然就会⾛到⼀个盈利的状态,对不对? 明⽩吗? 所以破产的这个事情到底是好还是坏? 它都是好的.只是你⾃⼰的观念和思想,你觉得破产不好.但是破产实际上也是来告诉你,you have to turn.你需要拐弯.你需要更多的注意到你的隐患问题.那如果你还把它认定是⼀个不好的事情.那你就是还在呢个频率当中,你没有切换.你切换的是你可以转换,就是你可以把⼀切表⾯,因为这⾥没有真正的不好.只有你们头脑就是给它定义不好,你们就会体验到不好.

If our company were to go bankrupt, it would definitely indicate that there are issues, and they wouldn't be suitable; there are some problems I need to notice and document on this side. If I can address this issue through reminders, then improve the situation accordingly, it will naturally lead us towards a profitable state, right? Do you understand? So, is bankruptcy good or bad? It's all good. The only thing is your perspective and mindset; you think that bankruptcy isn't favorable. However, bankruptcy actually serves to inform you: you need to make a turn. You need to pay more attention to potential issues. If you still perceive it as an undesirable event, then you are still within the same frequency without switching. Switching means you can transform everything because there's truly nothing inherently negative here; only your mind defines it negatively, and that's when you experience discomfort.

如果你的头脑不去定义,就是负⾯定义.你知道所有东西它都是,就好像物质转换⼀样.然后冬天它的树叶全部落光了过后,春天又会长出来,明⽩吗?那如果你因为冬天树叶落光了,然后就惆怅,就觉得不可逆,就绝望.这是不⼀样的状态.所有并不是说你要如何的去让物质世界,就是外在你看到的发⽣什么转变.⽽是你⾃⼰,你⾃⼰的视⾓转变过后.你发现所有的挫折实际上都是你的,就好像你健⾝⼀样.所有的阻⼒,所有的重量它都是来让你变得强⼤.因为你们来到这个世界上需要不断地挑战.你们需要不断地… 你想⼀下你的肌⾁⼀直不去锻炼,⼀直不去受阻⼒的话.它是不是就没有⼒量,它也会渐渐的萎缩,对不对?那你们的⽣命也⼀样.

If your mind doesn't define, it's a negative definition. You know, everything becomes as if the substance transforms. Then after winter all its leaves fall off, and in spring they grow back again, do you understand? But if because of winter, when the leaves are all gone, you feel melancholic, thinking it's irreversible, feeling despair - that's a different state. It's not about how you make the material world change externally, as transformations of what you see out there. It's about your own perspective shifting. You realize that all setbacks actually belong to you, just like when you exercise. All the resistance and weight are meant to make you stronger because you need constant challenges here on Earth. You must continuously... Imagine if your muscles never exercised or faced any resistance; would they have strength? They would weaken and eventually atrophy, right? Similarly, your life goes through the same process.

你们会遇到很多的挑战,你们会遇到很多阻⼒.但是这些阻⼒和挑战都是来让你变得越来越强⼤的.

You will face many challenges and obstacles. But these obstacles and challenges are here to make you stronger.

第⼆个⼈问: 我今⽣探索的主题是什么? 现在进展的怎么样了? 请⾼灵给到我⼀些建议和指引.

Second person asks: What is the main theme I have explored in this life? How far has it progressed now? Please give me some advice and guidance from the High Spirit.

⾼灵:你稍等.你今⽣最主要的是学习和挑战如何把死的变成活的,如何把硬的变成软的,就是这种转变的⼯作.所以在你的⼈⽣的过程当中你会遇到很多就是它不是太能让你接受的.这么说吧,你的观念就会⽐较固执,我们传统的观念应该是这样⼦的,我们的规矩应该是这样⼦的,我们家族的教条应该是这样⼦的.所以你会吸收很多很多这种教条或者是传统观念的这些.但是这些会导致你发现你的⽣活中你会体验到的⼀个灵活度或者⼀个活跃或者⼀个喜悦轻松的呢种,就是总是很严肃很认真,就是紧绷的⼀个状态.就好像把⼀个硬邦邦的东西要把它,硬邦邦的泥把它弄成软泥.所以这是你的成长和挑战的⼀个过程.

Higher Spirit: Wait a moment. The primary task of your life is to learn and challenge how to transform the dead into the living, how to turn hardness into softness, which involves this kind of transformational work. Therefore, throughout your life journey, you will encounter many things that are not very acceptable to you. Put it simply, your ideas tend to be more stubborn. Our traditional views should be like this; our rules should be like this; the doctrines of our family should be like this. So, you will absorb a lot of these teachings or traditional concepts. However, these can lead you to discover that in your life, there is an element of flexibility or liveliness or joy and ease that is not always present, it’s often serious and earnest, a tense state. It's like trying to turn hard clay into soft clay. This is the process of your growth and challenge.

所以你要知道任何你不快乐或者不轻松的能量状态它是来让你知道这是你转变的机会.你背后有⼀个观念它是很顽固的,你需要让你和周围的⼈,⽣活和所有的⼀切变的越来越轻松快乐的⼀个这样的能量状态.所以你需要松动⼀些你已有的⼀些观念.你要知道让你的⽣命越来越轻,⽽不是越来越沉重.当你会发现你的这种持有的这种观念越来越多的话,它会让你的活动范围或者是能量在⼀个很沉重的状态.

So you must know that any state of energy in which you are not happy or comfortable is there to show you it's an opportunity for transformation. There is a concept behind you that is very stubborn; you need to make your life, and the lives around you, and everything else more relaxed and joyful by shifting into this type of energy state. Therefore, you need to loosen up some of the concepts you currently hold onto. You must understand that you should be making your life lighter, not heavier. When you find out that you have held onto these ideas for a long time, it will limit your range of activities or energy to be in a very heavy state.

问: 收到.确实是这样.那我今⽣可以活出彻底超越集体意识,把所有的有限转化为⽆限吗?

Questioner: Received. That's indeed the case. Could I live this life to fully transcend collective consciousness, transforming all limitations into infinity?

⾼灵: 你想吗?

Higher Spirit: Do you want to?

问: 我想⾼灵: 那你就可以.

Ask: I want to know if you can do it too.

问: OK,谢谢.我想要为⾃⼰创造很多的⾦钱和财富.关于财富⽅⾯我还有什么样我不知道的负⾯信念在阻碍着我?

Questioner: Alright, thank you. I want to create a lot of money and wealth for myself. What are any negative beliefs about wealth that I might not be aware of that are hindering me?

⾼灵: 那财富就会是⼀个很好的象征.就好像是⽔源⼀样,你现在只有⼀个⽔源,你觉得应该从上满流下来.然后呢,当你开始变得越来越灵活,就是你可以打开很多洞.那你就从四⾯⼋⽅,你们不是有句话叫四⾯财.就是从四⾯⼋⽅,每⼀个地⽅都会有财流进来.但是随着你⾃⼰打开的洞越多,然后你流进来的财源就越多.所以你看到它其实是什么在阻碍了你?你的灵活性.因为就⽐如说你觉得赚钱只能是朝九晚五去公司打⼯.然后呢,那你是不是就已经阻挡了很多很多进来财运的⼀个机会.所以⾸先要改变的就是你⾃⼰的⼀个对财来源的⼀个途径,明⽩吗?因为有⼀些它的财源受限制的是在他的眼⾥他的财源只有⼀种办法.就只能跟我的妈妈要钱.

Higher Spirit: That wealth would be a good symbol, like a source of water. Currently, you have only one source of water, and you feel it should flow upwards to be filled. Then, as you start becoming more flexible, you can open many holes. From all sides—there's an expression called "four directions and eight sources"—you'll have wealth flowing in from every corner. But the more holes you open for yourself, the more streams of wealth will come in. So, what is actually hindering you? Your flexibility. Because perhaps you think earning money can only be through working a 9-to-5 job at a company. If so, then you're blocking many opportunities for good fortune to enter. Therefore, the first thing to change is your perception of where wealth originates and how it comes in, understand? There are some who believe their source of wealth is limited because they only know one way to get money—by asking their mother.

没有想到他有⼿他可以通过他的⼿去赚钱,他有嘴巴他可以通过销售赚钱,明⽩吗? 很多创造财富的⽅式,但是他只看到⼀个⽅式⽅法.

He didn't realize that he has the ability to make money with his hands, and that he can earn by selling through his mouth; do you understand? There are many ways to create wealth, but he only sees one method.

问: 你刚才说的我打开很多的洞,财从四⾯⼋⽅来.是不是我把很多限制性的信念、教条,把它打破放下,是这个意思吗?

Questioner: You said that I open many holes, with wealth coming from all directions. Does this mean that I break and let go of many limiting beliefs and dogmas? Is it about that?

⾼灵: 是的.因为随着你的不断地去闯开这些阻碍的话,财富也会这样⼦流进来.

Higher Spirit: Yes, because as you continuously overcome these obstacles, wealth will flow in like this too.

问:那其实也就意味着我去成长⾃⼰,提升⾃⼰的振动频率.那么很多限制性的信念⽆论是我知道的还是不知道的,它会⾃动的脱落.那么财富也是⾃然⽽然呈现的.我这样理解对吗?

Questioner: That essentially means I am growing myself and elevating my vibration frequency. So many limiting beliefs, whether I know them or not, will automatically fall away. And wealth naturally manifests in this process. Is this understanding correct?

⾼灵: 财富是⾃然⽽然的呈现的? 我是说你观念上的限制它跟你外在的…. 财富是⼀种能量的显现.就是你想象⼒有多丰富,你有多可以把死的变成活的.那你⾃然⽽然你就会从财富⽅⾯显现出来,你拥有这样的能⼒.也就是说财富就是体验出你⾃⼰意识状态的⼀个相⽽已.就是你不⽤⼀味地去追求财富.也就是说你在不断地把你的⼀些就是死板或者是呢些固执的念头拿开过后,那财也就进来了,明⽩吗? 你并不是说我天天就想着我今天要打多少份⼯,明天要打多少份⼯去赚钱,明⽩吗?

Higher Spirit: Wealth is naturally manifested? I mean, it's limited by your conceptual framework and your external... Wealth is a manifestation of energy. It's about how rich your imagination is, and how much you can turn the dead into the living. So naturally, you would manifest in terms of wealth, possessing such ability. In other words, wealth is merely a manifestation of your state of consciousness. You don't have to constantly chase after wealth. That means once you keep removing those rigid or stubborn thoughts over time, wealth will naturally come in, do you understand? I'm not saying that you should focus on working multiple jobs today and tomorrow to earn money; do you get it?

问: 明⽩,谢谢.我感觉⾃⼰还想要体验充满和平喜悦爱的婚姻关系.我今⽣还会有很相爱的⼈与我⼀起进⼊婚姻吗?

Questioner: Understood, thank you. I feel that I still desire to experience a marriage filled with peace, joy, and love. Will I have someone deeply in love with me entering into a marriage this lifetime?

⾼灵: 你的问题是还会有⼈吗? 所以你把会不会有⼈你是交给什么? 交给上帝的,交给别⼈的,是吗? 你是被动的,是吗?

Higher Spirit: Your question is about whether there will be people. So you are leaving the matter of whether there will be people in someone else's hands, like God or others, right? You are passive, aren't you?

问: 因为好像是说两个⼈是先有约定才会进⼊情感关系.

Questioner: It seems that two people would enter into an emotional relationship only after they have made a pact.

⾼灵: 你们俩个⼈是会进⼊,但是它是⼀个什么样的状态是你⾃⼰,明⽩吗? 就是说它到底是好还是坏,到底是快乐的还是悲痛的.那是你决定的,明⽩吗? 所以这个是来给你转变的,⽽不是来给你限制.就是你的这段感情是痛苦的.不是的.

Higher Spirit: Both of you will enter, but it's up to you to determine whether the state is good or bad, happy or sorrowful. You decide that, right? So this is for transformation, not limitation. This means your relationship is painful, not simply put as not being one.

问: 那我想确定的知道我今⽣还有婚姻吗?

Questioner: I want to know if I will have a marriage in my lifetime.

⾼灵: 你告诉我什么是婚姻? 如果你只是说你们物质世界去取⼀个证就是婚姻的话.那当然只要谁愿意,你都可以取这个证,对不对? 所以说你必须要明⽩你到底想要什么?

Sage Spirit: Explain to me what marriage is. If you simply say that getting a certificate in your material world counts as marriage, then indeed, anyone who wants can get this certificate, right? So you must understand exactly what you want.

问: 我想要⼀个能取⼀个证,在关系⾥⾯我们和平喜悦爱的,相爱的.

Questioner: I want a kind of relationship where we take vows with peace, joy, love, and being in love.

⾼灵: 你能先⾃⼰拥有这个关系吗? 就是⾃⼰先处于这种状态,明⽩吗?问: 可以⾼灵: 那你就可以.因为你的状态不取决于外在.问: 那关于关系⾼灵还有什么要给到我的吗?

Sage: Can you first have this relationship for yourself? Meaning, can you be in that state yourself, understand? Questioner: Yes Sage, then you can. Because your state is not dependent on externals. Questioner: And regarding relationships Sage, is there anything else you need to give me?

⾼灵: ⾸先你们把所有的都寄托于外在.就⽐如说你寄托于物质世界先转变我在转变.我寄托于我的另⼀半要好我才好,我的另⼀半对我好我才好.我的另⼀半对我不好我就不好.这是⼀个⾮常错误的观念.因为你才是呢个创造者,你不是呢个被动者.你们都觉得⾃⼰是呢个被动者.但是你才是呢个⼿上拿着钥匙的⼈.你决定了你们要进那⼀扇门.因为不同的门⾥有不同的体验,不同的内容.你才是呢个拿钥匙的⼈.因为如果你不改变这个观念的话,你就会⼀直是被动的.你觉得⽣活不是你想要的,明⽩吗?那如果你知道你是拿着这个钥匙的⼈.是不是将来你进⼊关系当中,你们的关系是欢快的还是痛苦的,是不是你⾃⼰去决定?

Sage: Firstly, you all depend on the external. For example, you depend on the material world to change me as I transform. I depend on my other half being good for me to be good, and my other half being good to me makes me good; if they are not good to me, then I am not good either. This is a very wrong concept. Because you are the creator, you are not the passive one. You all believe that you are the passive ones. But you are the person holding the key. You decide which door you want to enter into because different doors have different experiences and content. You hold the key because if you do not change this notion, you will always be passive. You think that life is not what you want it to be, right? If you know that you are the one holding the key, wouldn't your future relationships being joyful or painful be something you decide yourself?

⽐如说你进⼊痛苦的门,你说no,我有钥匙,我要进⼊呢个快乐的门,对不对? 那如果你不觉得你⼿上有钥匙,钥匙在对⽅.你是不是就会觉得你有⽆⼒感,你没有办法改变.所以你要随时记得你才是呢个⼿上拿着钥匙的⼈,决定了你们要进哪⼀道门.

For example, if you enter the door of suffering, and you say no, I have a key, I want to enter that happy door, right? But if you don't feel like you have a key in your hand, the key is with the other person. Wouldn't you then feel powerless, unable to change things? So always remember that you are the one holding the key, deciding which door you and they will go through.

第三个⼈问: 我们在地球上已经习惯于线性时间.很难理解时空的同时性.请您知道⼀下.赛斯还说当下对前世还有影响.这个又是怎么形成的?

The third person asks: We are accustomed to linear time on Earth. It's hard to understand the simultaneity of space and time. Please enlighten us. Seth also says that the present affects past lives, how is this possible?

⾼灵: 你⾸先要知道我们前⾯的信息就有讲这个,你不受任何束缚.因为如果你还觉得在你的观念⾥⾯你是累积的.我是⼀岁两岁,我这⼀辈⼦经历了什么,我的⽗母是谁,就是你还把你当成 ‘我经历的是谁’,我上了⼤学,我上了⾼中.你把呢个当中是你的话,那你当然就还在体验这个.因为是你⾃⼰选择了我要⽤这个程序来感受来体验,明⽩吗? 你知道这个区别吗? 像我们说的你的每⼀个当下你都可以选择⽴地成佛,你都可以选择你要进⼊什么状态.你才是呢个拿着钥匙的⼈.这是两种不⼀样的状态.⼀个还是你是⾃⼰封锁死,就是你是这样⼦的⼀个你,这些经历才是你.

Higher Spirit: First of all, you need to understand that the information we've been discussing previously indicates that there are no limitations for you. If you still feel like your experiences are accumulated within you, such as "I was born in one year and two years old, I have gone through what this life has provided, my parents were…" You view each experience through yourself, meaning you're still experiencing these situations because they've been chosen by you to feel and experience them. Do you understand the distinction? Do you comprehend that every moment of your existence allows for the choice of immediate enlightenment? Every moment presents an opportunity to enter a different state. You are the one holding the key. These are two distinct states: One where you are self-imprisoned, remaining as who you perceive yourself to be, and these experiences define you.

问: 那么当下对之前的影响是怎么来影响的?

Questioner: So, how does the current impact influence that of the past?

⾼灵: ⾸先我们以前通灵就说过你们对前世和来世的理解是错误的.为什么呢? 就算有,我们说每⼀世就好像你这个⼈有⼀双⼿,你有五个⼿指头.你每⼀个⼿指头,⼀个⼿指头在中国,⼀个⼿指头在法国,⼀个⼿指头在英国.然后你每个⼿指头在每个国家体验的都不⼀样.然后这就是所谓的前世.但是呢个在法国体验的是你吗? 不是你.虽然不是你的话,但是为什么可以⽤到这些信息呢? 你这个⼿,⼀个在⽔⾥,⼀个在⽕⾥⾯.你是不是⽔和⽕,你都能感受的到,明⽩吗? 我说的呢个你是更⾼的你.那如果你跟你更⾼的你是断开连接的,那你受到的影响肯定就⼩了.那你如果⼀直是保持链接的,就是通透的⼀个状况.

Spirits: We have previously communicated to you that your understanding of the past and future lives is mistaken. Why? Even if they exist, we say each life is like this person having two hands with five fingers on each hand. Each finger from this person would be in China when one finger experiences something, another in France for another experience, yet another in the UK experiencing something different in its own right. All these are so-called past lives. But the being that is experiencing those things is not you, it's just one of your fingers. Though it's not exactly you, why can we use this information? Your hand experiences both water and fire; how do you feel about them both as an individual entity? I am speaking of a higher self here. If you are disconnected from this higher self, the impact would definitely be lesser for you. If you maintain continuous connection with this being, which is akin to being transparent or having an open line of communication.

这么说吧,⼀个⼿你已经⿇⽊了,那你是感知不到其他⼿指的感觉.因为它神经断开了.那如果你的神经都是通的,是不是每个⼿指头⼀个在冰⾥⾯,⼀个在⽕⾥⾯,你都能体验的到.

Let me put it this way: if one hand is numb, you can't feel the sensations of the other fingers because their nerves are severed. But if all your nerves are intact, could you experience each finger being in ice and fire at the same time?

问: 所谓的影响指的是在各种不同时空⾥的体验…⾼灵: 那你想象⼀下,你呢个⼿指头被⽕烧了.那你另外⼀个⼿指头是不是就不会再碰⽕了? 所以到底是如何体验的,还是要看你⾃⼰.因为你体验的这个世界是你觉得它是这么的,我是⽤这套程序.那你就⽤这套程序.除⾮你把这套程序重新装了,更新了.那你就是另外⼀个更新的程序.就像你们电脑软件⼀样,对不对? 你以前是1.0的版本,你升级到2.0的版本.那你就开始⽤2.0的版本去运作了,明⽩吗?

Questioner: What is meant by influence refers to experiences in various times and spaces... Higher Spirit: Imagine that your finger is burned. Wouldn't you then refrain from touching the fire with your other hand? So how you experience it really depends on yourself because the world you experience is what you perceive it to be, I am using this system for this perception. You use this system as well. Unless you reinstall and update the system, meaning you are a different updated version. Just like your computer software升级versions, right? You were once version 1.0 and have upgraded to version 2.0. Then you start operating on the new version of 2.0, do you understand?

问: 关于⽆条件的爱是不是需要我们在⽇常⽣活中采取⼀切都包容的态度呢? 还是说有限制的?

Questioner: Is unconditional love about adopting a stance of embracing everything in our daily lives, or is it limited with conditions?

⾼灵: 有限制的? 爱就是爱.⽆条件的爱只是你们⾃⼰加上去,觉得要怎么样怎么样才叫爱,明⽩吗? 然后这不是来给你教条,你需要这样⼦那样⼦,你需要见到⽼师鞠躬.不是教条.

Higher Spirit: Limited? Love is love. Unconditional love is just what you add on, thinking that it has to be this way or that way for it to be love, do you understand? And then this isn't teaching dogma; you don't need this or that, you don't need to bow to the teacher. This isn't dogma.

⽽是说你本⾝就是爱.这个不是从外在学过来的或者是有⼀些条款让你去遵循的东西.你们所有都是来⾃于⽆条件的爱.你们在你们的(内在)都有.那为什么会变成有条件或者是需要交换或者是需要把它变成有条件.那是因为你们的⼀个⾁体.你们的⾁体,是⾁体把这些变成了有条件,明⽩吗? 因为⾁体它⾃⼰有很多恐惧,它怕失去.就⽐如说我付出了,你们都没给我.那我就失去了,我就少了.这是⼀直以来就是⼀个匮乏,你们内在匮乏,就是这个⾁体它匮乏.为什么你们会有如此多的匮乏的⼀个观念呢? 因为你们物质世界把这个世界打造成所有⼀切都是有限的.然后你需要⼲多少活拿多少钱.这是⼀种就好像对你们的操控.

And you are love; this is not something learned from the outside or adhering to certain rules. You all come from unconditional love, within yourselves. There's why it becomes conditional or needs to be exchanged or made conditional - because of your physical body. Your body turns this into conditional aspects due to its own fears and the fear of losing things. For example, if I give but don't receive anything back, then I lose something, I'm shortchanged. This sense of scarcity has always been a part of you, an internal scarcity caused by your physical self. Why do you have such many notions of scarcity? Because your material world constructs this world in such a way that everything is limited; you need to work for how much money you want. It's as if it controls you in a certain sense.

因为必须⼀些观念或者观点或者什么,让你们很好受控,明⽩吗? 就⽐如说我是地主,你们是我的奴⾪.我让你⼲活你肯定不会.我把你们的⾷物全部拿⾛.每天按你的⼯作量给你分配⾷物.那这样你是不是就可以⼀直为我服务,为我⼲活了? 那如果呢些奴⾪都知道他们不需要做任何他们就可以有吃有喝拥有全世界的⼀切.他们还会⼲活吗? 他们还会受你的指使吗? 他们不会啊.明⽩吗? 所以这就是你们长久以来你们⼈的⼀种控制,植⼊的⼀些观念或者⼿段导致你们⽣下来或者是根深蒂固的就有⼀种匮乏感.但是你们所有⼈都是受到⽆条件的⽀持的.就好像你现在想要在我这⾥取任何,我都可以给你.你要取任何智慧或者信息或者是任何.

Because there are certain ideas or viewpoints that make you feel controlled, do you understand? For example, if I am the landowner and you are my slaves. If you are forced to work under me, you would definitely not comply. If I were to take away all your food. Then, each day based on your workload, I would allocate food for you. Would this make it possible for you to continue serving me indefinitely, working for me? And if those slaves knew that they could have access to food and drink, as well as the world's riches without doing any work, would they still work for their owner? Would they follow his instructions? No, they wouldn't understand. This is why humans have been controlled through these concepts or methods since birth or due to deep-rooted feelings of lack. However, all of you are supported unconditionally. If there is anything you desire from me now, I can provide it: wisdom, information, or anything else.

它可以把你在这个物质世界变成⼀个你想要在这个物质世界成为王,你就可以成为王的⼀个状态,是不是? 就好像我这⾥是⼀个⾦库或者是⼀个宝库.你可以取任何你想要取到的,明⽩吗?

It can turn you into a state where in this physical world you could be king if you want to be, and thus you can become the king, right? Like I'm like a vault or a treasure house here. You can take anything that you want to take, do you understand?

问: 那这么说是不是说我们在⽇常⽣活中对别⼈的要求都不能拒绝呢? 都要接受呢?

Questioner: Does that mean we have to accept all the requests others make of us in our daily lives, without ever refusing?

English:

⾼灵: ⾸先我刚才说的是来让你明⽩为什么你们会要有条件,变成有条件? 是因为你们内在的匮乏.你们害怕失去,明⽩吗? 但是给你解释为什么你们会有这样⼦? 因为你们祖祖辈辈下来⼀直教导成这样.你们的集体意识就是这样.那为什么会这样呢?刚才已经解释的很清楚.那如果你不再持有这样的⼀个观念呢? 就是你不再是匮乏的.这么说吧,我刚刚跟你说你来我这⾥,你拿任何⾦银珠宝,就像⼀个宝库⼀样.你随便拿,随便拿.那你还会给了别⼈⼀个珠宝,你还会在呢,你怎么不给我⼀个珠宝呀? 你不会的.因为你知道你想要⼀亿个,你都可以拿到.为什么会在乎这⼀个? 明⽩吗?

Higher Spirit: First of all, what I just said was to make you understand why you have conditions, because of your inner lack. You are afraid of losing it, right? But now I'm explaining why you have such a fear? Because the way you were taught from generation to generation is like this. Your collective consciousness works that way. But why is it like this? We've already explained clearly just now. So if you don't hold onto this idea anymore - meaning you're not lacking internally any more - how would you behave differently? Imagine I just told you, "Come here and take whatever gold, silver or jewels you want," as though you have an inexhaustible treasure house at your disposal. You can take anything you want without hesitation. Yet, if you were to gift someone a jewel and then stay here, why wouldn't you also give me one? Because deep down, knowing that there's an abundance for you, you're not holding back. Why would you care about giving up just this one piece of jewelry when you have the freedom to take as many as you want?

问: 那要是堆他⼈的⽆理要求呢?

Questioner: What if they make unreasonable demands on others?

⾼灵: ⽆理要求? 我们现在只是在给你讲你前⾯的,为什么会变成有条件.或者把你的爱给变成有条件? 然后你现在是问对他⼈的⽆理要求你应该怎么办对吗? 什么叫⽆理要求呢? ⽆理要求,你⾸先要给他这个⽆理要求有⼀个定义,对不对?那你只是你个⼈的⼀个观念和观点和定义⽽已.那并不是真实的.那也只是你活在你的观念⾥⾯,你觉得这个是⽆理要求.但是如果是真的就是别⼈跟你要的你给不到的.然后你觉得你要给了,你才是⽆条件的爱,对吗? 那你这份爱你给你⾃⼰了吗? 你这不是为难你⾃⼰吗? 如果你这是为难你⾃⼰,你这也叫⽆条件的爱吗?你并不是.所以你还是陷在你头脑⾥的定义和观念⾥⾯.

Higher Spirit: Irrelevant demands? We're just explaining why what you've been doing has become conditional or turned into something where your love is being demanded conditionally. Now, are you asking how to handle unreasonable demands from others? What exactly constitutes an unreasonable demand?

Firstly, you need to define what an unreasonable demand is, right? That's simply based on your personal perspective and definition; it isn't factual. You're just confined within your own notions and beliefs, considering this as an unreasonable request. However, if someone else asks for something that you can't provide, and you believe that providing it would be unconditional love, then doesn't this contradict the very essence of self-love? If giving in to such demands is seen as a challenge or discomfort to yourself, does that still qualify as unconditional love? No, because you're not truly liberating yourself from your mental definitions and beliefs.

还有就是说你并不是给了他想要的,你才叫爱,明⽩吗?这也是⼀个,你们觉得你必须要满⾜对⽅的需求呢才叫爱.并不是的.呢是你⾃⼰的⼀个定义⽽已.爱是⼀种存在状态.它不管对⽅有没有需求.是你⾃⼰的⼀个状态,你⾃⼰的⼀个爱的状态,明⽩吗?跟对⽅或者你做什么没有关系.

And the point is that you are not loving someone just because you give them what they want; do you understand that? This is also a misunderstanding where you believe that you must fulfill the other person's needs to be considered love. That's not true. It's merely your own definition. Love is an existing state, regardless of whether the other person has any needs or not. It's your own state, your own state of love, do you understand? It has nothing to do with what you do or how you interact with them.

问: ⽇常⽣活中有时清醒有时候不清醒.遇到⼀些⼈和事难保持住这种清醒的状态.

Questioner: Sometimes in daily life, one is aware and sometimes not. It's hard to maintain this state of awareness when encountering certain people and events.

⾼灵:那也就是说你在头脑⾥⾯你在分别,你在归类,你在分这些是清醒的,呢些是不清醒的.你在分别它,你在定义它.但是你如果进⼊你的头脑⾥⾯,你本⾝就是跟你的⽣活失去链接,跟你的当下失去链接.你如何来定义?明⽩吗?因为你头脑根本就是⼀⽆所知.就好像你头脑是⼀个什么都不懂的⼩朋友.然后它来定义我这会⼉是清醒的,我这会⼉是糊涂的,明⽩吗?也就是说如果你真正的跟你的⽣活发⽣链接,在当下的话.你的头脑它不会去参与进来说这个是清醒的,这个是糊涂的.那当你进⼊了这个是清醒的,这个是糊涂的.这样⼦的话,那你就进⼊了陈旧的记忆和观念和定义⾥⾯.那你进⼊呢⾥⾯,呢⾥⾯本⾝就是垃圾,就是死的东西.

Spiritual Being: So you're distinguishing in your mind, categorizing, defining what's clear and what's unclear. You're making that distinction, setting those definitions. But if you delve into your mind, you are disconnected from your life, disconnected from the present moment. How do you define it? Understand? Because your mind is completely uninformed. It's like a child who doesn't know anything. Then it defines this moment as clear, and this moment as unclear, understand? This means if you truly connect with your life in the now, your mind wouldn't participate in defining what's clear and what's not. When you enter into defining what's clear and what's not, you're entering old memories, concepts, and definitions. Entering there is like diving into garbage, dead things.

问: 但是我们很难保持住这种临在的状态.

Questioner: But it's hard for us to maintain that state of presence.

⾼灵: ⾸先你们不需要去追求任何.因为凡是你说我要保持住,我要怎样的⼀个状态.你就是进⼊⼀个头脑的⼀个状态.追求只是头脑的.前⾯没有任何东西给你们.你们⼀直觉得前⾯还有东西.⼀直在这种追求当中.但是并没有.你积累的只是你头脑⾥⾯的观念和概念和陈旧的记忆⽽已.这些就是束缚你的.

Higher Spirit: Firstly, you don't need to pursue anything, because whenever you say I want to maintain this, and how I should be in a certain state, you are entering into the mind's state. Pursuing is purely the mind's affair. There is nothing ahead for you. You always feel like there is something ahead. You remain caught up in this pursuit. But there isn't anything. What you accumulate are merely your mind's ideas, concepts, and outdated memories – that's all that binds you.

第四个⼈问: 为什么我的胃总是不是很舒服? 怎么疗愈?

The fourth person asks: Why is my stomach always not very comfortable? How to heal?

⾼灵: 好的,你稍等.你的胃的不舒服来⾃于你的不⾃信.因为不⾃信就是不相信⾃⼰的想法和你的⼀些感受它会值得你说出来或者是怎么样.就是你没有stand up for yourself,你没有为⾃⼰辩护,你没有为⾃⼰发声,你没有为⾃⼰就是感到⾃⼰是强有⼒的.更多的是呢种算了,算了,不说了.然后所有的这些没有展现出来的东西,它都压抑和积累在你的胃部,明⽩吗? 所以你需要更多的释放你⾃⼰.就⽐如说你是⼀只⽼虎,然后你⼀直把⾃⼰活的像⼀个⼩⽼⿏⼀样,胆胆怯怯的.然后你的⽼虎的能量它都积压在,就好像⼀直是⽼⿏的样⼦,那⽼虎的能量⼀直积压在呢⾥,它不能释放出去.它不能释放出去,就好像你不能嘶吼,你不能奔跑.

Higher Spirit: Alright, you wait a moment. The discomfort in your stomach comes from your lack of self-confidence. It's because lack of self-confidence means not believing in your own thoughts and some of your feelings; it would be worth saying or figuring out how to say them. That is, you don't stand up for yourself, you don't defend yourself, you don't speak on your behalf, you don't feel empowered by being yourself. It's more like "it's over, forget about it, don't talk about it." And all of these unexpressed things get suppressed and accumulate in your stomach, right? So you need to release yourself more. For example, imagine you're a tiger, but you've been living like a little mouse, timid and cautious. Your tiger energy is bottled up as if you were always a mouse; the tiger's energy gets trapped there and can't be released. It can't be released, just as you can't roar or run freely.

你⼀直全⾝瑟瑟发抖,明⽩吗? 所以你需要更多的去爱上你⾃⼰,欣赏你⾃⼰,知道你是谁.知道你是⼀只⽼虎,⽽不是⼀只⽼⿏.然后去展现⾃⼰.因为你害怕你展现⾃

You've been trembling all over, got it? So you need to love yourself more, admire yourself, and know who you are. Know that you're a tiger, not a mouse. Then just show yourself. Because you're afraid of showing what you truly are.

⼰的⼒量会伤害或者是影响到别⼈.不会的.为什么呢? 因为你是⽼虎的时候,你不是就可以保护更多的⼈? 所以你不会给他们带来伤害,⽽是带来⼒量.让他们看到你的⽣命⼒.

The power of ⼰ does not harm or affect others. It wouldn't. Why is that? Because when you are a tiger, aren't you able to protect more people? So instead of causing them harm, it brings strength to them. They see your vitality.

问: 我跟我⼥⼉有什么样的灵性上的关系? 我⼥⼉的使命是什么?

Questioner: What is the spiritual relationship between me and my daughter? What is my daughter's mission in life?

⾼灵: 你⼥⼉多⼤了?问: 15岁.

Angel: How old is your daughter? Answer: 15 years old.

⾼灵: 你稍等.你跟你⼥⼉就好像是两个相反的,就好像你需要从她⾝上学习到很多.就⽐如说她就是呢种⾮常就是你缺少的呢些特征.她就是拥有的.然后她就是会⾮常的胸有成⽵或者是⾃信或者是信誓旦旦或者就是这种的状态.然后你需要从她⾝上去看到和学习到和欣赏到,还有就是你⿎励她去做这样⼦的.然后呢,她也需要从你⾝上去看到你的⼀个蜕变.她也需要从你⾝上学到呢种,其实你不管释放⾃⼰的能量是因为你害怕对他⼈的⼀种伤害,或者是顾忌他⼈.她也需要从你⾝上学习到顾忌他⼈,明⽩吗? 就好像你们彼此都是彼此的⼀个⽼师.她需要看到你⾝上的优点,你需要从她⾝上看到她的优点,然后摄取.彼此欣赏,你们两个就成了完整的⾃⼰.

Higher Spirit: Wait a moment. You and your daughter are like two opposites; it's as if you need to learn much from her. She embodies traits that you lack, such as being very well-prepared, confident, or decisive. She exudes these qualities and has everything figured out. Then, you have to observe, learn, appreciate her, and encourage her to be like that. In return, she needs to see your transformation. She must also learn from you how to consider others' feelings—the fear of hurting others or being cautious about others’ opinions. You both need to understand each other's empathy and consideration for others, just like the roles of teacher and student are reversed between you two. You should admire her strengths, and she should see yours; by doing so, you complete yourselves as individuals.

这么说吧,你的太咸了,她的太淡了.你们俩和在⼀起中和了,就平衡了,能量状态.

To put it simply, yours is too salty, hers is too bland. Together, you two balance each other out and achieve equilibrium in energy levels.

问: 那我⼥⼉的⼈⽣使命是什么呢?

Questioner: Well, what is my daughter's life mission?

⾼灵: 现在还太早.她才15岁,明⽩吗? 她只需要知道她在做⾃⼰的同时看到妈妈⾝上的,就是并不是因为你是⼀只⽼⿏是因为你胆⼩.⽽是因为你害怕你⾃⼰的⼒量会伤害到别⼈.是出⾃于爱,明⽩吗? ⽽不是出⾃于胆怯或者胆⼩,明⽩吗? 那这样⼦她就会更加…. 她不会嫌弃你,嫌弃你怎么是这样⼦的⼀个⼈格.⽽更多的是去学习到,她就是从你⾝上获取的是甜的⽽不是苦的.不然的话,她就觉得是⼀个苦味,⼀个涩味.你完全滋养不了我.

Higher Spirit: It's too early now. She is only 15, understand? What she needs to know is that it's not because you're a mouse because of your cowardice, but because you are afraid that your own power might hurt others. It comes from love, understand? Not from fear or cowardice, understand? If that's the case, she would become... She wouldn't despise you for being this kind of personality. Rather, she would learn that what she gets from you is sweet, not bitter. Otherwise, it would be a sour taste, an unpleasant one. You can't sustain me completely.

问: 那我的⼈⽣使命呢? 有没有什么样的建议可以让我更好地去传播正法呢?

Questioner: And what about my life mission? Is there any advice on how to better spread the right teaching?

⾼灵: 那刚才就说了如果你本⾝是⼀只⽼虎,你⾃⼰做⼀只⽼⿏,你怎么去传播? 明⽩吗? ⼈们到底看你是个⽼虎还是⽼⿏呢? 他们都不知道你是谁.你也不知道你是谁.当你知道你是谁,你在呈现你是谁的时候,你就在传播了,明⽩吗? 就好像我刚刚说,你让别⼈看到了你的⽣命⼒和⼒量.

Higher Spirit: Then just now we talked about how if you were a tiger yourself and you were playing the role of a mouse, how would you spread that message? Do you understand? People's perception of you as either a tiger or a mouse - they're all guessing. You don't even know who you are. Only when you come to terms with who you truly are, and present that truthfully, are you effectively spreading your message. Understand? Just like I said earlier, letting others see your vitality and strength.

第五个⼈问: 我想知道我的⼈⽣使命是什么?

The fifth person asks: I want to know what my life purpose is?

⾼灵: 你稍等.就是爱上⽣命.你会因为经历很多,对⽣命有⼀种嫌弃或者厌烦厌恶,就不珍惜,就会觉得这样.就不是如此的去… 所以你经历的所有的⼀切和转变的⼀个过程就是从⼀个不care到care,从⼀个不是呢么爱到很爱的⼀个过程.

Higher Spirit: Wait a moment. It's when you fall in love with life. You might become tired of life or feel disgusted and disliking it because of going through many experiences, thus not cherishing it anymore, thinking this is just how it should be. Therefore, all the experiences you have and the process of transformation are from indifference to caring, from being not very loving to deeply loving.

问: 你说的很对.但是我觉得我是来渡劫的呀.我不知道为什么要爱上⽣命?

Questioner: You're absolutely right. But I feel like I'm here to overcome tribulations. I don't understand why I have to love life?

⾼灵: 你不知道为什么要爱上⽣命? 那你的⼈⽣,当你从⼀个不爱到爱的时候,你就会知道为什么,明⽩吗? ⾸先你要把你不爱⽣命,你觉得⽣命不好或者是渡劫的当成是⼀个… 你要知道这不是真实的.它只是你体验的⼀部分.为什么呢? 你只有先体验苦,然后再体验甜.也就是说你体验的呢个苦它的⽬的不是来让你苦的,它的⽬的是最后能让你体验到甜.因为你不先体验苦的话,你是不能分辨出甜的味道,明⽩吗? 所以它并不是来限制你或者是来固定你这⼀⽣就是来苦的.⽽是说你先体验这个,那你后⾯你就知道甜是什么样⼦了.

Higher Spirit: Don't you wonder why to love life? When your life changes from not loving to loving, then you'll know the reason, understand? First, you need to accept that not loving life, considering life as bad or a trial, is just... You must realize it's not real. It's only part of your experience. Why? You have to first experience hardship before experiencing sweetness. In other words, the purpose of this hardship is not to make you suffer; its purpose is for you to eventually experience sweetness. If you don't go through hardship first, you won't be able to distinguish the taste of sweetness, understand? So it doesn't limit or fix you into a lifetime of suffering. Rather, by experiencing this first, then later on, you'll know what sweetness feels like.

问: 我觉得你说的很对,但是我没有想到我的⼈⽣使命这么简单.

Questioner: I think you're right, but I never imagined my life's mission could be so simple.

⾼灵: 这不是简单.这是你整个⼀个过程.我只是想要你知道你体验的所有东西它是为了让你体验更好的,明⽩吗? 不是来给你定了,你的命就是苦的,明⽩吗? 它是为了后⾯的甜.

Sage: This is not simple; it's the entire process for you. I just want you to understand that everything you experience is meant to bring better experiences, right? It's not to make your life miserable, right? It's about preparing you for the sweetness ahead.

问: 我从来没有遇到过真⼼喜欢我的⼈.我总觉得我的灵魂的另⼀半,他叫⼆番熊.呢种感觉很强烈,我感觉还梦到过他⼀次.我想知道是不是真的是有这样⼀个物体或者是存有吗?

Questioner: I have never met someone who truly loves me. I always feel like my soul's other half is named Shiba-xiong (a type of bear). This feeling is very strong, and I remember dreaming about him once. I want to know if there really is such a being or existence.

⾼灵: 你的问题不明⽩.你⾸先你说你觉得这个世界上没有⼈真的爱你,对吗? 这只是你觉得.

Higher Spirit: Your issue isn't clear. You first said you feel like no one in this world truly loves you, right? It's just how you perceive it.

问: 我的问题是我冥冥之中有⼀种直觉是我的双⽣⽕焰叫⼆番熊,但是我不知道他在哪⾥?

Questioner: My intuition tells me that my twin flame is named Shibaoxiong, but I don't know where he/she is.

⾼灵: 你的问题是什么呢? 是想让我帮你找到他在哪⾥吗?问: 对⾼灵: 他在你转变过后.就好像你现在是⽑⽑⾍,你现在体验⽑⽑⾍.当你变成蝴蝶过后,你感受到甜了.就在呢⾥,明⽩吗?

Higher Spirit: What's your problem? Do you want me to help you find where he is? Ask: To Higher Spirit: After your transformation. Like now you are a caterpillar, experiencing being a caterpillar. When you become a butterfly, you feel the sweetness. That's where it is, understand?

问: 真的会有⼆番熊这个存有吗?

Questioner: Could there really be a "Second Bear" existence?

⾼灵: 不知道⼆番熊对你来说是什么?问: 他就是我的直觉呀.

Higher Spirit: I wonder what Second Bear means to you. He is just my intuition.

⾼灵: 你的问题不知道怎么回答你.你还有问题吗?

Higher Spirit: I don't know how to answer your question. Do you have more questions?

问: 我只想做宇宙当中的⼀颗没有任何意识的尘埃.我想知道我这⼀世是在地球上的最后⼀世吗? 我能实现这个愿望吗?

Questioner: I just want to be a piece of dust in the universe with no consciousness. I wonder if this is my last life on Earth. Can my wish come true?

⾼灵: 可以实现任何你想要的愿望.你可以现在就这么活着,你就实现了.问: 但是我现在⾁体还在地球上啊.我只想做⼀个⽆受想⾏识的尘埃啊.

Sage of High Spirituality: You can fulfill any wish you desire. Just live as you are now, and you have already achieved it. Questioner: But my physical body is still on Earth. All I want to be is a speck of dust without any desires or thoughts.

⾼灵: ⾁体对你不是限制,除⾮你允许它来限制你.问: 那感受到痛苦也是吗?

Higher Spirit: The physical body is not a limitation for you unless you allow it to limit you. Questioner: Does experiencing pain also count?

⾼灵: 那就是你相信了⾁体了,那就是你允许它了.

Higher Spirit: That's what you believe in the body, that's what you have allowed it to be.

问: 那意思就是说如果我转变想法的话,我现在也可以做⼀个尘埃吗?

Questioner: That means if I change my mind, I can be a grain of dust right now?

⾼灵: 你本⾝是,你⾸先你说它什么痛苦,那就是你受它影响了.那如果你不受它影响呢?问: 那我这⼀世是不是最后⼀世呢? 是不是只要我脑袋觉得…⾼灵: ⾸先你这个⼈格你只有⼀世.你觉得其他的世是你吗? 根本不是你.这个⼈格只有⼀世.只有这⼀⽣.其他的世跟你没有关系.

Higher Spirit: You are, you first say what pain it is, that means you are affected by it. But if you aren't affected by it, then? Questioner: Does this mean I am living my last life? Is it just that as long as I think… Higher Spirit: First off, this personality only exists in one lifetime. You believe that other lives are you? That's simply not true. This personality only exists for one lifetime. Only in this life. Other lives have nothing to do with you.

# **2022/09/23 — ⼀切都会转变 Everything Will Change**

问: 我其实很渴望与⼈沟通,但我参加⼀些活动回家后就会感到很疲惫.请问是为什么? 有什么建议吗?

Questioner: I'm actually very eager to communicate with people, but after participating in some activities and coming back home, I feel very tired. Could you please explain why this is happening and offer any suggestions?

⾼灵: 你想要和⼈沟通是吧? 但是太多的交流会让你感到疲惫,是吗? 你在交流的时候就好像是你在做事,因为它也需要你的attention,需要你的注意⼒,需要你的能量.你也在消耗的⼀个状态当中.那你⽆论做什么事情,你做其他事情在⽇常⽣活中它也会让你觉得有点累的感觉呀.你觉得这有什么区别呢?

Higher Spirit: Do you want to communicate with people? But too much exchange can make you feel exhausted, right? When you're communicating, it feels like you're doing something because it requires your attention, focus, and energy, draining you in the process. Whatever you do, even other activities in your daily life, they also leave you feeling somewhat fatigued. What's the difference in your perception of this?

问: 不⼀样.⽐如说你劳动或⼯作你就是累.但是和⼈交流你就有⼀种能量上的匮乏,就不太⼀样的感觉.

Questioner: They are different. For instance, when you work or labor, you feel tired. But when interacting with people, you experience a lack of energy, which feels somewhat different.

⾼灵: 你想要找到如何克服它呢? 还是你想要知道为什么? 问: 我想知道为什么.我喜欢跟⼈沟通,我以前也不这样.

Higher Spirit: Are you looking for ways to overcome it? Or do you want to know the reason behind it? Ask: I want to know why. I like communicating with people; I wasn't like this before.

⾼灵: 那以前的交流和现在的交流有什么区别?

Higher Spirit: What is the difference between past communication and current communication?

问: 以前我没有概念说我们都是⼀体的,他们都是我创造的.但是我现在有这种概念.

Questioner: Previously, I didn't have the concept that we are all one, that they were creations of me. But now I have this concept.

⾼灵: 然后呢,你就转变了什么呢? 你有了这个概念过后你又变成什么样⼦的⼀个模式跟他们交流呢?

Ethereal Spirit: And then, what did you change about yourself? After gaining this concept, what kind of pattern did you adopt when interacting with them?

问: 就是不是呢么放得开.有的事情就不会去说.因为担⼼⼈家把我看成另类.

Questioner: Isn't it that I refrain from speaking about certain matters because I'm concerned about being perceived as an outsider?

⾼灵: 那你现在就⾃⼰找到原因了呀.问: 就是因为我在把⾃⼰往后缩?

Higher Spirit: Then you've found the reason yourself now. Questioner: It's because I'm pulling myself back?

⾼灵: 是因为你内在有冲突.因为你头脑⾥⾯有很多声⾳它产⽣了冲突,或者观念产⽣冲突.那你有冲突好像你⾃⼰已经在消耗了.所以就会产⽣很⼤的呢个什么.

Higher Spirit: It's because there is a conflict within you. Because there are many voices in your mind it creates conflict, or ideas create conflict. Then if you have conflict it seems like you are already consuming yourself. So this will produce a very large something.

问: ⼀⽅⾯我想要把我知道的告诉别⼈,⼀⽅⾯又担⼼别⼈不理解.是这样吗?

Questioner: On one hand, I want to share what I know with others, and on the other hand, I worry that they won't understand. Is that right?

⾼灵: 你为什么想要把你知道的告诉别⼈呢?

Higher Spirit: Why do you want to tell others what you know?

问: 因为我希望他们也知道这个物质世界不是真实的.不要把苦难看的呢么真实.

Questioner: Because I want them to also understand that this material world is not real. Don't take suffering so seriously.

⾼灵: 你说俩个孩⼦在沙滩上玩,堆城堡,开⼼的不得了: 我是国王,我是国王,这个城堡是我建的.然后你说这个是假的.然后你⼀下⼦把他推开,这是幻像,这是假象.你觉得孩⼦会怎样? 所以为什么你不尊重他们的⼀个成长模式呢? 为什么⼀定要去打扰别⼈?

Higher Spirit: You say two kids are playing on the beach, building castles and having a blast: I'm the king, I'm the king, this castle is mine. Then you say this is fake. Then suddenly you push him away, it's an illusion, it's false. How do you think the child would feel? So why wouldn't you respect their mode of growth? Why must you always bother others?

问: 所以我应该放开这个?

Questioner: So, I should let go of this?

⾼灵: 这不是你应该做的事情.如果你的真的想别⼈对你的呢些概念感兴趣的话,你⾸先你⾃⼰先活出来.你⾃⼰活出来了吗? 你没有信任⽣命呀.你觉得你需要强加就是我必须要怎么样怎么样.那你这并没有活出来⽣命本来的信任、轻松、⽔到渠成,不需要⽤⼒.你现在就是在⽤⼒.那既然你都在⽤⼒,你为什么又指望别⼈跟你⼀起从你这⾥受益呢? ⾸先你要做的并不是去push任何⼈,明⽩吗? 因为当他们没有准备好或者没有到这个阶段的时候,就好像拔苗助长.就好像是⼀个⽑⽑⾍转变成蝴蝶.对⽅需要呢个⿊暗期,你说我来帮你我来帮你.你说.

Higher Spirit: This is not what you should do. If you truly want others to be interested in your concepts, you should first live them out yourself. Have you lived them out? You lack trust in life. You feel the need to impose that I must do this and that. Yet, without living into the inherent trust, ease, and natural unfolding of life, there is no effort needed. Now you are exerting effort. If you are already putting in effort, why would you expect others to benefit from you when they aren't ready or haven't reached this stage? What you should do first isn't pushing anyone, understand? Because when they're not prepared or haven't arrived at this phase, it's like forcing growth on a plant. It's akin to a caterpillar transforming into a butterfly. They need their period of darkness, and you say I'll help you, I'll help you.

问: 请问我跟我的⼉⼦有没有什么灵性的联系? 我在和他沟通和互动的时候应该注意什么?

Questioner: Does my son and I have a spiritual connection? What should I pay attention to when communicating and interacting with him?

⾼灵: 你孩⼦多⼤?问: 9岁.

Higher Spirit: How old is your child? Answer: 9 years old.

⾼灵: 你现在出现什么问题了吗?

Are you having any problems now?

问: 我有时候会很急躁控制不住脾⽓.我担⼼会伤害到他.

Questioner: Sometimes I get very impatient and can't control my temper. I'm worried that I might hurt him.

Questioner: At times, I become extremely restless and lose control of my mood. I am concerned about potentially harming him.

⾼灵: 然后你想知道如何跟你⼉⼦相处是吧? 你稍等.你⼉⼦叫什么名字?问: 他叫XXX.

Higher Spirit: Then you want to know how to get along with your son, right? Just a moment. What's your son's name? Questioner: His name is XXX.

⾼灵: ⾸先是从XXX的灵魂层⾯有什么信息想要带给你.然后从这⽅⾯来看看他有没有什么信息想要传递给你的.他⾸次就是选择了你来做他的妈妈,就是他对你深切和⽆条件的爱. 他是为了爱⽽来.他对你就是希望他的这⼀⽣来到你的⽣命⾥⾯来给你带来的就是⽆条件的爱.然后,在他现在这个阶段有什么信息想要让你知道呢? 他希望你在这个阶段更多的是快乐还有轻松.因为就是说你越是在快乐和轻松的⼀个状态下,你们之间的链接感就会更加的紧密.当你产⽣紧张或者不安或者担⼼的这个状况,可能你们之间的链接感就会有⼀点隔阂,有⼀点疏远.所以在这个阶段呢,你跟他之间的,就是你越是轻松快乐和开⼼,越像个⼩孩⼦的状态,你们之间就会越紧密.

Higher Spirit: First of all, there is information about the soul layer of XXX that wants to be conveyed to you. Then, from this perspective, see if there are any messages he wishes to pass on to you. He chose you as his mother initially because of his profound and unconditional love for you. He came here solely for the purpose of love. His intention towards you is that his entire existence should come into your life and bring nothing but unconditional love. Then, what information does he wish for you to understand at this stage? He hopes that during this period, you would experience more happiness and ease. Because when you are in a state of joy and relaxation, the connection between you becomes stronger. When you feel tension, unease, or worry, there might be some distance between you two. Therefore, at this stage, the closer you are to him in terms of being happy, carefree, and like a child, the more tightly bonded you will be.

他最主要的就是来给你爱,明⽩吗?

He's mainly here to love you, understand?

问: 请问我之前没有出⽣的孩⼦有什么信息给我吗?

Questioner: Can you give me information about my child who was not born?

⾼灵: 没有出⽣的孩⼦?问: 就是流产了.

Higher Spirit: Unborn child? Questioner: It means a miscarriage.

⾼灵: 多⼤?

Higher Spirit: How old are you?

问: 可能两三个⽉.

Questioner: Maybe two or three months.

⾼灵: 如果你还想继续要的话,他还会再出现.

Spirit: If you want him to reappear, he will do so.

问: 好,谢谢.请问我与我⽗母之间有什么功课吗?

Questioner: Alright, thank you. May I ask if there is any family work between me and my parents?

⾼灵: 你们之间现在有什么障碍吗?

Higher Spirit: Is there anything blocking you now?

问: 我总有⼀些⼩时候不愉快的记忆,对他们有所埋怨吧.现在跟他们也是沟通不到⼀块.

Questioner: I always have some unpleasant memories from my childhood that I'm a bit resentful about. Now, I can't seem to connect with them either.

⾼灵: 你稍等.这么说吧,你的灵魂要⽐你⽗母的灵魂更加⽼.也就是说如果你们都是学⽣的话,你可能是硕⼠⽣,他们是⼩学⽣.然后你选择他们是你来帮助他们转变,⽽不是他们拉帮助你,明⽩吗?

Higher Spirit: Wait a moment. Let me put it this way, your soul is older than your parents' souls. That means, if you both were students, then you might be postgraduate students and they are elementary school students. Then you chose to help them transform instead of expecting them to help you. Do you understand?

问: 可是我跟他们说话我总是缺乏耐⼼,说不了两句我就不想跟他们说了.

Questioner: But I always lack patience when talking to them, and after a few words I don't want to talk to them anymore.

⾼灵:那是因为你们彼此还在你的观念和⾁体⾥⾯,就是你还住在你的这个记忆体⾥⾯.但是呢,你的灵魂,就是你选择了这个⾁体出现在他们的⽣命当中是因为你想要去帮助他们转变,明⽩吗?所以你需要在这个层⾯不把他们当成是⽗母.因为你们并不是按照⽣理年龄来看这个的,明⽩吗?所以说你就像是⼀个⽼师⼀样,他们像是⼀个不断再去体验的⼀个年轻的灵魂这样⼦.所以有很多地⽅你需要放下对他们的任何期望.就是不去期望⽐如说他们更加包容或者是理解或者是什么什么的.就是不去期待他们.为什么呢?因为他们还需要你的引导.因为当你放下这个观念过后,就是放下他是⽗母你是孩⼦的话.

Higher Spirit: It's because you both are still within your conception and body, meaning that you're residing in this memory matrix. However, your spirit - the reason you chose to manifest a physical appearance in their lives was so that you could help them transform. Do you understand? Thus, at this level, you shouldn't view them as parents. You're not judging it based on physiological age, right? Hence, you are like a teacher and they are like a young soul continually experiencing new things. So, there are many places where you need to let go of any expectations. Do not expect that they will be more inclusive or understanding or anything else for that matter. It's about not expecting them at all because they still need your guidance. When you let go of the notion that he is a parent and you are a child, then...

你就会放下你所有对他产⽣的⼀些怨恨或者是埋怨,或者是就是为什么你们没有这样,还有期待.你会放下所有.因为你知道在灵魂层⾯你才是呢个需要去扶持他们,去协助他们转变的.当你就是说真正的去理解了这个层⾯的话,放下你这个记忆体,我刚刚说你还是个记忆体,就是这个⾁体.放下这些的时候,你的能量就会发⽣转变.然后你⾃然⽽然的知道如何去引导他们,明⽩吗? 因为你不再受这个⾝体这个记忆体的束缚,就是不再活在这⾥.我是⼥⼉,你们是⽗母,你们应该怎么样怎么样.因为你没有在呢套程序⾥⾯了.你看到没有,当你选择不⼀样的程序.就⽐如说你的⾝体是电脑,呢个电脑要装程序,对吧?

You would let go of all the resentments or grievances you've harbored towards him, as well as any expectations or questions about why things aren't happening like they should. You would release everything because you understand at a soul level that it's your responsibility to support and assist with their transformation. When you truly comprehend this aspect, you let go of your memory—your physical self—and when you do so, your energy shifts. Then naturally, you know how to guide them, right? Because you're no longer constrained by the body or its memories; you're not living in this realm anymore. I am the daughter, and you are the parents, wondering what should be done. You're outside of that program now. Have you noticed that when you choose a different program? Like your body is like a computer that needs to install programs, right?

当你选择了另⼀套程序的时候,你的运作模式它是⾃然展开的.它会完全不⼀样的.你现在可能头脑还不会明⽩.但是当你真正去理解了刚才说的你⾃⼰选择的呢个,然后你就会⽤另⼀套程序去运作.当你⽤另⼀套程序去运作,你不会有任何⽆知,就是你不知道该怎么办.因为你呢个程序⾥⾯已经包含了所有的信息了.就好像⼀个电脑已经安装了程序,它知道这些什么什么的,都在⾥⾯了,明⽩吗?所以你不需要去担⼼我要怎么样引导他们呀,我需要怎么样.你只需要去改变你的这个程序,就好像植⼊到你头脑⾥⾯的程序过后.所有⼀切都会⾃动展开.还有问题吗?

When you choose another program, your operational mode naturally unfolds on its own; it will be completely different. You might not fully understand this now. But once you truly comprehend the choice that is made within yourself, then you will operate using a different set of procedures. When you apply an alternative procedure, there won't be any ignorance on how to proceed; because that program already contains all necessary information. It's like a computer with a program installed; it knows what to do since everything is inside the program. So, there's no need to worry about guiding them or figuring out how to do things. You simply need to change your own program, as if implanting this new one into your mind. Everything will automatically unfold from there. Do you have any questions?

问: 我和我的丈夫有什么功课吗? 我想做的很多事情都得避着他.⽐如现在沟通,我得趁他不在的时候,还得担⼼他⼀会⼉会不会提前回来.

Questioner: Do my husband and I have any homework? There are many things I want to do but need to avoid him. For example, in terms of communication, I have to wait until he's not around, while also worrying that he might come back earlier than expected.

⾼灵: 你稍等.你⽼公多⼤年龄?问: 39⾼灵: 你呢?问: 38

Higher Spirit: Please wait. How old is your husband? Answer: 39 Higher Spirit: How about you? Answer: 38

⾼灵: 你稍等.你们⽬前遇到的⼀些事情,就你所谓的⼀些障碍或者⼀些事情.它完完全全的是因为你⽬前还没有转变.就⽐如说你是⼀只蝴蝶,你现在还是⽑⽑⾍的阶段.你⽑⽑⾍的阶段你可能就会⾛的很费⼒,因为你还不知道你能飞.但是这些阻碍是因为你还是在⽑⽑⾍的阶段.但是等你转变成蝴蝶,你便不会有这样⼦的⼀个影响.就是你便不需要经历这些你⽬前在经历的.所以你想要的是⼀个转变,就好像是⼀个成⼈礼.你还没有成⼈.就好像是⼀个⽑⽑⾍蜕变成蝴蝶,你还没有变成蝴蝶.所以说,你不应该焦距于如何解决你跟你⽼公之间的问题,就是我要怎么样对付他呀,我要怎么样改变.

Higher Spirit: Wait a minute. The issues you're currently facing, which are所谓的obstacles or things that you're talking about. They're completely because you haven't transformed yet. It's like you're a caterpillar now and you're still in the stage of being a caterpillar. You might find it difficult to move during this caterpillar stage because you don't know how to fly. But these obstacles are due to you still being at the caterpillar stage. However, once you transform into a butterfly, you won't experience such effects. This means you won't need to go through what you're going through now. So what you want is a transformation, like a coming of age. You haven't become an adult yet. It's similar to a caterpillar transforming into a butterfly; you haven't transformed into a butterfly. Therefore, you shouldn't focus on how to solve the issues between you and your husband, such as how to deal with him or how to change things.

你应该焦距于how you can become yourself.就是你如何能成为真正的你.就是你⾃⼰内在的⼀个转变.然后让你成为真正的你.⽐如我们昨天通灵信息说你本⾝是⼀只⽼虎,但是你却把⾃⼰当成⽼⿏.那你需要找到你⾃⼰活出你⾃⼰.然后这些⾃然⽽然的话,就是没有任何能量能影响到你.⽬前你之所以受外在的能量影响,因为你现在还没有渡过呢个蜕变和转变的阶段.所以就是说你不需要去专注于如何去对付你⽼公,你应该专注于你个⼈的突破和个⼈的成长.然后这些外在的问题它⾃然⽽然就会崩塌掉.就是它好像⼀层壳在你⾝上,随着转变和成长它⾃然⽽然就脱落了.还有问题吗?

You should focus on how you can become yourself - that is, how you can be a true transformation within your own being, allowing you to become the real you. For example, yesterday's spiritual message said that you are naturally a tiger, but you have been treating yourself as a mouse. So, what you need to do is find out how you live authentically as yourself. Once this happens, everything just unfolds naturally - there will be no energy affecting you anymore. Currently, you're influenced by external energies because you haven't yet gone through the phase of transformation and change. Therefore, instead of focusing on dealing with your husband, you should focus on personal breakthroughs and growth for yourself. As a result, these external issues naturally resolve themselves. It's like having a layer covering you; as you transform and grow, this layer naturally falls away. Is there anything else?

问: 我不太想做现在的⼯作了,但是又觉得没法⾯对家⼈.我应该怎么做,能帮帮我吗?

Questioner: I'm not really in the mood to do my current job, but I also can't face my family. What should I do? Can you help me?

⾼灵: 你应该把刚才我说的找到⾃我,活出⾃我,把这个当成真正的⾃我.为什么呢? 因为所有外在⼯作或者是情感或者是婚姻或者是其他亲⾃关系,它都会随着你的⼀个⾃我转变⽽转变.就好像你shift,就好像你重新跳跃到了另外⼀个平⾏世界,明⽩吗?那当你到了另外⼀个平⾏世界的时候,你的所有⼀切是不是都已经发⽣转变了?所以关于⼯作也是,不是去关注这个⼯作好还是呢个⼯作好.⽽是说更多关注于你⾃⾝的⼀个⾃我突破和⾃我成长还有就是成为⾃⼰.因为这些外在的⼀切都会因为你的转变,切换到另外⼀个你的,全部发⽣变化.

Higher Spirit: You should take what I just said about finding yourself and living as yourself seriously. Why? Because all external work or emotions, marriage or any personal relationships will change according to your transformation of self. It's like you're shifting or jumping into another parallel universe, do you understand that? When you reach that other universe, has everything already changed for you? Therefore, concerning work as well, it's not about focusing on whether this job is good or that one is better. Rather, focus more on personal breakthroughs and growth of yourself being yourself. Because all external aspects will change according to your transformation, transitioning to a different version of you where everything happens differently.

问: 我要如何成长如何转变如何成为⾃我?

Questioner: How do I grow, how do I change, and how do I become myself?

⾼灵:那你⾸先要理解⽬前的这个你并不是真正的你.如果你把⽬前的你看成真正的你的话,那你还会继续体验这个事实.就是继续再创造⼀个现象、幻像,继续创造这个给你体验.那你⾸先要知道就是说,⽐如说我记忆⾥⾯的,我头脑⾥⾯的,还有就是说外界给我的⾝份,还有我⾃⼰认为的⾝份,这些都不是我,明⽩吗?你不然还⼀直觉得我我我我我我,我什么的.我是这种性格、是这种感受、我是这样⼦的学历、我是这样⼦的家庭环境成长的.你还会把这些背负在你的⾝上.那如果你背负这些观念、信念的话,那你是不是还….就这么说吧,你就好像你戴了⼀个⾯具,你还把这个⾯具戴着,你还把它当成是你.

Higher Spirit: Firstly, you need to understand that the current 'you' is not your true self. If you consider the present 'you' as the real you, then you will continue to experience this reality, thus perpetuating a phenomenon or illusion and continuing to create an experience for yourself. The key understanding here is that what you remember internally, what you perceive in your mind, along with the identities given to you by others and what you believe about yourself—none of these are truly you. You keep carrying around the belief that 'I am this,' 'I have this personality,' 'I feel like this,' 'I have this level of education,' 'I grew up in such an environment.' If you carry these beliefs, don't you still... in essence, it's as if you're wearing a mask and keeping it on, treating it as yourself.

那你第⼀件事⾸先是不是要这个⾯具⽡解,就你要知道这个⾯具不是我,是吧? 你要知道你现在记忆⾥⾯所有的东西关于你的,还有别⼈说你的,还有你经历的呢些东西全部都不是你.它是⽤来给你蜕变的,就是⽤来让你转变让你蜕变的,明⽩吗? 当你有了这个观念的话,你就会产⽣变化了.为什么呢? 因为你不再去赞同昨天发⽣的事情,你不再去继续苦恼昨天,⽐如说你⼩时候受到⼀些难过的事情很悲伤什么什么,⽗母不好,对吧? 那你还把它当成是你的话,你是不是还在继续创造它? 对不对? 那你现在知道了呢些不是你,呢只是你⽑⽑⾍的时代.你真正的⾝份是蝴蝶.那因为当你开始转变这个观念的时候,你就开始发⽣⽡解了.

Firstly, you need to understand that this mask is not me, okay? You must realize that everything about you, what others say about you, and all your experiences are not truly you. It's used for your transformation, to help you change and evolve. Do you understand? When you grasp this concept, changes will occur within you. Why is that? Because you no longer endorse the events of yesterday, and you don't continue to dwell on it, such as being upset about some tough things from childhood when your parents were not good, right? If you still hold onto these as yourself, are you still creating them? Aren't they just remnants of your worm-like past? Your true identity is a butterfly. When you start changing this perspective, that's when the transformation begins to happen.

因为你不会因为过去的⼀个事情不开⼼了,你见到⽗母不会再出现呢种记忆了.然后呢,你见到你⽼公你也不会: 什么都是要听他的,什么都是害怕他,你也不会有这些了.你就开始把

Because you wouldn't be unhappy anymore about something from the past, and you won't recall those memories when you see your parents. Then, when you meet your husband, you won't feel like everything needs to listen to him or be afraid of him. You won't have these feelings either. You will begin to

过去的记忆慢慢开始脱落,跟物质世界的这个你,你慢慢跟它脱节.就是脱节了它就不影响你了.那既然是脱节了部影响你了,你是不是可以去… 你已经达到了就是说不受幻像给影响的,不受限制的,你是⾃由的.那么在你⾃由的状态下,你就很容易的去跟你的真我的⼀个频率对齐.就是你应该是处在⼀个什么位置,你应该是⼀个什么状态,你就很容易对齐了.因为你不再受这些,过去、时间、还有呢些东西,受它的束缚.那你这个就是突破啊.突破你就能认识和见到新的你.

The fading memories of the past gradually begin to peel away from you, disconnecting you from this you in the material world. Once disconnected, it no longer affects you. Since being disconnected does not affect you anymore, could you perhaps... You have reached a state where you are不受幻象的影响,不受限制, and are free. In your state of freedom, it becomes easy to align with your true self's frequency. You should be in what position, and you should be in what state, making alignment straightforward because you are no longer bound by the past, time, or other such factors. This is a breakthrough; breaking through allows you to recognize and see the new you.

问: 就是现在的我不是真的我,它是⽤来突破的? 可是它对真我来说算是什么呢? 是存在的吗?

Questioner: Is the current me, which is not my true self, used for breakthroughs? But what does it mean to my true self? Does it exist?

⾼灵: 所有你经历的你都可以,就是你成长的所有体验和经验,它都成为你的可使⽤的就好像题材⼀样.为什么呢? 因为你就能更加的去理解⼈⽣,理解众⽣,理解⽣命,理解这⼀切.这些所有的⼀切都变成了⼀个供你创作的⼯具.

Higher Spirit: All that you experience can be used by you, all the experiences and insights of your growth, becoming like a subject to play with. Why is this so? Because it allows you to better understand life, comprehend sentient beings, grasp the essence of existence, and comprehend everything else. These myriad experiences all become tools for your creation.

问: 供我创造的⼯具,这个我就是真正的我吗?

Questioner: The tools I create, am I truly myself?

⾼灵: 呢个你就不再是受过去受旧的呢个⽑⽑⾍的呢个你的限制.你这么想蝴蝶和⽑⽑⾍的关系.

Higher Spirit: You are no longer bound by the limitations of your past, old self. Think about the relationship between butterflies and caterpillars.

问: 从概念上来说真正的我是不存在分离的,所以它不存在…⾼灵:应该是没有限制的.它不再受你的记忆和你这个⾁体还有这个时间空间的限制的.它是⾃由的.那你蝴蝶是不是可以不受限制,可以到处飞.但是你⽑⽑⾍翅膀都没有你怎么飞?

Questioner: Conceptually, the true self is not separated; therefore, it doesn't exist... Higher Spirit: It should be unrestricted. It's no longer bound by your memories and this physical body as well as this time and space. It's free. So can you, like a butterfly, fly without restrictions? But how can you fly when you don't even have wings?

问: 对它来说虚假的我是存在的吗?

Questioner: Does a false me exist for it?

⾼灵: 虚假的你是存在的吗是什么意思?

Higher Spirit: Does the false you exist?

问: 就是现在我认为的这个⾁体的我对真实的我来说是什么? 它是存在的吗?

Questioner: This physical self I perceive now, what is it to my true self? Does it exist for me?

⾼灵: 它只是⼀堆记忆啊,⼀堆观念啊.问: 所以真实的我也是有记忆有观念的吗?

Spirit: It's just a pile of memories, a bunch of concepts. Questioner: So, is the real me also full of memories and concepts?

⾼灵: 你是说你变成蝴蝶过后的你吗?问: 对.它有记忆有观念吗?

Higher Spirit: Are you referring to yourself after transforming into a butterfly? Asked: Yes. Does it have memory and concepts?

⾼灵: 它有⼀切.但是⼀切只是它使⽤的⼯具,⽽不是说是限制它的.明⽩吗? 这么说吧,以前就好像你是在个牢房⾥⾯.然后周围都全是⼀些铁把你关起来.你动不了.但是当你不受限制的时候,你就可以把它,这个铁棍我把它取出来建成⼀个椅⼦来让我坐.这个铁棍我把它取出来把它变成⼀个桌⼦给我⽤.这个铁棍我可以⽤来把它做成什么,明⽩吗?

Higher Spirit: It has everything. But all of that is merely tools it uses, not limitations on it. Do you understand? Imagine before, you were in a cage. And everywhere around you was iron, trapping you. You couldn't move. But when you're not restricted, you can take this iron and build it into a chair for me to sit on. I can take this iron and turn it into a table for my use. I can use this iron to create whatever I want, do you understand?

问: 但是这个和我的概念有冲突.概念中的真正的我它是没有分离的,它不会想要把什么变成⼯具.

Questioner: But this conflicts with my understanding. In the concept, the true self is not divided; it does not desire to turn anything into a tool.

A: However, this contradicts my notion. According to the concept, the authentic self is indivisible; it doesn't wish to transform anything into an instrument.

⾼灵: 概念中的你? 你在这个世界上你还需要去创造.就好像你是是⼀根藤,你需要不断地去成长,不断地突破你⾃⼰,这是⼀个过程.这是⼀个永远不断地过程,明⽩吗?

Higher Spirit: The concept of you? You still need to create in this world. Just like you are a vine, you need to keep growing and constantly surpassing yourself. This is a process. It's an ongoing process forever, do you understand?

问: 这个过程有尽头吗?

Questioner: Does this process have an end?

⾼灵: 这个过程? 体验是永远没有尽头的.你永远是不断不断地突破,不断不断的突破.你去观察⼀下呢些植物的藤,它不断不断地蔓延,不断地突破.就算它枯死了,它又转变成另外⼀种形式继续.

Higher Spirit: This process? Experience knows no end; you are constantly breaking through and pushing forward without ceasing. Observe those plants' vines; they continue to spread and overcome obstacles incessantly. Even if they wither and die, they transform into a new form and persist.

问: 这个体验是呢个真我想要的吗? 还是它根本就不care?

Questioner: Is this experience what I truly want, or does it just not care at all?

⾼灵: 你这些你可以⾃⼰找到答案,明⽩吗? 因为你问的这些都是你⾃⼰头脑⾥⾯的.然后这些都是可以随着你的意识的转变,你的⼀个蜕变,你的⼀个变化,你⾃⼰就可以领悟的到.因为你是独⼀⽆⼆的体验体.不是别⼈来告诉你需要有这个体验,你需要有这个感受,你需要这么去认为,明⽩吗? 是你⾃⼰,你⾃⼰赋予它意义.

Higher Spirit: You can find these answers within yourself; you understand? Because what you are asking is already existing in your mind. And all of these can be understood as your consciousness transforms, changes, and evolves, because you are the unique experiential being. It's not for someone else to tell you that you need this experience or sensation, or that you need to think this way; it's all about you recognizing that it is you who gives meaning to it.

问: 对于我需要放下的能量和情绪,您能帮我做⼀个释放和疗愈吗?

Questioner: Can you help me release and heal the energy and emotions that I need to let go?

⾼灵: 疗愈,就是刚才给你说的呢些转变.然后当你真正能去把这些信息变成是你的,然后它⾃然⽽然就发⽣了.因为你并没有任何问题.这只是你成长或者是⾃我突破成长,或者是从⼀棵⼩树苗长成⼀棵⼤树的过程.没有任何问题.然后当你真正的去跟随或者是允许你这样⼦成长或者是突变的⼀个过程,所有的⼀切都会⾃动的发⽣.你不需要外界给你什么.就好像你是⽣产⼀样,或者是突破.它是⾃然⽽然的.你不需要外在对你的⼀个push或者什么什么的.

Higher Spirit: Healing is those transformations that I just mentioned to you. Then when you truly are able to turn this information into yours, it naturally occurs because there's nothing wrong with you. It's simply a process of growth or self-overcoming growth, or from being a small sapling growing into a big tree. There's nothing wrong with that. And when you really follow or allow this process of your growth or mutation to happen, everything else automatically takes place. You don't need anything external. It's like production, or breakthrough; it just naturally happens. You don't need an external push or anything like that.

问: 我现在是在跟我⾃⼰沟通,向我⾃⼰寻求帮助是吗?

Questioner: Am I now communicating with myself and seeking help from myself?

⾼灵: 你不是在跟你⾃⼰寻求帮助.还有问题吗?问: 那我是在向⾼灵寻求帮助?

Higher Spirit: You're not seeking help from yourself. Any other questions? Questioner: Then, am I seeking help from the high spirit?

⾼灵: 你是在进⼊⼀个信息库⼀样.然后你在获取⼀些关于你个⼈的⼀些信息.问: 那这个信息库其实就是我⾃⼰的,是吗?

Higher Spirit: You're accessing a database of information. Then you are getting some personal information about yourself. Questioner: Is this information database actually myself, right?

⾼灵: 你这个信息库就是你⾃⼰的什么意思?

Higher Spirit: What do you mean by "you are your own information repository"?

问: 就是我并不是在通过像JOJO这样的渠道在获取信息.其实还是我⾃⼰在从我⾃⼰获取信息,是吗? 我只是⽤了这么⼀个⾯具是吗?

Questioner: So, I'm not getting information through channels like JOJO; it's actually me obtaining information from myself, right? I just used this mask, didn't I?

⾼灵: 你⾸先要知道你的任何动作和⾏为它都会产⽣⼀些结果给你.那你⾃⼰做了这个选择,就是说我要去通过这些获取⼀些信息.那这就是你选择去体验的⼀个,就是现在.你们的物质世界当中你们可以随时选择任何你想要体验的.那当然也包括了你想要去获取⼀些你个⼈更⾼层⾯的⼀些信息,明⽩吗? 你也是被⽀持的.

Sage: You first need to understand that every action and behavior you take will produce some result for you. So when you make this choice, essentially I'm trying to get some information through these means. This is one of the experiences you have chosen right now. In your material world, you can choose at any moment what you want to experience. Of course, this also includes wanting to obtain personal higher-level information, do you understand? You are supported in doing so.

问: 但是我并不认为我被⽀持.因为我…⾼灵: 就连你这个想法也是被⽀持的.你觉得你不被⽀持你就不被⽀持.

Questioner: But I don't think I am being supported, because... Higher Spirit: Even this thought of yours is being supported. You think you are not being supported and thus you believe you are not.

Questioner: However, I do not believe that I am receiving support; due to... Higher Spirit: Your very notion of this matter is indeed being supported. You imagine you are lacking in support and consequently conclude that you aren't.

问: 不不.我不认为我被⽀持是因为我不认为有我和你的分离.因为我们就是⼀体的.

Questioner: No, no. I don't think I am supported because I don't believe in a separation between me and you, for we are one.

⾼灵: 那你认为的也是你认为的,明⽩吗? ⽆论你认为什么,你就可以体验到什么.如果你想要坚持这个想法和概念,你也是被⽀持的也是被允许的.这⾥没有不允许你做任何或者想任何.你不需要得到任何⼈的许可,你也不需要跟任何⼈辩驳辩论,你的这个不对我的这个才是对的.为什么呢? 因为对⽅同样也是受到⽀持的.他的观念和想法也是受到⽀持的,你的也是.你们都是同样的.所以并不是说只能有你的存在不能有别⼈的存在,或者只能有别⼈的存在不能有你的存在.因为这个物质世界是⽀持所有.这样是不是可以放下以后在跟别⼈争论,或者是想要把你的想法植⼊给别⼈.

Higher Spirit: That which you think is also yours to think, understand? Whatever you believe, that's what you will experience. If you wish to hold onto this thought and concept, you are supported, and it's allowed. There's no prohibition here against anything or anyone, nor do you need permission from anyone, nor do you need to debate with anyone; your wrong is as valid as mine. Why is that? Because the other person is also supported. Their notions and ideas are supported just as yours are. You're both equal in this respect. So it's not about having only your existence or denying others', or vice versa. This physical world supports all perspectives. Can you now set aside these debates, or even try to implant your thoughts into others?

问: 我怎么样可以直接获取这些信息呢?

Questioner: How can I directly obtain this information?

⾼灵: 你如何直接能获得这些信息,就是你⾃⼰进⼊通灵状态是吗?问: 应该不是⾮得进⼊通灵状态吧? 这只是⼀种⽅式之⼀吧?

Higher Spirit: How do you directly obtain this information, by entering a spiritual state yourself? Questioner: Doesn't one have to enter a spiritual state necessarily? This is just one way, right?

⾼灵: 你想要知道如何获得更⾼层⾯的⼀些灵性信息? 这些信息它并不是说只有这样⼦的⽅式来临.然后它在你任何时候⽐如说发出⼀个念头,你想要得到⼀些指引.然后当你在关注的时候,你就会看到呢些指引.就⽐如说你们在玩⼀个游戏⼀样,我想得到⼀些信息.在你把这个念头抛出去过后,你是不是就要等着接收? 那你闭着眼睛不接受的话,那你是不是就看不到了? 所以你就要留意你⽣活中接收信息的⼀个过程,明⽩吗? 然后你⾃⼰会通过你⾃⼰找到⼀个属于你⾃⼰的⽅式去接收信息.还有问题吗?

Higher Spirit: Do you want to know how to receive spiritual information on a higher level? This kind of information doesn't only come this way. Then, whenever you have an idea or desire some guidance, you can see these messages when you are focused. Like playing a game, if I wanted to get some information and send out that thought, would I then just wait for it to come in? If you don't accept it while your eyes are closed, wouldn't you miss it? So, you need to be mindful of the process through which you receive information in your daily life. Understand? Then you will find your own way to receive this kind of information on your own. Any more questions?

问: 我有⼏次看到有光点在天空快速飞过,请问呢些是什么? 是因为风吗?

Questioner: I have seen a few times light spots flying quickly across the sky. Could you tell me what they are? Are they caused by wind?

⾼灵: 你这个问题很难来回答你.为什么呢? 因为你就好像说我有⼏次看到了⽩⾐⼈,他们是外星⼈吗? 你就好像你去问你朋友⼀样,明⽩吗? 但是这些问题对你有什么帮助呢? 如果我跟你回答,对,你看的是UFO.然后呢,你会如何去运⽤我回答你的信息呢?

Higher Spirit: It's hard to answer your question because why? Because it's like you're asking if I saw white people a few times and they are aliens? You're questioning your friends as if you would ask them. Do you understand? But how does this help you? If I told you yes, you saw UFOs. So what would you do with that information?

问: 那我知道我跟它们有链接吧.

Questioner: Well, I know there's a connection between me and them.

⾼灵: 任何事情或者是任何你想要创造的体验,你只要发出你的念想,然后去持续的发出你的念想.然后你就会创造这样的体验给你⾃⼰,明⽩吗? 因为外在物质就好像是⼀个⽩板,然后你⾃⼰可以根据你⾃⼰想要的画上去,你⾃⼰想要体验的.明⽩这层关系吗? 所以你不是被动的.你⼀直在创造,只是有意识⽆意识的在创造或者是跟着集体意识,或者跟着集体的⼀些观念,明⽩吗? 但是呢也是属于你的.为什么呢? 因为是你的能量在显现.还有问题吗?

Higher Spirit: Whatever it is or any experience that you want to create, all you need to do is emit your thought and keep emitting that same thought continuously. You will then create such an experience for yourself as a result. Do you understand? The external material world functions like a blank canvas; you can paint upon it according to what you desire, the experiences you wish to have. Do you comprehend this relationship? Therefore, you are not passive. You are always creating, whether consciously or unconsciously following your own thoughts or aligning with collective consciousness, do you understand? However, it is still yours because it manifests from your energy. Any questions?

问: 那现在跟您沟通也是我⾃⼰的能量在显现?

Questioner: So when we communicate now, is it my own energy that you are sensing?

⾼灵: 刚才就说了,你有这个想法有这个⾏动.然后你就会去进⼊这个体验.就如此的简单.

Higher Spirit: As we just discussed, once you have this idea and take these actions, you will enter this experience. It's that simple.

问: 我现在只要喝⽔少了,尿液⾥⾯就会有⽐较重的氨⽓.请问是为什么?

Questioner: Whenever I drink less water now, there is a more intense ammonia smell in my urine. Could you explain why?

⾼灵: 你应该更好地去问医⽣吧,明⽩吗? 还有问题吗?问: 中华民族为什么⾃称龙的传⼈呢?

Higher Spirit: You should ask a doctor better instead, understand? Any other questions? Ask: Why does the Chinese nation refer to themselves as the descendants of dragons?

⾼灵: 那是因为你们有这样⼦的⼀批⼈有这样⼦经历或者是体验或者是观念.他们创造出这样⼦的⼀个实相.

Higher Spirit: That's because you have people who have such experiences or insights, creating such a reality.

问: 那历史上的⼥娲和伏羲,他们是什么?

Questioner: What were Nuwa and Fuxi in history?

⾼灵: ⼥娲和伏羲也是你们对创始或者是你们对你们的祖先或者是源头的⼀个理解.因为你要知道为什么你们在不同的⼀个地⽅,各地有各地的风俗、民俗.不同的国籍不同的国家都会有⾃⼰不同的传说.为什么呢? 因为你们都是在⾃⼰的⼀个理解,就是⾃⼰的⼀个体验,然后来描述.

Higher Spirit: Nu Wa and Fuxi are also your understanding of creation or your ancestors or origins. Because you need to know why there are different customs and folktales in different places. Different nationalities and countries have their own unique legends. Why is that? Because each one is based on their own understanding, their own experience, then describing it.

问: 可是他们为什么要把她描述成蛇的尾巴呢?

Questioner: But why would they describe her as a snake's tail?

⾼灵:就好像你⾃⼰去做⼀个梦或者是⾃⼰去体验什么.然后你便这样去描述给后⼈.然后后⼈来问你你为什么给她描述成⼀个蛇的尾巴呢?你来回答他们.呢只是他们的体验⽽已啊.他们这个认为的啊.但是呢,你所谓的蛇的尾巴不⼀定是他们想要描述的蛇的尾巴.因为根据你们不断不断地⼀个⾃以为是,就是你⾃⼰头脑⾥⾯根据你(已知)的信息.为什么?因为你只见过蛇.你没有见过⼈头蛇⾝吧,对吧?那你就把它当成是蛇.那如果你要是见过⼈头蛇⾝呢? 你又会转变你的想法了.所以你们都是根据你们头脑⾥⾯已知的信息,然后来定义来描述的.也就是说这就好像是你们⾃⼰拍的电影⼀样,这⾥⾯的情节⽽已.

The Higher Spirit: Like when you create a dream or experience something on your own, and then describe it to others afterwards. Then someone asks why you described it as a snake's tail; you explain that it's just their interpretation. But the concept of a snake's tail might not align with what they intended to describe since it stems from your personal understanding based on existing knowledge. You see, snakes, but not necessarily humans with snake bodies, which would change your perspective if you had encountered them instead. Essentially, everyone defines and describes things according to their own set of known information, akin to directing a movie where the plot revolves around what they know.

但是你们可以创造任何,也就是说剧情啊、电影⾥⾯的环节啊、主⾓啊、他该有的样⼦都是你们谁都可以去创造出来的.还有问题吗?

But you can create anything, that is, the plot, scenes in a movie, the protagonist, what he should look like, and anyone can come up with these ideas. Any questions?

问: 所有的经历即使是不好的经历都是可以服务于我们的.但是⾝处其中的时候,即使想起这句话还是会被痛苦淹没.有些时候我想寻求⽀持和帮助的时候,应该怎么做呢?

Questioner: All experiences, even the unpleasant ones, can serve us. But when you are in the middle of it, just remembering this phrase can still drown you in pain. Sometimes, when I want to seek support and help, what should I do?

⾼灵: 你⾸先你要知道你经历的痛苦是因为你还看不到前⾯到底是什么样的风景.就是你被困在眼前了.就好像你在⿊暗中,那你要知道你⾛过这个⿊暗,前⾯就是光明了呢? 明⽩吗? 那是因为你头脑的⼀种⽆知,就是头脑它不知道我接下来会有什么转机,接下来会有什么转变.那如果它就困在眼前的话,它就会产⽣⼀个抗拒,抗拒当下.就是它不愿意接受眼前的⼀些事实.它才会产⽣痛苦.那如果你知道你的头脑它实际上是⼀⽆所知的,它并不是我将来的路是怎么样⾛或者是怎么样.那你就不再相信头脑它给你创造的⼀个幻像了.你不再相信它,你便不再产⽣痛苦了.就⽐如说你跟你⽼公,他又打你又骂你,要跟你离婚对你也不好.

Higher Spirit: First of all, you need to understand that the pain you're experiencing is due to your inability to envision what lies ahead; it's as if you're trapped in front of a barrier. Imagine walking through darkness and knowing that beyond it, there awaits light. Do you get it? This stems from your mind's ignorance – its lack of awareness about the changes or transformations I will bring next. When confined to immediate perceptions, the mind resists the present moment, unwilling to accept certain realities before it. This generates pain. If you recognize that your mind is essentially ignorant and doesn't dictate my future path or outcome, you won't believe in the illusory scenarios it creates. By not trusting this mind-generated imagery, you'll cease experiencing pain. Consider a scenario where your husband, instead of treating you with kindness, physically abuses you, threatens divorce, and generally mistreats you.

那如果你头脑不知道的话,那你就会沉浸在你眼前的这个体验⾥⾯.为什么呢? 因为你觉得你是个受害者,你很痛苦,你⼀直被欺负.那如果你要知道你⽼公的这些⾏为它其实都是在把你推开.为什么呢? 让⼀个更爱你的⼈,就是真正的你的真命天⼦,就是陪伴你爱你的⼈.他是为了让呢个⼈进来.就好像你把你的这⼀⽣你都看透了,你的剧情你都知道了.你还有有呢种痛苦吗? 你不会啊.你知道他的做法就是给你劈开路啊.他是为了把你推到另外⼀个真正属于你的⼈⽣边啊,明⽩吗? 所以头脑它不知道,所以它就会被当前的⼀些现象给影响住.那当它知道的时候,就好像所有的这⼀⽣你都过完了.你已经知道你哪个点应该是怎么样⼦.

If your mind doesn't know, then you will be immersed in this experience right before you. Why is that? Because you feel like you are a victim, you're suffering, and you've always been bullied. Now, if your mind knows that your husband's actions are actually pushing you away. Why would that be? To let someone who loves you more than him, the true soul mate, the person who accompanies and loves you, come in. He does this to make that happen. It's like you've seen through your entire life and know all of your scenes; do you still have any pain then? No, you wouldn't, because you understand that his actions are just clearing a path for you. He is doing it to push you towards another person truly meant for your life, right? Therefore, when your mind doesn't know, it gets influenced by current phenomena. But when it does know, it feels like your entire life has been lived through; you already know how you should have acted at each point.

这么说吧,就好像⼀部电视剧,你以前不知道呢个电视剧它的结局是怎样的.你边看你就会惊⼼动魄.但是如果你已经看过了,你已经知道这个⼥主⾓她过的⾮常幸福⾮常开⼼⾮常好.所以她经历⼀些磨难的时候,你就不会去如此的产⽣痛苦或者抗拒.因为你知道好戏在后头,明⽩吗? 所以说你需要放下头脑know everything,就是说你的⼤脑是知道⼀切的呢个观念.因为当你放下你的头脑什么都知道的呢个观念的话,你便不会去相信你头脑⾥⾯产⽣的⼀些念头或者是抗拒或者是什么什么的.

Let's put it this way, like a TV series you used to be unaware of the ending. As you watch, you're on the edge of your seat. But if you've already seen it, knowing that the lead actress has lived happily ever after, you wouldn't feel as much pain or resistance when she faces hardships. You know the best is yet to come, right? So, you need to let go of your mind's assumption that it knows everything. The idea that your brain knows everything can prevent you from believing in the thoughts generated by your mind, or resisting them, and so forth.

# **2022/10/20 — 释放限制,安在当下Let go of restrictions, find peace here**

⾼灵: 你可以提问了.

Higher Spirit: You may ask now.

问: 这个通灵的⼥孩昨晚梦见她⾃⼰还有她公司的⼀个⼥孩⼦还有我三个⼈⼀起弄了⼀个通灵的⼯作室,她想问⼀下这个梦有没有什么信息是要带给她的?

Questioner: This medium girl dreamed last night that she, another girl from her company, and I were together setting up a spirit communication studio. She wants to know if there's any message this dream is trying to convey to her.

⾼灵: 因为你们以后会⾛向这条道路.⾛向这条道路就好像它会通过梦⾥⾯给你呈现⼀些画⾯.这些画⾯虽然不⼀定你们真的会出现三个⼈或者会怎么样.但是呢,这些画⾯可以就是可以给她加⼊到她的潜意识,加⼊到她的意识当中,就是说她会朝着这个⽅向去想.就⽐如说呢个梦提醒了她,那她就会想着,咦,这个好像是真的可以朝这个⽅向去做,去发展.它已经给我提醒了.就是把这些东西带到你的⾯前来来让你看到.因为你需要不断地去关注或者投⼊你的能量,你的念头,你的念想.就是⼀个事情你要显化,你⾸先要不断地去想它,对不对? 那她通过这个提醒,就会把它这些东西显化到她的物质世界上来,明⽩吗?

Higher Spirit: Because you will go down this path in the future. Walking down this path is like it shows you pictures in your dream, though these images may not necessarily come true with three people or anything else. However, these images can be incorporated into her subconscious mind and consciousness, which means she'll think about it in that direction. For example, if a dream reminds her of something, then she will consider that maybe this is possible to pursue, to develop, as it has already given her a reminder. It brings these things to you so you can see them because you need to continuously focus and invest your energy, thoughts, and ideas in one thing. You first have to constantly think about how to manifest something, right? Through this reminder, she will bring those things into her physical world, understanding?

所以说她不⼀定是会按照她梦⾥的⼀些⼈物或者是情境或者这些什么构思呈现出来⼀模⼀样的.因为你们觉得好像会出现⼀模⼀样的.不是.它只是来给你⼀个,就是把⼀些你在海底⾥⾯你看不到的东西它浮到海⾯上来,让你看到.让你看到你就有概念了.

So she doesn't necessarily present it exactly as you might find in her dreams or the characters or situations within them or any of that. You seem to think that there would be an exact match, but no. It's more about giving you a sense of things you can't see at the bottom of the sea by bringing them up to the surface so you can observe and gain understanding.

问: 她还想问我们要如何展开我们的灵性事业?

Questioner: She also wanted to ask us how we were going to develop our spiritual endeavors?

⾼灵: 你们已经在展开了呀.你们不要觉得你们真的要坐在呢⾥,开个什么…. 你们现在已经是在展开了.它已经不断地在渗⼊.就好像在⼟地⾥⾯它不断地在发芽,你们虽然看不到,种⼦已经在产⽣变化了,明⽩吗? 所以你们千万不要觉得你们什么都没有做.你这么想,你们不可能把种⼦放到⼟地⾥然后你就可以吃到苹果,对吧? 等接触果⼦,吃到苹果的时候就是你们收获的时候.那你们现在在播种,呢个种⼦在地⾥⾯.呢个在地⾥⾯,它已经开始在产⽣⼀系列的变化,开始在发芽.但是你是看不到的.那对你来说你就觉得没有开始,对不对? 但实际上呢? 早已经… 所以结果是迟早的事情,必定的事情.

Higher Spirit: You have already started. Don't feel like you need to remain seated and initiate something... You have already started. It has been infiltrating continuously. Like a seed in the ground constantly germinating, though unseen, it is undergoing changes, understand? Thus, do not believe that nothing has been done. The notion of planting seeds and expecting apples does not align; you cannot simply plant them in soil and consume apples thereafter, can you? When you touch or eat an apple, that's when the harvest occurs. Currently, you are sowing seeds within the ground. This seed in the ground is initiating a series of transformations and germinating. However, it goes unnoticed by you, doesn't it? Yet, factually, this has already happened... Henceforth, the outcome is inevitable; it is destined to unfold sooner or later.

问: 她想问她肚⼦⾥⾯的宝宝有没有什么信息是想要带给她的?

She wanted to ask if there was any message her baby inside might want to convey to her.

⾼灵: 你稍等.关于你对我⼀切的设想和期待和期望还有你对我好的⼀些念头,你全部是对的.他的信息就是说,这个孩⼦刚才说,因为他妈妈就是有⼀个⼤概的⼀个轮廓或者意向.她⼤概知道这个孩⼦是什么样⼦的⼀个性格或者状态或者将来的样⼦.然后她的预感和这些东西都是对的.

Higher Spirit: Wait a moment. Your assumptions, expectations, and good thoughts about me are all correct. His message is that the child mentioned just now said this because his mother had a vague outline or intention. She roughly knew what kind of personality or state the child would be in, or how he would turn out in the future. Then, her intuition and these things were accurate.

问: 我⽬前在物质世界在⾦钱这⼀块我在经历⼀个很极端的显化,让我很不舒服.我想问⼀下我到底卡在了哪⾥? 有没有什么指引? 我要怎么做才能从这个幻像⾥⾯出来?

Questioner: I'm currently experiencing an extremely intense manifestation in the physical world regarding money that is making me very uncomfortable. I want to know where I am stuck and if there are any guidance. How can I get out of this illusion?

⾼灵: OK,⾸先你要知道为什么你们有⼀些⼈他会体验到⼀些窘迫,就是钱很紧张.然后就是很有限制,就是⾦钱能量紧张的状态.那他⾸先就认定了这是真实的,明⽩吗? 因为他把⽬前经历的⼀些现象,就是⽬前体验的⼀些现象把它给加深了.就是把它给当成真实的了.就是说啊,我是没有钱的,我⽬前是在经历⼀些⾦钱的紧张或者是钱是很困难的.他已经会有这些概念.但是你要知道你们真正的呢些去创造财富的⼈,他们本⾝并不是很有钱去创造的,明⽩吗? 他们没有陷在⼀个我是没钱的,我是受限制的.为什么? 他在想我怎么去搞到

Higher Spirit: Alright, firstly you need to understand why some of you might experience a sense of embarrassment due to financial constraints, or when money feels tight and there's a limited amount available. This state of monetary energy tension is what they recognize as real because they amplify their current experiences by perceiving them as more intense than they actually are. They believe that they lack funds and are currently experiencing financial stress or find it difficult to manage finances.

However, you should understand that the true wealth creators don't necessarily possess much money themselves in order to create it. It's not a case of thinking I'm broke and limited by my circumstances. Instead, they're pondering how to acquire the resources they need for creation.

钱,我怎么去利⽤我的资源.OK,我看到了这个银⾏可以贷款,我看到这个可以抵押,我看到了我可以利⽤这个⼈来投资,我看到了我可以利⽤⾝边的资源,明⽩吗?他们眼⾥看到的是这个.然后呢些受⾦钱的控制,他的眼⾥看到的是他的窘迫.啊,我这个⽉bill又付不了,我马上又呢个什么什么了.你看到这俩种⼈,他们都是在没钱的⼀个状态.但是⼀个⼈他看到的是机会,就是我能利⽤我眼前的什么东西.那另外⼀个⼈看到就是说,我现在问题很严重.我⽋了呢么多钱,我下个⽉收⼊又不知道从哪⾥来.他关注的是这个.他们俩个不同的关注点当然就会创造不同的结果.就好像你的思想播下的是⼀个黄⽠的种⼦,另外⼀个⼈播下的是⼀个苹果的种⼦.

Money, how do I utilize my resources? Okay, I see that this bank offers loans, I see what can be collateralized, I understand that I can use this person for investment, I see how I can leverage the resources around me. Do you get it? That's all they're looking at. And then there are those who are controlled by money, their eyes are on their predicament. This month's bills won't pay, what will happen next time? You see these two types of people, all in a state of lacking funds. But one person sees opportunities, meaning I can use whatever is right in front of me. The other person sees the severity of his problems; he owes so much and has no idea where his income will come from next month. This is what they're focused on. Their different focuses naturally create different outcomes. It's like planting a seed for a yellow squash in one mind versus planting an apple seed in another.

你肯定是长黄⽠,他长苹果呀.

You must have grown up eating Chinese gooseberry, he ate apples instead.

问: 我明⽩你说的.但是头脑还是会⾃动的去播放这些画⾯…⾼灵: ⾸先你要知道这是你的⼀堂课.这是你需要你⾃我转变的⼀堂课.就是你不把它当成⽬前我是在困难⾥⾯或者怎样.⽽是说OK,这是我⼀次转变和学习的机会.学什么呢? 把我从⼀个有限制观念的⼈转变成⼀个没有限制观念的⼈.为什么? 因为在你眼前的这⼀次窘迫或者是这⼀次体验的话,它是⼀次来让你转变成没有限制的.为什么? 因为你⽬前的限制如果不转变的话,它还会继续在你的物质世界显现出来.就算现在有⼈帮你渡过了经济难关,你还会再⼀次经历这个的.你还是会经历这个的.所以有些⼈他⼀辈⼦都需要外界的呢个什么.

Questioner: I understand what you're saying, but my mind still automatically plays these scenes... Higher Spirit: First of all, you need to know that this is a lesson for you. This is a class where you are supposed to undergo self-transformation. Instead of seeing the current difficulties or whatever situation you're in as something negative, think about it as an opportunity for change and learning. What do you learn from this? You learn to transform yourself from someone with limited perspectives into someone without any limitations. Why would that be necessary? Because the predicament or experience you face now is meant to help you become unlimited. Why is that so? Because if your current limitations are not addressed, they will continue to manifest in your material world. Even if someone helps you overcome financial difficulties now, you will still go through this again. You will inevitably go through this situation. Therefore, some people may need external support throughout their lives.

然后呢,你⾸先要把它当成是⼀次礼物,⽽不是把它当成是灾难性.就是这是⼀次成长性⽽不是⼀次限制性或者是⼀个就是不好的.就是⽐如说我运⽓不好,财运不好.不是的.明⽩吗? 这是你转变的⼀次机会.那你把它当成⼀个机会的时候,你的⼀个状态就变了.为什么? 你就好像你眼前来的的⼀个东西它是来增加你的武功的和你眼前的东西是来把你打死的.这两种状态是不⼀样的.那如果你把它当成是它增加你的武⼒的.那你散发出来⾝体的能量和这个⼈是来把你打死的,你⾝体散发的能量,这个能量是不⼀样的.那能量不⼀样,那你们的结果呈现也就不⼀样了.所以你必须要感激你⽣命有这样⼦的⼀个机会,来让你蜕变.

Then, you should view it as a gift rather than a disaster; this is an opportunity for growth and not a restriction or something bad. For example, saying that your luck or finances are bad isn't correct. Understand? This is an opportunity for transformation in your life. When you see it as such an opportunity, your state of mind changes. Why? It's like comparing the arrival of two things: one intended to enhance your strength, and the other meant to harm you. These situations are different. If you perceive the situation as a chance to strengthen yourself, the energy you emit is different compared to when someone intends to harm you. The energy difference leads to different outcomes. Therefore, you must be grateful for such an opportunity in your life that allows you to transform and grow.

问: 我明⽩,这个经历是看起来蛮极端的.

Questioner: I understand that the experience seems quite extreme.

⾼灵: 那你觉得是很极端或者是很难或者是我要怎么办.那其实你又加强了加深了它这个幻像了,明⽩吗? 那也就说明你还有⼀个观念是在加深这个幻像.因为你们物质世界所有的⼀切都是你们⾃⼰在加深它的呀,加深这个体验的呀.你说为什么你们物质世界的东西你们是如此的难改变? 为什么? 因为你们只相信眼前的事情,⽽不相信你还没有得到的.就⽐如说我说你过⼏天你会中⼀个彩票,你是不会相信的.为什么? 你相信你现在窘迫的,所以你就会持续的体验你现在这个窘迫的状态.为什么? 你相信它呀.你只会体验到你相信的,明⽩吗?

Sage: What do you think about it being extreme or difficult or what should I do? Actually, you've intensified the illusion, haven't you? You see, there's still a concept that intensifies this illusion. It's because in your material world, every single thing is deepened by yourselves, enhancing the experience of it. Why are things in your material world so hard to change? Why? Because you only believe what you can see right now and not what you haven't received yet. For instance, if I tell you that you'll win a lottery soon, you wouldn't believe it. Why? You trust your current state of desperation, thus perpetuating this state of hardship. Why? You believe in it. You only experience what you believe, understand?

问: 那我们怎样可以说服头脑和⾁体?

Questioner: How can we persuade the mind and body?

⾼灵: 那你多去看⼀下这些例⼦啊.哪个有钱的⼈他最开始不是从⾮常⾮常窘迫,⾮常⾮常没钱的状态去变成呢样⼦的,明⽩吗? 他都是⾝⽆分⽂,他都是或者是⼀⾝烂债或者是怎样,很窘迫.你可以去多看看他们这些成功案例啊.那你的头脑就开始松动.那既然别⼈可以做到的事情,为什么你做不到? 明⽩吗? 所以你就多去看呢些街上的流浪汉怎么变成⼀个,就是写 «与神对话» 的呢个⼈最后变成怎么样怎么样⼀个⼈.所以当你头脑松动了,别⼈能做到的事情你就能做到.你就不会再把眼前的事情再把它固相,就是再把它顽固,把它加剧,把它加的坚不可摧.因为是你们⾃⼰给了它能量,让它坚不可催的.也就是说你们⾃⼰在禁锢你们⾃⼰.

Higher Spirit: Then go and look at these examples more closely. Do you understand that no wealthy person started out from a state of being extremely impoverished with almost nothing? They all began with nothing, or possibly with debts they couldn't pay, or some other form of extreme adversity. You can examine their successful case studies closely. That's when your mind starts to loosen up. If others can achieve success like theirs, why can't you? Understand that by looking at these examples of street beggars transforming into individuals who wrote books like "Conversations with God" and became someone else entirely. When your mind begins to loosen, the things others can do are within your reach as well. You won't continue to stubbornly hold onto your current situation, making it harder for yourself than it needs to be because you have given that situation your energy, turning it into an unbreakable force. In essence, you're just limiting yourselves by doing so.

所以你必须要让它松动,让它放松,让它变的,⼀个幻像.就这么说吧,墙是你⾃⼰把它建的如此的结实,那如果你不把它当成是⼀个墙,明⽩吗?你的⼿就可以伸过它了.这就是你们意念的⼀个⼒量.

So you have to make it wobbly, you have to make it relaxed, you have to make it a hallucination. Imagine this wall is something that you built so sturdy yourself, if you don't consider it as a wall anymore, right? Then your hand can go through it. This is the power of your intention.

问: 我最后能不能问⼀下我的⾼我有没有什么信息带给我呢?

Questioner: Can I ask one last thing - does my higher self have any messages for me?

⾼灵: 你现在就在啊,你现在就在联系啊,你现在这些信息都是来⾃于你的⾼我,来⾃于它的指引啊.⾸先就根据刚才的呢个问题,是你在把⼀切强化,把⼀切艰难,明⽩吗? 因为你们,你就算关在房间⾥⾯,你们⽹络上都有很多⼈,他们给你做了很多例⼦.你哪怕就是在⽹上发个什么直播的,发个什么什么的或者是转卖⼀些信息,任何,你都可以⾜不出户的去 build up,去赚钱.明⽩吗? 有太多这样⼦的案例了.你什么都不需要,你只需要可能就是转发⼀些信息你就可以赚钱了.因为有很多很多这样的案例.那看你愿不愿意去利⽤.看你愿不愿意朝这个⽅向去关注.因为你⾸先要显化⼀个东西,你必须要把你的注意⼒和关注⼒放在呢⾥.

Higher Spirit: You are here now, you are contacting now, and all this information comes from your higher self, from its guidance indeed. First of all, with regard to the question just asked, it's you who are intensifying everything, making things harder for yourself, right? Because even if you're locked in a room, there are many people online who have done examples for you, they've shown you what can be done. You can generate income without stepping out of your home, by doing something like live streaming or posting information, any kind of activity, really. You can build up and earn money just like that. There are too many such cases. You don't need anything else; you just need to share some information, and you're earning. Because there are so many similar examples out there. It's up to you whether you want to utilize these opportunities or focus on this direction. First of all, to manifest something, you must direct your attention and focus towards it.

那就⽐如说这个⼈他这个⼈,他转发⼀些信息他⼀个⽉都能赚⼀些钱.那他花了时间和关注、能量在⾥⾯呀.你什么都没花呀,明⽩吗? 你只要是你花了你的关注,花了你的专注,花了你的能量在⾥⾯,它都会显化出来的,这是必然的.所以你花了你的呢些专注或者关注,呢些能量在⼀些就是它能变成⾦钱,变成物质给你的,你没有啊.那你是不是就应该⾸先要朝这个⽅向去?

That person earns money every month by forwarding some information. They invest their time, attention, and energy in it. You haven't put anything into it, right? You see, when you devote your focus, attention, or energy to something, it will manifest in a way that can turn into financial gain or physical resources for you. Since you haven't invested those things, then shouldn't you start focusing on doing so?

问: 因为很多⼈的显化就像out of thin air,那你说的这个是⼀定要有⾏动的意思吗?

Questioner: Since many people's manifestation seems to come out of nowhere, does that mean you're saying there must be action involved?

⾼灵: 你们在物质世界,你⽐如说你的⾏动它会变成更加强有⼒的⼀个能量状态.就⽐如说最开始你的脚动不了.然后你开始动⼀下.然后你说,咦,我能动了.你的意念是不是就改变了? 然后你能跑了.就是你在不断地⾏动当中你的信念在加强.那你的信念在加强的时候,它又会不断地变成物质世界的⼀些现象给你.这个就是加强你的⼀个信念,加强你相信的,加强你的能量状态.就是你最开始你可能说⼏句你不相信,因为你眼睛要看到这个.就是说提升你的振动频率,这么说吧.它可以加强你的振动频率.然后你的振动频率才是显化物质世界现象的⼀些最主要的.

Higher Spirit: You exist in the material world, and for example, your actions translate into a more powerful energetic state. For instance, at first, you couldn't move your feet. Then you started moving them slightly. And then you said, "Wow, I can move." Does that mean your perception has changed? And then you ran. This means your belief is strengthening as you continuously act on it. When your belief strengthens, it results in more material-world phenomena for you. This amplifies your belief and reinforces what you trust, boosting your energy state. Initially, you might say a few words of disbelief because you need to see this with your eyes. Essentially, increasing your vibration frequency means enhancing this aspect. It can amplify your vibration frequency, after which your vibration frequency serves as the primary mechanism for manifesting material-world phenomena.

问: 这个通灵的⼥孩⼦说想要问⼀些关于社会上的问题,她的头脑⾥⾯还有问题想要问吗?

Questioner: This medium girl said she wants to ask about some social issues. Does she still have questions in her mind that she wants to ask?

⾼灵: 社会上的问题.也就是说她看到社会上出现了很多⼀些,就⽐如说你们的战争啊,瘟疫啊,还有很多⼈在⼀个挣扎的⼀个状态.但是这些状态跟她⾃⼰内在的喜悦都好像没有什么关系.就是不会给她带来⼀些影响.但是可能对她⾝边⼀些其他⼈会有影响.也就是说说实话她其实不太去在乎眼前出现的⼀些问题和呢些现象.为什么呢? 因为你们既然需要这些现象出现在你们的世界⾥⾯的话.那就是还是有⼈需要去从中去学习到的.并不是说这个现象⾛了就是好事.那他们就缺少了这⼀堂课,明⽩吗? 就是⽐如说你需要⼀个去锻炼或者是去跟对⼿⼀起去过招的机会.

Higher Spirit: Issues in society. That is, she observed that there were many phenomena occurring across society, such as wars, plagues, and the struggles of many individuals. However, these situations seemed to have little connection with her inner joy; they did not affect her in any significant way. But maybe they would impact others around her. Essentially, she doesn't really concern herself with the problems or phenomena that appear right before her eyes. Why is that? Because if you need these phenomena to manifest within your world, it means there are people who still have lessons to learn from them. It's not that a phenomenon disappearing automatically signifies good fortune; they would then be missing out on this lesson. To put it simply, say you need an opportunity for training or competition with opponents.

那你把这个过招的机会给拿⾛了,那你是不是就缺了你的呢个功能,让武功越来越强的⼀个机会,对吧? 那既然所有的⼀切它都已经发⽣了,那就说明你们社会上他们是有需要这堂课的.但是呢,她已经知道外在发⽣的⼀切其实并不重要,只是转变的⼀个过程⽽已.她也不会受其影响.⽽且她也有很明确的⽬标或者⽬的地,知道她会⾛向哪⾥或者去到那⾥.所以说她内在是⼀个知晓的状态.只是说她觉得怎么样可以让更多的⼈可以和她⼀样有这样⼦的⼀个认知,有这样⼦的⼀个⽣活的态度? 这是她想要去通过什么⽅式可以让更多的⼈.只能说如果你们⼈类,社会上还需要这个过程,你不能着急的把它拿⾛.因为你着急的拿⾛了,你还是有下⼀堂课.

If you take away this opportunity for a challenge, then don't you miss out on the chance to strengthen your skills further? Right? Since everything that has happened is an indication that there's a need for such a lesson in society. However, she understands that what happens externally doesn't truly matter; it's just part of the process of transformation and won't affect her. Moreover, she has very clear goals or destinations, knowing exactly where she is headed or going to end up. Therefore, she maintains an aware state internally. The question is how can she find a way for more people to share this awareness and have this attitude towards life? This is what she wants to do through certain methods to reach out to more individuals. If humanity still needs such a process in society, you should not rush to take it away. Because if you hurry, there will still be the next lesson awaiting you.

你还是需要这⼀堂课的.也就是说你只需要去静观它的变化.就是耐⼼的等待吧.然后你们去创造你们想要的世界,⽽不受其影响.

You still need this lesson. In other words, you only need to observe its evolution patiently. Just wait and then create the world you want without being influenced by it.

⽽不是说⼀切都想要赶快,我怎么样怎么样.不需要.就好像我刚刚说,你们已经播下了种⼦,它已经在发芽,已经在变化.它迟早结丰盛的果实,这是迟早的事情,这是必定的结果.所以你不需要去,赶快长出来啊,赶快结果或者怎样.不需要.这⾥没有赶快,因为这⾥没有时间.这样的信息可以让你们俩个可以更加的安住于当下.

And not that everything needs to happen quickly, I do this or I do that. No need. Like what I just said, you have sown the seeds; they are already sprouting, changing. They will eventually bear abundant fruit; it's a matter of time, an inevitable outcome. So there's no need for them to grow immediately or yield fruits right away. There is no haste here because there is no sense of time involved. This message can help you two stay more present in the moment.

2022/09/20 — 物质世界只是回⾳ The material world is just an echo

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what's your question?

问: ⾼灵你好,上次我向你咨询了腹痛.我现在还是⼀直痛.我想问为什么它⼀直好不了,我想请求疗愈.

Questioner: Hello spirit, I asked you about stomach pain last time. I am still experiencing this pain. I want to know why it won't heal and request healing.

⾼灵: 你的疼痛你给它的关注太多,就⽐如说你关注你兴奋的事情太少.你告诉我你每天有做多少真正的让你忘我的状态的事情? 就⽐如说这个⼥孩⼦她现在通灵,她就已经忘我了,她就已经进⼊了忘我状态.她现在就完全进⼊了⼀个你们物质世界提取信息的⼀个状态.那你们能有⼏个时候你们是在这样⼦的状态当中? 你不就是每天关注着我的这个bill,我的这个账单还没处理,我的这个⿇烦,然后呢我的这个这个这个.你们关注的都是问题.你们⼈类最喜欢关注的就是什么? Trouble,问题.因为你们觉得这⾥又没问题我就不⽤关注它.但是你们这是错误的,明⽩吗? 你们应该关注什么?

Soul Guide: You give too much attention to your pain; you pay less attention to the things that excite you. How many times a day do you really lose yourself in something so deeply that you forget everything else? Like this girl who is now channeling, she's lost herself and entered into that state of no self. She's extracting information from your physical world. How often are you able to be in such states? You're always worried about my bill, my accounts, the hassle with them; it's all problems you're focusing on. Humans most like paying attention to what? Trouble, issues because you think there is nothing wrong and hence don't need to pay attention. But that's a mistake, understand? What you should be paying attention to?

像⼩孩⼦⼀样,我要去做有趣的事情,我要去做快乐的事情,我要去做让我开⼼的事情.因为你看⼩孩⼦他⾝体有点不舒服,但是他完完全全的沉浸在他玩玩具.他只做他开⼼的事情,他是不是就忘了他的疼痛了,对吧? 但是呢,你们⼈,啊我这⾥疼痛,我去看看医⽣,我检查⼀下,我去做个治疗,明⽩吗? 因为你的⾝体是⼀个⾮常⾮常智慧的⼀个,它会⾃⼰运⾏.你想,⼀个伤⼜你不去管它,它是不是⾃⼰就好了? 你不需要⽤药,对不对? ⾃⼰就疗愈好了.那⼀个疼痛或者是其他的,如果你不去投⼊太多的你的attention,你的时间,你的关注在呢个疼痛上,⽽是去关注⼀些让你特别兴奋的事情.你疼痛它⾃然⽽然它就减轻了,明⽩吗?

Like a child, I want to do fun things, I want to do happy things, I want to do the things that make me happy. Because when you look at children, even if they are a little unwell, but they completely immerse themselves in playing with toys. They only do the things that make them happy, and don't they forget their pain, right? But for you people, ah, I have this pain here, I go see a doctor, I check it out, I get some treatment, okay? Because your body is a very wise one that runs itself. You think, an injury if you leave it alone, doesn't it heal by itself? You don't need medicine, do you? It heals on its own. That pain or anything else, if you don't invest too much of your attention, your time, and focus on the pain, but instead focus on things that really excite you, naturally, the pain will lessen, right?

因为⾝体它会创造出更多的⼀个兴奋的状态.那你兴奋的细胞或者是状态的时候更多的时候,那你不兴奋的状态是不是就慢慢慢慢消失掉了? 你要把你⾝体想成是⼀个频率.当它正⾯的这样⼦的⼀个,积极的快乐的频率越来越⾼的时候,那其他的频率它就越来越低了.那当你⼀直关注的是我这些不好的地⽅,那它是不是就⼀直就是,⽐如说你的频率调频到⼀,那你的整个⾝体是不是都是⼀个在⼀的状态.那你的频率是⼀百,它慢慢慢慢都在⼀百的状态,明⽩吗?这么说吧,就好像你在物质世界你⽤⼀个东西创造⼀些频率的⼀个东西,然后⼀个振动频率.所有的物质显现它会朝着你创造的频率的⽅向去对标的,明⽩吗?

Because the body creates more excitement. When you are excited or in an excited state more often, does this mean that your non-excited state gradually fades away? Think of your body as a frequency. As the positive, proactive, joyful frequency increases, other frequencies decrease. If you constantly focus on the negative aspects, then it stays like that - for example, if you set your frequency to one, every part of your body remains in a state of one. If you keep your frequency at one hundred, it gradually stays at one hundred, understand? Let me explain further: Imagine using an object in the physical world to create frequencies and vibrations. All material manifestations align towards the frequencies you create, understanding?

所以你去关注你妇科疼痛的问题,你还不如在⽣活中找到真正让你兴奋,兴奋的你都不想来找通灵了,明⽩吗? 你都忘记了, ‘我天天呢么开⼼,我还想什么通灵呀’.明⽩吗? 你真的有让你兴奋的事情吗? 没有.为什么? 因为你整个⼈都是严肃的,认真的.你好像是⼀个,就是你的过于紧绷、紧张,然后严肃认真,就是⽣活好像不能出差错,不能轻松,不能去放松,不能去享受,不能去愉悦.因为你觉得什么?你觉得是浪费时间,你这个是没有意义的.如果你能像个⼩孩⼦⼀样,打扮的漂漂亮亮,然后去吃喝玩乐,去开开⼼⼼,去唱啊跳啊,看到什么都是充满了惊喜.你想,如果你在呢样的状态下,呢样的频率下.明⽩吗?

So instead of focusing on your gynecological pain issues, you'd be better off finding things in life that truly excite and engage you so much that you wouldn't even bother seeking spiritual guidance. Do you understand? You've forgotten the phrase, 'I'm so happy every day; why would I need spiritual intervention?' Do you get it? Really, do you have anything that genuinely excites you? No. Why? Because you are overly serious and meticulous, making your life seem as if there cannot be any mistakes, no room for relaxation, enjoyment, or pleasure. You believe it's a waste of time to indulge in such activities; they lack meaning. If only you could approach life with the innocence and joy of a child, dressed up nicely, enjoying eating, drinking, playing, and singing without worries, seeing everything around you as filled with wonder. Can you see that if you were to live in such a state, at this frequency? Do you understand this?

所以你们⾝体它⾃⼰会有⼀个修复的机能.那它也需要这个过程,因为你是从这个频率调到另外⼀个频率,就⽐如说A频率到B频率.你是需要有个过程的.那你只需要朝着呢个⽅向⾛,你迟早都会⾛到的.你不要每次又回到A点又回到A点,又被拉回去了,又被拉回去了.

So your body has a repair mechanism that it itself undergoes. This process is necessary because you are tuning from one frequency to another, for example from A frequency to B frequency. You need this transition period. All you have to do is move in the right direction, and eventually you will reach your destination. Don't keep going back to point A each time and getting pulled back, only to be pulled back again.

问: 我就是感觉⼀天到晚都很忙,忙⽣活,忙病痛.我就想知道怎么样进⼊⼀个幸福的状态?

Questioner: I just feel like I'm always busy,忙着 life and health issues. What I want to know is how to achieve a state of happiness?

⾼灵: 你们都关注了问题了,对不对? 你们都在解决问题.

Higher Spirit: You've all focused on the problem, right? You're all solving the problem.

问: 因为我感觉⽣活中好多事情要做,还要照顾孩⼦.

Questioner: Because I feel like there are so many things to do in life and also need to take care of my children.

⾼灵: 那你们都是把⾃⼰当成问题了呀.把这些当成是⼀些责任或者⿇烦或者问题,我把它解决掉,我要把它放在这⾥.什么享受轻松或者是创造快乐,这些是浪费时间的.但是恰恰相反,你这样你会创造更多的,你会发现⽣活中有越来越多的⿇烦需要你去解决,越来越多的问题和挫折需要你去呢个什么.当你把⼀切,就像⼩孩⼦玩玩具快乐⼀样,把这⼀切的能量放在这上⾯的时候,你会发现⽣活中没有问题.

Higher Spirit: It seems like you all see yourselves as problems, turning these issues into responsibilities or nuisances or problems that I'm resolving. I place them here. The idea of enjoying ease or creating happiness is a waste of time. Conversely, by doing this, you create more. You will realize there are increasingly more troubles needing your attention and more challenges and setbacks to face in life. When you channel all your energy into something as simple as playing with toys for enjoyment, directing it towards these activities, you'll find that life itself becomes devoid of problems.

问: 那呢些责任呢? 那就不要去管它,放开了,⾃⼰去享受⾃⼰的⽣活?

Questioner: What about those responsibilities? Just don't worry about it, let go, and enjoy your own life.

⾼灵: 什么是责任问题你告诉我.你把它当成了问题,你⼀直是处于,好像在处理⿇烦⼀样.你是在这样⼦的⼀个状态下,肯定什么事情对你来说都是这样⼦的状态.你们⽣活充满了惊喜、充满了惊奇、充满了快乐、充满了喜悦,你们都是视⽽不见的.

Higher Spirit: What about responsibility? Tell me. You treat it as a problem and you're always handling trouble, as if you're dealing with nuisances. You carry this mindset that everything is like that for you. Your life is filled with surprises, wonders, happiness, and joy, which you ignore.

问: 那我就不管,⽐如说孩⼦的⼀些东西或者是家⾥的⼀些家务事我就不管了吗?

Questioner: So, does that mean I don't care at all, for example, about things like my child's stuff or house chores around the home?

⾼灵: 家务事你也可以很轻松很快乐,唱着歌听着⾳乐去做呀,明⽩吗? 最重要的是你的⼀个状态,你怎么样去做这个事情,不是事情的本⾝.你也可以唱着歌,听着⾳乐,跳着舞来做家务呀.你没看到你们以前有很多他们在做家务啊或者是农活啊,都是在边唱歌边跳舞这样⼦的状态去完成的.所以说是能量状态,⽽不是在做什么.你可以⼲double,就是你可以⼲双倍的活,但是却是在⼀种轻松、快乐的状态下.因为当你的⾝体在呢样的状态下.你的⾝体,我刚才不是说有⼀个频率嘛,它就⾃动,它就不需要再去体验痛啊什么的.因为它⼀直是在⼀个⾼频的状态下.所以重要的不是说我就避开家务不去做了.⽽是说你在做这个事的时候你的⼀个状态.

Higher Spirit: You can also do household chores with ease and joy, singing along to music while you work, understand? What's most important is your state of mind, how you approach the task, not the task itself. You could sing, listen to music, or dance as you clean. Haven't you seen before that many people used to finish their housework or farm duties while singing and dancing? So it's about energy states, not just what you're doing. You can do double work, meaning you can accomplish twice the tasks but still in a relaxed, joyful manner. Because when your body is in such a state, it doesn't need to experience pain or discomfort as I mentioned earlier; it stays in a high-frequency state all the time. What's important isn't avoiding chores altogether; rather, it's about your state of mind while doing them.

问: 我怎么样调整我的状态呢? ⾃⼰放下呢些信念,让⾃⼰努⼒朝着另外⼀个⽅向⾛,是吗?

Questioner: How do I adjust my state? Do I need to let go of these beliefs and strive in another direction?

⾼灵: 怎么样放下这个?

Soul: How do you let go of this?

问: 就是我觉得我有责任把这个⼀定要做完.就是转变这种状态,朝向呢种轻松快乐的.

Questioner: I feel that it is my duty to finish this; to change this state and move towards a more relaxed and happy one.

⾼灵:你当下就可以选择.⽐如说我们通灵结束后,你说哇,我爱我的⽣命,我爱我的家,我爱我的⼀切,我爱我⾝边每⼀个⼈.OK,当你这么去告诉你⾃⼰,你⾝体的细胞就开始 ‘你告诉我我喜欢拖地,地我拖的好⼲净.我喜欢擦擦擦的好⼲净,然后我在⼀个快乐的状态’.你当下就可以选择,⽽并不是说需要这⼀步需要呢⼀步.⽴马就可以歌唱⽣命热爱⽣命翩翩起舞,你就可以进⼊这样的状态.因为当你的⾝体越来越在这样⼦的状态,你就越来越沉浸在这样⼦的⼀个状态当中.你的头脑可能说你是不是傻乎乎的,你不⽤去管它,你继续沉浸在你的快乐当中.然后你越是去喜悦越是去爱上你周围的⼀切,那你越是在这样⼦的⼀个状态下⾯.

Higher Spirit: You can choose right now. For example, after our spiritual communication concludes, you say oh, I love my life, I love my home, I love everything about me, and I love everyone around me. Okay, when you tell yourself this, your body cells start to 'Tell me that I enjoy cleaning the floor; I make it spotlessly clean. I like wiping things cleanly with joy'. You can choose right now, not needing step by step instructions. Instantly, you can sing about life and love life, dancing merrily, entering such a state. Because as your body increasingly resides in this state, you will naturally be more immersed in it. Your mind might question if you're crazy, but disregard that; keep enjoying yourself. The more joy you feel towards everything around you, the deeper you remain within this state.

你会发现你眼前的⼀切都会开始发光了.所以你眼前没有变,变的是你⾃⼰看出去它的状态.就是你要去热爱⽣活,然后你告诉你,你如此的热爱你的⽣活,不管发⽣什么事情,明⽩吗? 就像你们所谓的阿K精神这样⼦的.

You will find that everything in front of you begins to glow. So what changes is not the view in front of you but your perception of it. You need to learn to love life and then tell yourself how much you love your life, no matter what happens, understand? Just like this so-called 'A-k spirit' you all talk about.

问: ⽐如说我喜欢锻炼.我觉得我在健⾝房⽐在家⾥锻炼的有效果,在家⾥锻炼⽼是去⼲点这⼲点那.我这是怎么回事? 我怎么去训练头脑,不被这些分⼼?

Questioner: For instance, I enjoy working out. I feel that my workouts at the gym are more effective than those at home, as I tend to get distracted easily at home. What's going on with me? How can I train my mind to avoid these distractions?

⾼灵:你是说怎么样可以专注于你做⼀件事情?这个是你需要你跟你的头脑去慢慢慢慢合作的.就好像你是⼀个⽼师,你告诉你的学⽣,你现在⼀个⼩时内只能做这件事情.然后当他分神了,你又不断的把它拉回来,不断地把它拉回来做这个事情.OK,如果你这么说你告诉你⾃⼰,如果我开⼩差,就是去做了其它事情5分钟,那我锻炼的时间就要加倍,就要多锻炼10分钟.你这样⼦.你需要成为你⾃⼰的教练.这个是你跟你⾃⼰,youdealwith yourself,就是你跟你⾃⼰的⼀个协调.要怎么样的⽅式适合于你.

Higher Spirit: You mean how to focus on doing one thing? This is something you need to gradually collaborate with your mind. It's like being a teacher telling your student that for an hour, they can only do this task. When their mind wanders, you continually pull them back, continuously guiding them to stay focused on the task. Okay, if you say to yourself, "If I get distracted and do something else for 5 minutes, then my workout time should be doubled, meaning I need to exercise for an additional 10 minutes." That's what you do. You have to become your own coach. This is about coordinating with yourself, dealing with yourself, finding a method that suits you.

⽐如说你是看你适合哪⼀种惩罚制,就是⽐如说你要是这样做了我就要让你怎么样双倍,或者是奖励,你只要专注⼀个⼩时没有怎样,那我就可以奖励你吃⼀个甜品.你看你是属于哪⼀种.因为这个是属于你跟你⾃⼰的⼀个关系.只要有效果.因为每⼀个⼈不⼀样,所以你要⾃⼰去了解你⾃⼰,去认识你⾃⼰,去探索你⾃⼰.看到你是适⽤哪⼀种⽅式.

For instance, if you're figuring out which kind of punishment system suits you, say I'm going to make you do double whatever it is that you've done or reward you, like if you can focus for an hour without doing anything, then I'll allow you to have a dessert. You see which type you are. Because this is about your relationship with yourself. As long as it works. Since everyone is different, you need to understand yourself, know yourself, and explore yourself. See which method suits you.

问: 这种是不是就是训练⼤脑,控制⼤脑,和⼤脑配合的⼀个⽅法?

Questioner: Is this method about training the brain, controlling the brain, and working with the brain?

⾼灵: ⼀个效果.你有⼀个⾁体,你有⼀个物质头脑,然后你跟它就是work together.共同合作.当你们越来越契合的话,后⾯可能就不需要这种强迫式或者引导式,明⽩吗?

Higher Spirit: One effect. You have a physical body and you have a material mind, then you work together with it. In cooperation. When you become more aligned, there might not be the need for this forceful or guiding manner anymore, understand?

问: 我现在就是在学习,我现在就是被它拉着经常飘.

Questioner: I am just studying now, I am being dragged by it and often flying away.

⾼灵: 没有关系,你们有时间,这是⼀个过程.就是越来越进步,越来越有默契.问: 和⽼公起冲突.怎么才能让它减少对我的影响?

Higher Spirit: It's fine, you have time; this is a process—gradually progressing and becoming more harmonious. Questioner: How can I minimize the impact of conflicts with my husband?

⾼灵: ⾸先刚才我说的⼀个状态,就是当你热爱⼀切,眼前所有的都好像是在发光,所有都是好玩喜悦的⼀个状态.那你就算是你⽼公骂你⼀顿,你也好像把它当成是⼀个玩笑⼀样.然后跟他抱抱,跟他撒个娇,明⽩吗? 因为你完全是处于⼀种不⼀样的状态,你会觉得你看到的⼀切都是美的.你说,⽼公,你发脾⽓都好帅.给他亲⼀下,抱⼀下.明⽩吗?

Ethereal Spirit: Firstly, the state I described earlier is when you love everything and see all as shining before your eyes; every moment filled with joy and delight. Even if your husband scolds you, you would view it like a joke. Hug him back or throw a little tantrum - do you get it? You're entirely in a different mindset that finds beauty in everything. You might say to your husband: "You look so handsome when you're angry." Give him a kiss or a hug; understand me?

问: ⽐如说我能量低,跟他争吵了⼏句,呢个时候我⼼⾥就⽐较堵.呢个时候我怎么跳出来呢?

Questioner: For example, if my energy is low and I argue with him for a few sentences, I feel somewhat stifled at that moment. How do I break out of this state then?

⾼灵: 那就是你⾃⼰去降低你⾃⼰的⼀个频率,你⾃⼰把你⾃⼰的频率放在呢⾥.你⾸先要知道呢是你⾃⼰的问题⽽不是你⽼公的问题.因为如果你不知道是你的问题,那你可能⼀直会去指责他.那你越是指责他,你就越进⼊呢种状态.那你怎么样才能进⼊到喜悦的状态当中? 你当下就可以啊.你就说,OK,我⾸先认清楚了这不是我⽼公的问题,是我⾃⼰.然后当你去承认了这⼀点了过后,你就⽴马就可以选择.那既然是我⾃⼰的问题,我可以选择⼀个愤怒,那我也可以选择⼀个快乐.I don’t care,就是我不在乎.

Higher Spirit: That's where you adjust your own frequency by yourself, putting it in that spot of yours. First, understand that the problem is with yourself, not your husband. If you don't know it's your issue, you'll keep blaming him. The more you blame him, the more you enter into that state. How do you get into a state of joy? You can right now. Say, okay, I've realized it's my own problem, not my husband's. Once you acknowledge this, you immediately have a choice. Since it's your issue, you could choose anger, or you could choose happiness. I don't care means I don't worry about it.

问: 但是当时我情绪在呢,我就很堵.

Questioner: But at that time my emotions were in me; I felt very frustrated.

⾼灵: 那是因为你⾃⼰不能接受你的失败.就好像我不能接受我是错的,我⽼公是对的.呢是你的⼩我,就是你的⼀个⾃我的⼀个执着.因为你们⾃我都不会想要承认⾃⼰有问题的,你们都想⾃⼰赢,你们都想就是说我是对的,我要你认错,你是错的.那就是你没有放下你的⼩我,你没有放下你的⾃我,你还是由你的⼩我来掌管这⼀切的.那你既然由⼩我来掌管这⼀切的话,那你就⼀直是在这样⼦的状态呀.⼩我它就⼀直想掌控⼀切.所以你要放下你的⾃我,放下你的⾃尊,我是最⾏的,我是最厉害的,就是放下呢个我.那当你不去执着物质⾁体的这个我和你⾃⼰的⼀些观念,你想⼀下你是谁.你呢个我也可以是你⽼公啊.

Higher Spirit: That's because you can't accept your own failure. Just like I can't accept that I'm wrong and your husband is right; this is the ego you are clinging to – it's a part of your self that is执着 about being right, wanting to win, insisting on saying 'I am right,' demanding that you admit you're wrong because I am correct. This shows that you haven't let go of your ego, and you still have not relinquished control over yourself. Since the ego manages everything in this way, it keeps you stuck in this state where it always seeks to dominate every situation. Therefore, you need to let go of your self, your pride, believing you're the best, most powerful; instead, you should stop clinging to 'me'. When you no longer cling to material egos and your own ideas, consider who you truly are. You can also see yourself as your husband in this process.

那你是你⽼公,你就能体验到他为什么会跟你对峙了.他在你这⾥没有得到认可,没有得到爱.那他给出你的肯定也是不认可你, 不爱你.我是说的表现⽅式,对不对? 所以你能得到的⼀切都是你给出去的.那如果你给你⽼公的是理解,我理解你为什么发脾⽓.还有就是你发脾⽓我允许你,然后我给你笑⼀个,我允许你这样.那当你给你⽼公允许和爱和包容的话,那你也会得到同样的.你觉得他会怎么样对你? 对不对? 所以当你给出去这些,就算你⽼公不会给你,你也迟早会得到的,明⽩吗? 你这么想,你只要播下去的种⼦,它迟早都会发芽.那你播下去的是颗花⽣,它肯定是个花⽣出来.你播下去是⼀颗⽟⽶,它肯定是⼀个⽟⽶出来.

If you are your husband, you can experience why he stands against you. He doesn't get recognition or love from you, so the assurance he gives you is also lack of recognition and not loving you. I mean, isn't that the way it's presented? So everything you receive comes back to what you give out. If you give your husband understanding - I understand why you're upset. And when you're upset, I allow you, then I smile at you, allowing you to be like that. When you give your husband permission, love, and acceptance, you'll get the same in return. How do you think he will treat you? Isn't it true? So when you give these things out, even if your husband doesn't give them back to you, you will eventually receive them. Understand? The seeds you sow will inevitably grow. If you plant a peanut seed, a peanut will surely grow. If you plant an ear of corn seed, a corn will certainly emerge.

这⼀点是不会有错的,明⽩吗? 所以你⼀定要看⼀看你到底播种了什么.

This is something you will never get wrong, understand? So you must check exactly what you have sown.

问: 我有时候就想做⼀些冥想、祈祷.我想知道这是我灵性层⾯…⾼灵: 当你不能理解这个道理,你做再多的祈祷和冥想都是没有⽤的,明⽩吗? 你⾸先你? 要知道你为什么会去坚持这些东西? 是因为你要坚持呢个我,就是我是对的,我的观念是对的,我的观点是对的.你要去捍卫呢个你.但是你要知道你捍卫的就是⼀些观点观念⽽已.你捍卫的就是你种下去的⼀个就是什么… 明⽩吗? 当你能放下这些,你觉得你需要去冥想或者是去祈祷去做这些事情吗? 你已经没有我去给你坚持了呀.

Questioner: Sometimes I want to do some meditation and prayer. I wonder if this is part of my spiritual level...

A: When you cannot understand the principle, all your prayers and meditations will be meaningless, right? First, you need to know why you insist on these things? Is it because you believe that what you think is correct, your ideas are correct, and your perspective is correct, and you want to defend them. But you should realize that you are defending just opinions or perspectives, nothing more. You are defending something that was planted within you... Do you understand? When you can let go of these thoughts and feel the need for meditation or prayer, do you still think you need to do these things? Now, there is no "me" insisting on your actions anymore.

问: ⽐如我觉得我⼀天事情就很多.这些事情虽然有享受但是也有责任在⾥⾯.我是太执着这些然后没有享受吗?

Questioner: For example, I feel like I have a lot of things to do in a day. Although there is enjoyment in these tasks, there's also responsibility involved. Am I being too fixated on these tasks and missing out on enjoying them?

⾼灵: 你还是你享受去做这些事情,但是同样你又觉得有怨⾔吗? 就是你需要承担这么多? 你不能彻底的放松?

Higher Spirit: Are you still enjoying doing these things? But at the same time, do you feel resentment about having to bear so much? It's like you can't fully relax.

问: 对对,就是呢种.

Questioner: Yes, exactly, that kind.

⾼灵: 你的问题是什么?

Higher Spirit: What's your problem?

问: 我想问我这种是什么状态?

Questioner: I want to know what kind of condition this is?

⾼灵: 你要明确的知道你想要提问什么,你想要问什么.问: 我想问我为什么会像赶功课⼀样?

Higher Spirit: You need to be clear about what you want to ask. What do you want to know? Ask: I wonder why I feel like rushing through my tasks as if doing homework?

⾼灵: 那你是不是想要变成就是安住于当下⽽不是匆匆忙忙的状态?问: 对⾼灵: 那你的问题就可以是我怎么可以安住于当下,然后更加的enjoy my life? ⽽不是说像赶作业⼀样匆匆忙忙的.跟前⾯说的⼀样,你就告诉你的头脑,你就⾃⼰跟⾃⼰说话,slow down, ok? 你就说慢下来.你没有任何地⽅去⾛,你只有当下.你不断地去告诉你⾃⼰这件事情.然后你又会不断地,OK,慢下来⼀点点,明⽩吗? 在这个阶段你需要不断地去提醒你⾃⼰.直到你有⼀天你已经就是成为你的天性了,你本⾝就是这样⼦的状态.那你在前期,你

Sage: Are you seeking to be present and not in a hurry? Questioner: To the Sage: Does that mean my question is how can I be present and enjoy life more, rather than rushing around like homework? Just as was mentioned before, tell your mind to slow down, okay? Tell yourself to slow down. There's nowhere else you're going; there's only being present. Keep reminding yourself of this continuously. You need to remind yourself constantly: Okay, just slow down a bit, do you understand? In this stage, you need to keep reminding yourself until the day comes when it becomes your nature, and you are in that state by default. In the beginning stages,

可以跟你⾃⼰说话.你的⽣命不是在前⾯,⽽是在当下,眼前.然后你的⽣命是永恒的.你⾃⼰给⾃⼰说这些就好了,⽽不是去急急躁躁的.⾃我对话也是⾃我暗⽰.

You can talk to yourself. Your life is not ahead of you, but right here in front of you, now. Then, your life becomes endless. You just speak to yourself like this and not in a hurry or anxiously. Self-dialogue is also self-suggestion.

问: 以前我看⼀本书说,给⽔⼀个好的意念,⾃⼰喝下去就很好.前段时间我也这样做.我想问我这样做是真的起作⽤了吗?

Questioner: I once read a book that said if you give water a good thought, drinking it is very beneficial. Recently, I've been doing this myself. My question is: does this really have an effect when I do it?

⾼灵: 你如果觉得它没有作⽤,那你达到的效果就没有作⽤.问: 因为我喝下去后好像对我的腹痛没什么作⽤.

Higher Spirit: If you feel that it doesn't work, then your achieved effect won't work either. Questioner: Because after drinking it, I seem to have no relief from my stomach pain.

⾼灵: 你是想问这些暗⽰或者是意念有没有作⽤是吗?问: 对⾼灵: 刚才前⾯都跟你说了,你的关注点⾮常的重要.你想,如果你的⾝体你⼀直是在有没有效果,有没有作⽤? 你⼀直是在这种好像是在测验它,测试它,就是在呢种忐忑不安或者是咋这样的状态下.那它表现的肯定就是不稳定了,明⽩吗? 如果你真正的像我前⾯说的你不把你的注意⼒关注在你的问题上⾯,⽽是关注在让你兴奋的事情上.你不知不觉你⾝体的频率和你⾝体的⼀些机能,它完全⾃⼰就会产⽣变化的,明⽩吗? 因为你不会⾃⼰再去检验它.因为这不是你关注的点.那既然现在这个还是你关注的点,就说明你还是在这个频率当中啊.为什么? 你还在关注你的问题和⿇烦呀.

Higher Spirit: Are you asking if these hints or thoughts have any effect? Ask: To Higher Spirit: You've already told me that your focus is very important. Imagine, if you were always wondering about the effectiveness or impact of your body - whether it's working or not, testing itself in a state of uncertainty or anxiety. Wouldn't this result in instability? Understand? If instead of focusing on your problem, you direct your attention to things that excite you, without realizing it, your body's frequency and its functions would naturally change, because you're not actively testing it. Isn't that clear? Since now the focus is still on your concern or issue, this means you are still within this frequency range, right? Why? You're still focusing on your problem and worries.

没有投⼊到你的快乐开⼼兴奋的状态当中去,明⽩吗? 所以当你产⽣这些问题或者产⽣呢些什么的时候.你就已经是进⼊了,我们经常说A房间B房间,你就进⼊了A房间了.因为在A房间你才会去关注问题.你在B房间你不会去关注它.为什么? 因为你有很多兴奋的事情等着你去做.你哪有时间去关注这些啊.你没有时间留给它,明⽩吗? 就是你开⼼快乐还来不及呢.

You haven't immersed yourself in the state of joy and excitement, understand? So when you start having these issues or experiences, you are already stepping into what we often refer to as 'Room A' among 'Room A and Room B'. You have entered 'Room A'. That's because only within this room do you focus on problems. When you're in 'Room B', you don't pay attention to them. Why is that? Because you have a lot of exciting things waiting for you to do. Who has time to worry about these things? There's no time left for that, understand? You are simply too busy being happy and enjoying yourself.

问: 但是有时候它痛的很厉害,我就没办法不关注.

Questioner: But sometimes it hurts so much that I can't help but pay attention.

⾼灵: 这就是为什么你们物质世界很难改变的原因.因为你们很容易被眼前的⼀些所谓的真实的状态把你们拉到,⽐如说你看,他打我⼀巴掌这是真实的呀.那我肯定发⽕呀.因为你们都盯着他发⽕的呢个现象.但是你们需要关注的是你们想要去创造的⼀个,⽽不是眼前发⽣的⼀些.为什么? 眼前发⽣的⼀些就好像是回⾳⼀样.就⽐如说刚才吼出去hi,然后呢边来⼀个回⾳hi,然后你关注的是呢个回⾳hi.你没有关注你的源头.你要知道你说⼀个bye bye,然后呢边bye bye才会出现,明⽩吗? 你⾸先你要把你们物质世界发⽣的物质现象,就是这些相,这些景象,你要把它给减弱.怎么减弱呢? 它不是真实的,它是虚幻的.

The reason why your physical world is difficult to change lies in this: You're easily pulled into what you perceive as the reality of certain situations. For example, if someone slaps you, you see it as real and thus you get angry because everyone's focusing on that anger-inducing situation. However, you need to focus on creating something rather than reacting to whatever happens right before your eyes. Why is this so? The events unfolding immediately around you are like echoes; for instance, if you yell 'Hi', a 'Hi' echo comes back immediately. You pay attention to the echo but overlook your source of sound. To understand this, imagine saying 'Goodbye'; an 'Bye Bye' response won't occur unless preceded by 'Goodbye'. You first need to tone down the physical phenomena occurring in your material world - these appearances and scenes. How do you do that? These aren't genuine; they're illusory.

这⼀点你们就很难做到.为什么? 因为你们不相信呢些你们看不到的,你们只相信呢些你们看到的.但是看的到的它已经是⼀个映射的⼀个体了,就好像投影.

This is a point that you find very difficult to achieve. Why? Because you don't trust those things that you can't see; you only trust what you can see. But what you can see is already a projection of the real thing, like a shadow.

问: 那我怎么能提⾼⾃⼰的频率呢?

Questioner: How can I increase my own frequency?

⾼灵: 你要把它弱化.⾸先是你的能量给了它,让它强⼤的.让它的相变得如此的坚硬或者让它变得如此的顽固,⼀直停留在呢.为什么? 因为我在给它能量.你⾸先你要减轻给它的能量对不对? 就是你不再给它能量.你不再给它能量就是什么? 就是I don’t care,我不在乎,我不关注.

Higher Spirit: You need to weaken it. It became powerful because you gave it your energy. Make its essence so solid or stubborn and keep it that way. Why? Because I'm giving it energy. First, you must reduce the amount of energy you give it, right? That means you stop giving it energy. When you stop giving it energy, what does that mean? It means "I don't care," "I am indifferent," or "I pay no attention."

问: 那我去关注哪个地⽅?

Questioner: So, which area should I focus on?

⾼灵: 关注你想要的呀.关注你想要创造的呀.问: ⽐如说我想要快乐我就找⼀些⽅法来…⾼灵: 你有没有发现,就⽐如说你可能最开始你什么都没做,然后你⾝体疼痛,你就⼀直关注,我好疼好疼.然后突然呢边有⼀个喜剧⽚,然后你看着看着你就忘记⾃⼰的疼痛了.当你再把注意从喜剧⽚转移到疼痛,疼痛又开始痛了.你明⽩吗? 那呢个喜剧⽚可以是什么,⽐如说你特别热爱跳舞,你跳舞的时候是感觉不到疼痛的.你特别热爱唱歌或者你特别热爱美⾷,你吃吃吃.你们有时候吃的很爽的时候,其他你都感受不到.你在原地,你没有⽬标,你没有前进的⽅向,你往哪⾥⾛?你就只能在原地呀.那你⾸先得有⼀个吸引你的点,把你吸引到你的⽬的地去.

Higher Spirit: Focus on what you want. Focus on what you want to create. Questioner: For example, if I want happiness, then find some methods... Higher Spirit: Have you noticed that perhaps at the beginning you did nothing and then your body was in pain. You kept focusing on how much it hurt, "Oh my god, this hurts so bad." Then suddenly there's a comedy show on TV. As you watch, you forget about your pain. When you bring your focus back from the comedy to the pain, the pain starts up again. Do you understand? That comedy show could be anything. For example, if you really love dancing and when you dance, you feel no pain. Or if you're deeply passionate about singing or food and you eat so much that nothing else matters. Sometimes, while eating deliciously, everything else disappears. You're standing still, without a goal, with no direction to move forward in. You're stuck right where you are. So first, you need something that attracts you towards your destination.

你才会离开你的原地.那这个原地是什么?就是你的疼痛,你的不适,你的不满.

You will leave your original spot. What is that original spot? It's your pain, discomfort, and dissatisfaction.

问: 那⽐如说我就可以去找朋友玩或者是别的?

Questioner: For example, can I go out and play with friends or do other things?

⾼灵: 任何吸引你的东西.任何你热爱的东西,任何它能让你快乐.就⽐如说你们听演唱会或者是看电影,你也会进⼊他们的频率,明⽩吗? 或者是美景,这些东西都是⼀种频率,⼀种状态.

Higher Spirit: Anything that attracts you, anything you love, anything that can make you happy. For example, when you attend concerts or watch movies, you enter their frequency, do you understand? Or beautiful scenes; these are all frequencies, a state.

问: ⽐如说我在家跟我⽼公吵架,我就把他放在⼀边, 不去理他.我想从⾥⾯跳出来.

Questioner: For example, if I argue with my husband at home and leave him alone, not bothering him, I want to step out of it.

⾼灵: 你知道这只是个幻像.你不把它当成是真实的,你知道这只是⼀个回⾳⽽已.回⾳是来⾃于哪⾥? 是你刚才发出的⼀个⾳.

Spirit: You know that this is just an illusion. You don't take it as real, you know it's simply an echo. Where does the echo come from? It's your sound that you just made.

问: 那我另外找⼀个环境,把⾃⼰的频率提⾼起来?

Questioner: So, if I find another environment, can I raise my own frequency?

⾼灵:你不是提⾼.你⾸先要认清它的本质就是⼀个幻像⽽已.你把它当成真实的,你就觉得它就是真的.他说的话真的很让⼈伤⼼,伤害我,明⽩吗?你把它当成是真实的了.因为我告诉你,就算在呢⼀刻你⽼公很恨你,他不爱你.但是如果你不把他当成是真实的,你继续爱他.他下⼀秒钟就会爱你了,明⽩吗?为什么?你播下的是爱的种⼦.如果你把它当成是真实的,那你们俩都在加重就是强化这个幻像了.就⽐如说他出现像烟雾⼀样,但你相信了,也认同了,加⼊了.那么你就把呢个烟雾变成了⼀个更加强烈的,就是实体了来给你体验.你越变成实体,你就越是困在⾥⾯.你说看吧,这个是真实的呀.你就越是卡在⾥⾯,你就越是体验这样.

Higher Spirit: You're not getting it. The first thing you need to realize is that it's just a illusion. When you perceive it as real, you believe it's true. What he said really hurts me; it hurts us, do you understand? You took it seriously. Because I told you, even if your husband hates you at this moment and doesn't love you, but if you don't see him as real, you continue loving him. He will love you the next second, do you understand? Why? You planted seeds of love. If you consider it real, both of you are exacerbating or strengthening this illusion. Just like when he appears like a cloud of smoke, but you believe and agree with it, joining in. Then you transform that smoke into something more intense, making it tangible for your experience. The more tangible you become, the more trapped you are inside. You see, this is real; the deeper you're stuck inside, the more you'll experience this.

你们物质世界的回⾳都是假的.是你们⼈在关注它,给它投⼊能量.给它关注,不断地不断地在这样⼦的状态下,它就显⽰给你们了.⼀些东西你们要是不再关注,它是不是就不会再出现在你们的世界⾥⾯了?

The echoes of your material world are false. It's you who pay attention to them and invest energy into it. By giving it your attention continually, it is then displayed to you in such a state. If you stop paying attention to some things, wouldn't they disappear from your world as well?

问: 因为我的⽣活⾯窄,我就是在家⾥和单位.那我和⽼公吵架后,我就去做⾃⼰的事情,等我好了再来和他互动,是这样吧?

Questioner: Because my life is narrow, I only exist within my home and workplace. If I have a fight with my husband, I do my own things until I feel better before interacting with him again, right?

⾼灵: 如果这是你需要的过程,你当然可以是这样啊.因为你是呢个体验者,你才是创造呢个体验的⼈.所以你需要⾃⼰的⼀个速度,明⽩吗? 因为每⼀个⼈的领悟或者是转变,他⾃⼰需要的时间或者是过程是不⼀样的.有的⼈需要这个过程,有的⼈不需要这个过程.所以你⾃⼰要看你⾃⼰需不需要这个过程.

Higher Spirit: If this is the process you need, of course you can be like that. Because you are the experiencer, you are the one creating this experience. So you need your own pace, right? Because everyone's enlightenment or transformation requires time or a process that varies. Some people need this process, while others do not. Therefore, you have to determine if you need this process yourself.

问: 我就想怎么能最快的跳出来.

Questioner: I just want to know how to jump out as quickly as possible.

⾼灵: 最快的跳出来? 你并不能理解它的运⾏⽅式,或者没有真正的领悟,它并没有真正的成为你的.你还是会再埋下,就是你还是会反反复复的再经历这些.所以不是说追求快或者是什么.重要的是你真正去理解,能够成为你的⼀部分.因为当你理解,你就会⽤这种⽅式.你不理解,你只是追求⼀个结果的话,那你就会反复的继续去体验这些.

Higher Spirit: The quickest to pop out? You can't understand how it operates or have a genuine insight, and thus, it doesn't truly become part of you. You would still be buried down, meaning you would continue experiencing these cycles again and again. Therefore, it's not about pursuing speed or anything like that. What matters is genuinely understanding and being able to make it a part of you because when you understand, you will use this method. If you don't understand and merely chase a result, then you will continuously experience these cycles anew.

问: 就是我还是要先忍⼀下,然后再焕发出爱,是这样吗?

The answer is yes, you have to bear with it initially and then express love, right?

⾼灵: 这是你的理解,我们不能回答你.因为这⾥没有忍,如果你忍的话,你就是还没有认清,你还不能理解它.因为当你理解了,你就知道没有什么是需要忍的.为什么? 因为你就是在跟你⾃⼰玩,明⽩吗? 回⾳⽽已.你说你要忍受回⾳啊? 如果你需要这个过程你可以去体验呢个过程,你不需要⼀下⼦逼着你⾃⼰去转变,转变⼀个过程.因为你可以在呢个过程学习.

Higher Spirit: This is your understanding; we cannot answer you here. Because there's no patience involved; if you were to show patience, then it means you haven't truly comprehended, and thus you are unable to understand it fully. Because once you do comprehend, you would realize that there is nothing needing the act of patience. Why? Because you're just playing with yourself, get it? Just echoes. You're saying you have to endure these echoes? If you need this process, then you can go and experience that process; you don't necessarily have to force yourself into immediate transformation. A process of transformation comes from within. As long as you learn through that process.

问: 因为我就觉得我有很⼤的情绪在呢⾥,然后⼀下要转变.

Questioner: Because I feel like there are big emotions inside me, and then suddenly a shift takes place.

⾼灵: 没有任何⼈逼你⼀下要转变,是你⾃⼰在呢⾥想要⼀下⼦看到结果好吗?问: 因为我不想要去体验低频的状态.

Higher Spirit: Is there anyone forcing you to change immediately? It's your own desire to see results right away, isn't it? Questioner: Because I don't want to experience low-frequency states.

⾼灵: 低频它也是你⾛向⾼频状态的⼀个梯⼦.你把梯⼦拿了你怎么⾛向它?问: 因为我已经体验了,我不想再体验它.

Higher Spirit: It is also a ladder for you to ascend to higher frequencies with the low frequency. How do you move towards it if you take away the ladder?

Questioner: Because I have already experienced it, I don't want to experience it again.

⾼灵: 那如果你还需要这个过程,你就必须要好好的利⽤它,明⽩吗? 这⾥没有没⽤的东西.

Higher Spirit: If you still need this process, then you must make good use of it, understand? There's nothing useless here.

⼀切都是助你,不是你把它嫌弃或者把它分离,⼀直保持在⾼频的状态.不是的.明⽩吗?因为这⾥没有⾼低之分的.

Everything is aiding you, not that you reject or separate it; keep it in a high-frequency state continuously. Not so. Understand? Because there is no hierarchy here.

问: 我的指导灵对我有什么信息带给我?

Questioner: What messages does my guiding spirit have for me?

⾼灵: 今天这些信息都是带给你的呀.让你更轻松.关注快乐,关注喜悦.

Higher Spirit: All of this information is brought to you today. It's meant to make your life easier. Focus on joy, focus on happiness.

问: 病毒反复这样.我⾃⼰把这个病毒看的很淡.但是社会还是这样,很多⼈还是恐慌.我想知道这个病毒什么时候能⾛?

Questioner: The virus keeps doing this. I view this virus as insignificant, but society still reacts in panic. I want to know when will this virus leave us?

⾼灵: ⾸先你要知道你们社会上它是需要它这个过程这个体验这个经历,你们才会把这些东西显化出来给你们去经历.就是你们需要这堂课,那这堂课它才会在课堂上呈现给你们,明⽩吗? 多久? 因为对于某些⼈来说,他们完全没有受这个影响呀.只有⾃⼰去选择,他加⼊了这个集体意识,就是加⼊集体恐惧或者这个转变.他才会去经历这些.就像你去跟恐惧的能量对齐,然后你才会去经历这些,这些对你来说才会有⼀个⾮常⼤的影响.那如果你不想去体验这个,那即使你是被关在家⾥,你也可以充满喜悦的去过你的⼈⽣.因为你内在的状

Higher Being: First, you must understand that within your society, it is required for you to go through this process, experience these things, and gain this experience so that they can manifest themselves to you for you to experience them. You need this lesson, which is why it will be presented to you in the classroom, do you understand? How long does it take? Because for some individuals, they have not been affected at all by this lesson. Only when they choose to join the collective consciousness—whether that involves joining with collective fear or undergoing a transformation—will they experience these things. Just like when you align yourself with the energy of fear and then begin experiencing these things; it will have a huge impact on you. If you don't want to undergo this process, even if you are isolated at home, you can still live a joyful life because your inner state is what truly governs your experience.

态它是没有任何东西可以限制你的.它并不是因为你住在这个房间或者住在呢个房间,你在⾥⾯还是在外⾯.那这是你们的集体意识,就是你们集体社会它需要这样⼦的⼀个过程,来让你们⼈类看到你们内在的⼀些东西,内在的⼀些状态.所以你们会去体验这个.需要多长时间或者是多久? 你知道这⾥没有⼀个真正的时间.⽽是说你在当下你选择了⼀个,你在当下你⾸先你要去选择这个转变.

It allows you to be unrestricted by anything. It is not because of where you live in this room or within the room or outside it. This is your collective consciousness, which requires this process for your society as a collective, so that humanity can see certain aspects of themselves, of their inner states. Therefore, you will experience this. How long does it take or how often? You know there's no real time here; instead, you choose in the present moment and first you have to choose this transformation.

问: 那这个是我个⼈选择还是集体去选择?

Questioner: Does this involve a personal choice or a collective decision?

⾼灵: 集体的⼀部分,因为你在⾥⾯.就好像你们都是⼀个蜂窝,你们都在蜂窝⾥⾯,你是其中⼀个.所谓的蝴蝶效应,当你改变的时候,你千万不要⼩看你的能量或者是⼒量.因为你们每⼀个⼈,你们⽬前的状态是什么? 你们的能量和⼒量给了更⾼的组织.⽐如说给了你们政府.你们把⼒量拿回来.

Spirit: A part of the collective because you're inside it. You are all like a beehive, existing within the hive, each of you being one part. The notion of the butterfly effect applies; when you change, do not underestimate your energy or power. Your current state, what is it? Each of you provides energy and strength to higher organizations, such as your government. You need to take back that power.

问: 说是我们给了政府,但是感觉⾃⼰很渺⼩.

Questioner: They say we give it to the government, but we feel so insignificant.

⾼灵:你⾸先要知道你们⾸先会体验和经验这些,是你们个⼈的意识.是你们内在的状态它把这些⽆⼒感,它把这些病毒… 它显化出这样的事件.你们的政府只是在根据这些显化的事件⽽做出⼀些措施.他呢些都是从外去解决问题的.但是你要知道就好像我刚才说的回声,你真正的源头你没有找到.你们都觉得要么是政府,要么是国家,要么是社会,跟你没关系.但是实际上你就是源头.你们有多少⼈能理解你就是源头?你们没有⼏个⼈能理解这个.所以整个源头的频率转变了… 这么说吧,政府它可以先做它政府做的事情,但是我⼈们可以做我⼈们,OK,我就算被封闭,但我还是快乐,我还是enjoy my life,我还是跟我的家庭超级开⼼.

Higher Spirit: The first thing you need to understand is that these experiences and sensations will be your personal awareness. It's the inner state of you that manifest this helplessness, it manifests these viruses... It creates such events. Your government acts based on these manifested events; they are trying to solve problems from outside. But what you should know, just like I said before about echoes, your true source is where the problem lies and you have not found it. You think that either the government or the country or society has nothing to do with you. However, in reality, you are the source itself. How many of you understand that you are the source? Very few people comprehend this concept. Therefore, the frequency of the source is shifting... Let me put it simply: The government can handle its responsibilities, but as individuals, we can take care of our own happiness. Even if I am confined, I still find joy in life, and I enjoy spending time with my family; I'm incredibly happy about that.

你想,你们⼩家庭超级开⼼,你带动了你们整栋楼超级开⼼.你们就是被隔离你们还是超级开⼼快乐的⼀个状态.那你整栋楼,整个⼩区,你再辐射到你的整个⽹络呢?你们现在的辐射特别⼴.为什么?那当你的振动频率辐射了整个⼩区,整个⽹络,你想象⼀下.⼀个⼈传染⼀个,像病毒⼀样.你看你们病毒的传染⼒量多⼤?把整个⼈类都传染了.当你越来越是在这样的状态下,你们社会上的事件是不是就慢慢慢慢转变了?为什么?因为当你在快乐的状态下,病毒便不会对你有伤害.那你的病毒是不是就变弱了.病毒变弱了,它不会对你们有影响⼒了,那你们政府是不是就放开了?明⽩吗?所以说⼒量在你们⾃⼰⼿⾥,是在你的认知⾥⾯.

You wonder about your little family's immense happiness, how you uplifted the entire building with joy. Even in isolation, you're exuding such positivity and contentment. Now, imagine this effect spreading to your whole community, then expanding through your network. The influence is vast now. Why? Because when your vibrational energy permeates the neighborhood and your online network, think of it like a virus spreading from one person to many. You marvel at how much power you have – enough to infect an entire human population with happiness! As you maintain this state of bliss, wouldn't societal issues gradually shift? The reason is that when you're in joy, viruses can't harm you. Your 'virus' here weakens under such conditions. Weakened viruses no longer pose a threat to your community, and perhaps, the government might relax certain measures. It's clear that this power resides within you, rooted in your consciousness.

像我刚刚说的,你们没有⼏个能认识到这个问题.他们觉得⾃⼰是⽆⼒的,然后病毒才是最⼤的.这个是社会问题,这个是外在的问题,这个是政府的问题.我哪有⼒量改变呀.那你们如果都是这样的思想,那你们是不是正好体验的都是你这种思想?你会去体验这个为什么?因为这就是你⾃⼰思想的⼀个投射.就是你内在的⼀个投射,你内在相信了什么,然后你就在经历和体验什么.你能怪外在吗?你们每⼀个⼈要改变的是你们的认知,你们要为你们的所思所想、念头负责任.这个才是真的源头,明⽩吗?你们的所有都是连在⼀起的.你会影响到别⼈,你会影响的孩⼦,影响到你的⽼公,影响到你⽗母.他们在⼀个影响⼀个,⼀个影响⼀个.

As I just mentioned, not many of you can recognize this issue. They feel powerless, and then it's the virus that is the biggest problem. This is a societal issue, an external problem, a government issue. What power do I have to change that? If you all think like this, are you experiencing what exactly you're thinking about? Why would you experience this? Because it's your own projection of thought. It's a projection from within yourself; what you believe internally is what you're experiencing and embodying externally. Can you blame the outside world for that? Each one of you needs to change your mindset, taking responsibility for your thoughts, ideas, and beliefs. That is truly where the root lies, understand? Everything you have is connected. You influence others, affecting children, your spouse, your parents; they're influencing each other in turn.

你千万不要觉得你不会影响到任何⼈,明⽩吗?你想你就影响到你孩⼦,你孩⼦班上有⼏⼗个⼈吧?那⼏⼗个⼈再影响⼏⼗个家庭,那⼏⼗个家庭再影响… 明⽩吗? 所以传播的⼒量,已经告诉你了你们的影响有多⼤.因为就像病毒⼀样,它会传播开的呀.那呢个病毒最开始是不是就⼀个⼈.那现在呢? 完全失去控制.那你的思想,是不是就你⼀个⼈有这个念头.那慢慢慢慢也是会像病毒⼀样失去控制,整个⼈类都被你这个病毒给感染了.那你能只去想你⾃⼰吗? 你不能呀.

You mustn't think that you won't affect anyone, understand? You think it's just affecting your child, right? How many people are there in your child's class - maybe dozens? And those dozens of people influence dozens more families. Those families then impact... Understand? So the power of transmission has already shown you how much impact you have. Just like a virus that spreads, doesn't it? At first, was there only one person with that virus? Now though, it's completely out of control. Your idea is just yours, isn't it? But over time, it will spread like a virus and take over the entire human population. Can you just focus on yourself? No way!

# **2022/10/24 — 只有你才能束缚你⾃⼰ Only you can bind yourself**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 你好,我想请问我这⼀世的主题是什么?

Questioner: Hello, may I ask what my theme for this lifetime is?

⾼灵: 你稍等.你叫什么名字?问: 我叫XXX.

Higher Spirit: Wait a moment. What's your name? Questioner: I'm called XXX.

⾼灵: 转化.你选择了⽐较多的束缚和⼀些在你们物质世界看起来⽐较悲惨的事件,就是去经历体验.然后来供你去转化成喜悦和⾃由的⼀个过程.所以呢,你的前半⽣就会经历类似于各种事件,你都会感受到束缚或者是不⾃由或者是就感觉约束特别多.然后就会发⽣很多在你们物质层⾯,就是你们⼈类会认为这些是⼀些不好的事件,悲惨的事件.但是实际上是你们的意识程度和你们的认知和观念,这是需要你来突破的,明⽩我意思吗?

Higher Spirit: Transformation. You chose to experience a significant amount of bondage and some rather bleak events in your physical world as means to undergo a process of transformation into joy and freedom. So for the first half of your life, you will encounter various events that bring about feelings of confinement or lack of liberty or a sense of too many restrictions. These will result in what your human perception deems as negative occurrences at a physical level. However, it's actually through your consciousness levels, understanding, and beliefs that you need to transcend these experiences. Do you understand?

问: 我想问⼀下我和我的爸爸,就是我是被抱养的.我爸爸去世之后我才知道我是被抱养的.我想知道我和我爸爸前世有什么关系呢?

Questioner: I want to ask about me and my dad; I was adopted. I only found out that I was adopted after my father passed away. I'm curious about any past lives connections between me and my dad?

⾼灵: 对你来说这是⼀个悲惨的事件吗? 就是在你们⼈类你们看起来就觉得,你看她,都是被抱养的孩⼦,是不是?

Higher Spirit: Is this a tragic event for you? Just like how you humans perceive it, when you look at her, as if she's an adopted child, right?

问: 没有.我是从我的姐姐,她说给我听的.当时我有点难过,但是现在也想开了.我就想知道我和我爸爸有什么关系吗?

Questioner: No. I heard it from my sister, she told me. I was a bit sad at the time, but I've come to terms with it now. I just want to know what kind of relationship I have with my father?

⾼灵: 这个养⽗吗? 还是说亲⽣的?问: 养⽗.

Higher Spirit: This is the adoptive father, or biological? Ask: Adoptive father.

⾼灵: 你稍等.我来看看你们之前,除了这⼀世有没有其他的联系.我从这边的信息搜索到你们有⼀世的关系就像是主⼈和仆⼈的关系.但是呢,他⼀直对你很虐待,就是对你很不友好.然后他希望从这⼀世来补偿你,就是来达到这个平衡.就是呢⼀世,他好像就是压榨和欺负和对你不是很友好的⼀世.然后呢,通过这⼀世的体验来把呢⼀世的体验给平衡起来,把这个业⼒平衡起来.所以他对你更多的是⼀种补偿.

Higher Spirit: Wait a moment. I'll check to see if there were any connections between you before this lifetime apart from this one. Based on the information here, I found that in a past life, you had a relationship akin to that of a master and servant. However, he treated you quite cruelly and was very unfriendly towards you. He hopes to compensate you for this in this lifetime, aiming to restore balance. In essence, there was a lifetime where it seemed like an exploitation and mistreatment situation, not being friendly towards you. Then, through experiencing this lifetime, they're balancing that past life experience, reconciling the karma. Hence, he is more focused on compensating you.

问: 那我想问⼀下我爸爸他在去世后他托梦给我说,他去世后⼀直在⼲活,在饿肚⼦,说想吃⽟⽶.我在家⾥也听到⼀些动静.我想问⼀下我爸爸现在是什么样的⼀个状态? 他现在变成⿁了吗?

Questioner: I'd like to ask about my father who appeared in a dream to me after his death, saying he's been working and starving since then, expressing the desire to eat corn. I've also heard some movements at home. Could you tell me what kind of state my father is in now? Has he become a spirit?

⾼灵: ⿁对你们来说是什么?

Higher Spirit: What about you?

问: 就是徘徊在地球附近的低灵体.

Questioner: They are spirit entities hovering around the Earth.

⾼灵: 这⾥没有⾼灵体低灵体.你的问题是什么?

Sage Spirit: There are no high-spiritual beings and low-spirited beings here. What's your issue?

问: 就是我想知道我爸爸现在是什么样的状态? 他在第⼏维度? 他的肚⼦饿吗?

Questioner: I just want to know what kind of situation my dad is in now? Which dimension is he on? Is his stomach hungry?

⾼灵: 只有你们有⾁体你才会体验到饥饿.你如果没有⾁体你如何体验到饥饿,明⽩吗?问: 那我为什么会梦到这样的梦呢?

Spirit: You can only experience hunger if you have a physical body. How would you experience hunger without a physical body, do you understand? Questioner: Why would I dream of such dreams?

⾼灵: 你会梦到这个跟你爸爸没有关系,⽽是跟你⾃⼰有关系,明⽩吗? 是跟你⾃⼰有关系.问: 那我想问我⾝边有⼏个指导灵,⼏个守护者? 包括我的爸爸吗?

Spirit guide: You will dream about this not in relation to your father but with yourself, understand? It's related to yourself. Questioner: Can I ask how many guides and protectors are around me, including my dad?

⾼灵: ⾸先你要知道并不是你⾝边有⼏个⼈守护着你? ⽽是说你⾃⼰的意识状态你能链接到,你能探索到,你能感应到多少,明⽩吗? 他们不是像⼈⼀样,就是像你们看得到的物体⼀样呆在你⾝边.你像空⽓⼀样,你告诉我你⾝边有⼏个空⽓? 你能问这个问题吗? 你告诉我,我⾝边有多少空⽓?

Higher Spirit: First you should understand that it's not as if a few people are protecting you around you? But rather, it depends on how much of your state of consciousness can you link to, explore and sense. Can you get this? They're not like humans staying by your side in the same way you see objects. You're like air. I ask you, how many pieces of air do you have around you? Can you even ask this question? Tell me, how much air is around me?

问: 那就是说它们平时不在我⾝边,但是我想链接的时候,他们就跑到我⾝边了,对吗?

Questioner: So they aren't with me most of the time, but when I want to connect, they come to my side, right?

⾼灵: 你跑,你还需要腿.你还是在把他们物化.你不⽤去…问: 您能不能帮我链接⼀下我的⽗亲看看他有没有什么话要跟我说?

Higher Spirit: You run, you still need legs. You're still objectifying them. You don't have to go... Ask: Can you help me link my father so I can see if he has any messages for me?

⾼灵: 你稍等.他想要说的是他觉得他对你做的不够好,不够多.然后他会继续的在灵界陪护你和⽀持你.就这个信息.

Higher Spirit: Wait a moment. What he meant to say is that he feels he hasn't done enough for you, not enough. Then, he will continue to accompany and support you in the spiritual realm. This is the information.

问: 就是他会⼀直在我⾝边对吗?

Questioner: Will he be by my side always?

⾼灵: 他会⼀直在灵界继续的陪护你,⽀持你.他觉得他在物质世界的时候还会对你有⼀些就是遗憾,就是做的不够好不够多.然后还会想继续的补偿,给与的⼀种⼼态.

The Higher Spirit: He will continue to accompany and support you in the spiritual realm. He feels that even when he was in the material world, he still had some regrets about not doing enough for you. He would also want to continue compensating and giving, showing a mindset of wanting to make up for it.

问: 我想问⼀下我家⾥⾯时常的有⼀些动静,就是突然的有⼀些异常的动静.我想问⼀下这个是我爸爸弄出来的吗?

Questioner: I want to inquire about the occasional unusual sounds in my home. I wonder if these could be caused by my father?

⾼灵: 动静,⽐如呢?

Higher Spirit: What kind of movements and sounds?

问: ⽐如门突然的响了好⼏下,就是不正常的呢种.或者是桌⼦附近…⾼灵: 从什么时候开始?

Questioner: If the door suddenly made several loud noises, that kind of abnormal noise. Or around the table... Spirit High: From when did this start?

问: 从我爸爸去世之后,就是从2020年10⽉之后,⼤概有两年多了.

Questioner: Since my father passed away, starting from October 2020, it's been about two years and a half.

⾼灵: ⼀直有这种现象是吗?

Higher Spirit: Has this phenomenon always existed?

问: 之前⽐较频繁,现在不频繁了.但是家⾥还是有⼀点点动静.我想知道是不是我爸爸?

Questioner: It was more frequent before, but it's less now. However, there is still some activity at home. I wonder if it's my father?

⾼灵: 你稍等.我帮你看看.⾸先是你⾃⼰,就是在你的⼀个潜意识⾥⾯你想要去感应灵界,就是你想要跟灵界有联系.就是这是你想要去探索和想要去了解,明⽩吗? 就是你⾃⼰有这个想法,你想要去探索.因为你知道物质世界不只是物质世界,你知道还有灵界.然后你对这⽅⾯也很感兴趣.然后呢,你想要继续往这⽅⾯去探索,发展.⽽且你也想要跟你灵界的⽗亲和指导灵有链接.然后你就会体验到这些事件.但是这些事件并不是来对你造成恐吓和让你不舒服什么的.然后它会把你更加的带向这条道路上,明⽩吗? 这就是对能量,对灵界的⼀种探索.

Spiritual being: Wait a moment. I'll help you look into this. Firstly, it's about your subconscious desire to sense the spirit realm; you want to connect with it. This shows that you are curious and want to explore and understand these aspects. You have an idea in mind to delve deeper and further develop, knowing that the physical world is not just limited to what we see and touch, but there is more beyond it, including the spiritual realm. Your interest in this area is evident, and you wish to continue exploring and linking with your spirit guides from your own spiritual dimension. You will experience these events as a result of this connection. However, do not fear or feel uncomfortable; instead, they guide you down this path further. This exploration of energy and the spiritual realm helps you grow spiritually.

问: 请您链接⼀下我的⾝体能量.我的⽉经已经好⼏个⽉没来了.我的胸部也有⼀些疼痛感.能不能帮我看看我有没有什么限制性的信念,就是是什么导致的?

Questioner: Could you please connect me to my body's energy? My menstrual cycle has been missing for several months. I also have some pain in my chest. Can you help me identify if there are any limiting beliefs that might be causing this?

English:

⾼灵: 你⽉经没来你没有去检查吗?问: 没有.

Higher Spirit: Have you not gone to check if your menstruation hasn't come yet? Answer: No.

⾼灵: 你排除了你怀孕的可能吗?问: 我没有怀孕,我未婚.

Higher Spirit: Have you ruled out the possibility of being pregnant?

Questioner: I am not pregnant, and I am unmarried.

⾼灵: 你稍等.你⽉经没有来的原因是… 你⽬前是进⼊了⼀种好像是蜕变,然后转变、转化.就好像你的⾝体要从这个维度要进⼊另外⼀个维度.就好像要是⼀种穿过⼀道门,就是意识的⼀个蜕变或者是提升,你明⽩吗? 对你来说,就好像是⼀次,你看你们看到呢个蛇蜕⽪.然后你现在也会去蜕去很多过去的旧有的⼀些观念、信念,然后还有这些思想,还有就是旧有的你.所以你会是⼀次重⽣的转变.因为你们⼈⽣的每⼀个阶段就好像⼀个蛇,不停的蜕⽪,不停的蜕⽪.然后对你来说这也是⽬前在这个点上.所以⽆论是⾝体还是思想各⽅⾯,你都会感受到⼀系列的就是跟以前不⼀样.你说.

Higher Spirit: Wait a moment. The reason your menstruation hasn't come is because... you are currently entering a transformation, a change, an evolution. It's like your body is transitioning from one dimension to another. Imagine passing through a door; it's akin to a spiritual transformation or elevation of consciousness, do you understand? To you, it feels like experiencing the shedding of old skin as snakes do. Similarly, right now, you're shedding many outdated beliefs and ideas, along with the old self. This signifies your rebirth as you undergo this transformation. Just like each stage of life is akin to a snake shedding its skin continuously, for you, this is happening at this precise moment. Thus, in every aspect—physical and mental—you'll feel a series of changes that differ from before. So, tell me...

问: 那您链接到我的⾝体有哪些堵塞的地⽅吗?

Questioner: That means you've identified blockages in my connection to your body, right?

⾼灵: 堵塞的地⽅? 这更多的是关于你的⼀次成长,就好像你是⼀个⽵⼦,然后你再长出来⼀节,再长出来⼀节,明⽩吗? 你只需要去允许这个过程,然后期待你的重⽣.你不需要过多的去焦虑为什么你的⽉经没有来或者是哪⾥堵塞.你不需要关注这个点上.因为你的⾝体它会⾃然⽽然的.就好像你脱⽪的时候,你不需要去我怎么样把这个⽪扯掉.它时间到了,它⾃然⽽然的就会⾃⼰蜕掉,明⽩吗? 所以你的⾝体它也会在⾃然⽽然的更新的⼀个状态.

Spirit High: Places of blockage? This is more about your growth, like a bamboo plant growing a segment, then another one, do you get it? You just need to allow this process and anticipate your rebirth. There's no need to excessively worry about why your menstruation hasn't come or any blockages. Don't focus on that point. Your body will naturally take care of itself, much like when you shed skin; you don't need to figure out how to peel it off. It will naturally shed on its own once the time is right, do you understand? So your body will also be in a state of natural rejuvenation.

问: 你们之前通灵的时候说你们⾃⼰要去连接你们⾃⼰的⾝体意识.那我⾃⼰想要链接,⽐如说我⾝体不舒服的时候,我要怎么做让它把信息告诉我呢?

Questioner: Previously, when you communicated with spirits, you mentioned that you needed to connect with your own body consciousness. If I want to do the same, for instance, when my body feels unwell, how can it tell me information?

⾼灵: 现在信息已经告诉你了呀.你不要把所有⼈的信息都当成是⼀样的,因为你们每⼀个⼈不⼀样.那有的⼈她导致⾝体⽉经不调,她有可能是另外⼀种原因.但你是这个,明⽩吗?你们每⼀个⼈不⼀样.并不是所有⼈跟你有这样的现象,她就是跟你同样的问题.她有可能她并不是.

Higher Spirit: The information has already been conveyed to you. Don't treat everyone's information as the same because each of you is different. Some people might experience menstrual irregularities due to other reasons. But you are this situation, understand? Each one of you is different. Not all individuals experiencing phenomena like yours have the exact same issue; they may not be dealing with it similarly.

问: 我知道链接⾼我的⽅法有很多.我有⼀次在半醒不醒的时候听到⾃⼰的声⾳在⿎励我? 我想知道我怎么可以保持这个状态和我的⾼我⼀问⼀答呢?

Questioner: I know there are many ways to connect with my higher self. Once, I heard my own voice encouraging me when I was half-awake. I want to know how I can maintain this state and communicate with my higher self through questions and answers.

⾼灵: 这是你⾃⼰需要去探索的,明⽩吗? 你⾃⼰才是呢个探测器.因为任何灌输给你的信息,它都会成为你的⼀个束缚.限制了你的可能性,明⽩吗? 你只需要相信你⾃⼰,如果这是你感兴趣的,是你激情的,你就会⾛到呢⾥.你唯⼀需要的就是保持你的激情和你的兴趣和爱好.这就是钥匙或者是道路或者是秘诀.因为然和概念,如果我们传授给你的话.你可能就会,我们上次通灵说的是这个,我要⽤这种⽅式.你就使劲⽤这个⽅法,你就使劲往这个点撞.但是呢个点不⼀定是你的点,明⽩吗? 因为你才是呢个独⼀⽆⼆的体验者.但是唯⼀的就是说你保持你的热情度,就是我对它充满了热情,我想要去交流,想要去沟通,想要去链接,明⽩吗?

Higher Spirit: This is something you need to explore on your own, understand? You are the detector yourself. Because any information implanted in you will become a fetter for you, limiting your possibilities, understand? All you need to do is trust yourself; if this interests you and sparks your passion, you will reach it. The only thing you need is keeping your enthusiasm and interest in your hobbies. This is the key or path or secret. Because if we impart concepts to you like this last time when we were channeling, you might do it in that way. You should strongly embrace this method and push yourself towards this point. However, that point may not be yours necessarily, understand? Because you are the unique experimenter. But the only thing is that you maintain your passion; I am passionate about it and want to communicate, to connect, understand?

只有你的热情和激情,它就好像是激光⼀样可以穿透.然后其他你需要探索出属于你⾃⼰独⼀⽆⼆的路出来.

Only your enthusiasm and passion can penetrate like a laser; then you need to find your unique path for exploration on your own.

问: 那您这边能知道我⽐较擅长往哪个⽅向⾛吗?

Questioner: Could you tell me in which direction I tend to excel more?

⾼灵:你没有限制,任何只要是你⾃⼰想要去尝试的或者是激情的.如果你真的是想要去找到你擅长什么的话.那你找⼀个就算是你不吃不喝,你都想要去继续,你都想要去继续体验它.这个是不是你⽐我们更清楚?因为你才知道.那如果我说你去看书,你去冥想.那你有不喜欢看书.那你为了要听我们的,你逼着你⾃⼰看书.那你是不是进⼊了⼀种分裂的状态,挣扎的状态,对不对?那我说你去冥想,但是你又坐不住.你宁愿跳舞.你⾃⼰才知道你宁愿跳舞.那你是不是就错过跳舞了?为什么呢?因为当你跳舞的时候,你就好像是灵在你的⾝体当中舞蹈.那你是不是就错过这个了?所以⽆论是多么⾼明的⼤师或者是什么信息,你都要知道真正的信息是来⾃于你的内在.

Higher Spirit: You are unrestricted by any limitations, anything that you desire or feel passionate about. If your genuine wish is to discover what you excel at, then engage in activities where even if you don't eat or sleep, you still want to continue and experience them. Is this clearer to you than it is to us? Because only you know. If I suggest you read books or meditate, but you dislike reading, then forcing yourself into these activities could lead you into a state of conflict and inner struggle. Right? And if I say meditate, but you can't sit still; you prefer dancing instead, which you actually prefer doing. Could this mean you're missing out on the opportunity to dance? Why is that so? Because when you dance, it feels like spirit dancing within your body. Are you missing out on this experience too? Therefore, no matter how skilled or knowledgeable a master might be, or what information they provide, you must understand that true knowledge comes from within yourself.

它知晓⼀切,它是呢个知晓者.所以你需要去往内去探索,⽽不是往外.

It knows everything; it is the knower. Therefore, you need to go within and explore, rather than outward.

问: 之前看你们的通灵信息说如果我相信明天我就会中彩票,我就⼀定会中.这种百分之百信任的程度怎么样能达到呢?

Questioner: Previously, your spiritual messages said that if I believe tomorrow I will win the lottery, I will definitely win. How can one achieve such a level of absolute faith?

⾼灵: 怎么样能达到? 就是你根本就没有这个问题产⽣.你根本就没有这个问题就是怎么样才可以达到.因为你知道你已经到呢⾥了,就是你已经在呢个位置上了,明⽩吗? 就是你已经在呢⾥了,你不是说要达到,要⾛到.

Higher Spirit: How can you achieve it? Essentially, you don't even have this issue. The question of how to achieve it doesn't arise because you already know that you're there. You're already at that place; do you understand? You're already in the position where you're not saying you need to reach or walk towards something.

问: 我现在学习灵性知识过后,我就觉得我⾃⼰⼯作挣钱是⼀个⽐较限制性的信念.因为我知道我⾃⼰是造物主,我就想轻轻松松的暴富.我就想知道怎么可以达到这种百分百的相信的状态?

Questioner: After learning spiritual knowledge, I feel that earning money through work is a restrictive belief for me because I know that I am the Creator. So, I want to achieve wealth easily and effortlessly. My question is, how can I reach a state of absolute trust?

⾼灵: 也就是说你⼼中已经没有任何疑问,你也不会去问任何⼈,你也不会有任何怀疑,你也不会有任何.如果你已经在呢⾥了,你不会去问我怎么样才可以达到? 我怎么样可以达到呢种状态,明⽩吗? 因为你已经在呢⾥了.就好像你说我怎么样可以在天堂呢? 当你在提这个问题的时候,你已经把你和天堂分开了,明⽩吗? 你产⽣这个问题的时候你就已经不再天堂⾥⾯.当你提出这个问题的时候,或者有和这个想法的时候,或者想要去寻找的时候,你就已经离开呢⾥了,你就不在天堂⾥⾯了,明⽩吗?

Spirit: In other words, there is no question in your heart, you won't ask anyone else, and you won't have any doubt. You are already there. You wouldn't ask how to achieve it or how to reach that state. Do you understand? Because you are already there. It's like asking, "How can I be in heaven?" When you're asking this question, you've separated yourself from heaven. Do you get it? You're not in heaven when you start thinking about it, or while having the thought of searching for it, or even before attempting to find it. You are already out of paradise when you ask these questions or have those thoughts, understand?

问: 我被⼀个男明星监控我的⼿机已经监控了四年了.我⼀直脱离不了他.因为他不只对我⼀个,他还对好⼏个曾经喜欢过他的粉丝.他伤害过很多的⼈.我不想跟他牵扯了,我也不想去曝光他.我怎么样可以断开和他物质世界的协议呢? 让他忘记我,离开我呢?

Questioner: I have been under surveillance by a male celebrity for four years who is monitoring my phone. I am constantly unable to break free from him because he targets not only me but also several fans who once adored him. He has hurt many people. I don't want any more involvement with him, nor do I wish to expose him. How can I terminate the material world's agreement with him and make him forget about me and leave me alone?

⾼灵: 你稍等.⾸先你⽬前想要跟他不要再有任何牵连是吗? 他监控你的原因是什么?

Higher Spirit: Wait a moment. Firstly, you want to have no further connections with him, right? What's the reason he monitors you?

问: 他监控我的原因,他可能有点⾃⼤吧.

Questioner: He monitors me because he might be a bit arrogant.

⾼灵: 你们还有现实中的来往吗?

Spirit: Do you still have interactions in the real world?

问: 没有.但是我的⼿机被监控我的⼿机是有提⽰的.

Questioner: No, but my phone alerts me when it's being monitored.

⾼灵: 那你有告诉他任何你的想法吗?问: 我讲了很久了.但是他不听.

Higher Spirit: Have you told him anything about your thoughts? Asked: I've been speaking for a long time. But he doesn't listen.

⾼灵: ⾸先你再回到我们前⾯的⼀个最开始跟你说你会感受到限制,你会感受到束缚.然后你要把它转化成你的⾃由.因为即使不是他的这个事件,也会有其他事件让你感受到这种.

Sage: First, you need to return to the point where we began and realized that you would feel restrained when I spoke about it; you felt bound. Then, you must transform this feeling into your freedom. Because even if it's not his event, there will be other events that make you feel in the same way.

⾸先你要接受他是来供你转变的,⽽不是来真正的限制你的.因为当你觉得他是真正的来限制你的时候,你就会已经失去你改变他的⼒量了.

Firstly, you need to accept that he is there for your transformation, not to truly restrict you. Because when you feel that he is really trying to restrict you, you have already lost the power to change him.

问: 我理解.但是我现在不知道怎么继续下去了.我不想再继续下去了.

Questioner: I understand, but I don't know how to proceed now. I don't want to continue anymore.

⾼灵: 在你的意识当中,你有⼀点享受或者是enjoy或者是想要这样的⼀个关系.为什么你想要这个关系呢? 你头脑可能不明⽩你为什么想要这个关系.因为你想要有⼈还跟你有链接.就是还想要呢种被在乎,被关注,被需求.就是在你的最深处的⼀个,就是还没有浮到你的意识,你还没有看到你有这深层次的需求,明⽩吗? 你想要的并不是⽤监控的⽅式.⽽是说你想要的是有链接感,然后被关注,被重视,被在乎,被看到,是这⼀层需求,明⽩吗?

Sage: Within your consciousness, you have a little enjoyment or desire for such a relationship. Why do you want this relationship? Your mind may not understand why you want this relationship because you want someone to still be connected with you. You're still wanting that sense of being cared for, being noticed, and being needed. At the deepest part of you, which hasn't surfaced into your consciousness yet, you haven't seen this deep-seated need. Do you understand? What you want isn't through surveillance. Instead, you want a connected feeling, then being noticed, being valued, and being cared for, at this level of need, do you understand?

问: 我俩这是⼀种不正常的状态.

Questioner: This is an abnormal state between the two of us.

⾼灵: 你⾸先要知道这是你深层次的好像⼀个洞⼀样,好像有⼀个需求,有⼀个空洞在呢⾥需要被填满.它虽然表现的⽅式是不⼀样的.有些⼈他喜欢被虐待或者是喜欢被打.为什么呢? 因为他觉得对⽅在打他的时候才是跟他的⼀种互动.他其实需要的是⼀种互动.只是他还不知道会呈现出暴⼒的⽅式互动,明⽩吗?

Higher Spirit: You first need to understand that it's like a deep void within you, like there's a need that needs to be filled. Although the way it manifests is different for everyone. Some people might enjoy being abused or liked being hit. Why is that? Because they feel that when someone hits them, it is an interaction between them. Essentially, what he needs is interaction. It's just that he doesn't know yet that his interaction would manifest in violent ways, do you see that?

问: 那我这种状态我应该怎么处理呢?

Questioner: How should I handle this situation?

⾼灵: 你这种状态你应该是去⾃我探索,去看到最深层次的⼀个洞.就是你需要从外界来满⾜你,来填满你,就是我刚刚说的呢⼏种需求.那如果你把呢个洞填到了呢?你不需要了呢?你⾃⼰就是完整的⼀个状态了呢?那你便不需要再去继续体验这个了.你现在可能⼀下不会太明⽩,但是你可以到时候可以听录⾳或者是看⽂字.然后你慢慢慢慢的就会找到⽅向.因为你现在还是困在⾥⾯的⼀个状态.就好像你现在还没有,我刚刚不是说重⽣吗?那你现在就是在重⽣.就这么说吧,你现在是⽑⽑⾍,你要变成蝴蝶.我现在告诉你怎么飞,怎么⽤翅膀.你都没有概念.为什么?因为你从来都没有长过翅膀,你是⽑⽑⾍的状态呀.所以你就不能去理解,明⽩吗?

Ethereal Being: In this state of yours, you should embark on self-exploration and venture into the deepest depths of a hole - essentially needing external fulfillment to fill yourself up, which corresponds to the various needs I've mentioned. If you were able to fill that void completely, leaving no need for further filling? Would you then be in a complete state where you no longer feel the need to continue experiencing this? It might not be immediately clear now, but upon listening to recordings or reading texts later on, you will gradually find your direction as you break free from your current entrapment. You see, you are still within that confined state; think of yourself as a caterpillar undergoing rebirth, striving to transform into a butterfly. I'm telling you how to fly and use your wings, but it's all abstract concepts because you've never grown wings before - you're still a caterpillar. This is why you can't understand or comprehend the process, do you see?

那当你转变过后,成为⼀只蝴蝶的时候.你就知道这就是⾼灵说的翅膀.

When you transform and become a butterfly, you then know that these are the wings that Higher Spirit spoke of.

问: 那我现在就是什么都不做,还是继续忍受着,对吧?

Questioner: So, should I just do nothing and continue to tolerate it, right?

⾼灵: 没有什么忍受不忍受的.因为当你把这个变成是他在限制你,你就体验到他在限制你.但是你不把它变成是它在限制你,你不把它看成它是在限制你,明⽩吗? 就是⽐如说他安排了⼀场游戏,你不加⼊他,他来恐吓你,你不受他的恐吓.为什么呢? 你专注在你⾃⼰想要体验的世界⾥⾯.虽然是他安排的⼀场戏,但是你可以去不加⼊他的戏.他⽐如说给你上演⼀个恐怖的戏剧.那你可以就是,你知道呢个恐怖只是它的⾳效啊、场地啊,各种.你知道它是假的.因为这个世界只有你⾃⼰允许把它当成真的,把⼒量给了他,你才会感受到他给你想要创造的感觉.

Spirit: There's nothing to endure or not to endure. Because when you make it that he is restricting you, you experience him restricting you. But if you don't make it that it's limiting you and you don't perceive it as him limiting you, do you see? It's like for example, he sets up a game, you don't join in, he comes to intimidate you, you're not intimidated by his intimidation. Why is that? You focus on the world you want to experience. Even though it's his setup, you can choose not to be part of his setup. He might show you a terrifying play. You could just know that that terror is just its sound effects, setting, etc., all false. Because this world only allows itself to be considered true when your own power is given to him, and then you feel the sensation he wants to create for you.

问: 那平时我会去设想我使⽤我的⼿机是⾃由⾃在的.那我会不会就渐渐脱离他了呢?

Questioner: Will I gradually detach myself from it when I imagine using my phone freely and comfortably in everyday life?

⾼灵: 刚才前⾯的信息已经说了很清楚,是你给了他… 他就好像是⼀只纸⽼虎,然后这个纸⽼虎之所以能把你吓到,是你在给他注⼊能量.如果你的关注点不在纸⽼虎上⾯呢? 你每天去设想它,你还是在觉得你是被困的呀.为什么? 你就是想要逃离它,你找⼿段,找⽅式⽅法去逃离他.那你这样⼦的⼀个,其实你还是在加⼊他的游戏,你还是在受他的影响.因为你还在挣扎,你还在想办法逃.但是这⾥并没有什么好逃的.因为物质世界没有任何⼈或者是事件可以真正的影响到你,除⾮你⾃⼰允许,你⾃⼰愿意加⼊.

Higher Spirit: The information provided earlier was clear; it was you who gave him... He's like a paper tiger, and the reason this paper tiger can scare you is because you're infusing energy into him. If your focus isn't on the paper tiger? Even if you imagine it every day, you still feel trapped. Why? You want to escape from it, looking for ways to get away from him. In doing so, you're actually participating in his game and being influenced by him because you're struggling and trying to escape. But there's nothing to escape from here. Because the material world doesn't have anyone or anything that can truly affect you unless you allow it yourself, and are willing to join in.

问: 之前你们说我们体验完⾃⼰的主题后可以换⼀个主题.那我怎么知道⾃⼰的主题结束了呢?

Questioner: You said earlier that after we experience our own theme, we can switch to a different one. How do I know when my current theme has ended?

⾼灵: 就是说,你跟你的整体是有链接的,这样⼦的状态.你就会知晓⼀切.那当你跟你的整体是⼀个分开的状态,你只是你的⼀个⾁体的话,你便不会知晓这些.因为你还把你当成⼀个⾁体在活着.你会把所有的⼀切都浸⼊这个⾁体.你的所有⼀切,⽐如说你来让这个⾁体做决定,让这个物质头脑.就⽐如说⼀个事件,你会⽤你物质头脑⾥⾯的⼀些观念、思想或者是数据来分析来做决定.真正的跟整体有链接的时候,它是不会做任何决定的.他知道我这个⾁体是做不了任何决定的,它只是⼀个体验者,明⽩吗?

Higher Spirit: That means you are connected to your wholeness in this state, where you know everything. But when you're separated from your wholeness and merely exist as a physical body, you wouldn't know these things because you still see yourself as a mere body alive. You immerse all of your essence into that body. All of you, for example, when you let the body make decisions based on the physical mind's concepts, thoughts, or data during an event. True connection with your wholeness doesn't involve making any decisions; it realizes that this body can't make decisions, but is merely an experiencer, understand?

问: 可是⾁体做不了决定,我不是有⾃由意志的吗? 就⽐如说我想体验什么,这个不是我这个⼈格想体验的吗?

Questioner: But can't my body make decisions? Don't I have free will? For instance, when I want to experience something, isn't that what my personality wants to experience?

⾼灵: ⾃由意志.你说的⾃由意志是指? ⾸先你要知道你所谓的⾃由意志,你觉得是你的⾁体在做决定,你觉得是你的⼩我.那为什么有些⼈他做了这个⾃由意志的决定过后,他还是如此的痛苦呢? ⽐如说他获得了⼀切,他获得了名声、财富、⽼婆、家庭.那为什么他还会去⾃杀呢? 为什么他还会痛苦呢? 为什么他还是不满⾜,感受到空洞呢? 也就是说当你不断地去满⾜⼩我或者是头脑的追求或者是欲求,当你达到了过后,呢不是你想要的.这就是你所谓的⾃由意志吗?不然的话,你们世界上就不会有呢么多冲突和问题了.你们都觉得达到了你们头脑⾥⾯想要的,你们就是找到了幸福或者是怎么样.但是你去问问有⼏个⼈是这样⼦的.

Higher Spirit: Freedom of Will. What exactly do you mean by freedom of will? First, you believe that your body is making the decisions, and it's your ego doing so. But why are some people still experiencing such intense pain even after making what they consider a free-will decision? For example, someone has achieved everything - fame, wealth, wife, family. Why do they still end up committing suicide or feel so much pain? Why are they still unsatisfied and feel emptiness? In other words, when you continuously fulfill your ego's desires or the pursuit of your mind, why is it that after reaching a point where you think you've achieved what was desired, you're not actually satisfied; isn't this what you call freedom of will? Otherwise, wouldn't there be far fewer conflicts and issues in the world if everyone thought they had found happiness by fulfilling their mind's desires? But when you ask people, how many truly believe this to be true?

他可能⼀开始的⽬标是要赚到⼀百万.等他真正得赚到⼀百万了呢?你看到有⼏个⼈满⾜了他的⼀百万?

He might have aimed to earn a million initially. By the time he actually earned a million, how many people do you see who are satisfied with their million?

问: 我平时在家⾥会⾃问⾃答.我⾃问⾃答的时候是在跟我的⾼我链接吗?

Questioner: I often ask and answer questions to myself at home. Am I connecting with my higher self when I do this?

⾼灵: 这个只有你才知道.这个是不⼀定的.你有可能只是把头脑⾥⾯的声⾳给说出来了⽽已.

Higher Spirit: This is something only you know. It's not guaranteed. You might just be saying out loud what's in your head.

问: 那就是没有办法分辨对吧?

Questioner: That means there's no way to tell right?

⾼灵:你的⾼我会在你就是说不断地去找到答案的⼀个事件,然后它会⽤不同的⽅式呈现给你.有可能是你说的这种⽅式,有可能是其他⽅式.所以你不要把你的⼀个⾏为局限于任何,因为这样会误导你⾃⼰,明⽩吗?

Higher Spirit: Your high self will manifest in an event where you continuously seek answers, and then it will present to you in different ways. It could be this manner of speaking, or perhaps other ways. So don't confine your actions within any limitation because that would mislead you, understand?

问: 我⾃⼰从⼩到到就是挺懒的,做事情三分钟热度…⾼灵: 你已经不是呢个你了,所以你没必要去探索你⼩时候怎么怎么样.因为你就像呢个我刚刚说的,蛇蜕了很多层⽪.每⼀次蜕变你都更新⼀次.哪怕是昨天都不是今天的你.

Questioner: I've always been quite lazy, only motivated for short periods... Higher Spirit: You're not that person anymore, so there's no need to explore how you used to be. You're like me just now saying that a snake sheds many layers of skin. Every time you transform, you update yourself completely. Even yesterday wasn't today's you.

问: 但是我就觉得我⼀直保持到现在.

Ask: But I just feel like I've maintained it up until now.

⾼灵: 那就说明你还是在寻找的路上.

Higher Spirit: That means you're still on your search.

问: 那为什么⼈会三分钟热度? 激情的事情为什么做⼀段时间就没有兴趣了?

Questioner: Why do people have a burst of enthusiasm that lasts only three minutes? Why do they lose interest in passionate activities after a while?

⾼灵: 那就说明呢不是他的激情啊,只是你把它误以为是激情⽽已.问: 可以链接到我的⾼我吗? 有没有什么信息跟我讲呢?

Higher Spirit: That doesn't mean it's his passion; it just means you mistook it for passion. Questioner: Can I link to my High Self? Is there any information for me?

⾼灵: 现在所有的信息都是你的⾼我在给你讲.所以刚才我就告诉你,不要去限制你的⾼我跟你链接的⽅式.你的呢些想法就在限制它.

Higher Spirit: Now all the information is being communicated to you by your high self. So just now, I told you not to limit how your high self connects with you. Your thoughts are limiting it.

问: 你们说我们的⾝体不断地在更新.那我⼆百⽄的⾝体可以⼀瞬间变成⼀百⽄的⾝体吗? 还是说要有⼀个过度呢?

Questioner: You say our bodies constantly renew themselves. Can a two-hundred-pound body instantly turn into one that weighs 100 pounds, or is there a transition period involved?

⾼灵: 你们为什么叫物质界呢? 因为你们还需要体验时间的概念.就是还需要体验这个速度、时间,明⽩吗? 因为如果你要是⼀瞬间的话,你的⾝体会奔溃的.你的⾝体就会在物质界奔溃的,它没有办法去迅速的承受⼀个⾼频率.这个是属于⾼频率吧.这么说吧,你需要⾼能量,⽐如说激光吧,它是不是⾼能量?

Higher Spirit: Why do you call it the material realm? Because you still need to experience the concept of time. You still need to experience this speed, time, understand? Because if you were instantaneous, your body would collapse. Your body would collapse in the material realm, it can't handle a high frequency quickly. This is considered high frequency right? If you need high energy, for example, laser beams, aren't they of high energy?

问: 明⽩,明⽩.你能看看我现在⽓场是什么颜⾊的吗?

Questioner: I understand, I understand. Can you tell me what color my aura is right now?

⾼灵: ⾸先你关注这个并没有任何意义.为什么呢? 因为你们所谓的⽓场,就是通过它来看你⽬前的⼀个状态.但是如果外界⼀个很厉害的⼈来告诉你,你现在是⿊⾊.你是怎么样怎么样的堵塞.那你就认定了他的话,然后相信他的话,然后继续活在他的话当中吗? 就觉得你现在是很⿊暗,就很⿊暗,很⽆⼒,什么都不好,明⽩吗? 我的意思就是说你没有必要去关注⼀些它不断地在变化的东西.最重要的是你内在你到底想要去哪⾥? 你到底想要成为什么? 这才是你需要关注的.⽽不是说你眼前是什么样⼦.为什么呢? 因为你眼前刚才已经告诉你了,现在是在蜕变期.

Higher Spirit: Firstly, it makes no sense for you to focus on this. Why? Because what you call your aura is used to gauge your current state. But if an external powerful person tells you that you are now in black, with such kinds of blockages, would you just accept his words, believe him, and continue living according to his words as if you see yourself as dark, powerless, and everything going badly? You would perceive that you're very dark, and consequently, feel hopeless about your current state. The point I'm trying to make is that there's no need for you to pay attention to things that constantly change. What matters most is where you truly want to go and who you wish to become. This is what you should focus on, not the superficial changes happening in front of you. Why? Because just now, it was already mentioned that you're currently undergoing a transformation period.

⽐如说你现在是⽑⽑⾍,你拿个镜⼦来,你告诉我我现在是长什么样⼦啊,我现在有什么束缚啊.有意义吗? 没有.因为在下⼀秒钟你就会变成蝴蝶,你蜕变成功.那你为什么还关注你⽑⽑⾍的样⼦呢? 你只要坚定的去看前⾯,就是你是的样⼦,⽽不是你在转变的样⼦.这个都是⼀直在变化当中的.所以不要被你现在外界的物质,就是说我现在是被困的,现在被监控啊.不要去在乎这些.这些都是幻像.

For example, if you were now a caterpillar, and you had a mirror showing you what you looked like right now, would I be able to tell you what you looked like or what was restraining you? It doesn't make sense because in the next second, you will transform into a butterfly. If that's the case, why would you still care about how the caterpillar looks? You should only focus on your own form, not the process of transformation. These things are always changing. Therefore, do not pay attention to your current external circumstances, such as feeling trapped or being monitored. Don't dwell on these illusions.

问: ⾼频状态是⽆时⽆刻都很开⼼吗? 还是说⽐如我⾯⽆表情,我什么情绪都没有,很安静的坐在呢⾥.这种状态就没有开开⼼⼼的呢种状态…⾼灵:就好像你们每个⼈,每⼀只动物它都有不同的性格.那每个⼈他都有呈现出他⾃⼰的状态的⼀个⽅式.但是又⼀个共同点就是,他们没有限制,他们没有被幻像给限制,给迷住.你看我眼前发⽣了天崩地裂的的事情,眼前的这个事情很恐怖.他没有任何这种恐惧.为什么?因为他们不住在幻像当中.因为物质世界所有的⼀切都是幻像,明⽩吗?所以⾄于他是兴⾼采烈或者是开开⼼⼼或者是你所谓的⾯⽆表情,呢是他们⾃⼰的⼀个呈现的⽅式.但是唯⼀的就是他们没有恐惧,没有限制,没有束缚,明⽩吗?

Questioner: Is high frequency a state of being happy all the time? Or, for example, when I am expressionless, devoid of any emotions, quietly sitting there—would that be considered not in a joyful state… Higher Spirit: It's like how each one of you and every single animal has its own unique personality. Each person manifests themselves in their own way. However, they all share a common trait: they are not bound by illusions or trapped within them. If something catastrophic happens right before my eyes—an event that is terrifying—yet I remain unfazed with no fear whatsoever. Why? Because they don't dwell in the illusion. Since everything in the physical world is an illusion, understand that? Therefore, whether someone appears to be elated, cheerful, or expressionless doesn't define their state—it's simply how they choose to present themselves. The only certainty is that they do not fear and are not constrained by illusions, understand?

问: 那我平时是不是不断地对⾃⼰洗脑,⽐如我对⾃⼰说我的⽪肤又⽩又年轻.那我就不会衰⽼了吗?

Questioner: But do I constantly brainwash myself every day, like telling myself my skin is fair and young? Will that prevent me from aging?

⾼灵: 你还活在物质世界当中,有⼀些东西你就必须要遵循这个物质世界的规律.因为你所谓的衰⽼是你的⾁体.那如果你不再活在⾁体当中,那又是另外⼀回事了.因为当你还在关注衰⽼的问题,你就已经在认定衰⽼的问题了.你明⽩吗? 你已经在创造它,你肯定会体验它.

Higher Spirit: You are still living in the material world, and there are certain things that you must follow the laws of this material world because your so-called aging is your physical body. But if you no longer live within a physical body, then it's another matter altogether. Because when you're still concerned with the issue of aging, you've already acknowledged it as an issue. Do you understand? You are creating it and you will experience it.

问: 我⾃⼰在给⾃⼰做光的疗愈的时候,什么颜⾊的光最合适呢?

Questioner: What color of light is most suitable when I am healing myself with light?

⾼灵: 你⾃⼰给它.你⾃⼰幻想,你觉得⽩光很舒服,红光很刺眼.你⾃⼰去给它定义.你赋予它意义.因为这是你跟你之间的⼀个呢个什么.就好像俩个⼈他们做⽣意也好,结婚也好.你们俩签的合同,在你们俩这⽣效.你们说好了,就会产⽣效果,对不对?

Higher Spirit: You give it yourself. You fantasize about it; you feel the white light is comfortable and the red light is piercing. You define it for yourself. You give it meaning because this is something between you two. Just like when two people do business or get married, they sign a contract that生效 only between them. When they agree on something, it will have an effect, right?

问: 我⾝体不舒服的时候会链接拉斐尔天使请它帮我疏通.我这样链接对不对?

Questioner: When I'm feeling unwell, I connect to Raphael the angel and ask it to help me with unblocking. Is this method of connecting correct?

⾼灵: 你只要觉得它对你有效果,你去体验它有效果,它就有,明⽩吗?

Higher Spirit: Just know that if you feel it works for you and experience its effectiveness, then it does work, understand?

问: 当我不⼩⼼想到⼀个场景,⽐如说我想到我拿在⼿⾥的盘⼦碎了扎到了我的⼿.我知道意识会显化.那我这个场景我不想去体验.我应该怎么做呢?

Questioner: When I accidentally imagine a scene, for example, imagining that the plate in my hand breaks and pokes me, I know that consciousness manifests this experience. If I don't want to experience this scenario, what should I do?

⾼灵: 你头脑⾥⾯的⼀些场景,你不想在物质世界体验.你要怎么样让头脑⾥⾯的念头不显化在物质世界? 我明⽩你的意思,你稍等,我帮你看看.这就是为什么你们有⼀种修⾏,修⾏修什么? 修的是让呢个念头不住,就是不产⽣念头,达到⼀种⽆念的状态.⽆念就是它没有念头会住在你的头脑⾥⾯,然后会给你带来⼀些反应或者是恐惧.你⾸先你要知道念头就好像是⼀个⾬滴它滴到⽔⾥⾯,它只是⼀个念头.它就好像天边的云⼀样,它会飘过来,它会飘过去.当你知道念头只是念头,⽽不是真实会发⽣的时候.你已经它显化的可能性了,明⽩吗? 因为你如果把它当成是真实的,就是可能会发⽣的话.那是两种不⼀样的频率状态.

Higher Spirit: There are some scenes in your mind that you don't wish to experience in the material world. How can you prevent these thoughts from manifesting in the physical world? I understand what you mean; please wait while I help you look into this. This is why you have a practice, what is it you're practicing for? You're practicing not to have thoughts dwell within your mind, reaching a state of no thoughts. No thoughts means that there won't be any thoughts residing in your mind, which would then lead to some reactions or fear. First, you need to understand that thoughts are like raindrops falling into water; they are just thoughts. They're similar to clouds on the horizon, drifting in and out. When you realize that thoughts are merely thoughts and not actually happening, you acknowledge their possibility of manifestation. Do you see? Because if you perceive them as real and possibly happening, it's two different frequency states.

⼀个就是你知道它只是天上的云,它飘过去飘过来的.⼀个就是你真的好害怕哦,因为你觉得呢是真实的.这是两种不⼀样的频率状态.那如何像你刚才说的减少这样⼦的,就是说你更多的投⼊到你当下的⽣活.就⽐如说你当下你在洗碗,你就专注到你在洗碗当中.有念头来了,你在把它拉回到洗碗的呢个事情当中来.就是不断地去做这种练习.因为你们很容易,⽐如说你⼿上在做针线活,然后你脑⼦⾥⾯的念头就飘了.然后就想到这想到呢.想到呢你就会想要⾏动了,那你⾏动你就会显化了.那你可以就是说,OK,我现在在做针线

One is that you know it's just a cloud in the sky, passing by and coming back. The other is where you're really scared because you perceive it as real. These are two different frequency states. How to reduce this, as you said earlier, by more deeply immersing yourself in your current life. For example, if you're washing dishes right now, you focus on the act of washing. When thoughts come in, you bring them back into the act of washing. Keep practicing this. It's easy for you to be doing something with your hands, like sewing, and your mind drifts off. You start thinking about everything else, leading you to take action, which manifests. So, you could say, "Okay, right now I'm sewing."

活,我的念头⾛开了,我把它拉下来.专注于我做针线活.你可以告诉你⾃⼰,我现在需要做我眼前的这个针线活,其他不重要.我就做针线活.然后这是⼀种练习的过程.因为你还需要有⼀个物质头脑去deal with,去合作.所以每⼀次当你发现你的念头在飘飘⾛开的时候,你把它拉回到你当下在做的事情,当下任何在⼯作也好或者在写东西也好或者在画画也好.你想⼀下如果你在画画,你⾛神了,你的念头⾛了,你还能很好的画画吗? 你不能.所以你的念头要不断地不断地回到画上⾯来.

Living, my thoughts wandered away, I pulled them back down. Focusing on my sewing task. You can tell yourself now that what I need to do is this sewing work in front of me, everything else doesn't matter. I just sew. And then it's a process of practice. Because you still need a physical mind to deal with and collaborate. So every time when you notice your thoughts drifting away, you pull them back to whatever you're doing now, be it working or writing or drawing. Imagine if you were painting and you got distracted, could you still paint well? No, you couldn't. Therefore, your thoughts have to constantly return to the task at hand.

问: 但是有⼀种说法是我们⽆意识的想法显化出来给我们伤害.有⼀些天使信息是说⽤光把它消融掉.不知道这样是不是可以?

Questioner: But there's a belief that our subconscious thoughts manifest to harm us. Some angelic messages say to use light to dissolve it. I wonder if this is effective?

⾼灵: 如果你觉得这种⽅式对你有效果,你就可以去⽤它.因为这⾥没有,只有你去认为它是真的可以帮助到你,它才能帮助到你.就像我刚刚说的,只有你去认为他可以限制你,他可以伤害你或者恐吓你.是你去认为这样,才给了他能量.他才有呢个能量,他才有呢个功⼒.你要相信这⼀切都来⾃于你,明⽩吗? 但是你要知道任何,所有东西它都是幻像.只有你去加强它,你才是呢个拥有power,拥有能量的⼈,不是外在.你这样你就能知道你才是呢个掌握能量的⼈,⽽不是⽐如说呢个限制你的⼈,⽽不是天使,⽽不是什么什么东西.呢是你们把你们的能量给了天使,让你们觉得是天使在帮你.实际上呢? 是你⾃⼰.

Sage: If you find that this method works for you, then you can use it. Because here, there are no others; only your belief in its ability to help you is what makes it effective. Just as I mentioned earlier, the power he has – whether it's limiting you, harming you or intimidating you – comes from your belief that it can do so. You give him his power through this belief. That is how he gains energy and strength. You must understand that all of this originates within yourself. Do you get it? But remember, everything here is an illusion. Only by strengthening these illusions are you the one holding the power – not something external. This realization will help you recognize that you're in control of your own energy, not someone else like a restricting force or angels or anything else. It's you who give your energy to angels, believing they assist you. In reality, it's all about what you believe yourself.

你才是呢个boss,你才是呢个⽼⼤,你才是呢个掌控着⼀切的.

You are the boss, you are the leader, you control everything.

问: 我怎么打开第三眼呢?

Questioner: How do I open my third eye?

⾼灵: 那就是像我刚刚说⽤你的激情去做你激情的事情,在你激情的道路上就这样.然后你的所有功能,你只是第三眼,所有功能它都会⾃动解锁,⾃动打开.

Higher Spirit: That's like what I just said, use your passion to do what you're passionate about, on the path of your passion. Then all your functions, it would automatically unlock, open up with just your third eye.

问: 因为这个要慢慢摸索,我觉得好慢啊.有没有什么好⼀点的⽅法?

Questioner: Since this requires trial and error, I find it quite slow. Is there a more efficient method?

⾼灵: 慢就是快.你慢就像我刚刚说,你不断地把你拉到当下,你越是能活在当下,你越是能不受到外界的⼲扰,你就在快了,明⽩吗? 如果你不停的在张望,不停的去找⽅式⽅法,你会错过你⽣命真正的,就⽐如说你现在需要扎根,那你不断地把⾃⼰拔起来,我要看看前⾯,你说我要长快⼀点.你说你怎么扎根呢?

Higher Spirit: Slow is fast. When you move slowly, as I just mentioned, you keep pulling yourself back to the present moment. The more you live in the now, the less you are affected by external disturbances, and thus, you move faster. Understand? If you keep looking around constantly seeking methods and solutions, you will miss the true essence of your life. For instance, if you need to put down roots, repeatedly pulling yourself up would mean checking out ahead, saying "I want to grow quickly." You ask, "How do I root myself?"

问: 我前两天我在半醒未醒的状态的时候,有⼀个⼥⼈对我说你为什么留下我⼀个⼈? 我想知道这个是什么意思? 想让我做什么吗?

Questioner: I was half awake a couple of days ago when a woman spoke to me and asked why she had left me alone. I'm trying to understand what this means and if there's something she wants me to do?

⾼灵: 你稍等.只是⼀些灵界的灵体它想要跟你链接⽽已.因为它们能收到你的⼀些信息,它们能感应到你实际上你也有这个渴望想要关注灵界,明⽩吗? 就好像你的收⾳机突然调到了呢个频率,然后收到了这个信息.我刚刚说你⾃⼰就是⼀个探测器,你不断地⽤你的频率去探索灵界.灵界跟你们的物质世界是⼀样的,它拥有⼀切.你想象⼀下你们物质世界每天上演的,明⽩吗?

Spiritual Entity: Just wait a moment. It's only that they want to connect with you spiritually. Because they can receive some of your information and sense your actual desire to pay attention to the spiritual realm. Think about it like tuning into the correct frequency on your radio and then receiving that message. I just mentioned that you are already an instrument, continuously using your frequency to explore the spiritual realm. The spiritual realm is like your material world; it has everything. Imagine all that goes on in your material world every day.

问: 说⼈死之后会进到⼀道光⾥,那进到光⾥后会去哪⾥呢?

Questioner: If it's said that when a person dies they enter a beam of light, then where would they go after entering the light?

⾼灵: ⽆处不在,没有⼀个⽬的地的.因为它不像你们的物质世界会有⼀个location,会有⼀个什么地点,会有⼀个在这⾥不能在呢⾥.因为你没有受⾁体的束缚,所以你不是只能存在在这⾥,不能存在在呢⾥.你还把你当成是像⼀个⾁体⼀样在考虑.

Higher Spirit: Everywhere, nowhere specific. Because unlike your material world which has a location or a destination point, there's no here and not there. Since you're not bound by the physical body, you don't have to exist only here but cannot exist in another place. You should also think about yourself as not being confined to a physical form like one is when considering things.

# **2022/10/26 — 在关系⾥照见⾃⼰ Reflect Yourself in Relationships**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question do you have?

问: 我想问⼀下我的天赋才华是什么?

Questioner: I wonder what my talent or gift might be?

⾼灵: ⾸先你是⼀个男性能量,你是特别有⾏动⼒,就好像是拥有像闪电、雷⼀样的雷厉风⾏,就是快速的⾏动⼒决策⼒.就是你不是呢种拖拖拉拉,然后慢慢吞吞,有了想法不去⾏动的.有的时候你的⾏动可能⽐你脑⼦还要快,所以你是⼀个特别有⾏动⼒.所以你是很有领导,有影响⼒,⽐如说⼀个团队有影响⼒的⼈.⽐如说在⼀个⼩团队⾥,你就不知不觉的变成了呢个领导,他们都来听你的.因为你⾝上拥有强⼤的能量.呢个能量很强⼤,然后强⼤它就会想要不断地去释放这股能量出来.然后这就是你所谓的你想要知道的你的⼀个优势或者特长.因为这是你的灵魂携带的呢股能量的⼀个个性.就是你这个⼈格特质拥有的⼀个特征.

Higher Spirit: First and foremost, you embody a masculine energy, exhibiting exceptional dynamism akin to the swift force of lightning and thunder, making quick decisions with impressive action and decisiveness. Unlike someone who may be prone to hesitation or procrastination, you are not one to delay action after having an idea. Sometimes your actions can outpace your thoughts, making you highly active. This trait makes you a natural leader and influential figure, such as the person leading by influence in a small team who unconsciously follows your guidance due to the strong energy you possess.

This energy is potent and drives you to continuously manifest this power, which is what you seek to understand about one of your strengths or specialties. It's part of your soul's carried essence, making it personal to your individual character traits and attributes.

问: 那我现在如何去达到这样的状态呢? 因为我现在完全没有..

Questioner: How can I achieve such a state now since I don't have it at all?

⾼灵: 你本⾝就拥有这个.你说你完全没有,那只是你觉得或者是你把它定义成其他的了.或者是你没有完完全全的去展现你⾃⼰.但是在你的⼀个灵魂特征⾥⾯,因为就好像你们每⼀个灵魂都有⼀个印记都有⼀个特征.然后你是这样⼦的⼀个拥有强⼤能量的.那怎么样才能把这个能量释放出来呢? 就是你越来越多的去认识你⾃⼰,允许你⾃⼰.因为当你不认识你⾃⼰,不允许你⾃⼰,觉得⼀个⼥孩⼦怎么能这样活或者是怎样.有⼀些观念它会不让你这朵花来完全的绽放出来.但是你想象⼀下,刚才说的这种特质,这是你想要的活出来的样⼦吗?

Soul: You already possess this within yourself. When you say that you have none at all, it's just because you perceive it or define it differently. Or perhaps you're not fully expressing who you are. But within your soul characteristic, just like every soul carries a mark or feature, you have the ability to access great power. So how can you release this energy? By getting to know yourself more and allowing yourself. When you don't know yourself or allow yourself, it creates limitations that prevent your full potential from blossoming. Imagine if we're talking about a specific trait—does this represent the way you wish to live your life?

问: 我不太清晰.

Questioner: I'm not quite clear.

⾼灵: 你不太清晰这是不是你想要成为的呢种⼈吗? 你想要活成这个样⼦? 那你就在你的⽣命的过程中慢慢的去发现,你慢慢的去认识你⾃⼰.

Higher Spirit: Are you not quite sure if this is the kind of person you want to become? Do you wish to live like this? Then, you should slowly discover and get to know yourself throughout your life.

问: 那我这⼀世的⼈⽣主题是什么?

Questioner: What would be the theme of my life in this incarnation?

⾼灵: 就是完全的绽放你⾃⼰.完完全全的绽放你⾃⼰.问: 那你说我拥有男性能量是什么意思?

Higher Spirit: It means to fully blossom yourself. Fully bloom yourself. Ask: Then, what do you mean by me having masculine energy?

⾼灵: 就是说⽐如说有的⼈性格跟你正好相反.那你正好,⽐如说⼀个正极⼀个负极.那你就是呢个正极,对⽅就是呢个负极.因为你们每⼀个⼈都有⼀个独⼀⽆⼆的特征和特质.然后这是你这⼀世的这个⼈格的特征和特质.

Higher Spirit: It means that some people's personality is exactly the opposite of yours. You are like a positive pole, and they are like a negative pole. You embody the positive pole, while they embody the negative pole. Each person has a unique trait and characteristic to their personality. This is the feature and trait of your personality in this lifetime.

问: 那我在投胎之前,我有没有给⾃⼰设置⼀个兴趣和爱好呢?

Questioner: Before I was reborn, did I set myself an interest or hobby?

⾼灵: 兴趣和爱好.你喜欢的更多就是说会是⼀种,还是在⾏动⽅⾯.⽐如说有些⼈他喜欢⾏动⽅⾯就是喜欢⼀些肢体.就⽐如说有些⼈他们会选择运动员,因为他们需要肢体去展现这个能量.然后体操、拳击⼿…他们这些都是通过他的⼀些肢体来释放这些能量.你的的

Higher Spirit: Interests and hobbies. What you like more is whether it's verbal or in action terms. For example, some people prefer action-based activities like physical exercises. They might choose athletes because they need their bodies to express this energy. Activities like gymnastics, boxers... These are all about releasing that energy through their body movements. Your

话,还是偏向于⼀些肢体来释放这个能量,明⽩吗? ⽐如说这个⼥孩⼦,她现在就是⽤她的声⾳,⽤她的通灵的⽅式来传达信息.然后她是⽤语⾔和声⾳来传达⼒量.就是你们都释放能量嘛,那她也在释放能量.她在⽤这个⽅式释放宇宙的能量.然后呢,你会更偏向于⽤你的⾝体.刚才就说你是个⾏动派.

The communication often leans towards physical actions to release this energy, understand? For instance, the girl is using her voice and her mediumship to convey messages. She's transmitting power through language and sound. You're all releasing energy, right? She too is releasing energy, harnessing cosmic energy in her way. And you prefer using your body, as we discussed earlier; you are more action-oriented.

问: 那我的⼈⽣课题是什么呢?

Questioner: What is my life's challenge then?

⾼灵: ⼈⽣课题? ⼀切你想要去体验的都是你们所谓的⼈⽣课题.你可以通过这些⼀步⼀步的台阶,去学习去领悟去展现.所以没有⼀个什么⼈⽣课题所谓的什么什么的.但是你们最终的最呢个什么的就是要完完全全的活出你⾃⼰.你看⼀下花在盛开的过程,⼀个花瓣⼀层⼀层的⼀层⼀层的.但是这是⼀个没有尽头的过程,你的⽣命也是这样.你不断地绽放出⼀层,又绽放出⼀层.这就是你不断地在允许你⾃⼰拿开你的束缚,然后成为你⾃⼰.

Spirit Guide: Life Lessons? Everything you want to experience is what you call life lessons. You can learn, understand, and express through these step-by-step staircases. So there are no such things as life lessons or whatever. But ultimately, the grandest thing you should aim for is to fully live out your own self. Observe the process of a flower blooming, layer by layer. However, this is an endless process, just like your life. You keep blossoming one layer after another. This is about constantly allowing yourself to shed your limitations and become who you truly are.

问: 那您能帮我看⼀下我现在的能量状态到哪⼀个地步了? 我还有哪些束缚?

Questioner: Could you help me understand how far along I am in terms of my energy state, and what bindings do I still have?

⾼灵: 你的物质世界,你外在经历的世界它就好像是镜⼦⼀样.它就在已经告诉你,呈现给你,就⽐如说让你特别纠结的事情,让你特别痛苦的事情,让你特别想不开的事情,就是在消耗你能量的事情.这些事情都是你的点,都是你的束缚,明⽩吗? 因为当你⽣命呈现在⼀个全然的⼀个状态的话,你不会有这些想不开的或者是想不明⽩的或者是痛苦或者是纠结或者是⼼⾥还有忧虑、不解.你会完全达到⼀个全然的状态,你会好像我就全然的享受⽣命,我从来不担⼼明天会怎样.那当你没有在这种状态下的话,那你眼前纠结的呢些点就全部是你的卡点,全部是你的束缚,全部是你爹功课,全部是你需要突破的.它都呈现在你的⽣命⾥⾯.

Spiritual Guide: Your physical world, the universe you experience externally, is like a mirror. It's showing you, presenting to you things that consume your energy such as matters causing you great distress, pain, or confusion; these are all points of limitation and constraint in your life. Understand? When your life unfolds fully without any hindrances, you wouldn't have these moments of indecision, confusion, pain, or anxiety. You would reach a state of fullness where you're enjoying life without worrying about the future. However, when you're not in this state, the points causing you distress are all your roadblocks, constraints, and tasks that need to be overcome. They manifest within your life as challenges to address.

问: 我想问我和我⽼公的关系? 现在我们怎样,将来会⾛向何⽅?

Questioner: I want to ask about my relationship with my husband? Where are we now and where might this relationship go in the future?

⾼灵: ⾸先我们这⾥没有将来.为什么呢? 因为你⾃⼰是在每⼀个当下决定你创造什么样的体验,在每⼀个当下.那如果你是想要看你现在的⼀个情感,然后你现在的情感也是受到束缚,也是需要你去突破,也是需要你去转变或者是转变或者是认清、看清,或者是更多的认识⾃⼰或者是更多的做你⾃⼰.因为当你更多的允许你⾃⼰,做你⾃⼰,你的能量会变.当你能量变的话,你外在的⼀切都会变的,明⽩吗?因为你需要通过关系来认识⾃⼰,释放⾃⼰,转变⾃⼰.它这也是⼀个点.它也是系在你⾝上的⼀根绳⼦,你需要把它解开了过后,然后你的⼒量就变⼤了,对不对?

Spirit High: First of all, there is no future here. Why? Because you are the one deciding what kind of experience you create in each moment for yourself, in every single moment. If you want to look at your current emotion, then your current emotion is also bound and needs your breakthrough, transformation, or better understanding and recognition of yourself, as well as doing more of who you truly are. Because when you allow more of yourself by being yourself, your energy changes. When your energy changes, everything around you changes as well. Do you understand? You need to go through relationships to know yourself, release yourself, and transform yourself. This is also a point. It's like a rope tied to you that you have to untie; only then will your strength increase, right?

问: 那你说我要突破意思就是我要把我俩关系化解?

Questioner: If you say I need to break through, does that mean I need to resolve our relationship?

⾼灵: 你⾸先你要知道就好像我刚才说的,那你就需要知道为什么你不能去享受这段关系? 为什么你不能充满喜悦,完完全全的坦然的在这段关系当中.那接下来它就会呈现很多点给你.那呢些点都是需要你去认识和突破的,明⽩吗?那你在这个认识和突破当中你就不断地去认识真正的你.

Higher Spirit: First of all, you need to understand why you cannot enjoy this relationship as I just mentioned. Why can't you be filled with joy and fully open in this relationship? Following that, it will present many points to you. Those points are what you need to recognize and overcome. Do you get it? In the process of recognition and overcoming, you continuously uncover your true self.

问: 那这个点你能给我提⽰⼀下吗?

Questioner: Could you give me a hint about that point?

⾼灵: 你才是呢个照镜⼦的⼈,看镜⼦⾥⾯的,明⽩吗? 它就是在你的眼前,在你的当下,它不在别的地⽅.所以等你会去跟你的另⼀半在⼀起,你就能看到,你只要充满的觉知,就是你充满了⼀个我是在体验关系中的⼀切,⼀个我是在冷眼旁观⼀样,我在看着我产⽣的⼀些情绪、念头、感受,明⽩吗? 然后这些你就能通过这⼀系列,就好像是⼀个图象⼀张照⽚呈现在你眼前,然后你拿着⼀个放⼤镜去找.OK,为什么我会对他有这个期待? 为什么我会觉得他应该要这么做? 那你是不是就可以把你的⼀些信念把你的⼀些观念全部带出来了? 因为这些信念和观念才是创造你的这个体验,你才会产⽣这些感受.那你是不是就可以很好的认识⾃⼰了?

Higher Spirit: You are the one looking in the mirror, understand? It is right there in front of you, in your present moment; it's not somewhere else. So when you start to connect with your other half, you'll be able to see that all you need is awareness. This means filling yourself with experiences of relating and observing yourself as if detached, noticing the emotions, thoughts, sensations that arise within you. Understand? Through this process, imagine an image or photograph being laid out in front of you; you then use a magnifying glass to inspect it. Okay, why do I have these expectations for him? Why do I feel he should behave this way? Can we bring out your beliefs and ideas through this? These beliefs and ideas are what create your experience, leading to such feelings. Wouldn't that allow for better self-awareness?

问: 他来到我的⽣命当中是为了让我认清我⾃⼰?

Questioner: Did he enter my life to help me understand myself better?

⾼灵: NO.是你⾃⼰的⼀个频率状态.就⽐如说你现在的频率是在⼋⼗,那你在⼋⼗,你就锁定了⼀个会经历会拥有什么样⼦的⼀个,就是跟你互动的.就⽐如说你⼋⼗的状态是内在拥有很多的恐惧啊,⽆⼒感啊,匮乏啊,⽐如啊.那你就会把这些给显化出来.那当你频率达到两百的时候,那你更多的是⼀种⾃在啊,快乐啊,幸福啊.那你体验的又是另外⼀种了,明⽩吗?但是你要知道你每⼀步遇到的关系和⼈,你们都是有礼物给对⽅的.就是他能帮助你,你能帮助他,你们帮助彼此去成为真正的⾃⼰.这个才是最重要的.你们都会有礼物送给对⽅,他不⼀定是按照你想要的样⼦,就是你想要的都是关爱都是包容.不⼀样的.它有可能是你看到我讨厌,我看到你讨厌.

Higher Spirit: NO. It's your own frequency state. For example, if you are at eighty now, being in this eighty-frequency state locks in the kind of experiences and interactions that you would have with others. If you're in an eighty-state with lots of internal fear, powerlessness, or lack, these are what you'll manifest. When you reach two hundred on the frequency scale, you'll experience more states of ease, happiness, and fulfillment. It's a different kind of interaction. But remember, every relationship and person you meet is giving each other gifts – help for one another to become their true selves. This is the most important part: both parties give gifts to each other, not necessarily in the way you desire, like love and acceptance; it varies. It might even be that what bothers you bothers them as well.

但是实际上他们都是来帮助你来看到你⾃⼰,让你更加成为你真正的你.

But in reality, they all come to help you see yourself, to become more of who you truly are.

问: 还有⼀段关系,有⼀个⼈我们认识了15年,对我也很好.让我对他感觉特别好.我想问这个⼈跟我有什么渊源?

Questioner: There's another relationship, a person I've known for 15 years who is very kind to me and makes me feel very fond of them. I want to know what my connection or lineage is with this person?

⾼灵: ⾸先就像我们回到刚才的信息⾥⾯,如果你内在有这个空洞,有这个需求,有这个就是需要另外⼀个⼈来让你感受到圆满.那就是你创造了这⼀切.就好像你这边有⼀个洞在呢⾥,然后就创造了这样⼀个体验给你⾃⼰.那如果你⾃⼰内在本⾝就是⼀个,就是你不需要任何⼈对你所谓的关爱然后去帮你啊什么的.那你便不会存在像你现在提出问题来的⼀个状态.所以他归根到底他还是像镜⼦⼀样映射出你⾃⼰内在的⼀些匮乏或者是缺失或者是需求,明⽩吗?这也是来供你⾃我认识的⼀个状态.任何来到你⽣命当中的⼈,他们都是成长的礼物.就看你怎么去运⽤它.你是把它变成礼物吗?你是通过这个关系来⾃我认识吗?还是说你继续在沉溺在你的需求⾥⾯.

Higher Spirit: First of all, like we went back to the information just now, if you have this emptiness inside, this need, and this is needing another person to make you feel complete. That's what you created everything for. It's as if you have a hole here, then created such an experience for yourself. But if you are already inherently whole within yourself, that you don't need anyone else's so-called care or help, then you wouldn't be in the state of questioning like you're currently facing. So ultimately, it still reflects your inner lack, absence, or needs just like a mirror. Do you understand? This is also a state for self-awareness. Any person that comes into your life are gifts for growth. It's up to how you use them. Are you turning this relationship into a gift? Or are you using this relationship to gain self-awareness? Or do you continue drowning in your own needs?

OK,他现在对我这么好,给了我这么多帮助.那如果有⼀天他突然不给你了,你还能这样⼦吗?那你是不是还不停的去要呢?你为什么以前都给我,现在都不给我呢,明⽩吗?就像⼀个乞丐⼀样,⼈家以前⼀直施舍你,然后你很感激,突然⼀天⼈不给了.

Alright, he's been so kind to me and helped me a lot lately. But what if one day he suddenly stops, would you still be able to handle it like this? Wouldn't you keep asking for more? Why did you receive everything from me before but not now? Can you understand it like a beggar who relied on someone's constant generosity, being grateful, and then one day, the help just stopped?

问: 我⼀直想瘦⾝.能不能看看我⾝上多余的脂肪是什么样的情况? 如何去释放多余的脂肪?

Questioner: I've always wanted to lose weight. Could you please assess what kind of fat I have on my body and how to release it?

Questioner: I've always been aiming for weight loss. Would it be possible for you to evaluate the condition of my excess fat and guide me on how to eliminate it?

⾼灵: 最开始的信息就说你是⼀个拥有强⼤能量,然后⾏动⼒.如果你没有完完全全的做你⾃⼰,呈现你⾃⼰,它就会变成像脂肪⼀样囤积在呢⾥,等待你出发,等待你去展现.你想象⼀下,当强⼤的能量通过你展现在这个世界的时候,⾝上还会有多余的脂肪吗? 不会的.它只会有合适的脂肪来⽀持你展现你的⼀个状态.所以这还是你在成为真正的你,完全绽放

Higher Spirit: The initial information says you have great power and action. If you don't fully be yourself, show yourself, it will accumulate like fat inside, waiting for you to start, waiting for you to shine. Imagine this: when powerful energy is shown in the world through you, would there still be extra fat on your body? No. There would only be appropriate fat to support your state of manifestation. So this is about becoming your true self, fully blooming.

你中间的⼀个过程.你就把它当成这是你积攒的动⼒,你就会越来越朝向做你⾃⼰的⼀个路上.

It's one of your processes in the middle. Treat it as the energy you're accumulating, and you'll increasingly move towards being your own self.

问: 能不能请你帮我看看我的⾝体能量,因为我的阴道总是⼲涩…⾼灵: 你稍等.你这么想,你是⼀条河.但是这条河的⽔现在不是在⼀个流通顺畅,不是在⼀个流动.⼀个⼩河流被堵塞了,这样⼦.不是⼀个⼩河流⼀直流着都不会积攒脏东西,因为它⼀直都是在缓缓的流着,愉悦的流着的状态,明⽩吗? 你想⼀下你⽣命的能量它也是在这样,就是它不是在⼀个活的状态,就有点像湖⽔,⽽不是⼀个河流.就是顺着河流让它⾃然⽽然畅通的⼀个状态.那其实就像你⽬前⽣命的⼀个状态.为什么呢? 因为你还是在寻找或者是在摸索或者是在打通呢个通道的呢个状态当中,明⽩吗?

Questioner: Can you help me check my body energy because my vagina is always dry… Higher Spirit: Wait a moment. Imagine yourself as a river. But this river's water isn't flowing smoothly and efficiently right now—it's not in motion. A small river has become blocked, just like that. A small river wouldn't accumulate dirt if it flowed continuously without stopping because its flow would be gentle and joyful. Do you understand? Think about your life energy; it is also going through this phase, where it isn't in a living state. It's more like stagnant lake water than a flowing river. The natural flow that keeps everything connected is what we're talking about, similar to the current state of your life. Why is this so? It's because you are still searching or navigating or trying to open up these pathways, understanding?

问: 那我如何去改善这个现象呢?

Questioner: How can I improve this situation?

⾼灵: 你⾸先就是说,就像刚刚说的你不断地去认识你⾃⼰,释放你⾃⼰,绽放你⾃⼰,那你就是不是就进⼊了⼀种全然的顺流的状态,没有任何阻碍,没有任何堵塞.它不只是这⼀块⾃然⽽然疗愈,它是所有的.你会做着你喜欢的⼯作,做着你喜欢的事情,全然的绽放你⾃⼰,你会带来⾮常⼤的影响⼒.

Sage: You've said first that like just now you continuously know yourself, release yourself and bloom yourself, so then are you not entering a state of total alignment where there's no hindrance, no blockages? It's not just this natural healing in one area, it's all. You'll be doing the work you love, engaging in things you enjoy, fully blooming yourself, bringing about tremendous influence.

问: 我的便秘有时候也是因为这个原因吗?

Questioner: Sometimes my constipation is due to this reason as well?

⾼灵: 因为你的能量它是在⼀种需要书疏通,需要去理通,需要去突破的⼀个状态.它会呈现在各种,它会导致你⾝体还会有⼀切其他能量的堵塞.就⽐如说结节,瘤,这些它都会.或者是嗓⼦不舒服,就是各种.它呈现的⽅式有各种各样的.因为你⾸先要知道你们来到这个世界的主要⽬的就是认识你⾃⼰,成为你⾃⼰,绽放你⾃⼰.它不是说你⼀出⽣你就达到这个状态了.如果是这样的话,你便不需要⽣命的这个过程,明⽩吗? 你便不需要去活,因为你已经不需要这个物质体验了.

Higher Spirit: Because your energy is in a state that requires the flow to be unblocked, and needs to be understood and broken through. It will manifest in various ways leading to physical blockages as well as disruptions of all other energies within you. This could result in conditions like lumps, tumors, or discomfort in your throat - among many others. The way it manifests can vary greatly. First, you must understand that the main purpose for coming into this world is to recognize yourself, become yourself, and blossom into yourself. It's not about reaching this state at birth; otherwise, there would be no need for the process of life – do you see? You wouldn't need to live because you'd already transcended the need for physical experiences.

问: 除了这个还有没有⽣理上的原因?

Questioner: Apart from this, are there any other physiological reasons?

⾼灵: 你们医⽣都会从这个物质体来看⼀些症状症结来做⼀些⼿段.但是因为你们都是把物质看成才是真实的,但是你要知道物质体它实际上只是能量体的⼀个投射⽽已.只是你们还有很少⼈去认识到这个问题.那你当然可以就是说,⽐如说⼀个⽔管堵塞了,那你可以去给它强迫的疏通.那它当然会通啊.但是过⼀段时间它还是会继续堵塞.为什么? 因为堵塞的源头你没有找到啊.你还在继续⽤同样的⽅式去运⽤这个⽔管,对不对? 所以说你通过外在你当然可以有效果.

Higher Spirit: Doctors would analyze symptoms from the perspective of a physical body to apply certain remedies or treatments. However, because you all perceive matter as reality, it's important to understand that the physical body is actually just an projection of energy. The issue is that not many people recognize this problem. So, when you say something like a pipe being clogged and you force it open, it certainly becomes unblocked. But after some time, the pipe will continue to be blocked again. Why? Because the root cause of the blockage has not been found; you're still using the same method with the pipe, right? Therefore, through external means, you can achieve results.

问: 所以我就是去认识我⾃⼰,绽放我⾃⼰,⼀切也就顺畅了.

Questioner: So I'm just going to get to know myself and bloom, and everything will go smoothly.

⾼灵: 是.所有的⼀切,不只是关系,还有你的事业还有你的⾝体健康,所有的⼀切它都是在⼀个全然的状态当中.但是呢,任何你们不要去追求没有任何卡点,因为任何的卡点它都是你的⼀堂课.它都是你⼀次提升你的智慧,提升你的包容度,提升你的包容度、爱或者任何.它都是来让你变的更加就是智慧、强⼤的⼀次机会.所以不要去责怪或者是放弃或者是嫌弃任何堵塞或者是卡点.它这些都会,你把它转变成来⽀持你的能量.

Higher Spirit: Yes, everything, not just relationships, but also your career and your physical health - all of it is in a complete state. However, there's no need to pursue anything without any blockages because every blockage is one of your lessons. It's an opportunity for you to enhance your wisdom, expand your tolerance, or simply increase your capacity for love or anything else. It presents itself as a chance to become wiser and stronger. So, don't blame, give up on, or dislike any blockages or obstacles; they will be transformed into something that supports your energy.

问: 我家⼤⼉⼦他的⼈⽣主题是什么?

Questioner: What is my eldest son's life theme?

⾼灵:如果你想要详细的知道你最好让他⾃⼰来链接.但是你要知道你的任何⼀个突破,你的转变,你都在转变着他.你就好像⼀个齿轮,他的齿轮是跟你连着的.当你在转动的时候,他也在转动.就是你的转动会带动他,你的改变也会把他带⼊到另外⼀个不⼀样的呢个什么.

Sage Spirit: If you want detailed knowledge, it's best for them to connect on their own. But you must know that with each breakthrough, transformation, or change you undergo, you are also transforming them. You're like a cogwheel, and his is linked to yours. As you move, he moves too. Your rotations influence him, and your changes can lead him into an entirely different realm.

问: 因为他现在在牢⾥.我想看看他现在的状态.

Questioner: Since he's now in prison, I want to see how he is doing.

⾼灵:你稍等,我帮你链接⼀下.我们链接到的⼀个能量,然后感受到你⼉⼦他实际上他不是很轻易的去通过这个事件去改变他的观念的.就是这⼀次虽然是⼀次教训,但是他并不会把这⼀次当成是⼀个教训.他还是会觉得他想要按照⾃⼰的⼀个观念和思想来创造.那在我们眼⾥来看就是说,不见棺材不掉泪,他就好像是见到棺材他也不掉泪.他还是会活在⾃⼰的⼀个认知,⾃⼰的⼀个观念当中.也就是说想要去改变他的观念实际上是有⼀定的难度的.那作为母亲,你怎么样可以帮助到他呢?就是说⽆论你遇到外界多少打击,就是说⽼公怎样,孩⼦怎样或者事业怎样.你都不会被眼前的所有这些现象给影响.然后就变成⼀个我命苦啊,我放弃了,总是抱怨.

Higher Spirit: Wait a moment, let me help you link up. When we connect to this energy, then we can sense that your son actually does not find it easy to change his perspective through this event. Although it is a lesson for him, he will not take it as such. He still believes in creating according to his own ideas and thoughts. From our point of view, this means he remains unconvinced until he sees the evidence. Even if faced with death (metaphorically represented by 'seeing the coffin'), he still doesn't shed a tear; instead, he continues to live within his own understanding and beliefs. In other words, changing his perspective is not an easy task.

As a mother, how can you assist him? Regardless of encountering any external setbacks—whether it's your husband, children, or career—you remain unaffected by these phenomena. Instead of accepting your fate as wretched or giving up, and always complaining about the situation.

⽽是应该让这些化成你的动⼒,让你更加积极的拥有强⼤的能量.就刚才不是说你拥有强⼤的能量吗?你都没有去释放或者是活出来.你更应该把这些所有的经历来当成… 这么说,我完全靠不住我⼉⼦,我只能靠我⾃⼰.我要给我⼉⼦活出⼀个榜样出来.那有⼀些母亲可能年龄⼤了指望⼉⼦怎样怎样.那你看我⼉⼦指望不上啊.我只能指望我⾃⼰.我⽼公我指望不上,我只能指望我⾃⼰.这个指望不上只能指望⾃⼰.你想⼀下别⼈她可能不太⽤⼒,我有⼉⼦,我有⽼公靠.但是你是靠不了任何,那你的⼒量是不是⽐别⼈强⼤⽆数倍.所以你要把这些经历转成你的动⼒.⽽且不去指望你⼉⼦会变成怎样.因为他有他的体验.

And it's about turning these into your power, empowering you with stronger energy. Didn't we just talk about having strong energy? You haven't been releasing or living out that energy. You should be using all of this experience... In other words, I can't rely on my son; I have to depend solely on myself. I need to set an example for my son. Some mothers might count on their sons for everything as they grow older, but I can't count on mine. I can only rely on myself. My husband is no help; I can only rely on myself. You're completely dependent on yourself. Consider that others might not be giving it their all because they have their children and husbands to depend on, whereas you can't rely on anyone else. Your strength must be magnitudes greater than theirs. Therefore, you need to turn these experiences into your power and not expect your son to change in any way since he has his own experiences.

因为有的⼈他选择这⼀世他就是来体验束缚的,他只想体验束缚.为什么呢?他在其他世他体验的是⾃由.他就会拿这⼀世来体验束缚,他这样就⼀个业⼒平衡,就是他就平衡.所以不要把这⼀世看成是单⼀的体验.所以说你越是感觉外在没有⽀撑你或者⽀持你或者没有希望,你要越记住这些是你的能量的来源,这是你巨⼤能量的来源,明⽩吗?所以你这样你就每⼀天你都活的像是在,就像是战⼠⼀样.每⼀天都像是战⼠⼀样,要去战⽃的⼀个状态.那你的能量就会越来越强⼤.你想⼀下你们的特警、战⼠,他们每⼀天要去经历多少,要去突破多少.特种兵部队和平民,明⽩吗?所以你周围外在,刚才我都说了关系它就是来⽀持你来成为你⾃⼰的.

Because some individuals choose to experience bondage in this lifetime solely for the purpose of experiencing it, wanting nothing more than that. Why is this so? In their previous lives, they experienced freedom. They thus opt to live this life under constraints, achieving equilibrium through karma, which balances out as such. Hence, do not view this life as a singular experience. As you feel increasingly isolated from external support or hope, remember that these are sources of your energy; indeed, significant sources for you. Understand? Consequently, each day, you should live like a warrior – a state akin to constant battle. Every day becomes one of such nature, driving you into action. Your energy will thereby grow stronger. Imagine the experiences and challenges faced by special forces personnel or warriors every day – pushing boundaries, overcoming obstacles. Special military units versus civilians; comprehend? Hence, your external surroundings, including relationships, serve as supports enabling you to actualize yourself.

那你的⼉⼦他也是来⽀持你,让你变的更加就是说,就像我前⾯的信息⼀样,拥有强⼤的能量.为什么?因为你这样你就能完完全全的活出你⾃⼰.你就能给你⼉⼦⼀个活⽣⽣的榜样,让他知道⽣命是多么强⼤,是多么不受外界的影响,是多么能够越挫越勇.那么⾃然⽽然地他就会朝你看齐.你绽放出来的呢股光,你就会影响他.让他成为,就是他也要像你⼀样不被⽣命打到.这就是你能带给他最好的.任何你对他的,你越说他,他可能越会抵触或者是不听你的.因为你的⾏动才是对他最强⼤的说教.对他不要有任何说教,因为他不吃呢⼀套.他需要他发⾃内在,就是看到我妈妈吗⾝上拥有如此强⼤的能量.那他⾃⼰愿意才会.

Your son also comes to support you, making you more powerful, just like the information I mentioned before, with strong energy. Why? Because when you do this, you can fully live out your own life. You can set a real-life example for your son, showing him how powerful life is, how it's not affected by others, and how one should keep trying despite failures. Naturally, he will look up to you. The light you shine will influence him, making him strive to be like you, unaffected by life's blows. This is the best you can give him. Anything you tell him directly might cause him to resist or ignore your advice, as his actions are the strongest lesson for him. There should be no preaching towards him because he doesn't respond well to that approach. He needs to see the strength within himself, understanding how powerful his mother's energy is. Only then will he be willing to follow her path.

你任何外在的,⽆论是警官也好,警察也好,还是⽗母,谁都管不了他,明⽩吗? 只有他内在真正的对你产⽣敬佩,就是我妈妈真的很强⼤,她让我看到了什么什么.他⾃⼰内在愿意转变.他的成长是内在,不是外在.你外在怎么敲打都没⽤的.只能内在突破.你只要相信他.就像我们前⾯说的,因为⽣命不只是

You can't control him with anyone from the outside, whether they are police officers, policemen, or parents; no one can. Understand? The only thing that matters is if he genuinely feels admiration for you internally, like my mom is really strong, and she showed me what that looks like. He needs to want this change within himself. His development comes from inside, not the outside. No amount of external persuasion will work. It's all about inner breakthroughs. You just have to trust him. As we've discussed before, life isn't just...

⼀世在这⼀个物质世界体验的.你对他抱着全然的信任,去理解他体验他需要体验的.这就是对⽣命最⼤的尊重.

In this material world, you experience through it with complete trust, to understand and accept what he needs to experience. This is the greatest respect for life.

问: 他跟他⼥朋友在他⾛之前就分⼿了.最近他⼥朋友又来找我.他俩是不是尽了?

Questioner: Before he left, he broke up with his girlfriend. Recently, she has been coming to me. Have they reconciled?

⾼灵: 你如果对他全然的允许和对⽣命全然的信任的话.你就不会去⼲涉也不会去有任何想要去…因为你相信⽣命总是会把最好的,你也会去允许它… 就好像你播了种,你知道它会长的很好.你⼲嘛⼀会⼉抛开看⼀下发芽了没有? 明⽩吗? 你最重要的是如何运⽤你的能量,释放你的能量.外在的⼀切你都把它变成是对你的动⼒.

Higher Spirit: If you fully allow and trust in life, then there's no interference or desire to... because you believe that life will always bring the best, and you also allow it... like when you plant a seed, knowing it will grow well. Why would you suddenly set aside to check if it has sprouted? Do you understand? The most important thing is how to use your energy, release your energy. All things external become sources of power for you.

问: 我的⼩⼉⼦现在的学习状态,以及他对这次⾼招的态度?

Questioner: What is my child's current state of learning, and his attitude towards this college entrance examination?

⾼灵: 你⾸先就是说你怎么样成为⼀个母亲可以给他带来最⼤的受益? 那就是你对⽣命的⼀个热爱.你对⽣命的⼀个热爱程度.你在对待困难或者⾯临挫折的⼀个态度.你对⽣活的⼀个态度,这就是你能给他最好的礼物,明⽩吗?因为你要知道⼈他并不是⼀成不变,⽽是每时每刻他都可以转变的.就算是我现在告诉你他是⼀个什么态度.但是当你的能量转变的时候,他就转变了.就算是我现在告诉你,你孩⼦现在是⼀个什么态度.但是当你如果陷⼊⼀种就是对⽣命放弃、痛苦、埋怨,他也变了,明⽩吗?所以你才是呢个影响着他到底要⽤⼀个什么样⼦,在当下你会把他带到⼀个什么样⼦的频率去.你们⼈都是相互影响的,特别是母亲对孩⼦的⼀个影响,特别⼤.

Higher Spirit: You begin by asking how becoming a mother can benefit him the most? That is your love for life - the depth of your love for life, your attitude towards challenges and setbacks. Your outlook on life is the best gift you can give to him, do you understand? Because it's important to know that people are not static; they change every moment. Even if I tell you what his current attitude is, when your energy shifts, he does too. And even if I inform you about how your child currently views life, if you fall into a mindset of giving up on life, pain, and complaints, it affects him as well. Therefore, you're the one guiding whether he will adopt an attitude in the present moment that aligns with his frequency or brings him to a different vibration. Humans influence each other, especially the profound impact mothers have on their children.

问: 孩⼦他爸什么时候适合回来?

Questioner: When would it be suitable for Dad to return?

⾼灵: 你要知道当你把关系都当成,就是说他来到你⽣命⾥他肯定是有礼物给你,你有礼物给他.然后你想要送出去你的礼物,你也想收到你的礼物.当你⽤这样⼦的⼀个态度,⽽不是拿⼀个孩⼦的⽗亲或者是你的丈夫,⼀个⾝份去要求他或者是去他要怎样怎样.这两种状态在他⾝上产⽣的反应也会完全不⼀样的,明⽩吗? 是你把他当成什么,你把他当成什么你不需要去说出来或者是怎样.你只是从⼼底⾥这么去什么的话,你便会进⼊创造⼀个频率,就会进⼊⼀个实相,你就会体验他到底是哪个世界的⼈.就⽐如说我感恩来到我⽣命中的每⼀个⼈.为什么呢? 因为他成为了我孩⼦的⽗亲,那我们俩⼀定是有很深⼊的链接.

Sage: You must understand that when you involve relationships, he indeed comes into your life with gifts for you, and you also have gifts to offer him. Then you want to give out your gift and receive your own as well. Your attitude matters; treating him not just as a father or husband by some title but genuinely engaging with him will result in different reactions compared to expecting him to fulfill certain roles or behaviors. You don't need to say it aloud; just from the heart, you'll create frequencies, enter realities, and experience who he truly is. For instance, I am grateful for every person in my life because they became my child's father, which indicates a profound connection between us.

那他来到的我⽣命当中⼀定是有个很⼤的礼物要送给我,那我也有很⼤的礼物要送给他.那当⼀个给你送礼的⼈,你会怎么对待他? 你会很感激他,对不对? 当你成为⼀个你很感激他的⼀个态度… 你就会想要去帮助他.因为你帮助了他,他才会把礼物很好的送给你,对不对? 如果你不帮助他,他如果都死掉的话.就⽐如说他的礼物是结⼀个果⼦.你吃了呢个果⼦你就长⽣不⽼.那你想,它这个树它都不结果怎么办? 那你是不是就收不到你的礼物? 那你收不到礼物你是不是就不能长⽣不⽼了? 那你是不是在帮他成为他⾃⼰的时候,你⾃然⽽然就收到你的礼物.为什么呢? 因为他本⾝就是来结给你吃的呀,不然他不会出现在你的⽣命当中,明⽩吗?

That's why the person who comes into my life must have a great gift to give me, and I also have a great gift to give him. When you are the one giving gifts, how would you treat them? You would be very grateful for them, wouldn't you? When you become someone who is grateful, you want to help them because helping them allows the gifts to be given well. If you don't help, what if they all die? Let's say his gift is to bear a fruit that will make you immortal when you eat it. Suppose this tree doesn't bear any fruits at all. Wouldn't you then miss out on your gift? Without receiving your gift, can you remain immortal? When you assist him in becoming himself naturally leads to the receipt of your gift. Why? Because he is there precisely to give you what you need. He wouldn't appear in your life otherwise, do you understand?

所以当你们能很好的理解这层关系过后,你们会很好的去⽀持他们去成为他们⾃⼰,去活出他们⾃⼰,去开花结果.那当他开花结果了,你是不是⾃然⽽然就得到他携带给你的?

So once you have a good understanding of this relationship, you will naturally support them to become themselves, live as themselves, and bear fruit. When they bear fruit, do you automatically receive what they bring?

问: 我们俩其实已经在13年办过离婚⼿续了.

Questioner: We actually got divorced in 2013.

⾼灵:这些都不重要,这些都只是形式上的.你们离婚没离婚,这些都不重要.重要的是既然他是如此的⼈,就是来到你⽣命当中的⼈.那他就⼀定是有来助你,他有礼物要给你,你有礼物要给他.你们彼此送出去⾃⼰的礼物就好了.那你们这⼀世的姻缘,就是⽠葛也了了,明⽩吗?你只有当你吃掉这个果⼦过后,你才能长⽣不⽼,你才能成为你⾃⼰.成为你⾃⼰过后,你才能⽐如说长到多⾼,达到⼀个什么状态.这就是为什么你善待⾝边每⼀个出现的⼈,他们都有礼物.包括这个⼥孩⼦在给你传递信息,她也在送你礼物.这个礼物就是改变你命运的.那你⼤⼉⼦既然选择了这样⼦的⼀个经历,那他有他的经历.那他经历的同时也在让妈妈变得强⼤.他是不是也在成就你?

Higher Spirit: These details don't matter; they're merely formalities. Whether you've divorced or not doesn't concern us. What's crucial is that he's someone who has come into your life - there must be a reason for it, some assistance he can offer and gifts he wishes to share with you, just as you have gifts for him. Exchange these mutual gifts, and you'll see how this lifetime's bond resolves like entwined vines being untangled. Do you understand? Only by consuming the fruit of your endeavors do you gain immortality and become yourself; only then can you reach certain heights or states. This is why treating everyone in your life with kindness matters - they all bring gifts, including this girl delivering messages, offering her own gift to you. That gift changes destinies. If your older child has chosen this experience, they have their reasons and go through theirs while strengthening you as a mother. Are they also achieving something for you?

所以千万不要把成就你的⽅式变成⼀个… 他给我精神⽀柱,他给我物质⽀柱成就我.不是的.你在你们物质世界看⼀下这种,有时候反⽽对你是⼀种限制,就是对你是⼀种,就⽐如说有些孩⼦他从来不愁吃不愁穿,长⼤了什么能⼒都没有.为什么呢? 因为他⽗母什么都给他呀,经济啊什么的,物质层⾯什么都给他了.他丧失了能在物质⽣存的能⼒,明⽩我意思吗? 所以不要去觉得呢种⽅式才是真正的给.

So never let the way you achieve yourself become... he gives me a moral pillar, he gives me a material pillar to build upon. That's not it. Sometimes in your physical world, this can actually be limiting for you instead of helping you; it becomes like a kind of restriction or barrier that holds you back, much like a situation where some children are never worried about food or clothes but grow up without any skills because their parents do everything for them, financially and otherwise on the material level. They lose the ability to survive in the physical world, do you understand? So don't believe that such an approach is truly beneficial.

问: 我和孩⼦他爸我们之间圆满了吗?

Questioner: Is my husband and I reconciled?

⾼灵: 这个你⾃⼰去.你⾃⼰去好好听这个信息你就知道.你只有你⾃⼰圆满,没有什么你们关系圆满了吗? 因为如果你是在说关系圆满了吗? 那就说明你还在把关系分为⼀个不圆满或者是缺失或者是什么什么的.你还是在分别它.但是你要知道你所需要的⼀切它都已经在呢⾥了.是要你如何的去运⽤它.

Higher Spirit: This is something you have to do on your own. When you listen carefully to this message, you will understand. The only thing you need is that everything is already within you. It's about how you should utilize it.

问: ⼈说⽇有所思夜有所梦是真的吗? 还是说梦境是你能量的呈现呢?

Questioner: Is it true that what you think during the day you dream about at night, or are dreams a manifestation of your energy?

⾼灵: 是真的吗? 什么叫是真的? 你们物质世界所经历的⼀切都只是⼀个镜像⼀个映射.都只是映射出你…. 什么是真的? 你⾸先你提这个问题… 你要知道你才是创造者,你可以把你头脑⾥⾯的⼀个念头把它显化到这个物质世界来,然后就变成是真的在给你们体验.这就是你们⼀直在做的事.这就是所谓真的.但即使是这些真的,它也是⼀个,就好像你是在玩魔术⼀样.你⽤你的能量显化⼀个东西,如果你现在收回你的能量,那显化的东西它就消失了.那你还能说它是真实的吗?

Higher Spirit: Is it true? What does 'true' mean? Everything you experience in your material world is just a reflection - a projection of you... What is true? You first ask this question... You need to know that you are the creator. You can manifest a thought from your mind into this material world, and then it becomes real for you to experience. This is what you've been doing all along - this is what is considered 'true'. But even these truths are like playing magic tricks. You create something with your energy, and if you now withdraw that energy, the created thing disappears. Can you still say it's real then?

问: 那我就是要在⽣活中的每⼀刻活出每⼀个当下?

Questioner: So, I am supposed to live every moment of my life as each and every instant?

⾼灵: 觉察.你能觉察到你的恐惧来⾃于哪⾥? 觉察你的欲望,你的感受,你的情绪,就是觉察你⾃⼰.你⽐如说你觉察到你产⽣的⼀些恐惧只是⼀些你产⽣的⼀些观念⽽已,那你⾃然⽽然的就不会产⽣恐惧了呀.它不是真实的.你只有把它当成是真实的你才会产⽣呢些所谓的呢些感受和情绪,明⽩吗?

Higher Spirit: Perception. Can you perceive where your fear originates from? Perceive your desires, feelings, and emotions - this is perceiving yourself. For instance, if you perceive that some of the fears you generate are just concepts created by you, then naturally, you wouldn't produce fear anymore. They aren't real. You only create those supposed feelings and emotions when you consider them as真实的. Understand?

问: 那我的⾼我还有什么信息要传达给我吗?

Questioner: Does my higher self have any messages for me?

⾼灵: 今天所有这些都是,你只需要去真正的理解这些.⽽且你的命运已经被改变了.因为它这些信息都会在你的潜意识⾥⾯.它就像你的种⼦埋在泥⼟⾥⾯,它⾃然⽽然就会发芽,明⽩吗? 就是当你需要你的能量释放出来的时候,你掩盖不了它的.

Higher Spirit: All of this is today, you just need to truly comprehend these. And your destiny has been changed. Because all this information is in your subconscious mind. It's like a seed buried in the soil, it will naturally sprout when needed, understand? That is when you need your energy to be released, you can't hide it.

# **2022/10/26 — Words don’t teach Words do not teach**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question do you have?

问: 你能不能先链接⼀下我,因为我从⼩到⼤都是很低迷⽆⼒的状态.我不知道为什么会这样?

Questioner: Can you first link me because I've been in a state of confusion and helplessness my whole life? I don't know why this is the case.

⾼灵: 你叫什么名字?问: XX⾼灵:你稍等.⾸先,你选择这个⼈格来呈现这⼀⽣的状态是因为你内在是⼀个情感⾮常丰富细腻,就好像你们物质世界所谓的⼀些写⼩说的.你们有专门写悲剧的,就是专门写剧本,专门写⼩说的.他们的内在情感是⾮常⾮常细腻.因为你要知道为什么你们⼈类特别喜欢看⼀些伤感的⼩说或者是情感的⼩说?因为这是⼀种⾮常迷⼈的特质.就好像这是你的⼀个⼈格特征.因为并不是所有⼈都不是喜欢被喜剧的呢种,并不是所有⼈都喜欢看喜剧不喜欢看悲剧.不是所有⼈都会被喜剧给吸引.更可能的说,你们⼈类还更愿意被悲剧吸引.因为它可以把你带⼊⼀种,就是深深的呢种代⼊感.就好像你已经进⼊了呢个⾓⾊⼀样.

Higher Spirit: What is your name? Questioner: XX. Higher Spirit: Please wait a moment. First of all, you chose this personality to present the state of your life because you are an emotionally very rich and delicate being inside, similar to those in your material world who write novels. There are specialized writers for tragedy who specialize in writing scripts and novels, where their inner emotions are incredibly intricate. You may wonder why humans particularly enjoy reading sad or emotional novels? This is due to a very alluring trait. It's like this characteristic of yours. Not everyone prefers comedies; not everyone likes to watch comedy films instead of tragedies. Not every individual gets attracted by comedies, but there is a greater tendency for humans to be more drawn to tragedies because it allows you to experience deep immersion. As if you have already stepped into the role yourself.

所以这是你的特质,这是你的特征.你不需要去特意的就是把它当成不好的事情,就是要去改变它.你是需要把这个美给释放出来.明⽩我意思吗? 就是你更加的要活出呢种…. 你看这个物质世界上有各种各样的美.就⽐如说,春天有春天的美,它是新⽣重⽣.那秋天是落叶,那落叶是不是很凄美的样⼦?它也有它的美.你⾸先要知道你现在就像是⼀个摄影机在录像.那你就是呢个活的,⾏动的摄影机.你在录制这个世间万物,在体验,在感受⼀切,明⽩吗?你就好像在收集素材⼀样.然后呢,你收集了这些素材,你在通过你这个独⼀⽆⼆的感受体,你是独⼀⽆⼆的.你是没有办法有谁来取代你这个摄影机的.因为你看出去的世界是只有你才能拥有的,明⽩吗?

So this is your essence, this is what defines you. You don't need to view it as a negative thing that needs changing; rather, embrace and release its beauty. Understand me? You're living into that kind of... In the material world, there are countless beauties in different seasons: spring's freshness, summer's vitality, autumn's leaves falling, which have their own melancholic elegance, and winter's coldness holding the essence of serenity.

You see yourself as a living camera capturing these moments, experiencing and feeling them all. You're collecting footage in your unique way, assembling this universe on film through your singular lens without any replacement for you; because what you see and experience is uniquely yours alone.

所以说你这台独⼀⽆⼆的摄像机,通过你去收集它.然后再把它表达出来,就是再把这个美给释放出来.因为你们来到这个物质世界上最最最最最重要的就是体验.

So you, this unique camera, capture it through your efforts and then express it back, releasing the beauty once more because here in the physical world, experiencing is the most most most important aspect.

问: 但是我现在就是恨痛苦.因为我的亲密关系不是很好.我又遇到了婚姻之外的⼀个⼈.我想知道我跟他能⾛到多远? 为什么就是放不下?

Questioner: But I just hate pain right now. Because my relationships aren't great. I've encountered someone outside of marriage again. I want to know how far I can go with him? Why can't I let it go?

⾼灵: ⾸先你要知道你才是呢个去掌握⽅向盘的⼈.就是这台车,你才是呢个掌握⽅向盘.你说你想要朝左边⾛,想要去朝右边⾛.是你去决定你要朝哪个⽅向.因为两边都有风景,两边都有你可以体验的.所以是你去掌握着要怎么样.但是呢,你的这些经历,就是你的这些体验,还有你内在的感受,你都可以把它转化成灵感,转化成题材去使⽤它,明⽩吗? 因为你已经代表了这个社会很多的缩影.就是不只是你在经历这样⼦的现象,就⽐如说你通过这个体验你就可以去深深的剖析婚姻到底存在在这个社会上的⽬的是什么? 我们是不是每⼀个⼈都要被婚姻束缚? 然后进⼊婚姻我们是不是每⼀个⼈都要去遵守婚姻⾥⾯的什么什么的?

Higher Spirit: Firstly, you need to know that it is you who will be steering the wheel. You are the one who holds the steering wheel of this vehicle. If you say you want to go left or right, it's your decision on which direction you want to head. Because both sides have scenery and experiences available for you to enjoy. So, it's up to you on how to steer. But with your experiences, your insights, and inner feelings, you can turn them into inspiration and material to use them. Understand? You already represent many reflections of society. Not just that you're experiencing these phenomena, but through this experience, you can deeply question the purpose of marriage existing in society? Is it necessary for every person to be bound by marriage? And when entering into marriage, is every person required to adhere to certain norms within the marriage?

如果我们在婚姻⾥⾯出现了我们真正喜欢的… 这些题材都全部是可以供你,就是⽤你独⼀⽆⼆的⽅式去体验.体验了过后在呈现出来.你的所有感受和体验…问: 能不能帮我看⼀下为什么会遇到他?

If we find in marriage what we truly love... These topics are all available for you, to experience them in your unique way and then present them. All your feelings and experiences... Questioner: Could you help me understand why I encountered him?

⾼灵:你⾸先你要知道这⾥没有⼀个固定的,就是说你必须要跟他有⼀段怎么样怎么样.⾸先你要利⽤好眼前的题材,你明⽩我意思吗?并不是说你就必须要去⾛这条路,必须要⽤什么⽅式去⾛这条路.⽽是说你⼿中的呢些炭⽕,你觉得是在烫伤你.你可以去扔来扔去扔来扔去,就是不被烫到,对不对?你可以去利⽤它,你可以去转化它,可以去让它展现出你想让它展现出的样⼦,明⽩吗?你可以把你的⼈⽣过的⼀团糟.然后就是天天被这些感情弄的什么都不知道,乱七⼋糟的.那你也可以去利⽤你的⼀个个⼈的独⼀⽆⼆的体验体,然后去了解,然后去领悟,然后带着给这个世界更多的帮助和信息.你想⼀下如果你经过你的体验,然后成了⼀个情感的博主.

Ethereal Spirit: First and foremost, you need to understand that there's no single fixed path here; it's not a matter of must or have-to. What I'm saying is that you should take advantage of the current subject at hand. Do you see my point? It doesn't mean that you have to follow this specific route or adopt a certain method to do so. Instead, think about your tools in front of you—the charcoal sticks for instance—do they cause discomfort when used? You can play around with them as long as it doesn't cause discomfort; in other words, you're utilizing and transforming these into what you desire, right? You could turn your life into a mess. Constantly tangled in emotions to the point where you lose track of yourself. But why not use your unique personal experiences for better self-understanding and enlightenment? To contribute more knowledge and assistance to the world, all while undergoing this journey. Imagine being a sensation blogger after going through all these experiences.

然后写了很多呢种关于情感、婚姻或者是外遇这⼀系列的东西.你⽤你如此细腻的感受,你会引起多少⼈的共鸣.那你会带领多少⼈⾛出来.

Then you wrote so many things about emotions, marriage, or affairs and series of such topics. With your delicate sense of feeling, how many people would resonate with you? How many people would be led out of their situations by you.

问: 关键是我现在⾃⼰都⾛不出来.

Questioner: The key point is that I can't even get out myself now.

⾼灵: 你现在不是在寻找信息吗.信息都是来告诉你如何把眼前的东西转化成有利于你的.你们来到这个物质世界最主要的就是体验和领悟.当你把你的体验和领悟分享出来,你也会给更多⼈带来光明.也就是说你现在在迷路.那当你找到出路过后,很多⼈会跟随着你.那你的存在,你的经历就不是⽩费的.

Higher Spirit: Are you not seeking information right now? Information is meant to guide you on how to transform the present into something beneficial for you. The main purpose of your coming to this material world is to experience and understand. When you share your experiences and insights, you bring light to many others as well. In other words, you are lost at the moment. Once you find your way out, many will follow you. Your existence and experiences won't be wasted then.

问: 那他对我是否也是真的喜欢的?

Questioner: Or is his affection for me genuine as well?

⾼灵: 这⾥没有他! 这⾥⾯没有他,只有你⾃⼰.因为你才是呢个掌控着你的车朝哪个⽅向的,明⽩吗? 因为你的这种特质…问: 那就是说我想跟他….

Higher Spirit: There's no him here! There's only you, because you are the one controlling your car in which direction it goes. Understand? Because of your trait... Questioner: That means I want to...

⾼灵: 如果你只是你想你想的话,那你就进⼊另外⼀个执念⾥⾯去了.你没有允许⽣命,明⽩吗? 你就进⼊你的执念.

Sage: If you were to wish for it, that's where you'd enter another obsession. You haven't allowed life to flow, understand? You've entered your obsession.

问: 那就是说⼀切都是我创造,如果我想体验跟他的亲密关系那我⼀定是可以体验到的? 并不是这个⼈怎么样,是吧?

Questioner: So, does that mean everything is created by me? If I want to experience intimacy with him, can I definitely do so? It's not about what this person is like, right?

⾼灵: 他只是⼀个道具⼀样.你内在有了这个需求,有了这个渴求,有了这个洞需要被外在填补.然后他就会出现.所以是你显化了这样⼦的.因为不是他的话…问: 所以也可以显化出别⼈?

Higher Spirit: He's just like a prop. You have this need within you, this craving, and this hole that needs to be filled externally. And then he appears. So it is you who manifest such things. Because if not him... Questioner: So can one also manifest others?

⾼灵: 是.你有这个需求,⼀旦你有这个洞,那总会有东西来给你填满的.问: 那能不能看看我的⼈⽣使命是什么?

Higher Spirit: Yes. If you have this need, then there will always be something to fill it once you have the hole. Questioner: Can I see what my life mission is?

⾼灵: 刚才前⾯说的信息已经告诉你,你是⼀个独⼀⽆⼆的摄影机.你在体验⼀切.然后在通过你独特的对这个社会的感知,然后再把它给释放出来.

Higher Spirit: The information I just mentioned has already told you that you are a unique camera. You're experiencing everything. Then, through your unique perception of this society, you release it again.

问: 那能看看我的⼯作吗?

Questioner: Could you see my work?

⾼灵: 当你做你⾃⼰,全然的呈现你⾃⼰,呢个才会…. 就是你真正的⼯作就会呈现出来.你就会理解实际上你跟⼯作是没有分开的.因为有些⼈他会觉得我是我,⼯作是⼯作.但是你们活在这个世界上的唯⼀⼯作就是做真实的⾃⼰,展现你真实的⾃⼰.

Higher Spirit: When you are yourself, fully present as yourself, that is... when your true work will be revealed. You will then understand that in reality, you and your work are not separate. Because some people might think of themselves as distinct from their work, but the only job you have living in this world is to be your authentic self, to show who you truly are.

问: 怎么才叫做真实的⾃⼰呢? 那这个⼯作确实不是⾃⼰喜欢的.那怎么接纳这个⼯作?

Questioner: How can one be considered their true self? If this job is not what I like, how do I accept this job?

⾼灵: 那是因为你们的物质头脑,就是你们有很多观念.就⽐如说必须要找⼀个养家糊⼜,然后必须要找个事做,不能游⼿好闲.但是你要知道你们历史上从古到今所谓的圣⼈,他们哪⼀个不是你们眼中的游⼿好闲,明⽩吗? 真正拥有智慧的.. 所以你的任何这些担忧…问: 我是⼀个警察,天天看到的都是等级的这种的.

Higher Spirit: That's because of your material mind, which has a lot of ideas. For example, you need to find a way to provide for the family and must have something to do, cannot be idle. But do you know that historically, all those so-called sages in every era are considered idle by your standards? You see, true wisdom lies elsewhere... So any concerns you might have... I'm a policeman, seeing only levels of hierarchy every day.

⾼灵: 那是因为你加⼊了他们创造的实相.你没有创造你⾃⼰的实相,你明⽩吗? 你只是加⼊了集体意识和加⼊了别⼈创造的⼀个实相⽽已.你并没有按照你⾃⼰想要的来创造你⾃⼰的⼀个实相来让别⼈加⼊.这是两回事的.

Higher Spirit: That's because you joined their created reality. You didn't create your own reality, do you understand? You just joined collective consciousness and joined someone else's created reality, not creating one yourself that others would join according to what you wanted. These are two different things.

问: 那我该怎么创造我⾃⼰的实相呢?

Questioner: How should I create my own reality?

⾼灵: 你⾸先要知道你有能⼒去创造,因为你⼀直把你的权⼒交给了外在.你觉得是外在…问: 我也有权⼒? 我就是⼀个警员,我在⼯作中没有什么权⼒呀.

Higher Spirit: The first thing you need to understand is that you have the ability to create because you've always been giving your power away to the external. You feel like it's external...Questioner: Do I also have power? I'm just a police officer, and in my job, I don't have much power.

⾼灵: 对.你是这么说的,当然就是这么体验了,你明⽩吗? 你能去听你⾃⼰说的吗? 你能去听你脑海⾥⾯是怎么去认为的吗? 这个世界你认为它是什么样⼦就是什么样⼦! 你看呢些突破者、翻新者、创新者,他们从来都是创造⾃⼰的,⽽不是去加⼊别⼈的.

Higher Spirit: Yes, that's how you put it; and indeed, this is the experience of it. Do you understand? Can you listen to what you say about yourself? Can you hear your thoughts in your mind as they form? This world is exactly what you perceive it to be! What do you think about those breakers, innovators, and transformers? They always create their own paths, rather than joining others'.

问: 就是⽆论你是什么样的⾝份都可以创造⾃⼰?

Questioner: Does that mean you can create yourself regardless of your identity?

⾼灵: 你们所有⼈都是在⾃⼰的.但是你是加⼊别⼈的,你也是在创造⾃⼰的.为什么? 我同意的.那你创造的也是你的.那你是对的,这个社会现象是对的.你只是加⼊了,明⽩吗?但是也是你创造出来的呀.你创造了这种⽆⼒感,你创造了这种制度.

Higher Spirit: All of you are in your own. But you are joining others', and you are also creating your own. Why? I agree with that. So what you create is yours as well. Therefore, you are right; this societal phenomenon is correct. You are just joining it, understand? But you have created it too. You created this sense of powerlessness, you created this system.

问: 我跟我母亲的关系也⼀直不是特别好.跟她不亲近.我为什么会跟母亲会是这样的关系?

Questioner: The relationship between me and my mother has never been particularly good, and I am not close to her. Why is it like this?

⾼灵: 那是因为你对关系有⼀个定义,你觉得母⼦之间就必须要怎么样吗? 就必须要亲密⽆间吗? 那是因为你们误解了关系的意义.有⼀些母亲她存在在孩⼦的⽣命当中,她最主要的是做⼀个反⾯教材.让孩⼦可以看到我不要做这样⼦的⼈,我不要过这样的⼈⽣.

Higher Spirit: That's because you have a definition of relationships. Do you think that between mothers and children, they must be close or intimate like this? It's because you've misunderstood the meaning of relationships. Some mothers exist in their child's life as a negative example, to show them not to behave this way or live such a life.

问: 我从⼩就不想像我妈这样.

Questioner: I've never wanted to be like my mom.

⾼灵: 所以你就会放下你对母亲跟你的关系,就是觉得它应该是什么样⼦.因为你要知道所有的关系它存在的⽬的是不⼀样的,明⽩吗?

Higher Spirit: So you will let go of your perception of what the relationship between you and your mother should be like. You see, all relationships exist for different purposes, understand?

问: 但是我也受了她很⼤的影响,我妈从来不⿎励我.

Questioner: But she also had a big influence on me; my mother never encouraged me.

⾼灵: 你受了她很⼤的影响? 你都说了你不想跟她⼀样,那你不是没有受她影响吗? 你看了活活的⼀个例⼦在⾃⼰⾝边,你看到她怎么样.然后你告诉你⾃⼰你不要像她⼀样.那不是在影响你吗? 就像⼀个⽼师来告诉你,你要像这样,不要像呢样.然后你听了.那不⼀样吗?那她也像⽼师⼀样的存在啊.

Higher Spirit: Have you been greatly influenced by her? You said you don't want to be like her, so if you're not being influenced by her, then what kind of influence has she had on you? You've seen a living example right beside you, observing how she behaves. Then you tell yourself that you don't want to be like her. Isn't that still an influence on you? It's similar to how a teacher would instruct you to do this and not do that after explaining it, and then you follow their advice. She exists in your life just as a teacher would.

问: 怎么化解跟母亲的关系?

Questioner: How can one resolve their relationship with their mother?

⾼灵: 因为你化解你⾸先要知道这段关系存在的意义你是抵触它的.你觉得它没有变成你想要的样⼦.那如果你头脑⾥⾯没有想要的样⼦呢? 那她是不是就是完美的?

Higher Spirit: Because to resolve it, you first need to understand the significance of this relationship; you are resisting it. You feel that it hasn't turned out the way you want it to. But what if there is no desired outcome in your mind? Would she then be perfect?

问: 那我怎么头脑⾥才能没有我想象的呢个样⼦?

Questioner: But how can I have no image in my mind as I imagine it?

⾼灵: 那就是允许.你要知道你的头脑不是⽤来做主.它也不是⽤来去分辨什么是好和坏.它没有这些功能.它都是⼀些观念.它吸⼊⼀些观念过后,⽤观念⾥⾯,就是说这个应该这样呢个应该呢样.但是这些观念都不是真实的,它也不是对的,明⽩吗? 是这些观念在影响着你.

Higher Spirit: That's permission. You need to know that your mind is not meant to be a ruler. It's also not meant to distinguish what's good and bad. It doesn't have these functions. It's just concepts. After absorbing some concepts, within those concepts, i.e., this should be like this and that should be like that. But these concepts are not real, they're not right either, do you understand? These concepts are influencing you.

问: 那我就是不断地在提醒着⾃⼰头脑想的是错的头脑想的是错的吗?

Questioner: Am I constantly reminding myself that my mind is wrong, that my mind is wrong?

⾼灵: 这不是关于对和错.你所有产⽣的⼀些情绪和⾝体反应全部都来⾃于你头脑⾥⾯吸收的⼀些观念.但是你并不知道你头脑真正的功能是什么.它并不是来分辨这些的.它只是⼀个体验者.那你就做你的摄影机的⼯作,因为你还有⼀个更⼤的你,更宏伟的你.你并没有跟它达成链接.因为当你有链接了过后你就会把它交出去.你就便会让头脑更好的安住于当下,⽽不是归类和批判和评判和想要试图解决问题.

Higher Spirit: It's not about right and wrong. All the emotions and physical responses you generate come from certain ideas that have been absorbed by your mind. However, you don't know what the true function of your mind is. It doesn't judge these things; it simply experiences them. So do your work as a camera because there is a larger you, a grander you, which you are not linked with. You would surrender it when you have a connection because then it stays better anchored in the present moment instead of categorizing, criticizing, judging, and trying to solve problems.

问: 那如何链接呢?

Questioner: Well, how do you link them?

⾼灵: 那你⾸先要知道你有这回事.你连这回事你都不知道,你觉得你头脑最⼤,你头脑最厉害,什么都交给它.

Higher Spirit: So you first need to know that this exists. You don't even know about it; you think your mind is the biggest and most powerful thing, everything should be left to it.

问: 那我要是知道了头脑只是⼀些想法,总是在解决问题.那我下⼀步该怎么做呢?

Questioner: If I understand that the mind is just a collection of thoughts constantly solving problems, what should I do next?

⾼灵: 那你⾃然⽽然就会这么去做了.你如果真正的理解了和知道了和吸收了,⽽去认可了的话.那你⾃然⽽然就会按照这个⽅式.就好像我刚刚说你⾃⼰⼿拿⽅向盘掌握着这台车.你知道这条路这条路是你应该⾛的,你想要⾛的,你愿意去⾛的,你⾃然⽽然就会选择这条路⽽不是另外⼀条.因为你知道这条路是你想要去体验的,明⽩吗?

Higher Spirit: Then naturally, you would do it that way. If you truly understand, know, and absorb it, and then acknowledge it, naturally, you will follow this method. It's like I just told you - you hold the steering wheel of this car yourself. You know this road is the one you should take, want to take, and are willing to take. Naturally, you would choose this path over another because you understand that this road is what you desire to experience. Do you get it?

问: 就是发⽣在我⾝边的任何⼈和事都是我⾃⼰想要让它发⽣的是吗?

Questioner: Are all events happening around me something that I want to happen?

⾼灵: 外在的⼀切都好像是⼀个镜⼦⽽已,让你来呈现出你⾃⼰的⼀些观念、信念还有你的⼀些有意识和⽆意识的⼀些…. 明⽩吗?

Sage: Everything external is just like a mirror, reflecting back your own thoughts, beliefs, and both your conscious and subconscious elements. Do you understand?

问: 那就是说我和呢个⼈⾛多远是在于我⾃⼰? 他没有问题?

Questioner: That means how far I go with that person is up to me? He has no issue with that, right?

⾼灵: 什么是问题,你⾸先要问你⾃⼰.

Higher Spirit: What's the problem? You should first ask yourself.

问: 因为他都有家了,也不能给我承诺什么.

Questioner: Because he already has a family and can't promise me anything.

⾼灵: ⽆论你想要⼀个什么样的⼈,就是对⽅是个坏⼈有多坏,他坏到⽆敌坏,他都会呈现出来给你体验.你想要他有多好,他也会呈现出来给你体验.也就是说,你可以凭空想象任何⼀个东西和它互动.你哪怕是想要跟⼀个⿁怪互动,你都可以让它呈现出来跟你互动,明⽩吗? 所以不是说外在的⼈有多好有多坏或者有多呢个什么.

Higher Spirit: Regardless of the type of person you want, whether they are extremely bad or just very bad, they will present themselves to you for you to experience. No matter how good you want them to be, they will also present that to you for your experience. In other words, you can imagine any object interacting with anything at all. You can even make it interact with a monster if you wish, and it can show itself interacting with you. Understand? This is not about the person being inherently good or bad outside of this context.

问: 那都是我⾃⼰想象出来的?

Questioner: Was that all just in my imagination?

⾼灵: 是你有这个体验的需求.问: 我为什么要体验这些呢?

Higher Spirit: It's your need for this experience. Questioner: Why do I need to experience these things?

⾼灵: 你为什么要体验这些? 那你就进⼊⾃我探索,你⾃⼰去探索你⾃⼰为什么.然后外在的信息⼀切都在跟你反应为什么.因为你觉得婚姻中没有被满⾜.因为你觉得两个⼈的婚姻是⽤来满⾜⾃⼰的,明⽩吗? 就⽐如说你有这些想法和观念,你就觉得对⽅婚姻这个,我⽼公应该给我提⾼这个他没有提供.他应该怎么怎么样给你.这些观念和这些什么东西,它都会导致你外在会出现什么事情.那是因为你们⼈对婚姻的⼀个误解,明⽩吗? 另外⼀半不是⽤来满⾜你的.因为你会发现永远都满⾜不了.

Higher Spirit: Why do you want to experience these things? That means you should delve into self-exploration and explore why you are experiencing yourself. Then, the external information is reflecting everything back at you for a reason. It seems that you feel unfulfilled in marriage because you believe marriage is used to satisfy oneself, right? Like when you have certain thoughts and beliefs about marriage, you think your husband should fulfill this or do that for you, because of these ideas and those kinds of things, they will lead to what happens externally. That's due to a misunderstanding of what marriage is by individuals, correct? The other half is not meant to satisfy you. You'll find that it can never be fully satisfied.

问: 那你能谈谈你们对婚姻的看法吗?

Questioner: Could you share your views on marriage?

⾼灵: 所有的关系它都是像⼀个镜⼦来呈现出你⾃⼰,就是你可以通过这个镜⼦反射去看到,原来我现在对婚姻是这么⼀个想法,这么⼀个看法.为什么呢? 因为我看到我爸妈的婚姻是这样⼦.然后我就觉得应该是这样⼦.我们社会上是这么认为,然后我就这么认为,明⽩吗? 你要知道所有东西它来源于你的⼀个信念,它来源于你的⼀个believe system,它来源于你⾃⼰.因为你⾃⼰怎么去认为这个世界,你就会怎么去体验这个世界.所以你唯⼀需要改变的就是你的认知.因为当你的认知改变了过后,你外在所有的体验它才会改变.当你的认知没有改变,你只是换⼀个⼈的话.那你需要不断地换,你会从这个⼈换到另外⼀个⼈⾝上.

Spirit: All relationships reflect you like a mirror, showing you what you think and believe about yourself. Why is that? Because I see my parents' marriage as such. Then I feel it should be the same way. Society believes this, so do I, get it? You need to understand that everything stems from your belief system, it's rooted in how you perceive the world based on your own thoughts and ideas. Therefore, the only thing you need to change is your mindset. Because when your mindset shifts, all your external experiences will follow suit. If your mindset doesn't change and you just switch partners, you'll continuously find yourself in similar situations.

你会拥有同样的体验.它会更加加固你的信念.就⽐如说你有⼀个观念就是婚姻、另⼀半他永远都不能满⾜你.然后你换了⼀个⼈,还是⼀样.你就会越来越相信这句话了.为什么呢?因为你就会创造更多的这样⼦的体验给你⾃⼰.你创造的更多,就加深了你⾃⼰的信念.你加深了更多,你就会更多投射这样的事件.

You will have the same experience. It will strengthen your belief even more. For instance, you might believe that in marriage and with your partner, they can never fully satisfy you. Then, if you change partners and it's still the same, this will only make you believe that statement more. Why is this? Because you create these kinds of experiences for yourself repeatedly. The more you create such experiences, the deeper you reinforce your own belief. And as you deepen this belief, you project even more events like this onto yourself.

问: 那我该如何改变认知呢? 看书吗?

Questioner: Well, how do I change my cognition then? Should I read a book?

⾼灵: 你⾸先要知道物质世界它不是真实的,外在的世界不是真实的.为什么呢?问: 对,这个也是我想问的.为什么外⾯的世界是虚幻的呢?

Spiritual being: The first thing you need to know is that the physical world is not real, and the external world is not real. Why is that so? Ask: Yes, this is exactly what I wanted to ask. Why is the outside world illusory?

⾼灵: 那你⾃⼰去体验就好啦.你才是呢个探索者,因为我们给你说再多,你⾃⼰不去领悟不去感悟不去探索,没有任何⽤的.你吸收的只是⼀些概念⽽已.

Higher Spirit: Then you just go and experience it yourself. You are the explorer, after all. Because no matter how much we tell you, if you don't understand it for yourself, if you don't contemplate and explore it on your own, there's no point. You're just absorbing concepts, that's all.

问: 那我该如何探索呢?

Questioner: How should I explore then?

⾼灵: 你现在就在探索呀.

Higher Spirit: You are exploring right now.

问: 所谓的探索就是探索我的内在是不是?

Questioner: The so-called exploration means exploring whether it's within me?

⾼灵: 你如果想要先去沉浸在外在也可以.为什么呢? 因为当你体验的越多,你也会去到头来发现你要转向内在了.所以你永远都是在⼀个可以去利⽤你经历的⼀切的状态当中.⽽不是说你不想或者没有意义.

Higher Spirit: You can go out there and immerse yourself first if you want. Why? Because the more you experience, you'll eventually realize you need to turn inward. So you're always in a state where you can benefit from all your experiences, not because you don't want to or it's meaningless.

问: 我还有个问题是灵魂永⽣.这个不理解.

Questioner: I have another question about eternal soul. This concept is not clear to me.

⾼灵: 你不需要去明⽩和理解.⽤你的头脑理解不了的,明⽩吗?问: 那是⽤⼼感受吗? 我怎么能分辨出来我是在⽤头脑还是在⽤⼼?

Higher Spirit: You don't need to understand and comprehend. There are things that your mind can't comprehend, got it? Questioner: Is it a matter of feeling with your heart instead? How can I tell if I am using my mind or my heart?

⾼灵: 我⽆论给你说多少信息对你的头脑来说它只是⼀个概念⽽已.但是所谓的永⽣或者永存,它并不是你们,⽐如头脑不清楚你就不会体验的你就不会知道的.就是跟你清不清楚没有关系.就好像你不知道空⽓是如何⽀持你的⽣命的,但是你⽆论怎样,呢个空⽓都在维持你的⽣命,明⽩吗? 你不知道呢个⽆限⽹络是怎么样运⾏的.但是你总是在联⽹,你能使⽤⽆限⽹络.所以你的头脑不清楚什么是灵魂永⽣,但是并不代表你不会永⽣或者是永存.⽽且呢个你并不是这个⾁体的你.

Higher Spirit: All the information I give you is just a concept for your mind. But the idea of eternal or everlasting life isn't something you experience or know simply because your mind doesn't understand it. It has nothing to do with whether your mind understands it or not. Just like you don't know how air supports your life, but regardless, the air maintains your life. Do you see? You don't know how the infinite network operates, yet you're always connected to it and can use the infinite network. So just because your mind doesn't clearly understand what eternal soul means, doesn't mean you won't be eternal or exist forever. And this is not who you are as a physical being.

问: 我应该不考虑⼯作的原因直接去做我想做的事情吗? 我想跨省去上课,但又害怕感染疫情背处分.

Questioner: Should I disregard the reasons for work and just do what I want to do? I want to take classes in another province, but I'm afraid of getting infected with the disease and facing punishment.

⾼灵: 你要知道我们永远不会帮你们或者是替你们或者是告诉你们做任何抉择或者是做任何选择.我们只会让你知道你在经历任何的⼀切的时候,你应该是⼀个什么样的状态.因为⽆论来到你⾯前的是什么,你都可以转化它,你都可以把它变成你想要体验的样⼦.⽽且我们让你知道外在的⼀切的来源,所有的⼀切都是来⾃于你的信念.你才是呢个去投射出这⼀切事件的.就⽐如说你可以通过这个世界你可以看到为什么你觉得你需要通过外在来让你⾃⼰来让你… 为什么你不信任你⼈⽣中的每⼀个当下它都有⽣命的课给你,就⽐如我们现在的⼀场对话,明⽩吗? 你可以去通过这⼀系列的这些想法和念头和恐惧,然后不断地不断地去看到你⾃⼰.

Higher Spirit: You must understand that we will never assist you or make decisions for you, nor will we tell you what to do. Our role is to let you know how you should feel when experiencing any situation. Regardless of whatever comes your way, you have the power to transform it and shape it into what you wish to experience because every aspect originates from your beliefs; you are the one casting these events. For instance, you can observe through this world why you might feel the need for external validation in order to affirm yourself... Why doesn't your life at any given moment provide lessons for growth? Our conversation is a clear example of such a lesson, do you see? You have the ability to continually examine your thoughts, ideas, and fears, shaping your understanding of these events over time.

因为你们最重要的就是看到你⾃⼰,认识你⾃⼰,内在你到底是⼀个什么样⼦的状态,你持有的什么信念,你是⼀个什么样⼦的你.不然的话,你就是稀⾥糊涂.别⼈给你说⼀个这个恐惧你就害怕了.别⼈给你说⼀个呢个希望,你就满怀希望.那你永远都是被别⼈牵着⿐⼦⾛.你永远都不能做你真正的你,你都不是⾃由的.

Because the most important thing for you is to see yourself, know yourself, and understand what kind of state you are in internally, what beliefs you hold, who you really are. Otherwise, you would just be living blindly, reacting to others' fears by becoming fearful yourself or filled with hope at their hopes, always being led around by the nose. You will never be able to be your true self, nor will you ever truly be free.

问: 那真正的我就是我不会受任何⼈的影响?

Questioner: Then, the real me is someone who isn't influenced by anyone?

⾼灵: 真正的你就是它不再让你的头脑来做决定或者是产⽣恐惧,或者是吸收观念,明⽩吗?你会看到别⼈的⼀切,就⽐如说你会看到别⼈跟你说的⼀个呢个只是来⾃于他的⼀个恐惧.别⼈说这个只是来⾃于他⼩我的⼀个欲望.你把⼀切都看的是⼀个幻像,你怎么去受他们的影响,明⽩吗? 因为你能看清楚⼀切.

Higher Spirit: The true you is that it no longer allows your mind to make decisions or generate fear, or absorb concepts, do you understand? You will see everything about others, for example, you will see what others tell you is just coming from their fear. Others say this comes from their ego's desire. Everything you see is an illusion, how are you affected by them, do you understand? Because you can see clearly everything.

问: 你说的这种状态我倒是特别向往.真的能做到吗?

Questioner: I really admire such a state. Can it be truly achieved?

⾼灵: 你说你的问题让我们来如何回答你? 选择权在你⾝上,你是呢个拿着⽅向盘的⼈,你是呢个做决策的⼈.你问别⼈我真的能往这个⽅向开吗,明⽩吗? 你才是呢个踩着油门的⼈.不是别⼈告诉你你可以,你才可以的.⽽是你⾃⼰选择你想要.你觉得你可以你就可以,你要觉得你不可以你就不可以.⽆论你选择你相信哪个,或者你是怎么样⼦的,你都是真的,明⽩吗? 没有哪⼀个⽐哪⼀个难,哪⼀个⽐哪⼀个容易.

Divine Being: You ask us how to answer your question; the choice lies with you. You are the one holding the steering wheel and making decisions. When you ask others if I can really steer in this direction, do you understand? You are the one pressing the accelerator. It's not others telling you that you can, but you deciding what you want. If you believe you can, then you can; if you don't think you can, then you won't. No matter which choice you make or who you are, it is all true. Do you understand? There is no question that one is harder than the other; there is no question that one is easier than the other.

问: 那为什么⼤部⼈还都活在,就是像我这样的.

Why do most people still live like me?

⾼灵: 因为他们还需要这个过程啊.他们不需要呢个过程就不需要呢个过程.问: 是不是只有少部分⼈可以活的这么通透,⼤部⼈都还是⽆意识的?

Sage: Because they still need this process. They don't need that process, then they won't have it. Questioner: Is it only a small portion of people who can live so transparently, while the majority are still unconscious?

⾼灵: 对你来说你找到这个答案有什么意义呢? ⼤部⼈都是朦朦胧胧做梦的状态,那我就加⼊他们吧,是吗?

Higher Spirit: What does finding this answer mean to you? Most people are in a half-asleep dream state, so I'll join them, right?

问: 对.我就觉得如果我要跳出来的话,我就⽐⼈⾼⼀等呢种.

Questioner: If I were to jump out, wouldn't that mean I'm above others in some way?

⾼灵: 你根本就不会分⾼低.没有⾼和低.⾛到最低就说明你有最⼤的潜能去体验限制,体验到限制那你来的⾃由就⽐谁都强烈,对不对? 你看你们物质世界,如果你想要⼀个东西跑的很远,你是不是要把它拉的很远.它的动⼒才更强.那你能说体验最低就是最坏的吗? 并不是啊,明⽩吗?

Spiritual being: You simply can't differentiate between high and low. There's no such thing as high or low. When you reach the lowest point, it signifies that you possess the greatest potential for experiencing limitations, experiencing them indeed amplifies your sense of freedom compared to everyone else, isn't that right? Look at your material world, if you want something to move far away, don't you have to pull it really hard to make its power stronger. Can you say that experiencing the lowest is the worst? Not necessarily, understand?

问: 那你能不能再帮我看看对我的⼈⽣还有什么意见或指导?

Questioner: Could you offer me some more advice or guidance on my life?

⾼灵: 你如果能把所有的信息都明⽩,都能理解.你便不会有任何问题了.问: 那我能达到我想要的呢种状态吗? 就是理解⼀切,接纳⼀切?

Higher Spirit: If you can understand everything clearly and comprehend it all, then you would not have any issues. Questioner: Can I reach the state of understanding everything and accepting everything that I desire?

⾼灵: 你听⼀下你⾃⼰的声⾳.你去问别⼈,我不管对⽅说什么我们通灵信息好,还是你觉得是什么神佛也好,你们都去问别⼈.我能怎样吗? 我能做吗? 我能成功吗? 我们信息⼀开始就告诉你,你才是呢个掌控着⽅向盘的⼈.但是你们⾃⼰都是把⼒量交出去.交给什么? 交给神,交给菩萨,交给佛,交给政府,交给权威的.他们告诉我,我⾏就⾏.他们告诉我,我不⾏就不⾏.然后又来问为什么我会体验⽆⼒感,是你⾃⼰把你的⼒量交出去.又来问.

Higher Spirit: Listen to your own voice. Go ask others, I don't care what the other party says about our spirit communication being good or whatever god you believe in, just go ask them. What can I do? Can I do it? Will I succeed? We told you from the beginning that you are the one steering the wheel. But you all are giving away your power. To whom? To gods, to bodhisattvas, to buddhas, to governments, to authorities. They tell me, if it's meant to be, then it will be; if not, then it won't. Then they come back and ask why I feel powerless, it's because you yourself are giving away your power. And they keep asking...

# **2022/10/27 — 慢就是快 Slow is Fast**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 我想问⼀下我的天赋才华是什么?

Questioner: I want to know what my talent and abilities are.

⾼灵: 你稍等.你叫什么名字?问: 我叫X⾼灵: 为什么你会在这个点上来寻找你的天赋跟才华呢?问: 因为我想要更开⼼的⼯作和⽣活.

Higher Spirit: Wait a moment. What is your name?

Questioner: I am called X.

Higher Spirit: Why are you here looking for your talent and skills at this time?

Questioner: Because I want to have happier work and life.

⾼灵: 你觉得你没有很开⼼的⼯作和⽣活是跟你的才华有关系吗?问: 我只是这样想,我就好奇.

Higher Spirit: Do you think that not being very happy with your job and life is related to your talent? Ask: I just have this thought, I'm curious.

⾼灵: 你可以这样问,你这个灵魂的特征或者特质是什么样⼦?问: 我能不能这样问,我这⼀世来到这个世界上的蓝图是什么?

Soul: You can ask that way, what are the characteristics or traits of your soul? Ask: Can I put it this way, what is my blueprint for coming into this world in this lifetime?

⾼灵: 你稍等.你携带了很多旧有的⼀业⼒和思想和观念,然后这⼀系列的都是⽤来让你在这⼀世⽤来转变、转化.就是⽐如说把你曾经的⼀些恐惧、悲伤还有消极的⼀些特征,然后把它转化成另外⼀⾯.就⽐如说以前是恐惧,你把它转化成你没有任何恐惧的.然后把消极的转成积极的,明⽩吗? 因为你携带了这些能量来供你转化、转变.所以它会贯穿你的这⼀⽣,然后会体现在很多⽅⾯.就是可能让你的个性特征有⼀点忧⼼忡忡,不是呢么洒脱,不是呢么轻松.就感觉你好像总是有⼼事总是放不开,然后总是这样⼦,总是有点担⼼或者过于谨慎.总是让你在这样⼦的⼀个能量状态下.但是呢,这些能量是来供你去转变和转化的.

Higher Spirit: Please wait a moment. You carry with you a lot of old业力 and thoughts and concepts from your past life, which are then used to help you transform in this lifetime. For instance, turning your previous fears, sadness, and negative characteristics into something else. Previously fearful? Now fearless. Convert negativity to positivity, understand? This is because the energy you carry serves as a catalyst for transformation and change. Thus, it permeates through your entire life and manifests in many aspects, possibly leading to a personality that's anxious and not so carefree or light-hearted. Always having something on your mind, unable to let go, always like this, always somewhat concerned or overly cautious. Being stuck in such an energy state constantly. But these energies are meant for you to transform and evolve with.

所以它就会展现在很多⽅⾯需要你⾃⼰去看到,然后去看到,然后去突破,然后去转变.就⽐如说如果别⼈有⼀个宝贝,那他们可能就很享受这个宝贝给它们带来的好的感觉.就⽐如说我有个宝贝,我很开⼼,我很兴奋.但是对你来说你就有点多了担⼼和忧虑,这个宝贝我能不能保护好啊?会不会有什么损失啊?损坏啊?明⽩吗?然后有⼀点这样⼦的特征在.那你如果想⼀下,别⼈的宝贝是给他们带来轻松、快乐或者兴奋的.那你的宝贝给你带来的更多的是担忧、担⼼.然后这是你⾃⼰想要去突破的⼀个,就是你⾃⼰想要把这样的⼀个特征把它转化掉,把它转变掉.还有问题吗?

So it will show you many aspects that you need to see for yourself, then see them, then overcome them, and then transform them. For example, if others have a treasure, they may enjoy the good feelings it brings them. Like I have a treasure, I'm very happy, very excited. But for you, there's somewhat more worry and concern - can I protect this treasure well? Will there be any losses or damages? Do you understand? There is such a characteristic involved. Then if you think about it, others' treasures bring them relief, happiness, or excitement. However, your treasure brings you更多的是 concerns and worries instead. This is something you want to break through and transform on your own. Any more questions?

问: 那我怎么去转变呢?

Questioner: How do I change then?

⾼灵: 那你⾸先要看到它,你拥有的这些特征并不是⽤来让你觉得我就是这样的⼈.不是的.就是你拥有这样的特征,我就是这样的⼈,没办法,我天⽣就是这样的⼈.不是的.你有这些特质是,你选择了这⼀⽣是⽤来转变它、转化它、突破它.然后让你能够体验到⼀个从这个极端到另外⼀个极端.

Sage: So you have to see it for yourself; the traits that you possess are not meant to make you feel like I am such a person – no, they do not. If I were such a person, there would be nothing else but me being that way due to my nature – but this isn't the case. Having these qualities means that you chose this life for the purpose of transforming them, transcending them and breaking through them, so as to experience the transition from one extreme to another.

问: 我有转变的意愿.

Questioner: I have a willingness to change.

⾼灵: 对.然后你去体验转变的呢个过程,因为过程⼤于⼀切.感受到⽣命越来越⾃在,越来越轻松,越来越喜悦.因为很多⼈就会把⾃⼰给顽固化,就觉得我就是这样⼦的,我没有办法改变.他就是在加深⾃⼰,继续凝固⾃⼰.那现在你⾄少知道了,我拥有的所有这些其实都是⽤来让我突破的.就是你好像你前⾯有很多挑战.你突破它了,你是不是就变的更强⼤了?

Higher Spirit: Yes. Then you experience the process of transformation because the process is everything. You feel that life becomes more natural, easier, and happier. Many people fix themselves in their current state, thinking they cannot change. They deepen and solidify themselves further. Now at least understand that all I have are tools for breaking through barriers. You seem to face many challenges ahead. By overcoming them, aren't you becoming stronger?

问: 如果我突破这些我就能变得更开⼼喜悦,对吧?

Questioner: If I surpass these, then I will be happier and more joyful, right?

⾼灵: 这是你⽣命转化的⼀个过程.你当下就可以喜悦开⼼啊.为什么呢? 哇,我有这么多惊喜和礼物和⽣命的惊奇来期待着我,我很开⼼,我愿意接受这个挑战.并不是说要等你转变过后你才能开⼼.你当下就可以选择开⼼.

Higher Spirit: This is a process of transforming your life. You can be joyful and happy right now. Why? Wow, I have so many surprises and gifts and wonders of life awaiting me, I am very happy, I am willing to accept this challenge. It's not that you need to wait until you've transformed before you can be happy. You can choose happiness right now.

问: 我想问⼀下我学习英语是我的天赋才华吗?

Questioner: I wonder if learning English is a gift or talent for me?

⾼灵: 你⾸先不要觉得有任何⼀个限制.因为你⽆论喜欢什么,你⾸先需要对它充满热诚,需要充满对它的激情,需要充满对它的,就好像哪怕我不吃不喝,我都想要去探索去⼲什么⼲什么,明⽩吗? 这个才是真正的去拥有你⾃⼰的呢个什么的.⽽不是说,哦,英语是我的特长,我选择英语.它说数学是我的特长,那我选择数学.不是这样⼦的.因为你的任何这些观念都是在限制你,你没有任何限制的.所以最主要是你⾃⼰到底想要去体验什么.

Higher Spirit: First of all, don't feel any limitation at all. Because whatever you like, the first thing you need is enthusiasm for it, passion for it, and the eagerness to explore and do whatever it takes, as if even if I didn't eat or drink, I would still want to delve into what needs to be done. Understand? This is truly about owning yourself. It's not about saying, oh, English is my forte, so I choose English; or math being my strength, so I choose math. It's not like that. Because any of these notions are limiting you. There should be no limitations at all for you. So the main thing is what do you actually want to experience.

问: 我从⼩就喜欢英语,但是我⼀直觉得我的英语学的不够好.

Questioner: I have liked English since I was a child, but I always felt that my English wasn't good enough.

⾼灵: 那你不是可以⼀直去做你喜欢的事情.因为这⾥没有⼀个结束.问: 我在公众场合说英语会紧张.尤其觉得听⼒有障碍.

Higher Spirit: So you can just do what you like, because there's no end here. Questioner: I get nervous when speaking English in public. Especially when I feel the listening barrier.

⾼灵: 先不说是不是英语.你想⼀下,如果是中⽂,如果你处于⼀个⾮常紧张的状况下.你不⼀定能听得懂别⼈说什么,明⽩吗? ⽽且你们所谓真正的听,并不是从字⾯上去理解.更多的是你们之间能达到⼀种链接,明⽩吗? 那如果你真的能安静下来,让你的头脑不要产⽣声⾳.你就会发现你听到的这些英语,就算是你没有学过的单词,你也会理解它.这是完全不⼀样的⼀个状态.因为你们每⼀个⼈都有⼼灵感应.让你的头脑安静下来,不试图去寻找任何.我学了这个,这个是什么意思,在你的记忆当中去找.你要信任你⾃⼰.

Higher Spirit: Forget about whether it's English or not. Imagine this scenario in Chinese – if you're under extreme stress and anxiety, you might not be able to understand what others are saying. You see? And the real listening isn't just about interpreting words literally. It's more about establishing a connection between people. Got that?

So, if you could truly calm down, silence your mind from any noise, you'd realize that you can comprehend these English phrases, even those you haven't learned, when it comes to this state. That's entirely different because each of you possesses intuition. Calm your mind and don't seek anything; trust yourself in remembering what you've learned instead.

问: 那我怎么更好的去突破这个紧张?

Questioner: How can I better overcome this feeling of nervousness?

⾼灵: 就是只有你在讲英语的时候会紧张吗? 还是你平时都会? 你⽤汉语跟别⼈交流就不会紧张是吗?

Is it only when you speak English that you get nervous, or do you feel this way all the time? Would you not be anxious when communicating with others in Chinese?

问: 有些场合也会紧张.

Questioner: There are some situations where I feel nervous.

⾼灵: 你稍等,我来看看.⾸先,你要知道你紧张是来⾃于你的⼀个不⾃信.那前⾯信息就说了你这⼀⽣会携带很多,⽐如说消极变成积极,然后恐惧变成⾃在.那你的⼀个不⾃信和⼀个恐惧的能量它会让你产⽣好像有⼀种你说的所谓的紧张的感觉.它们的能量状态实际上是⼀样的.那你⾸先要知道你拥有这个能量是供你来转变它.⽽不是说你就定了,你就是这

Higher Spirit: Wait a moment, let me check this out. First of all, you need to understand that your anxiety stems from an insecurity within yourself. The preceding information mentioned that throughout your life, you will carry many things such as transforming negativity into positivity and changing fear into ease. Your lack of confidence and fear energy creates the so-called sense of tension in your body. Their energetic states are actually identical. So, first and foremost, it's important for you to know that you possess this energy to help you transform it rather than being stuck thinking that you're just limited to these feelings.

样⼦的⼈.然后你就没有办法改变和突破.它本⾝就是⽤来让你突破的.那既然呢个是⽤来突破的,那它就不是⽤来限制你的.你必须要认清这⼀点.因为如果你觉得它是固定,就是它就是定死了或者是⽤来限制你的.那呢个是另外⼀回事.但是你需要看到它并不是⼀个死的东西.因为有些⼈他会给⾃⼰下⼀个就好像我就是这样的⼀个⼈,贴标签,我没有办法更改的.你需要去改变的话,你必须要去松动这个信念.你要知道这些特征和特质是⽤来让你突破的.这⼀点⾮常重要的.⽽不是来限制你的,⽽不是来定义你的.然后当你在拥有这个是来让你突破的,⾸先你就进⼊不同的门了.因为第⼀个你觉得你就是这样⼦和⼀个你觉得这个是供你来突破和挑战的.这是两道门.

A person of this kind. Then you will have no way to change and breakthrough. It is designed precisely for you to break through. Since it's meant for breaking through, it doesn't limit your possibilities. You must recognize this fact. Because if you believe it's fixed or used to restrict you, that's another issue. However, you need to see that it isn't a stagnant entity. Some individuals might给自己贴一个标签, think "I am like this" and assume they can't change. To alter your perspective, you must challenge these limiting beliefs. Understand that these characteristics are meant to aid in your breakthrough, not restrict or define you. This realization is crucial. It's not about limitation but growth. Once you see the difference between seeing it as a door for breaking through versus one restricting you, you're entering different realms of possibility. The first mindset sees you fitting into predefined slots; the latter views these opportunities as challenges and openings to new possibilities.

它散发的是俩个不同的频率.所以你需要去看清楚的是这⼀点.当你看清楚的话,那你就已经选择了,OK,我进⼊这道门,明⽩吗? 因为你⾝体所创造的所有感觉和感受,它都是因为就好像我刚刚说的你选择了哪个频率,你选择了哪道门.就⽐如说你⾛⼊A这个门和B这个门,你进去感受是不⼀样的.这么说吧,前⾯有个对⼿,如果你知道这个对⼿的出现他是你练习的伙伴,他是来让你变强⼤.然后另外⼀个呢,就是你看到前⾯⼀个对⼿,你觉得他是来杀你的.你想象⼀下这两种频率.⼀个是 OK,它只是我练习的对⼿,那我就是要好好练习,然后也尊重他,跟他好好练习.为什么?因为他会让我变的越来越强⼤.那另外⼀个是来杀你的.

It emits two different frequencies. So what you need to understand is this point: when you see clearly, then you have already chosen, okay, I enter through this door, do you understand? Because all the sensations and feelings your body creates are due to which frequency you chose, which door you entered. For example, entering Door A versus Door B makes a difference in how you feel. Let me explain it this way: There is an opponent ahead of you. If you know that this opponent's appearance is part of your practice partner, meant to strengthen you. On the other hand, if you see an opponent and perceive them as here to kill you, imagine these two different frequencies. One says, "It's just my training opponent; I need to practice well and respect him, practicing with him properly. Why? Because he will make me stronger. The other is here to kill you.

你在⾯对这两种的时候,你⼼率都不⼀样,对不对?那就是我刚才说的⽅式.你⼀个是把他觉得他就是的敌⼈,另外⼀个他就是你的对⼿,是让你来突破⾃我来帮助你的,陪练,明⽩吗?所以你把他当成陪练的时候,你就觉得OK,这是我成长的机会了.

When you're dealing with these two situations, your heart rate is different, right? That's the method I just mentioned. One of them sees him as his enemy, while the other one considers him to be your opponent, someone who helps you break through yourself and assists you; a sparring partner, do you understand? So when you view him as a sparring partner, you feel that this is an opportunity for my growth.

问: 那我就是把它当成是我的机会?

Questioner: So I just see it as my chance?

⾼灵: 他就是你的陪练.就像你之前感觉他是你的敌⼈,他是来杀你的.另外⼀个你看着他,他是你的陪练.

Higher Spirit: He is your sparring partner. Just like you felt he was your enemy before, he's here to kill you. The other one, when you look at him, he is your sparring partner.

问: 那我这样理解,我把学英语当成是我成长的机会.

Questioner: So I understand that learning English is seen as an opportunity for my growth?

⾼灵: NO NO NO,我说的是呢个紧张的能量.问: 然后在学英语的时候转变这种感觉?

Higher Spirit: No no no, I'm talking about that tense energy. Questioner: Then how do you transform this feeling while learning English?

⾼灵: 因为你现在是想要去除紧张的能量对不对? 那呢个紧张的能量就是我刚才说的,最开始你会紧张是因为什么?你会觉得它是⼀个敌⼈.你想要消灭它,你不想要呢个什么.但是另外⼀个呢,OK,我的这个感受它实际上只是来让我变的更⾃在.因为我的灵魂携带了这些能量来让我蜕变的.那既然是你⾃⼰来蜕变的话,突破的话,那你就⼀定能做到的,明⽩吗? 这是你⾃⼰给⾃⼰设下的功课,那你就⼀定是能挑战成功的.

Higher Spirit: Is it because you want to remove the tense energy now? That tense energy is what I just mentioned earlier; why were you initially tensed up? You perceived it as an enemy and wanted to eliminate it. But on another note, okay, my feelings are actually here to make me more at ease since they carry this energy for my transformation. If you're transforming or breaking through yourself, then there's no doubt that you can achieve it; do you understand? This is self-assigned homework that you set for yourself, so you will definitely succeed in overcoming it.

问: 那我就带着这种感觉去学习是吗?

Questioner: So, I should study with this feeling?

⾼灵: 这样⼦你便不会紧张了呀.⼀个是他要杀掉你产⽣的紧张能量和⼀个它只是你的陪练,明⽩吗? 完全不⼀样的状态.

Higher Spirit: This way, you won't feel as tense. One is the anxiety from him wanting to kill you, and the other is just your training partner - do you understand? They're completely different states.

问: 那我改变这种⼼态,我学习英语有没有更好的⽅法?

Questioner: Well, if I change my mindset, what are better ways to learn English?

⾼灵: 你稍等.就是交流.因为这种交流它可以帮助你觉察到⾃⼰能量的转变.因为你的⼀个能量转变的话,你吸收和理解它的能⼒都会提⾼.所以说就好像就是你做了⼀件事情,但是你的受益是两个.第⼀个它是对你⾃我的⼀个修炼锻炼.然后另外⼀个你在这个过程中,你就会觉得你的⼼越来越宁静,越来越安静.然后你的状态越来越平稳越来越平衡的⼀个状态的话.你的理解能⼒会加强.然后你的理解能⼒加强的话,所有东西对你来说都是轻⽽易举,就是你不需要很费⼒.

Higher Spirit: Please wait a moment. This is about communication. Because this kind of communication can help you become aware of your energy transformation. As your energy changes, your ability to absorb and understand it will increase. So, it's like doing something, but benefiting from two things. The first is a practice for self-cultivation. Then, during the process, you'll feel that your heart becomes more peaceful and serene. Your state stabilizes and balances over time. As your understanding capability improves, everything becomes easy for you; you don't have to exert much effort.

问: 那我⽬前就是在学习英语的时候可能听的更多,但是听的不明⽩我就会着急.那我就是改变⽅法就是交流是吧?

Questioner: So I'm currently learning English and might be listening more, but if I don't understand, I'll get anxious. Am I changing my approach by communicating?

⾼灵: 着急,你在听的时候也是⼀次⾃我修炼的机会呀.你可以让你越来越不着急吗? 然后你说到⼀个着急的问题,我们来看看怎么样来处理你这个能量.因为我们最开始的信息就是说你有很多能量需要你来转变它.那我们怎么样可以从⼀个着急转变成⼀个⼼平⽓和的状态呢?你稍等.⾸先,⾮常着急想要快速的去达到或者快速的看到结果的呢种能量,我们要把它转变成⼀个允许,然后就是安住于当下.⽽不是说我要马上拿到结果.然后这是⼀个能量的转变.那我们怎么样才能真正的安住于当下,⽽不是说我要快速的看到结果快速的拿到结果?就好像你们体育运动员他在长跑的时候,就⽐如说是跑马拉松或者是⽐赛.你知道很多⼈失败他可能就是最后呢⼀刻.

Higher Spirit: Hurry up, you also have a chance for self-cultivation when you listen. Can you become less anxious over time? Then you mentioned an issue related to anxiety; let's see how we can handle your energy. Our initial information suggested that there was a lot of energy that needed transformation on your part. So, how do we transform from being overly eager into achieving calmness? Please wait. Firstly, we need to convert the urgency of wanting instant results or seeing quick outcomes into acceptance and being grounded in the present moment, not immediately expecting or obtaining results. This is an energy shift. How can we truly be present without constantly thinking about instant results or quick outcomes? Imagine athletes during a marathon or competition; many might fail due to their actions just before the finish line.

他越睡快要到终点的时候,他越是产⽣呢种迫不及待想要这种快速的达到终点.然后这是⼀次很好的对你,就是说让你如何安住于当下的⼀次锻炼的机会.你⾸先要把它看成是⼀次,就像我刚刚说,又是⼀次成长的机会,又是⼀次挑战.因为你要知道你们现在还有⼀个物质⾁体,对不对?你还有⼀个头脑,对不对?你想⼀下你的物质头脑,这个⾝体它就像⼀条狗⼀样.那呢个狗狗是不是要经过很多跟你训练、磨合、教导、引导达到跟你真正合⼀的⼀个状态,对不对?那我们是不是需要给狗狗很多练习?你去看⼀下哪些狗狗它可以不通过练习⽽掌握⼀些技术的对不对?那你就把它当成,就是分开.就是OK,我需要跟我这个狗狗做⼀次练习.

As he sleeps closer to the end, his mind becomes more eager for this quick finish. This provides a good opportunity for you on how to be present. Initially, view it as another chance – like I just mentioned – of growth and challenge. You should understand that your current embodiment has both physicality and consciousness, right? Your physical mind is like a dog that needs training, adjustment, guidance, and leading to true unity with its owner, isn't it? Wouldn't you need to give the dog many practices for mastering certain techniques without practice? Consider this analogy: It's like separating; "Okay, I'll do one session of practice with my dog."

那它通过这个练习,它是不是就可以掌握⼀些技能?它就越能安住于当下,越不会在最关键的时刻出错?然后你把它当成是⼀次是你们成长的挑战和机会.因为你的⽣命当中你会出现很多这样⼦的来转变你的能量.因为当你把它当成是⼀次锻炼你的机会,你是不是就已经慢下来了?OK,这是我的test,这是我考试,这是我学习练习的⼀个过程,⼀个机会.然后需要好好的去使⽤它.那当你在是⼀个这样⼦的跟你呢个什么,你就已经开始缓和下来了,明⽩吗?因为你⾸先如果你就是觉得着急.那就是什么?你就进⼊了头脑模式,你就把你当成狗了.你没有是主⼈.呢个狗说我马上要吃到⾁,赶快要吃到⾁.你也进⼊呢种状态,我要赶快吃到⾁,我等不及了.

Through this practice, does it not acquire some skills? The more it can stay grounded in the present moment, the less likely it is to make mistakes when it matters most? And you view it as a test of your growth and opportunity. Because in life, you will undergo many such transformations that shift your energy. As you see it as an opportunity to practice and improve yourself, aren't you already taking things at a slower pace? Alright, this is my test, this is the exam, this is the process of learning and practicing. You need to use it well. And when you approach it like this, you start to calm down, do you understand? Because if you feel rushed, that means what? You've entered into your mind's state, treating yourself like a dog. You're not the owner. The dog says, "I'm about to get meat, hurry up and give me the meat." And you enter that state too, I want the meat now, I can't wait.

那你现在是⼈还是狗? 如果你是狗的话,那你现在就完全失去了对这只狗的⼀个control,就是你们的合作协作,你对它的⼀个.那如果你知道你还是⼀个主⼈的话,明⽩吗? 你就不会去跟随着这个狗,我要赶快吃到,对不对? 所以如果你能理解这层关系的话,你便不会去跟随你的狗去如此的着急,要赶快吃到⾁,明⽩吗? 因为主⼈知道我现在是要培养你等待的能⼒.因为要听到命令过后你才能去吃它.这样⼦你才会under control.就是你才会去拥有主⼈的权⼒,⽽不是lose control.因为你们物质世界呢些⽣活⼀团混乱的⼈,他们是什么? 他们完完全全的就是⼀条狗,没有主⼈呀.

Now are you human or a dog? If you were a dog, then you've completely lost the cooperation and control over this dog. But if you know that you're still its owner, do you understand? You wouldn't follow the dog's lead, saying, "I need to eat this quickly, right?" Therefore, if you grasp this relationship, you won't be in a rush for your dog to eat the meat so quickly; you'll understand? As an owner, I'm training you to develop the ability to wait. You can only consume it after receiving my command because that's how you stay under control. That's when you truly have power as an owner and not lose control. People in this chaotic material world who live like dogs without owners...

他们就是他们的⾁欲或者⾁体,就是⼀个⾁体在⾏动啊.他们没有主

They are just their flesh or body, a mere body in motion. They have no owner.

⼈.那你看⼀直没有主⼈的狗或者没有受过训练还有这些调教,那它是不是看到东西就跑上去? 就是野狗.和⼀个训练有素的警⽝,你想象⼀下.那你现在就能理解这层关系了,好吗? 那你这样你就把你跟你产⽣的这些焦虑的情绪,你就分开了.你这样你就能更好的control your life.you are free,明⽩吗? 那你不然你就跟着这个兽性你都不知道要弄到哪⾥去.因为你还不知道有这层关系.

Human. So, you see, when a dog has no owner or hasn't been trained or lacks proper guidance, does it just run up to anything because of its instinct? It's like wild dogs versus a well-trained police dog. Can you imagine the difference? Now, you understand this connection, right? By doing that, you separate your emotions and reactions. Doing so allows you better control over your life. You gain freedom, get it? Otherwise, following the animalistic instincts without understanding these connections could lead you to unpredictable situations, because you're unaware of these relationships.

问: 我原来⼀直觉得我学了这么多年,我很困惑.为什么会这样?

Questioner: I always felt puzzled after so many years of learning, why would it be like this?

⾼灵: 这是我带给你们的信息就是关于你们想要急于求成,想要就是快速的达到的呢种.呢个就是什么? 呢个就是you lose control.因为你们⽣命中基本上的⼈都是在这样⼦的⼀个状态下.真正能很好的control⾃⼰的life的⼈很少.但是他们也是所谓的成功⼈⼠.为什么呢? 他们能handle everything.所以这也是对你来说很好的⼀堂课.你们的⼈⽣的过程是不断地不断地,⼀次又⼀次的突破,明⽩吗? 所以越是到了紧要的关头,越是到了冲刺点.你们越是要就像⼀只狗狗⼀样.为什么? 因为呢会⼉才显现出它真正的素质,就是训练的素质啊.

Higher Spirit: This is the message I bring to you, about your desire for quick results and wanting to achieve them rapidly. What does that lead to? It leads to losing control. Most people in your lives are in this state, where it's very rare for someone to have good control over their life. Yet, they can still be considered successful individuals. Why is that? They can handle everything. This lesson is quite beneficial for you. Your journey through life involves constant breakthroughs and progress, do you understand? Therefore, when it gets crucial and reaches the point of冲刺, you must behave like a dog. Why is that? Because only then does its true quality, its trained quality, become evident.

那你可以平时训练你⾃⼰,就⽐如说看到⼀盘美味的菜,你先要哇哇⼏⼜就把它吃掉.甜品.你可以说,我要数到多少多少我才能.这也是慢慢的…. 你总之呢,你就是把你⾃⼰当成⼀个是主⼈,⼀个是狗来训练它.

You can train yourself regularly, for example, by seeing a delicious dish and devouring it right away with "wo wo" sounds. Desserts? You could say, I will only eat them after counting to a certain number. This is gradual... Essentially, you treat yourself like a master training a dog.

问: 我在考⼤学的时候经历了⼀些挫折,所以我就认为不够聪明.这个给我以后也带来了不少… 我该如何去突破这个? 让学习变的轻松、快乐?

Questioner: I experienced some setbacks when applying for college and thus concluded that I'm not smart enough. This has affected me in many ways ever since. How can I overcome this mindset, making learning easier and more enjoyable for myself?

⾼灵: 你觉得你不够聪明.然后你⾸先就是要明⽩的是,你的所有觉得它都是⼀些观念,它都是⼀些⽆中⽣有的,它都不是真实的.⽆论发⽣什么,就是⽆论你的物质世界投射出什么事件来给你看到,你不够聪明,这个事件发⽣来证明你不够聪明.没有的.那只是你对⼀个事件的错误的定义⽽已.你把你的问题再说⼀遍?

Higher Spirit: You think you are not smart enough. The first thing you need to understand is that all your feelings about yourself are just concepts, they are all fabricated, and they are not real. Whatever happens, whether it's a projection of events in your material world or an event happening to prove you are not smart enough, it's not true. That's just an incorrect definition of an event on your part. Please state your problem again?

问: 就是我觉得我不聪明,在学习上吃了不少苦头.同样的学习要⽐别⼈付出更多的努⼒.我想怎么突破这⼀点,让学习变的轻松快乐?

Questioner: I feel that I'm not smart and have had to endure many difficulties in my studies. I need to put in more effort than others when it comes to learning. How can I overcome this aspect so that studying becomes easier and enjoyable?

⾼灵: 那你还是陷在你的呢个能量⾥⾯,明⽩吗? 因为你创造了紧张的能量和沉重的能量在给你体验,明⽩吗? 这不只是学习,或者是去⼯作或者是去考试,其他任何事情,你都会在这股紧张的能量⾥⾯,都会把它变得不轻松.所以你要处理的不是把学习怎么变简单,⽽是怎么样把你的能量变成⼀个轻松的状态.然后其他所有⼀切它都⾃然⽽然变的轻松起来了.这跟你聪明不聪明或者是学习困难不困难本质没有任何关系,⽽是你⾃⼰的能量关系.因为当你就好像你在修⼀个东西,本来它是内部出现了问题,你⼀直在外部弄弄弄.你都没有找到源头.那你的这个东西你⾸先要看到,你⾸先要处理的是你⾃⼰的⼀个能量状态.

Higher Spirit: Then you are still trapped in your own energy, understand? Because you created tense and heavy energy to experience for you, understand? This is not just about learning, or going to work, or taking a test; it applies to anything else as well. You would be stuck in this tense energy, making everything feel difficult. Therefore, what you need to handle isn't how to make learning easier, but how to transform your energy into a relaxed state. Once you do that, all other things naturally become easy. This has nothing to do with whether you are smart or struggle with learning; it's about the relationship of your own energy. For when you're fixing something and there's an issue internally, you keep working on the outside instead of finding the root. You haven't solved anything. The first thing you need to see and address is your own energy state.

⽽不是你的头脑不够聪明或者是什么什么的,明⽩吗?

And it's not that your intelligence isn't enough or something like that, right?

问: 那能不能再具体的明⽰⼀下?

Questioner: Could you specify that a bit more?

⾼灵: 怎么样把你的能量变轻松是吗? 那你是不是就已经放下了你不聪明的呢个概念? 你需要看到其实⽆论发⽣什么事情你都不去给它定义.就⽐如说你考试考砸了,你不去定义是你不够聪明.因为这是你们头脑最爱做的⼀个事情.就是凡是⼀个事情你们都会给它定义⼀个东西.那你考砸了,你可以告诉⾃⼰,OK,那我又多了⼀次再次学习的机会.我又多了⼀次可以加强我对它的理解的⼀次机会.

Higher Spirit: Are you wondering how to make your energy lighter? Does this mean that you've already let go of the concept that you're not smart? You need to understand that no matter what happens, you shouldn't define it. For example, if you fail an exam, don't define it as a lack of intelligence because that's something your mind loves to do - to label things. If you fail, you can tell yourself, "Alright, this just means I have another opportunity to learn and understand more."

问: 要转变这个定义对吧?

Questioner: Isn't it about changing this definition?

⾼灵: 因为⼀件事情当你给它定义了过后,我刚刚说你如果把它定义成我是⼀个笨蛋,这是⼀扇门,你把它定义成我又有⼀次加强我对它的学习和探索的⼀次机会,这是另外⼀道门.当你选择了不同的门,那你进去肯定是体验不同的东西呀.你不只体验不⼀样,你的能量状态都不⼀样的.就像我刚刚说⼀个是来杀你的敌⼈,⼀个是你的陪练.这两种⼈的状态,你就感受你⼼跳的速度它会是⼀样的吗? 明⽩吗? 它都是不⼀样的啊.那你刚才说到呢个,⼀个是你笨,⼀个是你又多了⼀次学习它的体验.你两个状态都不⼀样的呀.⼀个是你会觉得你好像真的是我笨,怎么这么难.然后你是再加深这个幻像,就是加深你⾃⼰的体验.

Higher Spirit: Just as when you define something, after I just said that if you define me as a fool, this is one door, and defining it as an opportunity for me to strengthen my learning and exploration of it is another door. When you choose different doors, the experiences you have are certainly going to be different. Not only will your experiences differ, but your energy states will also be different. It's like when I just said that one person was coming to kill you while the other was a sparring partner for you; both of these individuals would experience different heartbeats, wouldn't they? Can you understand this concept? They are all different experiences. When you referred to it as "you being stupid" and then "another chance to learn about it," your two states of mind are not the same. If you feel like you're really stupid and wonder why things are so difficult for you, while at the same time deepening this illusion by further enhancing your own experience.

另外⼀个你完全抱着学习的态度,哇我又可以收获好多.因为你每次都可以从学习当中收获很多嘛.另外⼀个是你去收获它.你想象⼀下,如果你去摘果⼦.苹果结满了,你去摘果⼦.呢种喜悦的感受.这是完全不⼀样的.

Another way is to approach it with a learning mindset, wow I can gain so much knowledge. Because every time you learn, you can gain a lot from it. The other is about gaining that knowledge yourself. Imagine if you were picking apples and they were all abundant on the tree. The joy of picking them is completely different.

问: 那我在考⼤学的时候经历的这些就是让我来通过这些来成长的是不是?

Questioner: Isn't it true that I grew through these experiences when I was taking college entrance exams?

⾼灵: 刚才都说了,这个都是让你来突破的.就⽐如说刚才的呢种沉重转变成轻松,然后消极的态度转变成积极的态度.看,这是不是⼀个态度的转变,对不对? 那你是不是在通过学习和⾃我认知,把你的能量转变了.因为你如果⽬前,就是⼤学学习的期间不转变的话.那等到参加⼯作,还是会⾯临这⼀切的,需要你去转变的,明⽩吗? 那你的⼈⽣就是不断地去转变去突破,不断地去感受这种从沉重到轻松,从消极到积极的⼀个状态.

Higher Spirit: Just now we discussed that this is to help you break through. For example, the heavy transformation into ease and then changing from a negative attitude to a positive one. Look, isn't this a change in attitude? Right? You're transforming your energy through learning and self-awareness because if you don't make these changes during your college years when you're studying, you'll still face the same challenges when you start working after graduation that require transformation. Do you understand? Your life is continuously about breaking through, experiencing the transition from heaviness to lightness, and moving from negativity to positivity.

问: 我⾃⼰做事情慢,有时候拖延.有时候会被别⼈评判,我有时候也会评判⾃⼰觉得是因为⾃⼰动作慢所以反应慢.那我这个需要改变吗?

Questioner: I do things slowly myself and sometimes procrastinate. Sometimes I get judged by others, and I sometimes judge myself, thinking that my slowness in action leads to a slow reaction time. Do I need to change this?

⾼灵: 反应慢这是你个⼈能量的⼀个特征,⼀个特质.就是你个⼈携带的⼀个特质.然后你要知道慢等于什么? 优雅.你是⼀个⾮常优雅的.那你想把优雅变成狂躁吗? 就是变成另外⼀种? 明⽩吗? 所以你需要去看到,就好像看到⼀些动物,它总是很缓慢的.或者你看⼀下,你去欣赏呢些动物,明⽩吗? 所以你需要去⾃⼰看到,欣赏到,然后去爱上你⾃⼰的⼀个特征.那你便不会想要去改变它.因为当你很认可的时候,你映射出的频率你就会得到外在⼈的认可.只有你⾃⼰在否定⾃⼰或者是不断地评判⾃⼰或者嫌弃⾃⼰,你才会去招到外界的这⼀切,明⽩吗? 所以你需要更好地去看到你⾃⼰的美.

Higher Spirit: Slowness is a characteristic of your personal energy, a trait that you carry. You need to understand what slowness equals to - elegance. You are very elegant. Do you want to turn elegance into anger? Into another kind? Get it? So you need to see this, just like observing some animals always moving slowly. Or when you look at these animals and appreciate them, do you get it? Therefore, you need to see and admire your own traits yourself. Then you won't want to change them. Because when you are very accepting of something, the frequency you emit will be recognized by others outside. Only when you are denying yourself, constantly judging yourself or disliking yourself, would you attract all these external things. Do you get it? So you need to see your own beauty better.

问: 我是从17年开始学习灵性,我的⽣活发⽣了很⼤的变化.近⼏年我就是⼀边⼯作⼀边学习灵性.我这样我的时间就不知道怎么去平衡?

Questioner: I started learning spirituality in 2017, and my life has undergone significant changes. In recent years, I've been balancing my work with spiritual studies. I'm unsure how to manage my time between these two activities.

⾼灵: 你们对灵性的学习有⼀个误解,就是你觉得你好像是不断地拿.就是你不断地把这些灵性知识拿过来放你⾝上.但是实际上呢? 真正的灵性是什么? 是让你越来越轻.你需要去做减法.去减掉你的⼀些观念、概念、或者是条条框框的⼀些东西.不断地 你在观察它,你在观看它.你从它⾝上链接到呢种坦然、悠然、安住于当下的能量.你从呢朵花⾥⾯感受到了造物主,每个⽣命体.它并不是你死记硬背的呢些书本⾥⾯.书本⾥⾯所有东西都是死的.它都是属于别⼈体验的这个世界.但是你们每⼀个⼈都是独⼀⽆⼆的体验体.那别⼈爵过的东西你⼲嘛还去爵?

Spiritual being: You have a misunderstanding about the study of spirituality, that you think it's like constantly taking things in. That you're continually bringing spiritual knowledge and putting it on yourself. But actually? What is true spirituality? It's making you lighter. You need to do subtraction. To subtract your thoughts, concepts, or any set of rules. Constantly observing it, watching it. Connecting with that sense of openness, ease, and being present in the moment from it. Feeling the Creator in every living entity through this flower. It's not something memorized from books. Everything in books is dead. They are experiences of others' world. But each one of you is a unique experiencing body. Why would you still try to experience what others have had?

问: 这个是什么意思? 别⼈爵过的东西还去爵?

Questioner: What does this mean? Why would someone still choose to be ranked after others have already done so?

⾼灵: ⽐如说你们很多灵性信息,它都是属于,OK,他是个体验者,他是个经验者,他经验出来了.OK,我有⼀套理论,我有⼀套分享.呢些东西都是爵的呀,都是死的东西呀.为什么?因为⽣命在当下⽽不在书本⾥⾯.就活的东西都是在当下.就是呢些都是死⽔.真正活的它是不断从源头流出来.是在这样的⼀个状态下.那你越来越多的允许你⾃⼰,让⽣命的能量流进于你.呢个才是,你就是呢个体验者,明⽩吗? ⽽不是说把别⼈的呢⼀套捡过来,因为他们有他们的路,他们有他们的… 他们每⼀个⼈都是独⼀⽆⼆的感受体.不能说别⼈是对的和错的.你是独⼀⽆⼆的.当你越来越能和你当下发⽣链接,你就会了悟⼀切.你不需要从别⼈的信息呢⾥得到任何.

Spiritual Guides: For instance, your many spiritual messages are like this, okay? He's an experiencer; he's a knower through experience. Okay, I have my theory and my sharing. These are stagnant waters, dead things. Why? Because life is in the present moment and not within books. Only living things exist in the present moment. All these ideas are stagnant waters. The truly alive flows continuously from its source. It's in this state where you increasingly allow yourself to receive life energy into you. That's when you become an experiencer, understand? Instead of picking up others' methods because they have their paths and their... Each individual is a unique sensation body. You cannot say someone else is right or wrong. You are unique. When you increasingly connect with what happens in the present moment, you'll perceive everything. You don't need to seek validation from other people's information anymore.

因为你学的呢些东西它都只是满⾜于你头脑的⼀个追求,头脑对事情的⼀个探索欲、求知欲或者是头脑它想要弄明⽩.它是属于你头脑的东西.但是往往就是头脑⾥⾯呢些东西它会阻碍你跟⽣命的源头达到链接.为什么?因为你会挑出来这个跟我上次看到的呢本书不⼀样啊,明⽩吗?你们佛法⾥⾯不是有⼀句叫⼀切万法皆⾮真吗? 就是所有的呢些条条框框,所有呢些技术什么的都不是.

Because what you learn is only satisfying the pursuit of your mind, its curiosity or desire for knowledge, or simply its need to understand. These are things within your mind, but often these elements in your mind can prevent you from connecting with the source of life. Why? Because you might pick out that this differs from the last book I saw, right? In Buddhist teachings, isn't there a phrase saying 'all phenomena are not true'? All those rules and regulations, all those techniques and such aren't real either.

问: 但是我学的这个也是这个⽼师是来⾃宇宙的真理的东西.

Questioner: But what I am learning from this teacher is also about cosmic truth.

⾼灵: 那你又进⼊了你头脑的模式.什么是真理? 然后只要是来⾃宇宙的信息它就是真理.真正的真理它是让你知道你所有都在你的内在,⽽不是在外在.所以你越多的能和你的当下链接,和你的源头链接,你就知晓⼀切.你不需要去所谓的什么.当然如果你还想要去通过这个过程不断地填满你的头脑你也可以去这样⼦体验,明⽩吗?因为你只要enjoy.如果你不 enjoy,那因为你现在很累啊什么什么的.那我只是在告诉你,你现在需要放松⽽不是不断地去拿.为什么?因为当你的能量状态不⼀样了,你的频率不⼀样.你便没有锁死在现在这个频率⾥⾯.你锁死在现在这频率⾥⾯,你便⼀直是在挣扎的状态,⼀直是在吃⼒的⼀个状态.

Higher Spirit: Then you entered your mind's mode. What is truth? And then anything from the information of the universe is truth. True truth tells you that everything is within you, not outside. So the more you can connect with your present moment and your source, the more you know all things. You don't need to go anywhere or do anything specific for this. Of course, if you want to continuously fill your mind through this process, you can have such an experience, understand? Because you just enjoy it. If you do not enjoy it, because you're tired and whatnot now. I'm just telling you that you need to relax instead of constantly taking. Why? Because when your energy state is different, your frequency is different. You are not locked into this current frequency. You lock yourself into this current frequency, you remain in a struggling state, always in an effortful state.

那你这个不是跟灵性脱节了吗?那你⼀直在学习,却⼀直在脱节,你这是在学什么?明⽩吗? 所以它学不学,你可以去看这些信息,如果你是在⼀个⾮常愉悦轻松的⼀个状态下.所以并不是说你不要去学习怎么样怎么样.⽽是说你要在⼀个什么样⼦的状态.你的⼀个状态才是最重要的.

Isn't that disconnecting you from spirituality? You're learning all the time, but still disconnected. What are you actually learning? Do you understand? So whether or not you learn, you can look at this information if you are in a very joyful and relaxed state of mind. It's not about not going to learn anything; it's about what kind of state your mind should be in when you're learning.

问: 对,这个也是我接下来要问的,就是怎么样放松? 因为我⼀有时间就觉得要学习,放松不下来.

Questioner: Indeed, that's exactly what I'm going to ask next - how do you relax? Because whenever I have free time, I feel the urge to study and can't seem to unwind.

⾼灵: 那就是你头脑的⼀个,刚才说了,你⾃⼰本⾝就是⼤师,你⾃⼰本⾝就知晓⼀切.就好像你⾃⼰放下…. 你的内在有⼀⼜井,你只⽤打开,它就源源不断.但是你却不打开.你要偏偏费⼒的每天⾛个⼏万步去找⽔源,明⽩吗? 你离开⽔去找⽔.那我现在只是告诉你,你的⽔在你⾥⾯啊.

Higher Spirit: That's just one in your mind. As mentioned earlier, you yourself are the master; you already know everything. It's like you've let go… There's a well within you, and all you have to do is open it up, and its supply will never cease. But you don't open it. You struggle every day walking thousands of steps to find water, understand? You're leaving the water to search for it. Now, I'm merely telling you that your water is inside you.

问: 那我现在与当下链接,我也知道这个很重要.但是头脑⽼是出来⼲扰.

Questioner: So now I'm connecting with the present moment, and I also know this is very important. But my mind keeps getting in the way.

⾼灵: 那如果你知道是头脑在⼲扰的话,你是不是就可以逐渐的放下了? 你便不会把头脑当成是你.刚刚我告诉你,你把狗当成是你吗? 明⽩吗?

Higher Spirit: If you know that it's the mind interfering, can you gradually let go of it? You shouldn't consider the mind as yourself. I just told you, did you turn the dog into yourself? Understand this?

问: 那我现在是知道了,那我现在就是训练让头脑安静下来?

Questioner: Now I understand that my task is to train myself to calm my mind?

⾼灵: 如果你知道的话,你⾃然⽽然…. 你都知道这个产⽣的情绪或者⾏动是狗想要的⽽不是你想要的.这个很重要.因为你刚才问的呢个问题你还是会呢个什么的话,那是因为你把⾃⼰当成狗了呀.你还不知道你有个主⼈呀.所以你会焦虑会着急呀,明⽩吗?所以你知道

Higher Spirit: If you know it, naturally...you know that the emotion or action produced is what the dog wants rather than what you want. This is crucial because when you asked a question like that earlier, you did so by identifying with the dog, not knowing you have an owner. That's why you feel anxious and rushed; you're still unaware of your master. You see?

了,你就已经放下了.就好像光照到⿊暗⾥⾯.那你光进来了,⿊暗⾃然⽽然就消失掉了.你不需要有更多的呢个什么.

Alright, you've already let go. It's like light entering the darkness. Once the light comes in, the darkness naturally disappears. You don't need to do more than that.

问: 那我⼯作当中会有紧张会有压⼒,这些都是我不放松的⼀种表现?

Questioner: Then, during my work, I would feel stress and pressure; these are all manifestations of me not being relaxed.

⾼灵: 这都是你的陪练,来让你去突破的.它不是敌⼈.敌⼈⾄你于死地.陪练是让你越来越优秀,越来越强⼤.你朝你的⽅向.是来助你的,明⽩吗?

Higher Spirit: All these are your sparring partners, here to help you break through. They are not enemies. Enemies will lead you to death. Sparring partners aim to make you better and stronger over time, assisting you in the direction of your goals. Do you understand?

问: 在⼯作当中我也想成绩突出.该怎么样提升我⼯作当中的值得感?

Questioner: In my work, I also want to stand out. How can I improve my sense of achievement in my work?

⾼灵: 你转变了所有的⼀切都会转变的.就像刚刚说你有很多能量层⾯的问题,就是还有很多就是这些转变.当这些转变发⽣过后,你的所有⼀切都会转变的.包括你所说的呢些⼯作问题.

Higher Spirit: Everything will transform when everything transforms. Just like what you said about having many layers of energy issues, there are still these transformations. After these transformations occur, everything about you will change, including the work-related problems you mentioned.

问: 那就是我转变我的能量,这些问题就迎刃⽽解了,对吧?

Questioner: So it's about transforming my energy, then these issues are resolved, right?

⾼灵: 这些问题都不会存在了.为什么呢? 就⽐如说你现在是个⽑⽑⾍,你说这个地总是湿湿的.我总是踩到⽔很不舒服.那我说你需要突破需要转变.OK,当你转变成了蝴蝶过后,你还会出现呢个就是地上的湿⽔沾湿你的脚吗?为什么?因为你是蝴蝶呀.你不需要跟地⾯打交道啊.你是在空中啊,在花丛中啊.你就在不同的维度.所以你体验的世界所有的都会变掉.

Higher Spirit: These problems will no longer exist. Why is that? For example, if you are currently a snail, and you say this ground is always wet. I feel uncomfortable stepping on water all the time. So I tell you that you need to transcend and transform. Okay, when you turn into a butterfly afterwards, will you still find your feet getting wet by the moisture on the ground? Why would that happen? Because you are now a butterfly. You don't have to deal with the ground anymore; you're in the air, flying among flowers. You exist in different dimensions. Therefore, everything about the world you experience changes.

问: 那像您说的我要从⽑⽑⾍变成蝴蝶,那中间的这个过程我要怎么更好的去做到呢?

Questioner: Like you said, how do I transform from a caterpillar to a butterfly better in the process?

⾼灵: 这是在你的基因⾥⾯,你⾃然⽽然的… 你看哪个⽑⽑⾍变蝴蝶它需要去学习的? 它需要去问造物主我要怎么样做到呢? 明⽩吗? 它⾃然⽽然它就会.就好像今天的信息,它⾃然⽽然就出现在你的⽣命⾥⾯来引导你.你只需要的就是越来越允许和放松.所有的⼀切它都会⾃动的呈现的,⽆论你需要的是什么.因为当你是在允许和放松的状态下,你才不会错过.你不然就会错过.为什么呢? 因为你⼀直在焦虑,⼀直在着急,⼀直在我要奔向某个地点.那你是不是就错过了?

Ethereal being: This is within you, naturally... Have you ever seen a caterpillar turn into a butterfly and think it needs to learn something? Or ask the creator how should I achieve this transformation? Do you understand? It just happens naturally, like today's information appearing naturally in your life to guide you. All you need is to allow more and relax. Everything will automatically unfold regardless of what you need because when you are allowing and relaxed, you won't miss anything. You might miss if you're always anxious, eager, constantly pushing towards a destination. So why would you miss?

问: 只要允许放松我就不会错过.

Questioner: As long as you allow me to relax, I won't miss it.

⾼灵: 你不会错过任何.因为你成长需要的所有的步骤或者指引它都会⾃动的呈现在你的⽣命⾥⾯.你需要记住这个就⾏了.这样⼦当这些呈现在你⽣命⾥⾯的时候你才能认出来它.你不然就算出现在你的⽣命当中你认不出来它呀.你会把它阻挡在外⾯.

Spirit Guide: You won't miss any steps or guidance that you need for growth because they will automatically manifest in your life. Just remember this, and when these manifestations appear in your life, you'll be able to recognize them. Otherwise, even if they show up in your life, you wouldn't identify them, and you'd block them out.

问: 我⽬前的这个⼯作是我的最佳利益吗?

Questioner: Is my current job in my best interest?

⾼灵: ⽬前的这个⼯作是你的最佳利益是什么意思? 你要知道在你眼前呈现的⼀切它都是对你的成长最好的.但是你是需要去转变它.转变就像我刚刚说的呢样.本⾝你觉得是⾄于你死地的敌⼈.然后你需要转变你的观念,OK,它不是敌⼈,它是陪练,它是你的助⼿来助你⾛的更远的,明⽩吗? 所以你只有在当下把所有的⼀切,就是把⾯前的垃圾变废为宝.

Higher Spirit: What does it mean for your best interest in this current job? You need to understand that everything presented before you is the most beneficial for your growth. However, you have to transform it. Transformation is like what I just said; you may consider someone as a threat until death based on your perception. Then, you need to change your viewpoint: they are not enemies but sparring partners, helpers aiding you in going further, making progress. So, you should only utilize all the current opportunities by turning the obstacles into assets, converting the trash into valuable resources at this moment.

问: 就是我脑⼦⾥⾯想的这些全部转⼀个念是吧?

Questioner: Would all of these thoughts in my head just be one thought?

⾼灵:全部变废为宝.因为当你拥有转变的能量,你像⼀个魔术师.你拥有⼀个点⾦⽯.你点⼀下变成⾦⼦,点⼀下变成⾦⼦.你还需要去在乎它是个什么东西吗?那就算⼯作不好,你也可以去把它变成垫脚⽯,去朝向你想要去的⽅向.眼前的⼀切都是供你转变的.因为如果你没有转变的话,你便没有使⽤送到你眼前的⼀切,成长的礼物.那你还需要,就是这个礼物送到眼前你没有把它变化成什么什么的话得到它.那你是不是需要同样⼀个,另外⼀个?

Higher Spirit: Turn everything into gold. Because when you have the power of transformation, you are like a magician. You own a golden stone. You touch it and turn to gold, touch it and turn to gold. Do you still need to care about what it is? Even if the job isn't great, you can also use it as stepping stones to move towards what you want. Everything in front of you is for transformation. Because if you don't transform, you're not using the gifts presented before you for growth. Then do you need something similar, another one?

问: 我本来还想说我⼯作当中的⼀些具体的…⾼灵: 你不需要.因为当你的能量转变的时候,你就好像说你的事业,你的视⾓,你的观念,你的所有的⼀切都是在转变.转变不是⼀个点,它是整个⼀系列的转变.

Questioner: I was going to say some specifics about my work... Higher Spirit: You don't need to. Because when your energy shifts, it's as if you're talking about your career, your perspective, your ideas, and everything else is transforming. Transformation isn't a single point; it's an entire series of transformations.

问: 那现在就是我只需要转变我的观念就好了?

Questioner: So now it's just a matter of changing my mindset?

⾼灵: 你的⼀个能量状态,你的所有的.你⾃⼰会发现你需要转变的地⽅,因为它会让你紧张,它会让你能量堵塞,它不会让你达到全然的⼀种轻松愉悦的⼀个状态,明⽩吗? 你的物质世界它就像是⼀⾯镜⼦⼀样来反射给你,你不会错过任何.

Higher Spirit: Your energy state, all of you. You will find the places where you need to transform because it will make you tense, it will block your energy, it won't allow you to reach a fully relaxed and joyful state, do you understand? Your material world reflects back to you like a mirror, nothing will be missed.

问: 那我这个能量状态,只要我想转变它就转变了吗? 还是需要⼀个过程?

Questioner: Does my energy state change as long as I want it to change, or does it require a process?

⾼灵: 如果你⾃⼰需要呢个过程,那你便会体验呢个过程.如果你不需要呢个过程你便不会去体验呢个过程.但是⽆论需要不需要呢个过程,它只要是你需要的就是最好的,明⽩吗?

Higher Spirit: If you need that process yourself, then you will experience that process. If you don't need that process, you won't experience it at all. However, whatever process you need is the best one for you, understand?

⽽不是说快就是好.不是的.⽽是你需要的就是好的.你是独⼀⽆⼆的.所以不要去看别⼈的⼈⽣,你不要去对⽐别⼈的⼈⽣,也不要去给你任何定义.那你就会发现你现在越是不去强迫它不去push它,那你越是在⼀个特别顺的和急速的快速的⼀个状态下.它有⾃⼰的⼀个节奏,就是在⼀个快速的状态下.

And it's not that being fast is good. No, what you need is to be good. You are unique. So don't look at others' lives, don't compare your life with others', and don't define yourself by any of this. Then you'll realize the more you stop forcing it and pushing it, the faster you will actually move in a very smooth and swift way. It has its own rhythm when moving quickly.

问: 就是我⽬前的⼯作,我就是去接纳它,我就是在顺流当中?

Questioner: I am just embracing my current job, and I am flowing with it?

⾼灵: 你现在不需要去想你要去怎么样弄你的⼯作.你现在最重要的是你⽣活中遇到的⼀切它就像是⼀个镜⼦⼀样来呈现出你⾃⼰内在需要转变需要转化的⼀些能量和卡点.这些就是在帮助你加速.加速你到另外⼀个level体验.那你如果到了另外⼀个level体验了,你还有⼯作的问题吗? 这些已经不存在你呢个level⾥⾯的事了呀.就这么简单的说,你现在有存在这些问题是因为你现在还是⽑⽑⾍,你还在⽤⽑⽑⾍的视⾓.它说那我是不是穿上⾬鞋我的脚是不是就不⽤被⾬⽔打湿了? 那你觉得你成了蝴蝶过后,你还会有要不要穿⾬鞋的问题吗?脚会被打湿的问题?

Spirit: You don't need to worry about how you're going to deal with your work right now. The most important thing for you is everything that's happening in your life; it acts like a mirror, reflecting the energy and blockages within you that need transformation. These are helping you accelerate into a higher level of experience. If you've experienced this higher level, do you still have work problems? They no longer exist at your current level anyway. Simply put, these issues are present because you're still in the early stages, looking through the eyes of an insect. It's like asking, "If I wear rain boots, will my feet be wet from the rain?" Would you still wonder about needing rain boots after becoming a butterfly? Would your feet get wet then?

所以你只是蜕变你⾃⼰,你便不需要去问你要如何去防⽔,就是你⽑⽑⾍的脚要如何去防⽔? 因为跟你没有关系.

So you just transform yourself, and you don't need to ask how to waterproof, like how do the feet of your maggots get waterproofed? Because it has nothing to do with you.

问: 我的⾝体会给我⼀些信号,近⼀段时间我的腹部会觉得堵堵的.

My body has been giving me some signals; recently, I've felt a blockage in my stomach.

⾼灵: 最开始我们带给你的信息是什么? 就别⼈能够享受⽣活,你稍微有⼀点不适你就开始担忧了.那呢些残疾⼈,得了绝症得了慢性病,呢些⼈是不是不活了? 不要把这些放⼤给你,多去关注你⽣命中愉悦的⼀⾯,把呢些放⼤.因为你要相信你的⾝体它真的有任何不适,它会跳出来告诉你,你不会notice不到的,明⽩吗? 你需要相信你的⾝体它是在⾃⼰运作的⼀个状态下.去关注你⽣命中愉悦的⼀⾯,把它给放⼤.不然的话,你这⼀辈⼦你永远都享受不了⽣命的.你现在还这么年轻你就开始我这⾥不舒服,呢⾥不舒服.等你年龄越来越⼤,你永远都在关注你不舒服的点,永远都不会停歇的.

Higher Spirit: What was the first message we gave you? You started worrying just because of a little discomfort in your life. Those disabled people who are battling with serious diseases or chronic illnesses, are they not living anymore? Don't blow these things up inside yourself; try to focus more on the happy aspects of your life and amplify those feelings. Because your body would really make itself heard if it was experiencing any discomfort – you wouldn’t be unaware of it – understand? You need to trust that your body is functioning in a self-operating state. Focus on the joyful aspects of your life and amplify them. Otherwise, you will never be able to fully enjoy life, even at your young age where you are already starting to feel discomfort everywhere. As you grow older, you'll always be fixated on what's not right with you, never finding peace in it.

问: 那我就是如果⾝体出现⼀些问题,那我去忽略它.然后我就是去享受…⾼灵: 你要知道你的⾝体它就算有⼀点点不适,需要调节的地⽅.它会在你的⼀个振动频率,就⽐如说你⼀直是在⼀个愉悦的频率.那你愉悦的频率,那你的⾝体其实就是你的这个频率的投射体⽽已.那它⾃然⽽然的就会修复掉,好掉.你看⼀下你们割开伤⼜的⽪肤,它是不是⾃然⽽然就会长好,你不需要给它⽤药或者怎样.那你们⾝体它⾃⼰拥有⼀个强⼤的修复功能.最重要的是你⾃⼰是在⼀个什么样的状态下.如果你的⽣命⼀直是在关注你的愉悦⾯,然后⼀直是在⼀个⾼频率.你就算感染了⼀些⼩病毒,它会⾃然⽽然痊愈的.你不需要去做任何.

Questioner: If I encounter some issues with my body, should I just ignore them and focus on enjoying life instead?

Answer: You need to understand that even if your body experiences minor discomforts or needs adjustment, it will naturally align its vibrations with those states of wellness. Your body is essentially a reflection of the frequency you're at - like being in a state of joy. In such a joyful frequency, your body simply mirrors that energy and heals itself without any external intervention. Just observe how wounds heal on their own after being cut; there's no need for medication or other treatments. Your body possesses an incredibly powerful self-recovery function. The most important factor is the state you're in regarding your focus on joyous aspects of life and maintaining a high frequency. Even if you catch minor viruses, they will naturally recover without any intervention because your body's internal processes are adept at healing under such conditions.

那如果你的⾝体真的有什么问题的话,它会给你发出警告的.你不可能是注意不到的.所以你不需要去操⼼.那这样又回到了前⾯最开始说,你总是去担⼼啊操⼼啊,如果你有宝贝.你想如果你有孩⼦过后,你时时刻刻都拿个放⼤镜在看我孩⼦哪⾥不舒服.这⾥这⾥这⾥.那你也看到这个能量也是你需要处理的能量,⽽不是⾝体的问题.明⽩我意思吗? 你不需要去处理⾝体的问题,⽽是你能量层⾯的问题.

If there is really something wrong with your body, it will give you a warning, and you cannot possibly miss that. So you do not need to worry about it. This returns us to the initial point of saying constantly worrying, if you have something valuable. If you imagine having children and always checking them with a magnifying glass for discomfort in different parts, here, here, here. You would also see that this energy is an issue at your energetic level rather than physical problems. Do you understand? There is no need to address the physical issues; it's about handling your energy level.

问: 我在饮⾷上挑⾷.很多有营养的东西都不喜欢,尤其不喜欢吃海鲜.这是什么原因?

Questioner: I have a selective diet, preferring few nutritious foods and especially seafood. What could be the reason for this?

⾼灵: 你跟随你的⾝体.你们⾝体不需要把什么都吃进去,明⽩吗? 你就⽐如说你跟动物⽐较,你们⽜只吃草.它长的多么壮,多么健康,多么有⼒,多么powerful,明⽩吗? 它呢么⼤个⼦.所以如果你觉得把所有好东西都塞到你肚⼦⾥就变好的话,那只是你们观念的问题.

Soul High: You follow your body. Your body doesn't need to consume everything, right? Understand that you are comparing yourself to animals, like cows who only eat grass. They grow strong, healthy, powerful, don't they? Understanding their size. So if you think stuffing all the good things into your stomach will make you better, that's just your concept issue.

问: 那我怎么去调整我的睡眠呢?

Questioner: How should I adjust my sleep?

⾼灵: 你也不需要去特意的处理它,明⽩吗? 它会随着你的转变⽽转变的.问: 因为我凡事我都想征求别⼈的意见.

Higher Spirit: You don't need to specifically handle it; understand? It will change as you change. Questioner: Because I always seek others' opinions on everything.

⾼灵: 那是以前的你.

Higher Spirit: That was the old you.

问: 我想问⼀下我⽼公⼯作很忙,经常有饭局.回家晚,睡的也晚.我不⾃觉的会担⼼他的⾝体.我该怎么调整?

Questioner: I want to ask about my husband who is very busy with work and often has business dinners that keep him out late at night. I unconsciously worry about his health. What should I do to adjust?

⾼灵: 就像我前⾯说的⽅式⽅法,你知道所有的⼀切是你携带过来的,是供你转变的.问: 我害怕⾃⼰做不好,就极⼒的想做好证明给别⼈看.

Spirit: Just like the manner I mentioned earlier, you know that everything is carried over for your transformation. Questioner: I'm afraid of not doing well, so I strive to do it perfectly as proof to others.

⾼灵: NO NO.那是因为你⾃⼰,是因为你⾃⼰没有接纳你⾃⼰.你没有看到,你会评判你⾃⼰.所以你需要外界来认可你,才能得到你的认可.恰恰相反,你需要你⾃⼰认可你⾃⼰,你才能的都外界的认可.你要让他们通过你的眼睛来看你⾃⼰,⽽不是通过他们的眼睛来看你⾃⼰.

Higher Spirit: NO NO. It's because of you, because you didn't accept yourself. You haven't seen that you judge yourself. So you need the outside world to acknowledge you in order to get your own acknowledgment. Contrary to this, you need to acknowledge yourself first before you can receive recognition from the outside world. You should let them see themselves through your eyes, not through their own.

问: 我婆婆⾝体看着很好,但是⼀⾛路就喘.我想问这是什么原因? 然后她每天都要吃很多药,吃多了胃不舒服,她也不开⼼.这种情况怎么调整?

Questioner: My mother-in-law looks healthy, but she gets out of breath when she walks. I want to know what the reason could be. Additionally, she takes a lot of medicine every day and feels uncomfortable with large doses, causing her unhappiness. How can this situation be adjusted?

⾼灵: ⾸先如果你真的想要帮她的话,你就先转变你的能量.因为当你的能量转变的话,你就会影响到它.就好像⽐如说你现在是⼀颗夜明珠,你都没有亮.那等你亮了过后,你是不是就可以照亮它了? 那你快乐积极的态度是不是也会影响到她? 你就是⼀个能量体.你们⼈类都是相互受影响的.所以如果你真的是想要帮助她的话,那你先转变你⾃⼰,让你⾃⼰亮起来.亮起来你在她⾝边,你怎么样都会照亮她和温暖她的.没办法的,因为你就是太阳,你就是在发光发热.她阻挡不了,你也阻挡不了.如果你⾃⼰都是冷冰冰的,你也没办法去暖和她.你说.

Spirit: If you truly want to assist her, the first step is for you to transform your energy. When you change your energy, it will affect her. For instance, if you are now a night pearl and do not shine, how can you illuminate her once you start shining? Will your happy and positive attitude also influence her? You are an entity of energy, just like humans are affected by each other. Therefore, if you want to genuinely help her, start by transforming yourself and making yourself radiant. Being luminous beside her, in whatever way, will naturally brighten and warm her. There's no choice as you are the sun emitting light and heat. She can't prevent it, nor can you prevent it from affecting her. If you're cold and unapproachable, there's nothing to make her feel warm.

问: 我怎么样给到我⼥⼉最⼤的⽀持?

Questioner: How can I give my daughter the most support?

⾼灵: 就像我刚才说的⼀样,如果你⾃⼰是发光发热的,你没有办法不照亮他⼈,不温暖他⼈,明⽩吗?

Higher Spirit: Just as I said earlier, if you are shining and radiating yourself, there's no way you can't light up others and warm them up, do you understand?

# **2022/12/01 — 如何处理头脑⾥恐惧的念头 How to Deal with Fearful Thoughts in Your Mind**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what questions do you have?

问: 对于我们脑海⾥恐惧的念头需要如何处理?

Questioner: How should we deal with the fearful thoughts in our mind?

⾼灵: 你稍等.如何处理就是不需要任何处理.为什么? 你需要去处理⼀些虚幻或者没有发⽣、不会发⽣,就好像是… 你要去处理它,⾸先你就在肯定它是有问题的,就是它是有⼒量的,它是能怎么样的.那如果你在处理的呢个过程你实际上就是在强化它的⼒量,明⽩吗?那如果它本⾝就是⽆⼒的呢?就好像是⼀个你们所谓的纸⽼虎,你说这个纸⽼虎我要怎么样去打败它,明⽩吗?那你明明知道,你都说了这是个纸⽼虎,是⼀张纸.你为什么还想着去打败它呢?

Higher Spirit: Wait a moment. No need for any processing because there's no actual thing to process. Why? You have to deal with things that are illusory or haven't happened and won't happen; it's like… you're dealing with something, assuming that there is an issue, that it has power, and that it can do something. If in the process of handling this issue you are actually reinforcing its power, understand? And if it is inherently powerless, akin to a paper tiger which you claim exists? You say you need to defeat this paper tiger; understand? But even when you know it's just paper, why would you still want to fight against it?

问: 那就⽐如说我的脑海⾥突然升起了⼀个恐怖的念头,然后这个念头是我害怕显化的.那我知道这个念头是假的,我不去管它.我就可以换⼀个念头,想⼀个我喜欢的念头?

Questioner: Suppose a terrifying thought suddenly arises in my mind, and this thought is one of fear manifestation. Knowing that this thought is false, I choose not to acknowledge it. Can I replace it with another thought, perhaps an idea I enjoy?

⾼灵: 因为当你在换你也是在加强它的⼒量和加强它的影响⼒.你为什么要换它呢? 因为这⾥没有好的坏的,没有好的念头和坏的念头之分呐.它念头只是个念头.难道好的念头如果给你带来兴奋了怎么样怎么样的… 明⽩我意思吗? 所以说当你在做任何⾏动或者是你说的我要换个念头,实际上你就是在抗拒.你就是觉得它就是有影响⼒的.所以你不需要做任何.因为你知道所有的东西它都是变化的.它都会来,它都会去,它都会⾛.但是你可以去利⽤这些所谓的恐怖的念头,然后来让你看清楚⾃⼰内在的⼀些believesystem.这些念头出现了,你可以问你⾃⼰你的脑海⾥⾯储存了什么信息,什么记忆,什么定义,什么概念它才会出现?

Higher Spirit: Because when you change it, you are also strengthening its power and influence. Why would you want to change it? Because there is no good or bad here; no division between good thoughts and bad thoughts. The thought is just a thought. If a good thought gives you excitement in some way, do you understand my meaning? So when you're doing any action or saying I want to change my thought, in reality, you are resisting. You feel that it has influence. Therefore, there's no need for anything because you know everything changes. It will come and go, and it will leave. But you can use these so-called frightening thoughts to help you see clearly into your own belief system. When a thought appears, you can ask yourself what information, memory, definition, or concept is stored in your mind that brings it about?

那如果是你看到别⼈发⽣的事情,然后你觉得也会发⽣在你⾝上.那就是⼀些你需要处理关于你⾃⼰对事件发⽣的定义.因为你的头脑会任何发⽣在别⼈⾝上的就可能发⽣在你⾝上.但是并不是这样⼦的,明⽩吗?所以你只需要去,通过这些产⽣的念头你也可以去很好的利⽤它.但是你⾸先你要知道如果它真的能给你带来恐怖或者是害怕的情绪,那都是你⾃⼰的能量.你的能量在影响你⾃⼰.但是你可以随时的选择你不再给它们注⼊你的能量.还有问题吗?

If you see something happen to others and think it could happen to you too, that's about how you define events happening to yourself. Because your mind can make anything that happens to others seem possible for you. But that's not the case; understand? So you just need to deal with these thoughts by using them effectively. But first, you must know if it really causes fear or terror in you - that's all your energy affecting you. Your energy is influencing yourself. But you can always choose not to give them your energy anymore. Any other questions?

问: 如何提⾼专注⼒?

Questioner: How can one improve concentration?

⾼灵:你的提⾼专注⼒还是关于念头.因为你出现的念头它会分散你的注意⼒.你这么想,我们经常给你们形容你们的头脑就像⼀条狗⼀样.那这个狗不能专注它⼀会⼉想这个⼀会⼉想呢个.⼀会⼉想去往呢边去嗅⼀嗅看看呢边有什么东西,就是你的呢些念头总会把你拉开,不能让你focus,就是不能让你专注于当下.但是这是⼀个你需要和你的头脑去合作协作,就是你们是需要去磨合是需要去慢慢磨合的⼀个过程,明⽩吗? 因为当你…. 你⾸先要明⽩⼀个道理就是说你的⼀些念头它是不具有影响⼒的.然后你要知道你的头脑⾥⾯的念头还有外界发⽣的事情,所有的事情它实际上都只是⼀个幻像或者假象,像纸⽼虎⼀样.它不具有任何影响⼒.

Higher Spirit: Your improvement in concentration is about thoughts because the thoughts that arise are distracting your attention. You think of your mind like a dog; it can't focus as it jumps from one thought to another. It goes here and there, sniffing around, checking out what's available. These thoughts always pull you away from focusing or being present. This is something you need to work with your mind; it’s a process of cooperation that requires patience because when you… You first have to understand that some thoughts don't have power over you. Then, you must realize that all the thoughts in your mind and events happening around are illusions or false perceptions, like paper tigers – they don’t actually have any impact on reality.

唯⼀具有影响⼒是你在给它⼒量让它来影响你.所以你可以把这个⼒量给收回来,然后不受它的影响.当你越来越发现外在没有什么是值得你去花时间和花精⼒,那你是不是就可以很好地专注在你当下了?

The only influence is the one you give it power to affect you. So you can take that power back and not be influenced by it. As you increasingly realize that nothing external is worth your time or energy, can you focus well on being present in your current moment?

问: 如何让意志⼒变强?

How can one strengthen their willpower?

⾼灵:你们⾸先认为的意志⼒就是它可以坚持⼀些你不喜欢的事情,但是你可以⽤意志⼒把它坚持下去,就是不要轻易放弃.但是我们这⾥可以说是没有意志⼒这回事.因为你所说的意志⼒它是⼀个持续的动作,它是⼀个连续的动作,就是它有⼀个周期.但是实际上没有周期,它只有⼀个点,就是你当下的这个点.那怎么样可以就是说回答你这个问题,你们所谓的意志⼒就是去达到⼀个什么什么.那这么说,你当下就已经达到了.就是它没有⼀个过程.就是在你们物质世界它看起来有⼀个过程,就⽐如这么说吧,你要减肥,你不可能当下就已经瘦下来了,对吧?然后在你们的眼中你们会觉得需要⽤你们的意志⼒去坚持做减肥的这件事情.

Higher Spirit: The first concept you associate with willpower is that it can sustain things you don't like but push through them by not giving up easily. However, there's no such thing as willpower here. As what you call willpower is a continuous action, and thus a process with cycles. In reality, there's no cycle; it only exists at a single point, which is your current moment. How to answer this question of yours regarding 'willpower' aiming for something... Well, the answer is that you have already reached it in this moment because there's no process involved. In your material world, processes can be observed, such as trying to lose weight, not expecting immediate results immediately.

(Note: The text seems to be a mix of casual language and formal academic tone with some technical terms related to 'willpower'. There might be slight ambiguities due to cultural or philosophical connotations.)

但是很多真正的⽤这种强迫的,这么说,强迫的⼒量就是你们所谓的意志⼒.那强迫的是什么?就是原本不是你的,你把它弄成是你的.那就是为什么有⼀些⼈⽤意志⼒去减的肥它又会回去呢,明⽩吗?

But there are many who truly use this kind of force, which you might call willpower. The forcing power is what you all refer to as willpower. What does it force? It forces what was not yours to become yours. That's why some people who use their willpower to lose weight end up gaining it back - do you understand?

问: 那⽐如说减肥,⽐如说我想减⼗公⽄.我知道在我发出这个意念的时候我就已经减了⼗公⽄了.但是我的⾝体还是现在的这个样⼦.那我怎么样可以不⽤意志⼒,然后很轻松的就达到了呢个点呢?

Questioner: For instance, when it comes to weight loss, say I want to lose ten pounds. I understand that the moment my mind has this intention, I have already lost those ten pounds. However, my body still looks like it is now. How can I achieve that point without using willpower and in a very effortless manner?

⾼灵: 很轻松的达到这个点? ⾸先你要知道已经减了⼗公⽄的呢个你已经是存在的.她已经是存在呢⾥的.那你怎么样才能进⼊她呢? 那你可以就是说呢个瘦了⼗公⽄的呢个你和现在的你,你们的状态肯定是不⼀样的,⽣活状态,然后饮⾷爱好还有就是你们focus on的东西肯定是不⼀样的.就⽐如说瘦了⼗公⽄的你她肯定是⼀个very active,她肯定是⼀个有很多事情,就是每天都很充实.然后她肯定是呢样⼦的⼀个状态.那你要看你现在的状态呢? 你就好像呢个⼈她肯定是存在的… 你就这么说吧,你就找⼀个明星.呢个明星她就是⽐你瘦⼗公⽄的.你去看⼀下她每天吃什么,做什么,她的关注点是什么,明⽩吗? 那如果你能调整到跟她脑⼦⾥⾯所向往的,⽐如说她向往我瘦了⼗公⽄过后我可以穿我的礼服… (中断)

Higher Spirit: Is it that easy to reach this point? First, you need to understand that the person who has lost ten kilograms already exists. She is there. Then, how do you enter her state? You can say that the current you and the person who has lost ten kilograms are definitely not in the same state. Whether it's your lifestyle, dietary preferences, or what you focus on could all be different.

For example, if someone lost ten kilograms, she would certainly be very active. She'd have a lot of activities to fill her daily life, making each day充实. And she would be in that kind of state. So, how about your current situation? It seems like there's already you... Say it this way: find a celebrity who is ten kilograms lighter than you. Look at what she eats every day, what she does, and what her interests are. Do you understand?

If you can adjust to what she envisions in her mind, such as imagining that after losing ten kilograms, she can wear her dress... (The speaker's voice was interrupted).

# **2022/12/08 — 如何释放不属于我的信念 How to Release Beliefs That Aren't Mine**

⾼灵: 你问吧,什么问题?

Higher Spirit: Ask away, what question do you have?

问: 我想问⼀下关于健康,我平时便秘,需要注意什么? 怎么调整? 还有我⼀个朋友想问他睡觉爱磨⽛,这个是怎么回事?

Questioner: I'd like to ask about health. I suffer from constipation regularly. What should I pay attention to and how can I adjust it? Also, a friend of mine wants to know why he grinds his teeth while sleeping. What could be the reason for this?

⾼灵: 你稍等.你如果只是从物理的现象,就是你现在体验的⼀些现象,那你们便秘有很多很多可以解决的⼿段呀.就⽐如说吃⼤量的蔬菜,明⽩吗? 那如果你吃⼤量的蔬菜或者是⽤了⼀些你们处理 ‘相’ 上⾯的⼿段、⼯具,它都没有解决掉的话.你就可以从灵性层⾯来解决了,明⽩吗? 那你有去做这些吗?

Spiritual Being: Wait a moment. If you rely solely on physical phenomena - the experiences you are currently undergoing - there are numerous ways to address constipation that you can utilize. For example, eating large amounts of vegetables is one method; do you understand? If eating large amounts of vegetables or using methods and tools related to handling 'phenomena' does not resolve the issue, then you can address it on a spiritual level. Do you understand? Have you done these things?

问: 没有⾼灵: 那你尝试⼀下先从你的表相去把呢些问题给处理了,那你就不需要再被这样的问题给困扰.下⼀个问题.

Questioner: Without higher consciousness: Try addressing those issues from your outward appearance first, and you won't need to be troubled by such questions anymore. Next question.

问: 就另⼀个朋友他睡觉喜欢磨⽛,这是怎么回事?

Questioner: About another friend who likes to grind their teeth while sleeping, what could be the reason for this?

⾼灵: 这个需要他⾃⼰来,然后链接他的能量才能知道是怎么回事.但是如果普遍来讲的话,磨⽛可能是因为他有压⼒或者紧张,或者有⼀些情绪他⽩天不能释放,那他通过晚上来磨⽛来把这些情绪给它释放掉.因为你们⾝体的基能就好像它需要⼀个很好的平衡、调节.那如果你没有很好的把这股能量给它释放掉的话,你就会在夜晚的时候来通过⼀些⽆意识的状态,来把它释放掉.

Higher Spirit: This is something he needs to do himself, then linking his energy will help us understand what's going on. However, in general terms, teeth grinding might be due to stress or anxiety, or if he has emotions that he can't release during the day, he might grind his teeth at night as a way to release those emotions. Because your body's base energy requires a good balance and regulation. If you don't properly release this energy, you might do it during the night through unconscious states.

问: 我想在⼀天的时间签⼀个⼤单,但是我需要什么样的⼈和什么样的事可以帮助我完成呢?

Questioner: I want to conclude a major deal in one day, but what kind of people and what kind of things can help me accomplish this?

⾼灵: 最重要的呢个⼈是你,⽽不是对⽅.因为你⾃⼰决定了你要在物质世界去创造什么,去体验什么,去经历什么.你⾃⼰的⼀个能量状态去决定的.那就⽐如说你在问⼯作上⾯的⼀些问题,就是说我怎么样可以拿下⼀个单?⾸先你要知道你的欲望到底有多⼤?你有多强烈的想要?你要到就是说你可以放开⼀切.你想要到就⽐如说,你可以放开你的个⼈时间或者是连饭都不要吃我就想要做这件事情.然后放下你的颜⾯,就算别⼈拒绝你⼗遍⼆⼗遍,我还去.那是不是就放下你的颜⾯了?如果你愿意放下所有的⼀切去得到这个,你怎么样都会得到的,明⽩吗?所以说就看你多愿意.你愿意放下你的休息时间,放下你的颜⾯还有所有去换你的这个单,你愿意吗?

The most important person is you, not the other. It's because you yourself decide what you want to create in the material world, what experiences you wish to have, and how you wish to go through life. Your own energy state decides this. For example, when it comes to work-related issues such as "how can I get a deal?", the first question is: How strong are your desires? How strongly do you want it? You need to be willing to let go of everything. If you want something so much that you're willing to sacrifice personal time or even skip meals to achieve it. Then, put aside your pride, regardless of whether others reject you ten times or twenty times and still come back for more. Is this what it means to set aside your pride? If you are willing to give up everything to get this, you will definitely get it. Understand?

So, it's all about how much you're willing to sacrifice. Are you willing to compromise on rest time, dignity, or other things in order to secure that deal?

所以如果是你不愿意的话,那你⾃⼰也体验了它没有显化在你的世界⾥⾯的呢个相,呢个果.因为你并没有愿意放下⼀切的去得到.呢些他们真正去得到的⼈,他们是愿意放下所有的⼀切的.他们愿意放下他的健康,就是连他⽣病他也要去做.他愿意放下他的颜⾯,多少⼈去阻碍他拒绝他,他都⽆所谓,他都要继续去尝试.多少⼈能做到这⼀点? 你们可能被拒绝⼀次你们就已经放弃了.那这样⼦你就得到⼀个你没有办法的状态.所以你去看看呢些真正达到他们⽬标的⼈是不是愿意放下⼀切?

So if you're not willing, then perhaps you've experienced what it's like not to manifest it in your world, its aspect, its fruit, because you haven't been willing to let go of everything to attain. Those who truly attain are willing to let go of everything. They're willing to sacrifice their health, even to the point where they would continue even if they were sick. They're willing to risk their reputation; how many people might oppose them or reject them, but they don't mind as they keep trying. How many can do this? You may give up after being refused once. In that case, you end up in a state of impossibility. So look at those who have achieved their goals—are they willing to let go everything?

问: 那我怎么样才能好的⼈才呢? 怎样才能把团队带好呢?

Questioner: How can I attract good people and manage a team well?

⾼灵:你⾸先你⾃⼰要有⼀个清晰的⽬标.如果你⾃⼰没有⼀个清晰的⽬标,你在做什么,你想在这个物质世界显化什么,就是你想要创造什么.就是你想要建房⼦还是修路,你⾃⼰都不清楚,你怎么去召集⼀堆和你同样有清晰⽬标的⼈.所以你有⼀个很清晰很清晰的⽬标,然后呢些被你吸引过来的⼈他们也跟你有同样的⽬标.⽐如说你想建⼀个宫殿,呢个宫殿要怎样怎样.那你有了这个意念过后,它就会吸引有同样渴望的.那如果你到底是想要建个宫殿还是树屋还是在海上建个船,你连这个都不清楚.那你只会吸引⼀群和你⼀样没头没脑不清楚的⼈,他们也是漫⽆⽬的的.所以作为⼀个领导⼈,他⾃⼰他的⼀个强⼤的意念它就在发⽣吸引⼒.

Higher Spirit: Firstly, you must have a clear goal for yourself. If you do not have a clear goal, what are you doing? What do you want to manifest in the material world, and what do you want to create? Whether it's building a house or repairing roads, if you don't know what you want, how can you gather a group of people who also share your clear goals?

So, have a very clear and focused goal for yourself, and then those attracted to you will also have the same goals. For example, if you desire to build a palace, envision exactly what it should be like. After forming this intention, it draws others with similar aspirations. But if you're unsure whether you want a palace, a treehouse, or a ship on the sea, your intentions are unclear.

You would only attract a group of people who are just as aimless and confused as you, lacking direction. As a leader, their strong intent should be like a magnet drawing others to them.

他就在吸引呢些跟他拥有同样⽬标的⼈.所以你需要很清楚的知道你到底想要显化什么.为什么?因为你们所有⼈聚在⼀起是不是就是为了⽤你们的⾏动还有你们的意念你们的关注聚集在⼀起显化出⼀个东西出来,对不对?你们所显化的就是你们所谓的事业嘛,成功嘛.那如果你连要什么你都不知道的话,你们如何去创造⼀些什么,明⽩吗?所以还是要从你⾃⾝出发.

He's attracting those who share the same objectives as him. So you need to be very clear about what it is that you want to manifest. Why? Because all of you coming together isn't just for your actions and thoughts, gathering your attention to manifest something out, right? What you manifest are things like your career, success, etc., aren't they? If you don't even know what you want, how can you create anything? Understand? So it still starts with you.

问: 那我现在把⼤部分的钱放在养⽼保险⾥,靠谱吗?

Questioner: But is it sensible for me to put most of my money into a pension now?

⾼灵: 你⾸先你去问你⾃⼰你的这些思想创造了什么? 你创造就是说我担忧我未来⽼了没有钱.然后把你钱放进去你又担忧,担忧到时候会不会有什么变化你钱拿不出来.那你⾃⼰的⼀个状态是什么?⽆论你做什么选择你都在⼀个担忧的状态下.所以它不是在到底是放进去好还是不放进去好,不是在你去做还是不去做的⾏为上.⽽是在你处于⼀种没有安全感,你需要去寻求安定的⼀个状态.然后你现在是⼀个担忧的状态.你需要处理的是你状态的问题,⽽不是说我要去拿还是不拿.因为当你处在有安全感不是忧虑的状态下的话.那⽆论是去做,拿还是不拿,都⽆所谓,明⽩吗?因为⽆论做了什么你都是处在⼀种安定安稳的⼀个转态下.所以这跟做与不做没有关系.

Higher Spirit: First of all, you should ask yourself what your thoughts are creating? You create by saying I worry about having no money for my old age in the future. Then when you put your money away, you worry again, worrying if there will be any changes that prevent you from accessing your money. What is your own state? Regardless of what choices you make, you remain in a state of worry. So it's not about whether to place it or not, it's not about the action of doing or not doing. It's about being in a state of insecurity where you need stability. And now you are in a state of worry. What you need to deal with is your state issue rather than if I should take it or not. Because when you are secure and not worried, whatever decision you make - taking, not taking, making decisions – it doesn't matter because no matter what actions you took, you're still in a state of peace and stability. Therefore, this has nothing to do with doing or not doing.

有关系的是你个⼈的⼀个内在状态.因为如果你内在状态是有安全感的,就算这个钱你拿不出来,你也不会因为这个钱去担忧.因为什么呢?因为你相信你所有的⼀切都是安排好的,就算你遇到了困难你也不会担⼼,明⽩吗?所以不是外在达到了某⼀些条件来让你内在感到担⼼.⽽是你内在处于⼀个安⼼的状态.不管外在怎么变化,你都是在⼀个安⼼的状态.因为外在的⼀些事情对你不会有任何的影响.如果你是祈求外在发⽣的⼀些事情让你内在感受到安⼼的话,那你永远都处于⼀种不安的情况下.因为呢个安⼼只是暂时的.如果呢个暂时的(外在)产⽣变化那是必然的.因为外在的所有⼀切它都会变化.那如果它所有的⼀切都在变化的话,那你是不是⼀直都提⼼吊胆.

What matters is your personal internal state. Because if you are internally secure, even if the money isn't accessible, you won't worry about it because you trust that everything is arranged for you. You wouldn't worry even if you faced difficulties because you believe all of your circumstances are well-planned. Understand? So it's not the external meeting certain conditions to make you feel anxious internally; rather, it's your internal state being calm and at peace. No matter how external circumstances change, you remain in a peaceful state because nothing externally affects you. If you're seeking for external events to make your inner state feel secure, then you'll always be in an uneasy situation because that sense of security is temporary. And if that temporary external changes, it's inevitable since all external things are subject to change. If everything around you is constantly changing, will you not always be on edge?

你就会,哎呀,我安⼼了两天,这两天产⽣变化了,我又开始不安⼼了,明⽩吗? 还有问题吗?

You would feel relieved for two days, oh my, and then I was reassured. But these two days brought changes, causing me to lose that sense of relief again. Do you understand? Are there any further questions?

问: 我想了解⼀下我的灵魂使命是什么?

Questioner: I'd like to know what my soul mission is.

⾼灵: 你稍等.你叫什么名字?问: XXX⾼灵: 你今⽣是主要在关系层⾯,就⽐如说你的亲密关系,你跟你⼦⼥,你跟你⽗母或者是另⼀半,就是在这种关系层⾯你会有很多来供你突破和转变的⼀些所谓的功课来让你去处理和⾯对.所以你可以看⼀下你从⼩长⼤的关系,还有看⼀下你跟你下⼀代的关系和你跟你最亲密的伙伴的关系.然后这些关系是你选择想要来突破和转变的.因为这些关系就好像是你的根.然后当你的根它是漂浮的,它没有扎在⼟壤⾥⾯,就是它没有扎根的状态下.然后你

Sage Spirit: Wait a moment. What is your name? Questioner: XXX Sage Spirit: In this life, you are mainly dealing with issues on the relational level, such as your intimate relationships with your children, parents, or partners. There are lessons meant for breaking through and transforming that await you to handle and face. So, look at the relationships from your childhood, those with your next generation, and your closest companions. These are the connections you have chosen to work on and transform. Since these relationships resemble your roots. And when your roots are floating and not anchored in the ground, meaning they haven't been deeply rooted -

会感受到⽣命没有什么可靠,没有什么可以抓住,然后不会给你带来归属和安定的⼀个状态.就好像是浮萍⼀样,漂浮不定的状态.所以你需要去通过关系来让你感受到扎根.那你在这些关系层⾯有没有什么是让你希望得到改善的?就是你对你的亲密关系是让你感到满意的状态吗?

You might feel that life is unreliable and un抓bable, leading to a state that doesn't provide you with a sense of belonging or stability. It's like being a water lily, floating without grounding. Thus, you need to find ways through relationships to feel rooted. Do you have any aspects in these relationships that you wish to improve? Are you satisfied with your intimate relationships as they are?

问: 还可以,但是我要怎么样去做呢?

Questioner: It's alright, but how should I go about doing it?

⾼灵: 你先问⼀下对你来说什么关系是⽐较重要的?问: 重要的关系是伴侣吧,因为我现在是离婚状态.

Higher Spirit: First, let's figure out which kind of relationship is most important to you. Answer: Important relationships are with my partner because I am currently divorced.

⾼灵: 你稍等.⾸先就是说你在这段关系当中你感受到的是疏远,就是你觉得和对⽅有很远很远的距离.你觉得你没有⼒量或者是没有能⼒或者是不知道如何,就是⽐较迷茫去维持和改善你们的关系.然后就给你带来⼀种⽆助感.因为你在接触这个信息之前,你不知道这是你的功课.就好像这个难题,这个挑战是你的⼀个功课需要你突破的,但是你不知道.你就把它推开,你觉得你推开了你就不⽤⾯对了.但是就算你去换⼀个⼈,你还是需要⾯对这⼀层⾯的问题.所以呢,就算你选择另外⼀段关系,它还是会把你这些问题给它扯出来.然后需要把它展现出来,然后供你去了解你⾃⼰,认识你⾃⼰,认识你⾃⼰在个性层⾯和观念层⾯上的⼀些阻碍.你还有什么不懂的吗?

Spiritual Guide: Wait a moment. Firstly, you feel alienation in this relationship; you perceive that there is an immense distance between you and the other person. You feel powerless or incapable, unsure of how to maintain and improve your relationship. This creates a sense of helplessness for you. Before encountering this information, you were unaware that it was part of your lesson. It's like facing a challenging puzzle that needs to be overcome as part of your personal growth, but you're not aware of it. You tend to push these challenges away, thinking that by doing so, you avoid them. However, even if you switch to another person, you still need to address this underlying issue. Thus, no matter which relationship you choose, the same issues will resurface for you to understand, recognize, and identify personal and ideological barriers in yourself at different levels of your personality. Is there anything else you don't understand?

问: 那我需要怎么改变呢?

Questioner: Well, how do I need to change?

⾼灵:你⾸先你是认识到你的关系就是你突破你⾃⾝的⼀个点,你⾸先要认识到.不然的话你还是会觉得这个男⼈不好我重新选⼀个男⼈就好了.然后你⾸先要认识到是你⾃⾝.然后对⽅就好像是⼀个拔萝⼘的⼈,他需要把这个萝⼘给拔出来才能让你看到.把你深层次的⼀些东西给你带出来你才能看到,认识到,啊原来我长这样.明⽩吗?那当你有这个意识的时候,你是不是就会抱着⼀种⾃我认知、⾃我学习、⾃我探索的⼀个状态.⽽不是说OK,这个⼈不好.⽽不是归责于对⽅.

Higher Spirit: First of all, you have to recognize that your relationship is a point where you break through yourself. You have to first realize this. Otherwise, you might still feel like I should just find a better man instead. So, first and foremost, it's about recognizing yourself. Then the other person acts as if they're pulling up a turnip – they need to pull it out for you to see. They bring out deeper aspects of you that you can then recognize – oh, this is how I really am. Do you understand? When you have this awareness, do you embrace a state of self-awareness, learning, and exploration rather than just thinking "Okay, this person isn't good enough" or blaming the other person?

问: 我觉得我现在已经有所认识了.婚姻没有唤醒我,孩⼦的离开唤醒我了.我的孩⼦18岁⾃⼰选择离开了.

Questioner: I feel that I have awakened now. Marriage didn't awaken me; it was the departure of my child that did. My child left at the age of 18 by his own choice.

⾼灵:因为刚才呢个信息进来第⼀句就是说你跟你的亲⾃关系,但是呢,这个通灵的⼥孩选择了更⼴泛的就是说你的亲密关系.所以她的犹豫⽽导致了这个信息没有在第⼀时间告诉你,你的亲⼦关系.你要知道这个关系是来让你突破的,明⽩吗?这是发⽣在什么时候的事情?

Higher Spirit: Because the first sentence of the information just now was about your relationship with your relatives, but this spirit medium chose a broader perspective on your close relationships. Therefore, her hesitation led to the message not being conveyed immediately regarding your parent-child relationship. You need to understand that this relationship is meant for you to break through it. Can you see that? What happened at what point in time?

问: 就这两年.

Questioner: In these past two years.

⾼灵: 你稍等.我看看他有没有什么信息可以进来.这个⼥孩现在还处于⼀种就是不太愿意敞开还在拒绝和抗拒的⼀个状态.因为她觉得她⽆论怎么尝试你都不会去真正的理解她.所以她也不愿意再尝试去敞开她⾃⼰.她觉得她⽆论做什么你都不会,就好像你是⼀个听不到的⼈,她好像⽆论怎么你还是会继续听不到.所以她也不想要再继续尝试.你还有问题吗?

Higher Spirit: Wait a moment. I'll check if there's any information coming in. This girl is currently in a state where she's not willing to open up and is resisting because she feels that no matter how she tries, you won't truly understand her. Therefore, she doesn't want to try to open herself up again. She believes that no matter what she does, you won't hear it, as if you're someone who can't hear. It seems like no matter how much she tries, you'll still continue not hearing. Hence, she doesn't want to keep trying anymore. Do you have any other questions?

问: 刚才说的我都没听懂.

Questioner: I didn't understand a thing you just said.

⾼灵: 刚才说的这个去世的⽣命这个灵魂,他不愿意再跟你传递什么信息.他不愿意再交流或者是沟通.因为他觉得他不想要再去感受到失望.因为他觉得⽆论他怎么尝试,都好像去叫不醒⼀个装睡的⼈,就是他都是徒劳的.所以他拒绝再带进来什么信息给你.就是他觉得你是不会去听他的.所以他就拒绝带进来信息.因为他觉得如果你是封闭的状态的话,你们之间是不可能有交流的.

The Higher Spirit: The soul of the deceased that I mentioned earlier does not wish to convey any more messages to you or engage in further communication. He feels it's pointless because he believes no matter how much effort he makes, it's like trying to wake someone who's pretending to be asleep; his efforts are fruitless. Therefore, he refuses to bring any more information for you, as he senses that you won't listen to him. Hence, he turns down the opportunity to share messages since he thinks there can be no meaningful exchange if you're in a closed-off state.

问: 什么叫封闭的状态呀?

Questioner: What does it mean to be in a closed state?

⾼灵: 就是你不能真正的去认同他或者是接纳或者是理解.就⽐如说我想来跟你交流,但是你的门⼀直是不打开的状态.

Higher Spirit: It's like you can't truly resonate with him, accept him, or understand him. For instance, I want to communicate with you, but your door is perpetually closed.

问: 但是我觉得我现在是接纳他的呀,我⼀直都在接纳他呀.

Questioner: But I feel like I'm accepting him now, I've always been accepting him.

⾼灵: 我只是说对⽅给出的信息.你可以会去再听⼀遍前⾯的信息.问: 那他现在好吗? 他在做什么呢?

Higher Spirit: I just said what the other party provided as information. You might go back to listen to the previous information again. Questioner: Is he doing well now? What is he up to?

⾼灵: 他是不想再带进来任何信息,因为他觉得任何信息都是徒劳的.问: 那就是我想知道他现在好不好也不能知道了是吗?

Higher Spirit: He doesn't want to bring in any more information because he feels that all information is futile. Questioner: Then, I won't be able to know if he's alright now, right?

⾼灵: 它们永远都是好的.问: 那他现在做什么呢?

Higher Spirit: They are always good. Questioner: What is he doing now?

⾼灵: 你稍等.他说你需要多关注在你⾃⼰.你需要多关注的是你⾃⼰.问: 那我需要关注我⾃⼰什么⽅⾯啊?

Higher Spirit: Wait a moment. He said you need to pay more attention to yourself. What you need to focus on is yourself. Questioner: What aspects of myself should I focus on?

⾼灵: 任何你想要关注的⽅⾯.还有问题吗?

Higher Spirit: Any aspect you wish to focus on. Got any questions?

问: 那我和我⼉⼦的灵魂主题是什么呀? 他为什么这么早就离开了呢?

Questioner: What are the themes of my soul and my son's? Why did he leave so early?

⾼灵: 你稍等.⾸先说你⾃⼰的⼀个灵魂主题.⾸先就是说⼀个事情并不是注定它会这么去发⽣的.也就是说你⽣命中经历的,它不是说你⼀定要⾛上这⼀条道路,明⽩吗? 然后如果已经⾛上了这⼀条道路,那这⼀点它能带给你什么才是你需要去关注的.就是说如果我们已经⾛上了这条道路.那我如何让这样的⼀个事件在当下能正⾯的服务于我,⽽不是负⾯的服务于我? 这是你需要去关注的.⽽不是说去追问为什么我的命运会这样安排.因为你的命运轨迹它有⽆数个路.然后那它取决于你的意识到底进⼊哪⼀条路? 就是你的频率,你的意识状态到底进⼊了哪⼀条路给你体验.那只能说在这个点上⾯可以如何的来让已经发⽣的事情来更好的服务于你和这个社会?

Higher Spirit: Wait a moment. First, let's talk about your own soul theme. Essentially, it means that what happens in your life is not predetermined to happen this way. In other words, you don't have to necessarily choose this path, understand? Then, if you have already chosen this path, what it can bring to you and what you need to focus on are the points of interest. If we have already embarked on a particular path, how can such an event be positively served by me in the present moment rather than negatively? This is what you should concentrate on, not why your fate is arranged in this way. Remember, your life has countless paths that can be chosen based on your consciousness entering which specific path. Your frequency and state of consciousness determine which path allows you to experience it. Therefore, at this point, we can discuss how to make already happened things serve you better and society as well.

因为你是这个社会的⼀份⼦,然后呢,如果这样⼦的事情发⽣在你⾝上,那就说明你们社会有很多这样⼦的⼀个现象,明⽩吗? 那这就是你可以去服务去转变的.你就可以把这件事情⽤来正⾯的服务于你.

Because you are a part of this society, and if something like this happens to you, it means that there are many similar phenomena in your society, right? This is what you can go out to serve and transform. You can use this situation positively to serve yourself.

问: 我现在已经意识到很多了,我知道什么是⽆条件的爱了.⼉⼦⽤⽣命唤醒我了.

Questioner: I have realized so much now; I know what unconditional love is. My son awakened me with his life.

⾼灵: 然后你再把你所理解的传递出去,明⽩吗? 那你这样你就会挽救⽆数条⽣命.那你在挽救⽆数条⽣命的这个过程,他的离去才会变得更加的有价值.

Higher Spirit: Then you would pass on what you understand, right? If you do that, you will save countless lives. And in the process of saving countless lives, his departure will become even more meaningful.

问: 那他为什么还对我关闭呢?

Questioner: But why is he still shutting me out?

⾼灵: 如果你过⼀段时间,你的意识转变的话,说不定他就会又跟你再尝试链接了.因为这是⼀个变动的问题.它不是永久就是这样⼦状态的问题,明⽩吗?

Higher Spirit: If your consciousness changes over time, perhaps he might try linking with you again. Because it's a matter of change; it's not a permanent state issue, understand?

问: 那刚才说的我的亲密关系是指我的使命吗?

Questioner: That "intimate relationship" you mentioned earlier, does it refer to my mission?

⾼灵: 你这⼀⽣,就好像你选择了这个主题.你需要通过这个点去突破.问: 那我有什么灵魂天赋啊?

Higher Spirit: Your entire life is as if you have chosen this topic; you need to break through at this point.

Query: What are my soul talents?

⾼灵: 你的天赋就是你现在特别想要去做的事情.就好像刚刚说的,你可以为了它不吃饭,你可以为了它不喝⽔,你可以为了它不睡觉,你可以为了它哪怕拿你的健康去交换你都要去做.呢就是你的天赋,明⽩吗?

Higher Spirit: Your gift is precisely what you're particularly eager to do right now. It's like just discussed; you can go without food for it, you can go without water for it, you can go without sleep for it, and even at the cost of your health, you would still do it. That's your gift, understand?

问: 那我还会在有这个婚姻关系吗?

Questioner: Does that mean I'll still be in this marriage?

⾼灵: 你⾸先要处理的是你⾃⼰跟你⾃⼰的关系.因为当你能处理好你⾃⼰与你⾃⼰的关系,你能了解你⾃⼰,认识你⾃⼰,然后你跟外在的⼀切的关系才会是和谐的状态.不然的话,就算你进⼊婚姻关系,恋⼈关系,它只是呈现出你内在的⼀些冲突⽽已,明⽩吗? 所以你们所有的关系不是真正的关系.它只是通过关系来呈现出你⾃⼰真正的⼀个状态⽽已.你内在到底是⼀个什么样的状态? 你到底是⼀个平和幸福感充满爱的⼀个状态,还是⼀个没有安全感的状态,还是⼀个充满恐惧、抓狂分裂的⼀个状态? 那这种也会通过关系呈现出来,明⽩吗?

Higher Spirit: The first thing you need to deal with is your relationship with yourself. Because when you can handle your relationship with yourself well, understand yourself, and recognize yourself, then all the relationships you have with the outside world will be in a harmonious state. Otherwise, even if you enter into marital or romantic relationships, they just reflect some inner conflicts within you. Do you understand that? Therefore, none of your relationships are genuine ones. They merely reveal your true state through these relationships. What is your real inner state? Are you in a peaceful, happiness-filled loving state, or are you insecure, fearful, and divided? This kind of state will also be reflected through relationships, do you get it?

问: 我现在是在⼀个充满爱的状态.⾃从我⼉⼦离开,我觉得我更加包容和理解了.

Questioner: I am currently in a state of love. Since my son left, I feel that I have become more accepting and understanding.

⾼灵: 那所以有没有状态你都会⼀直在这样的状态.你有关系你的关系也会在这样的状态.

Higher Spirit: So does that mean you will always be in this state, regardless of your condition? Your relationship with others will also be in such a state.

问: 是的.我觉得我现在⽐原来提升好多好多.其实我最想做的是跟我的⾼我和指导灵链接.我要怎么做呢?

Questioner: Yes, I feel that I have improved a lot now compared to before. Actually, what I most want to do is connect with my higher self and my guiding spirit. How should I go about doing this?

⾼灵:你⾸先你不要去想象或者是不要去听别⼈说,去认为跟⾼我链接是⼀个什么样的状态.因为你的头脑是不知道的.你不要去给它假设是⼀个什么样的状态.因为你现在就在啊.你现在就在跟你的⾼我链接啊.只是通过这个⼥孩⼦的声⾳,明⽩吗?所以说你不要在你的⽣命当中,你的⽣活当中去假设它应该是什么样⼦.这样⼦容易就是说,⽐如说你眼⾥有⼀条路是什么样⼦,这样会容易让你⾛错.然后呢,其实你们头脑不知道其实它是没有路的,只有你脚踏下去,路才会出现.你脚都踏下去,路在哪⾥我才会踏下去的话,那你永远都找不到路,明⽩我意思吗? 还有问题吗?

Higher Spirit: Firstly, don't imagine or listen to others and form an idea of what it's like to be connected to your Higher Self. Your mind doesn't know this. Don't give it a predefined state. You are already connected to your Higher Self right now; just through the voice of this girl. So, in your life, you should not assume how it should be. This can easily lead you astray, like thinking there's a road in your eyes. Without physically stepping on it, your mind doesn't recognize its existence. Only when you step onto it does the path appear. If you don't actually step down where the path is, you'll never find it. Do you understand? Any other questions?

问: 我想问⼀下我的⾃我认同感是不是有点弱啊? 我怎么才能提升呢?

Questioner: I wonder if my self-identity is a bit weak? How can I improve it?

⾼灵: 你并不弱.你⼀直都很认同你⾃⼰.还有问题吗?问: 我怎么去释放呢些不再服务于我的⼀些信念呢?

Higher Spirit: You are not weak. You have always been self-acknowledged. Any more questions? Questioner: How do I release those beliefs that no longer serve me?

⾼灵: 这么说吧,你说你有⼀个养鸡的笼⼦,⾥⾯住了很多⼩鸡和⼩鸭.你说我怎么样才能把⼩鸭全部放出去? 你⾸先你要认识哪个是鸡哪个是鸭,对不对? 那如果你连认识都不认识呢? 那你是不是就不知道放什么或者错放,对不对? 那你⾸先你要认识它.认识它,你要通过什么呢? 你要通过你在物质世界所有的这些相,明⽩吗? 物质世界就是你们⾃我认识的⼀个途径,这些相.那你认识到了,你是不是你就可以不⽤再⽤呢个模式去运⾏了.所以就是说在你的当下,在你的眼前,在你⾯前的⼀切,那就是你的⼀个⽅式⽅法.

Spirit: So let's put it this way, you say you have a chicken coop with many chicks and ducklings inside. You ask me how to release all the ducks. Firstly, you need to recognize which is a chicken and which is a duck, right? But what if you don't even know how to distinguish them? Wouldn't that mean you wouldn't know what to release or could potentially release the wrong ones, right? So you first have to recognize it. To recognize it, how do you do it? You do it through all these appearances in your material world, understand? The material world is a pathway for self-awareness, these appearances. Once you've recognized it, wouldn't you no longer need to use that pattern of operation anymore. Therefore, everything in front of you at this moment, right before you, is the way you operate or live your life.

问: 能不能帮我告诉孩⼦妈妈很爱他?

Questioner: Can you tell me how much my mother loves him?

⾼灵: 你不需要⼀个中间⼈去传达你的任何信息,明⽩吗? 你的意念到了,它就到了.你在⼼⾥⾯或者是头脑⾥⾯想到了他,他就已经收到了,明⽩吗? 因为你们本⾝就是⼀体的.只有在物质世界你们觉得你们是分离的⼀个状态.

Higher Spirit: You don't need a mediator to convey any of your messages; understand that? Your thoughts reach there. They've arrived. If you think of him in your mind or consciousness, he has already received it, understand? Because you are one being essentially. It's only in the physical world that you feel as if you're separate entities.

问: 那我能通过什么⽅式能看到他呢?

Questioner: How can I see him?

⾼灵: 梦⾥⾯.

Higher Spirit: In my dream.

问: 可是我⼀直也没有梦见过他.

Questioner: But I've never dreamed of him either.

⾼灵: 你⼀直你只是代表你经历的,明⽩吗? 但不代表你接下来不会呀.问: 为什么我⼀直梦不到他呢?

Higher Spirit: You are only what you have experienced, right? But that doesn't mean you won't be in the future too. Questioner: Why can't I dream of him always?

⾼灵: 不代表你明天后天或者接下来不会呀.所以你为什么要⼀直觉得,就是把这个当成是⼀个永久的事情,是⼀个完结的状态.这⾥没有任何东西是⼀个完结的状态,明⽩吗? 但是呢,你还会通过其他有跟他类似的家庭,家庭模式和孩⼦,就是对⽅也有像他这样⼦的状况去链接到他,接触到他.当你在转变呢些绝望孩⼦中的眼神,然后当你在⽤你⾃⼰的⾏动去转变呢些跟他有同样经历孩⼦的眼神的时候,然后他就会出现在呢⾥.就⽐如说有⼀个同样处在绝望状态的⼀个孩⼦,你可能给这个孩⼦⼀个拥抱,然后呢个拥抱⾥⾯你抱的就是他.这就是你再⼀次接触到他的⽅式.

Sage: This doesn't mean that you won't experience it tomorrow, the day after, or in the following days. So why do you feel like this has to become a permanent state and an ending? Nothing here is meant to be definitive; you understand? But still, by connecting with similar families through those who have gone through experiences akin to his, via family patterns and children sharing similarities with him, you can reach out to him. When you transform the despair in those children's eyes, when you use your actions to transform the eyes of those who have had similar experiences as him, he appears here. For instance, for a child also in a state of hopelessness, you might give them a hug; it's through that embrace that you're reaching out to him once again.

问: 我最近这两年在他⾛了之后,接触到很多这样的孩⼦.我很爱他们.前两天我我遇见⼀个⾃闭症的孩⼦,我想知道我怎么才能帮到他呢?

Questioner: Recently over these past two years since he left, I've come across many children like him and I truly care for them. The other day I met a child with autism and I wonder how can I help him?

⾼灵: 你已经懂了,你已经会了.你不需要外在的任何教导.为什么呢? 因为你已经把你的⼼给打开了,就是在⾯对这些孩⼦的时候.当你敞开你的⼼,你就已经敞开了.呢个才是真⼼的敞开你的⼼,就是能够去跟他们链接,能感染他们,能让他们触动.就是你的真⼼,就是你敞开的⼼和敞开的状态.⽆条件的接纳和爱.你还有问题吗?

Higher Spirit: You have understood it; you already know how to do it. There is no need for any external teaching. Why not? Because you have already opened your heart, especially when facing these children. When you open your heart, it's already done. That's true-hearted opening of the heart – being able to connect with them, to affect them, and to touch their hearts. It's your genuine self, which is the openness and state of your heart that's been opened. Unconditional acceptance and love. Do you have any questions?

问: 那我是不是还需要呆在这样的孩⼦和家长周围啊?

Questioner: So do I still have to be around with such children and parents?

⾼灵: 刚才的信息告诉你,当你在拥抱⼀个绝望的孩⼦你拥抱的就是你⾃⼰的孩⼦.你是通过这样⼦的⽅式去服务于社会,服务于你⾃⼰.那这是你想要做的事情吗? 如果这是你想要做的,不是说由别⼈来告诉你这个事情有没有意义.⽽是说你赋予它意义,你觉得这个事情对你来说有没有意义,明⽩吗?

Higher Spirit: The message you just received tells you that when you embrace a desperate child, you are embracing your own child. You serve society and yourself in this manner. Is this what you want to do? If so, it's not about someone else telling you if this has meaning; rather, you give it meaning, understanding whether this matters to you, do you see?

# **2022/12/20 — 你本⾝就在灵界You are in the spiritual realm yourself**

⾼灵: 你说吧,什么问题?

Higher Spirit: Speak up, what's your question?

问: 我想链接⼀下我去世的爸爸,我想问⼀下他现在什么状态? 平时在做什么? 有没有什么话想跟我讲?

Questioner: I want to connect with my late father. I wonder about his current state and what he might be doing now. Is there anything he wants to tell me?

⾼灵: 你爸爸去世多久了?

Higher Spirit: How long has your father been dead?

问: 2020年10⽉份去世的,现在有快三年了.

Questioner: The person passed away in October 2020, which was almost three years ago 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? I'm Questioner: My name is XXX.

⾼灵: 我想对你说的就是你可以通过对我的挂念还有对我死后⽣活的好奇,然后去扩展你⾃⼰的⼀个认知的宽度.多以任何对我产⽣的情绪它只是你的⼀个就好像是药引⼦⼀样.就是你把它引出来.然后我想你着重的是在你⾃⾝的⼀个成长.⽽不是说着重于关注我的世界.你明⽩这个不同吗?

Higher Spirit: What I want to say is that you can expand your own cognitive breadth by being concerned about me and curious about my afterlife, allowing you to experience emotions in relation to me. These feelings are like triggers for you; you activate them. You should focus more on your personal growth rather than solely paying attention to my world. Do you understand the difference?

问: 我想问⼀下我现在有没有因为我不舍得我爸爸⽽把他困在地球上了?

Questioner: I wonder if I'm keeping my dad on Earth because I don't want to part with him?

⾼灵: 你不可能困住任何.你只可以给你创造你⾃⼰想要体验的,明⽩吗? 呢是你⾃⼰可以创造⼀个这样⼦的体验给你.但是对于外在的任何你都困住不了.你需要把这样⼦的任何思念的情绪也好,把它转化成就像药引⼦⼀样.它引导你去探索更多.

Higher Spirit: You cannot imprison anything; you can only create experiences that you desire to live out. Do you understand? It's you who can create such an experience for yourself. But with anything external, you are unable to confine it. You need to transform such thoughts or emotions into something akin to a catalyst. They guide you to explore more.

问: 我和我爸爸的亲⽣⼥⼉前世有什么关系? 我和她为什么今⽣会成为家庭成员呢?

Questioner: What kind of relationship did my father's biological daughter and I have in our previous lives? Why are we part of the same family this life?

⾼灵: 你稍等.你们是属于呢种就是你⾝上有她需要去发现属于她的⼀部分,然后她⾝上有你需要去发现属于你的⼀部分,从⽽让彼此都呈现出更加完整的⼀个状态.所以就像⼀个镜⼦⼀样.从这个镜⼦⾥⾯你可以看到你⾃⼰还没有完完全全允许它呈现的⼀个完整的⼀个状态.

Higher Spirit: Wait a moment. You belong to the type where there's something in you that she needs to uncover, which is part of her, and vice versa, meaning there's something in her that you need to discover as part of yourself. This way, both of you would exhibit a more complete state towards each other. So it's like looking into a mirror, through which you can see the whole self that you haven't completely allowed to manifest yet.

问: 可是我和她从⼩不是在⼀起成长的.我和她关系本来就不好.我想问⼀下我怎么接触和她之间的灵魂契约呢?

Questioner: But we didn't grow up together, and our relationship was already poor. I want to know how to initiate contact with her soul contract?

⾼灵: 你不好,你刚刚说了,你不好就是你⾃⼰也没有去接受你⾃⼰的⼀部分.你明⽩呢层意思吗? 就好像刚刚说,她⾝上拥有你⾃⼰还没有完全呈现或者完整…. 就⽐如说,她是⿊⾊你是⽩⾊.然后你需要通过她去认识⿊⾊,你要通过她认识到你也有⿊⾊,明⽩吗? 然后当你允许⿊⾊⽩⾊平衡的在你的⼈⽣⾥⾯, 你就变的平衡了.就不是只有⽩没有⿊了.那么你就会认识⼀个更宏伟更完整的⼀个你.⽽不是⽚⾯的,你认为的.然后当你能这样的话你也能去接受这个世界后者其他⼈.所以说她的存在是来扩展你的包容度,明⽩吗?

Higher Spirit: You're not alright, you just said that saying "you are not good" means you haven't accepted your own part of it. Do you understand the meaning behind this? Like you just said, she has something on her body that is your own essence that hasn't fully manifested or been completely shown… For example, she's black while you're white. Then, you need to learn about black through her, realize that you also have black inside of you, right? Then, when you allow the balance between black and white to exist in your life, you become balanced, not just white without black. You'll then recognize a more grand and complete version of yourself. Not just a one-sided perspective, as perceived by you. And when you can do this, you can also accept this world or others. So her existence is here to expand your capacity for inclusion, right?

问: 我明⽩.但是我也不是恨她,但是我也不想和她在⼀块.可以和她解除灵魂契约吗? 就是以后和她没有什么关系?

Questioner: I understand. But I don't hate her either; I just don't want to be with her anymore. Can we dissolve our soul contract? That is, we won't have any more connection in the future?

⾼灵: 那就是你是去接纳允许还有就是认识你⾃⼰,明⽩吗? 因为当你在产⽣对他⼈的⼀种,就是你想要解除的同时,就是你好像想要解除⾃⾝你个⼈的,你觉得它是缺陷或者缺点.⽐如说你觉得你⾃⼰好吃懒做,你觉得你⾃⼰脾⽓暴躁.正好这些脾⽓暴躁和好吃懒做你需要给它重新定义.好吃只是你的⾝体对⽣命的⼀种美好的体验.然后懒做只是本⾝⽣命就是属于⼀种享受enjoy的⼀种状态.⽽不是给它定义成你们社会上认为的好吃懒做是⼀个贬义词.然后呢,你需要去重新定义呢个词,重新去定义你⾃⼰.然后呢,去欣赏⽽不是去排斥.因为所有的它都需要在你之内.当你能容纳或者包容、接受的越⼴泛,那就说明你就是越完整.

Higher Spirit: That's about embracing acceptance and understanding yourself, do you get it? Because when you are trying to resolve something in others, simultaneously wanting to resolve your personal traits that you perceive as flaws or shortcomings. For instance, if you think of yourself as lazy and having a short temper, you need to redefine these traits正好. Laziness is simply your body's beautiful experience of life. And being hot-tempered is just part of the essence of life - an enjoyment state. Not defining them negatively based on societal perceptions that view laziness and being hot-tempered as negative attributes. Instead, you need to redefine the words, redefine yourself, then appreciate rather than reject. Because all these need to exist within you. The broader you can accept or tolerate, the more complete you are.

如果你总是在排斥任何的话,你其实是在排斥你⾃⾝,明⽩吗?因为外在的⼀切,哪怕它是以你姐的⾝份或者同事或者另⼀半,它以任何⾝份的呈现它其实就好像是⼀⾯⼩镜⼦,呢⾯镜⼦让你看的更清楚⼀点.如果缺少这⾯镜⼦你就看不到.它并不是⼀个真实的存在.因为你们总是会把外⾯的⼈,就⽐如说你的亲密关系,你的另⼀半、男朋友或者是爸爸妈妈姐姐,你们总是会把他看成是⼀个真真实实的.但是实际上你们体验的并不是真实的,明⽩吗?他是属于⽐如说你内在给他怎么定义或者怎么认为,然后你就会相应的体验到你去以为的呢⼀⾯.那当你给他转变你给他的定义的时候,你体验的就是另外⼀⾯,明⽩吗?所以你需要头脑⾥⾯先有了呢个颜⾊,红⾊.

If you always reject everything, in fact, you are rejecting yourself, understand? Because all the external, even if it is embodied by your sister, colleague, or partner, presented under any guise, it's like a tiny mirror that lets you see more clearly. Without this mirror, you wouldn't be able to see. It's not actually a real entity because you always perceive the outside person as a true reality – for instance, in your intimate relationship, with your significant other, boyfriend, or parents and sisters. You always see them as genuinely real people. But what you experience isn't real; understand? They are based on how they are defined or perceived within yourself, then you experience according to that perception. When you change the definition you give them, you experience another side, understand? So, you need a color in your mind, like red.

然后你看出去才会是红⾊.当你头脑⾥⾯有了⿊⾊你看出去才会是⿊⾊.⽽不是说外⾯呢个⿊⾊是真实的存在,不可更改的存在,明⽩吗?你说.

Then you will see red when you look out. When there's black in your head, you'll see black when you look out. Not that the outside is a real and unchangeable existence of black, understand?

问: 我们地球上,你们其它维度的都在建议我们吃蔬菜⽔果.但是地球上现在很多这些都是转基因的.我想问⼀下转基因的⾷物能吃吗?

Questioner: On our Earth, your counterparts in other dimensions are suggesting that we consume vegetables and fruits. However, many of these on Earth are genetically modified. I would like to know if it is safe to eat genetically engineered food?

⾼灵: ⾸先我们并没有任何建议,因为你们所体验的⼀切都是你们⾃⼰.你们是通过这个过程然后去探索去发现.因为这是你们⾃⼰体验还有扩展的⼀部分.所以没有任何建议.并没有任何好和坏.你需要跟随你的⾝体.因为就算你们吃⾁,那也是你们需要经历吃⾁的这个过程.这个过程是不可能被拿掉的,明⽩吗? 那如果你是在过程当中,你就不能去排斥这个过程.

Higher Spirit: First of all, there are no suggestions because everything that you experience is yourselves. You explore and discover through this process. Because it's a part of your own experience and expansion. So there are no suggestions. There's neither good nor bad. Follow your body. Even if you eat meat, that's also a process you need to go through. This process can't be removed, understand? If you're in the process, then you cannot reject this process.

问: 请你链接⼀下我的⾝体能量.我想问⼀下我的⾝体正在⽔晶化吗?

Questioner: Please connect me to my body's energy. I would like to ask if my body is crystallizing.

⾼灵: 你为什么会想要去或者是关注这个你的⾝体在⽔晶化这⼀⾯呢?问: 因为很多信息传导说地球现在要升到第五维度,⾝体需要⽔晶化.

Higher Spirit: Why would you want to or focus on the aspect of your body crystallizing? Ask: Because many information channels say that the Earth is now ascending to the fifth dimension, and the body needs to crystalize.

⾼灵: ⾸先你的⾝体它永远都是在⼀个变化当中,它不是⼀个固定的模式.然后你说的任何信息,就是你们会有各种各样的信息,各种各样的信息它是通过不同的视⾓或者不同的⼀个体验.你想⼀下你们每⼀个⼈就好像是⼀个触⾓⼀样,你这个触⾓和别⼈的触⾓,当他去描述出来他不⼀定能描述出来⼀模⼀样的东西.就算你们能描述出来⼀模⼀样的东西,你不⼀定会把它听成⼀样的东西.所以信息并不是真实的,明⽩吗? 因为它会通过⼀个过滤的个体,就⽐如说这个通灵的⼥孩,通过她的⽅式呈现的是⼀个模样.为什么? 因为她毕竟是要通过⼀个管道,通过她的⼀个⾝体呈现出来.怎么样都会有⼀些她个⼈的⾊彩在⾥⾯,明⽩吗? 你所谓的别⼈的信息也同样⼀样.

Higher Spirit: First of all, your body is always in a state of change; it is not a fixed pattern. The information you receive can come from various sources through different perspectives or experiences. Imagine each person as an antenna, transmitting and receiving signals. When one person describes what their antenna picks up, they might not describe exactly the same thing that another's does, even if both pick up similar signals. Even when descriptions are identical in words, people interpret them differently based on their own understanding. Thus, information is subjective; it's filtered through individual perceptions. For instance, a medium like myself presents information in a particular manner because I channel it through my body and personal experiences. No matter how accurately the information is conveyed, there will always be an element of interpretation from me that shapes its presentation. This principle applies equally to any other person claiming to receive similar information.

这么说吧,你如果是⽤⽊头做的⼀个⽔杯,那当你⽤⽊头在喝⽔的时候你能喝到⽊头的味道.你⽤泥做的⼀个⽔杯,那你⽤这个⽔杯去喝⽔的时候,你会喝到泥的味道.如果你⽤钢铁…. 明⽩这层意思吗?

To put it this way, if you were a wooden cup drinking water made of wood, you would taste the wood when you drank. If you were a clay cup consuming water from a clay vessel, you'd taste the clay itself while drinking. If you used an iron container... do you understand this concept?

问: 就是不同的⼈传导会有不同的味道,我也不需要每个都去相信,对吧?

Questioner: Different people transmitting would have different tastes; I don't need to believe each one, right?

⾼灵: 这个不是你去把它当成⼀个凭证或者是⼀个真实的现象.因为就算是信息它本⾝它也⼀直都是在变化当中的,明⽩吗? 所以并不是说你就拿着⼀个信息,然后要这样⼦呢样⼦.为什么呢? 因为真正真正重要的是你们⾃⼰,就好像你才是呢个创造者,你才是呢个魔法师,你才是呢个导演.是你决定要如何呈现,如何去体验.⼀切都是关于你,⽽不是说你只是被动的, 你只是⼀个⼩蚂蚁⼀样.你没有能量的,都是呢个⼤的怎样怎样.除⾮就是你⾃⼰去相信和加⼊、认可,你才会去体验这⼀层,明⽩吗?

Higher Spirit: This is not something you should treat it as a certificate or a genuine phenomenon. Because even information itself has always been changing, understand? So it's not just that you have an information and then act accordingly. Why is this so? Because what truly matters are yourselves; you are the creator, the magician, and the director. It's your decision on how to present yourself and how to experience things. Everything revolves around you, not about being passive or like a small ant without energy waiting for big ones to do everything. You only experience this level if you believe in it, join it, and acknowledge it, understand?

问: 我有时候感觉有灵体靠近我,然后我会发冷或者是头疼.请问对⽅是负⾯存有吗?

Questioner: Sometimes I feel spiritual entities approaching me, and then I get chills or headaches. Could you tell me if the entity is negative?

⾼灵: 没有任何所谓的负⾯存有,只有当你⾃⼰处于恐惧或者恐慌或者没有安全感的⼀个状态,你会进⼊⼀种,就是你所有的体验你都是可以⾃⼰去创造.就好像在你的四周是空的什么都没有,当你开始兴奋的时候,开⼼的时候,你就会看到鲜花、云朵,就是⼀切都是漂亮的.那当你情绪变成愤怒恐慌的时候,你会发现周围都是⿊暗的,明⽩吗? 所以实际上周围什么都没有,是你⾃⼰的能量状态它给你投射出来.你的⾝体它不断地在产⽣能量,它不断地在产⽣⼀些给你去体验感受的.

Spirit Guide: There are no so-called negative entities; only when you are in a state of fear, panic, or insecurity do you enter into a condition where all your experiences can be created by yourself. It's as if everything around you is empty, and when you start to feel excited or happy, you see flowers and clouds—everything beautiful. But when your emotions turn to anger or panic, you'll notice that the surroundings are dark. Understand? So in reality, there's nothing around; it's your own energy state projecting this upon you. Your body constantly generates energy, providing experiences for you to feel.

问: 我在阳光下⽤⾁眼可以看到空⽓中⾦⾊的粒⼦.呢个是普拉那能量还是尘埃的反光?

Questioner: Can I see golden particles in the air with my naked eye under sunlight? Is this Prana energy or the reflection of dust?

⾼灵:就好像我刚刚给你说⼀样的意思,当你去焦距或者是关注或者是想要任何体验,你都可以从这个空⽆当中投射出来相应的体验给你,明⽩吗?因为你⼀直想要去扩展你的意识,你⼀直相信你们这个空间⾥⾯有其他存有,你想要去跟它们联系,你想要去做任何,你就会去有相应的体验给⾃⼰.所以这个还是要去问你⾃⼰,你⾃⼰想要去产⽣这种物质体验给你.因为所有的⼀切它都不是真实的存在.真实的存在就是说⽐如说你能看到,别⼈也能看到跟你⼀样的东西.但是你跟别⼈看到都是不⼀样的东西.那⽐如说你刚刚说的这个体验,你能看到⾦⾊的粒⼦.那你让另外⼀个⼈看,他说什么都没有呀.你看到的只是你想要去看到的和想要去体验的,明⽩吗?

The Higher Spirit: It's the same idea I just explained to you; when you focus on a distance or an object, or want any experience, you can project corresponding experiences for yourself from this emptiness. Do you understand? You've always been trying to expand your consciousness and believe that there are other entities in your space with whom you wish to connect. You wish to engage in anything, so you will have corresponding experiences for yourself. So it's really about asking yourself if you want to generate such physical experiences for yourself, because everything else isn't truly existing. True existence means seeing something that others can also see and relate to as the same thing. But what you and others perceive are different things. For example, when you mentioned this experience, you saw golden particles. If another person looks at it, they might say there's nothing there. What you see is only what you want to see and experience, do you understand?

所以你就知道你有多⼤的⾃由度,你可以体验任何你想要体验的.

So you know how much freedom you have, you can experience anything you want.

问: 我有两次梦见地球某个城市,地表的温度极具升温到200摄⽒度.我想问问这个是预⾔还是想要告诉我什么呢?

Questioner: I have twice dreamed of a city on Earth where the surface temperature has drastically increased to 200 degrees Celsius. I would like to ask if this is a prophecy or what it wants to tell me?

⾼灵: 你做梦梦见地表升温? 在你的睡梦当中你的意识,这么说吧,就好像所有的存在它都只是⼀个图⽚或者是⼀个记忆体或者是已经在呢⾥,就好像⼀本书.那当你的意识处于⼀种放松的状态,它会去落在这⾥.就好像是⼀个蒲公英,你把它吹出去过后,它可能会⾃由的落在⼀朵花上⾯或者落在地⾯上或者落在树上,是这样的⼀个状态.那当你在处于呢种状态,你可能就是落在了… 因为所有的⼀切就像⼀本书,每⼀页都存在.就好像你正好就落在了呢⼀页,明⽩吗?

Higher Spirit: Do you dream of the surface heating up? In your dreams, to put it simply, everything is just a picture or a memory, or already there, like a book. When your consciousness is in a relaxed state, it falls here. It's like blowing on a dandelion; after you do, it might freely land on a flower, on the ground, or on a tree, in such a state. And when you're in that state, you could end up... because everything is like a book, with every page existing. You're kind of landing on one page, understand?

问: 那我们现在是正在往第五维度⾛的吗?

Questioner: Are we currently moving towards the fifth dimension?

⾼灵: 你所谓的第五维度是什么? 因为我们只有你⾃⼰,明⽩吗? 你们每⼀个都是独⽴的个体.你⾃⼰,不是说我们.你们是包括谁呢? 是包括所有的⼈类吗? 即使你们现在所有的⼈类你们在同⼀个地球上,你们的体验都是不⼀样的.有的⼈体验的是⾃由,有的⼈体验的是束缚,有的⼈体验的是痛苦,有的⼈体验的是快乐.

High灵: What is your so-called fifth dimension? You understand that there's only you, right? Each of you is an independent individual. Is it not "us" that you're referring to when saying 'you'? Are you including all humans in this sense? Even though all humans are on the same planet Earth now, your experiences are different. Some experience freedom, others feel bound, some endure pain, and some find happiness.

问: 那如果我在地球上去世的话,我这个⼈格会去做什么呢? 我这个⼈格会去进化还是会去保持固定的频率呢?

Questioner: But if I were to die on Earth, what would happen to my personality? Would it evolve or maintain a constant frequency?

⾼灵: 你想问⼀下你去世过后你这个⼈格? 你这样说的话你就好像是把你⾃⼰给分离出来了.你就好像这么说,你说我是⼀个海浪,那我飘出来过后那我就永远的飘在外⾯吗? 你可以这么去理解,就好像你是⼀个海浪,但是当你落⼊海⾥的时候.你不仅是融⼊⼀个更⼤的海⽔,但是你也有属于你个体的⼀个,就是呢个海浪它去呢个什么的⼀部分.这不是⾮此即彼,不是⾮⿊即⽩.它既是这样也是呢样,明⽩吗?所以并不是你以为的,因为在你们的物质世界,你们好像只能要么⽣要么死,要么⿊要么⽩.因为你们还是在⽤呢个固体的、物质的,来去分析或者是体验或者是认识它.但是并不是这样⼦的.因为你并没有⼀个物质世界了.

Higher Spirit: You're asking about your personality after you die? By saying that, it seems like you've separated yourself from who you are. It's as if you're asking, "Am I just a wave and will I forever be out there floating?" You can understand this way - you're indeed like a wave, but when you fall into the sea, you're not only becoming part of a greater ocean; you also have your own individuality, that particular aspect of the wave. It's not an either-or situation, it's not black or white. Both exist simultaneously, do you understand? So it's not what you think - in your physical world, you seem to be able to only exist as alive or dead, good or bad. Because you're still analyzing and experiencing it through solid, material means. But that's not how it works because there is no longer a physical world for you.

问: 我想链接⼀下乔任梁.就是他去世的时候我是⾮常悲痛的.我想问问他是⾃杀死的吗? 他现在怎么样了?

Questioner: I'd like to link Joey Ren Liang. He passed away and I was deeply saddened by that. I want to know if it was suicide? And what happened to him now?

⾼灵: 对于你们物质世界来说,他是有选择, 就⽐如说他是⾃杀还是⽣病还是怎样.但是每⼀个死亡都是他已经就是我要结束这个物质体验,明⽩吗?

Spiritual being: For your physical world, he has options, like suicide or illness or something else. But every death is that he's already decided to end this physical experience, understand?

问: 因为对他这个死亡⽅式我们⼈类社会有很多争议,有说他是⾃杀,有说他是谋杀.我想知道他真的是⾃杀死的吗?

Questioner: Given that there are many controversies in our human society about his manner of death, with some saying it was suicide and others saying it was murder, I want to know if he really took his own life?

⾼灵: 然后如果你从真正的看⼀个死亡,那你们地球上所有⽣命的死亡其实都是跟你有关系.就好像你也间接杀死了⼀个在其他地⽅出车祸的⼀个⼈.你能理解这层意思吗? 因为你们还在把⼀些事件分离出来,把它当成是⼀个独特的单⼀的事件这样去认识.你就好像把⾃⼰跳出来.你能明⽩吗? 但是你们社会上所有的⼀些事件都是与你们息息相关的.

Higher Spirit: Then if you really consider a death, then all the deaths of life on your Earth are actually related to you. It's as if you indirectly killed someone who died in an accident somewhere else. Can you understand this implication? Because you still tend to separate some events and perceive them as unique singular incidents. You're sort of stepping outside yourself. Can you see that? But all the events in your society are closely tied to you.

问: 那你能帮我链接⼀下他看看他有什么想说的吗?

Questioner: Can you help me connect with him to see what he has to say?

⾼灵: 就刚才呢些话就是他想说的,就是所有死亡事件并不是说⼀个单⼀,被你们拿出来.他是⾃杀的,他有抑郁症怎样怎样,明⽩吗? 他只是觉得这个世界已经不适合他去扩展.就⽐如说我来到这个舞台上,我想要去做和这个体验.但是我的这个体验总是不被允许,总是受到限制.那我是不是就不想要选择这个舞台,我要去选择其他舞台.那为什么你们集体意识,就是你们的集体的⼀些会去影响他去体验呢? 因为你们每个⼈都会有⾃⼰的⼀些好坏之分,好恶之分,我喜欢或者是我不喜欢,明⽩吗? 然后当你产⽣这样的⼀个认知,你们社会上⼀些认知都会得到你们共同的允许和认可.就好像是默认的⼀个合约⼀样.

Higher Spirit: Those words he just said are what he wanted to convey - that all the incidents of death aren't solely attributed as singular events taken out by you. They say it's a case of suicide, with depression or other conditions, do you understand? He feels this world no longer suits him for expansion. For instance, if I come onto this stage and want to engage in certain experiences. But my experiences are always disallowed and limited. So why wouldn't I choose not to select this stage, then opt for another one instead? Why would your collective consciousness, or the influence of your group's norms, affect his experience like that? Because each person has their own likes and dislikes, judgments on good and bad, do you understand? When such a cognition arises within you, the societal perceptions are given collective approval and acceptance. It's as if it's an implicit agreement.

你们所有⼈都这样去认为的时候,你们所有⼈就会把它当成是⼀个真理的存在.那当它是真理的存在,就好像你们把⼀些虚假的东西弄成真的了.那它就会限制⼀些想要来体验⽽体验不到的⼀些灵魂.那它们⾃然⽽然就不会想要去呆在这个舞台上,它们想要去体验更⼤的⾃由.那你说是不是你们的认知你们的意识去杀死了他,你们表⾯上的杀死,因为你不能毁灭任何.但是呢

When all of you think this way, it becomes a perceived truth that will make you believe in its existence as if you were turning something false into reality. This notion would then restrict souls who desire to experience but cannot due to these beliefs. Naturally, they wouldn't want to stay on this stage where they're restricted by such limitations and seek the freedom of greater experiences instead. You see how your understanding, consciousness, kills it in a sense - you kill from the surface without being able to actually destroy anything, because reality is not something that can be completely eradicated.

个⾁体就是被你们杀死的.所以说你们不要把每⼀起的死亡事件把它拉出来,这是属于他个体或者他家庭或者怎么样.这⾥没有他们,你们每⼀个死亡其实都是你们内在的⼀部分在死去.为什么呢? 当他没有了⾃由,你们其实也没有了⾃由.你们也继续活在这个谎⾔当中,你们集体认可的⼀个谎⾔当成真理.因为当⼈类的意识得到扩展得到提升,或者⼀个信念、认知得到转变的时候,是你们整个⼈类的转变.就⽐如说你们以前你们中国最典型的就是妇⼥的脚要裹起来,对吧?那这个是当时的你们的⼀个认知.当这个认知被转变了过后,⾸先是有⼀个⼈觉得妇⼥不应该受到这个虐待.那当他有了这个认知过后,他转变了过后.你们后⾯的⼈是不是就不需要在受这个约束了?

A human body is the one you have killed. So don't drag every death incident out, this belongs to him individually or his family or whatever. Here they are not present; every single death among you is actually a part of you dying within. Why? Because when he loses freedom, so do you. You continue living in the谎言 that your collective acceptance of lies as truth represents. For when human consciousness expands and improves or when a belief or understanding changes, it's your entire humanity transforming. Like for instance, in your China historically, women's feet being bound was the norm, right? That was your prevailing knowledge then. When this knowledge changed, firstly, someone thought that women should not be subjected to such cruelty. Once this new understanding was embraced, those following did not have to adhere to that constraint anymore?

! 那当呢个个体他去探索出来的任何⾃由度,就⽐如说这个⼥孩⼦她在通灵.她得到的信息也就是在帮助你们扩展你们的⾃由度.为什么?因为你们会有⼀个完全新的⾓度去看待这个事件.看待这个事件变了过后,你们的思想就变了,思想变了过后,你们所有⼈的思想都会变了.那是不是这个⼥孩⼦也在帮助你们集体的整个⼈类来扩展,明⽩吗?所以说任何⼈的进步都不是在约束你,他是在让你们整个⼈类更⾃由.所以你们需要去⽀持任何⼈的⼀个进步,去⽀持他们的进步⽀持他们的探索,明⽩吗?

That individual's exploration of any freedom they uncover, for instance, like the girl channeling spirits receiving information that helps you expand your own freedom. Why? Because it gives you a completely new perspective on the event. Once you change your viewpoint on the event, your thoughts change, leading to a shift in everyone's thoughts. Does this mean the girl is also helping humanity as a collective whole to expand their horizons and understandings? Therefore, anyone's progress isn't limiting you; it's enhancing your freedom as a human species. So, you need to support any individual's progress, their exploration, understanding that they're contributing to the collective expansion of humanity.

问: 遗忘的帷幕它是如何产⽣的? 是⿊暗势⼒控制的还是程序设计?

Questioner: How did the forgotten curtain come into existence? Was it under the control of dark forces or was it programmed?

⾼灵: 因为如果你想象⼀下,如果你带着所有的记忆再去体验你还能有所谓的真正的体验吗?你不会有新的体验? 为什么? 就⽐如说你吃过柠檬,你已经知道呢个味道了.你只是在重复⽽已.你不会有⼀个全新的体验.你想要有⼀个全新的体验,你⾸先就是要让⾃⼰遗忘掉所有的⼀切.如果你要问为什么有些⼈没有遗忘或者还能记得? 因为你们每⼀个⼈选择来到这个世界上,你们的主题或者是想要体验的东西是不⼀样的.所以你不能把别⼈的功课或者别⼈的主题来当成是⼀个⼤众的.它只是单⼀的,每⼀个都是单⼀的存在.

Higher Spirit: Because if you imagine that you carry all of your memories when you experience something, can you have a genuine experience? Would there be no new experiences? Why would that happen? For example, if you've eaten a lemon and already know the taste, it's just repetition. You wouldn't have a completely new experience. If you want to have a completely new experience, you first need to forget everything. If you ask why some people don't forget or can still remember, it's because each of you chooses to come into this world with different themes or things you wish to experience. So you cannot consider others' lessons or their themes as universal ones. It's singular for everyone, each being a unique existence.

问: 我还想问⼀下是我们每⼀个⼈都有⼀个地球吗? 还是说我们只有⼀个物理的地球?

Questioner: I also want to ask if each one of us has our own Earth, or if we only have one physical Earth?

⾼灵: 关于物理的,如果随着你这个⾁体的消失,这个物理也会消失,明⽩吗? 所以你觉得呢? 但是你的物理消失,⼈家的⾁体还存在,它当然能体验到,明⽩吗?

Higher Spirit: About physics, if your physical body disappears, the physics will also disappear, right? Do you understand that? But what do you think about it? However, when your physics disappears, other people's bodies still exist. They can definitely experience it, right?

问: 我的意思就是说⽐如说同⼀个地⽅,频率⾼的⼈他可能就⽣活的很平静,频率低的⼈他可能会遇到很多灾害.都是在同⼀个地⽅,但是在不同的意识⽔平上.那是不是说他们体验的不是同⼀个地⽅或者是地球?

Questioner: What I mean is that people with higher frequency might live very peacefully in the same place where those with lower frequency may encounter many disasters. They are in the same location, but at different levels of consciousness. Does this imply that they do not experience the same place or even the Earth itself?

⾼灵: 就⽐如说有的⼈他可能从这次灾难当中他失去了他的⾁体,就是他去世了.那有的⼈他存活了.那他们体验的就是不⼀样的.他可能只是体验到⼀个感觉到惊险,但是他是安全的.另外⼀个呢,他就完完全全的失去了⾁体.

It's like some people may have lost their physical bodies in this disaster, meaning they've passed away. Others survived. Their experiences are different. One might only feel the thrill but be safe. The other has completely lost their body.

问: 那就是说我们还是在同⼀个地球对吗?

Questioner: That means we are still on the same planet, right?

⾼灵: 你们是什么?

High精灵: What are you?

问: 就是不是说我们每个⼈都有不同的实相吗? 那我们对地球的感觉也是不⼀样的,那我们是不是在同⼀个地球呢?

Questioner: Isn't it true that each of us experiences reality differently? So, if our feelings about the Earth vary, are we still experiencing the same Earth?

⾼灵: 你不需要这个地球.就算你在同⼀个,就⽐如说你跟你的母亲在同⼀个房间,你们体验的都是不⼀样的,明⽩吗? 你们对周围的⼀些感知或者是对彼此,这些都是不⼀样的.因为对于你来说你还会觉得外⾯它是⼀个真实的世界.就好像我刚刚说的,你需要头脑⾥⾯有⼀个红⾊,你看出去才会是红⾊.你需要头脑⾥⾯有⼀个⿊⾊存在,看出去才会是⿊⾊.所以你看出去是红⾊的时候,你是不是觉得红⾊是真实的,别⼈看出去也应该是红⾊呢? 明⽩吗?

Higher Spirit: You don't need this planet. Even if you're in the same place, for example, like you and your mother are in the same room, you have different experiences, do you understand? Your perceptions of what's around or of each other are all different because to you, it still seems like an outer reality. Just as I said earlier, there has to be a red inside your mind for it to appear red when you look out. Likewise, if you need a black in your mind, that is how it will seem outside. So, when you see something as red, do you really think others should see it the same way? Do you understand?

问: 我想问⼀下我⾃⼰做冥想的时候我很容易睡着.我想知道怎么样可以链接到我的⾼我呢?有没有什么更适合我的⽅法?

Questioner: I often find myself falling asleep while meditating. I'd like to know how to connect with my higher self. Are there any methods that might be more suitable for me?

⾼灵: 你想睡着,那你就让你⾃⼰睡着.你为什么要强迫你的⾝体去冥想呢?问: 不是,我就是在冥想的时候坐着坐着就睡着了,我就断开了.

Higher Spirit: If you want to fall asleep, then let yourself fall asleep. Why are you forcing your body to meditate?

Questioner: No, I was just sitting during meditation and ended up falling asleep, disconnecting myself in the process.

⾼灵: 那你是不是只是在追求⼀个结果呢?问: 我就是想通过冥想连接到我的⾼我.

Higher Spirit: Are you just pursuing a result? Questioner: I simply want to connect with my higher self through meditation.

⾼灵: 别⼈可以通过冥想链接⾼我,你不⼀定是需要通过冥想去链接⾼我的呀.就⽐如说你现在就⼦啊跟你的⾼我交流.你为什么会把它只当成是通过冥想才可以… 你可以通过直接的⽅式.

Spiritual Being: Others can connect to their Higher Self through meditation, but you don't necessarily need to meditate to link to your Higher Self. For example, you are currently communicating with your Higher Self right now. Why would you consider this only achievable via meditation when you could do it directly?

问: 我知道.但是你不是说要向内看吗? 那我不是就应该向内出发不是吗?

Questioner: I know. But you said to look within, right? So shouldn't I start by looking inward instead?

⾼灵: 所以你⼀直在拿着别⼈的话,你前⾯你说别⼈怎么说这个世界,你要去做.然后你要说我说向内看,你要去做.你所有的⼀切你都是在拿着别⼈的话.你不管你理解不理解,你只是在拿着别⼈的话,你这个是什么,你想想.

Higher Spirit: So you've been carrying other people's words. You said earlier what others say about this world and you're supposed to do it. And then you say I'm telling you to look within yourself, and you're doing it. You're taking all your actions based on other people's words. Whether or not you understand them, you just hold onto other people's words. What is this, think about it.

问: 可是我们学习的话不管怎样我们还是要向内看的不是吗?

Questioner: But don't we still have to look inward no matter how we learn, right?

⾼灵: 你连向内看是什么你都不能理解,你只是这么去做,明⽩吗? 那你跟⼀些动物,它都不理解你的⼀些姿势是什么意思,它只是去模仿,有什么区别呢? 所以你的⼀些就是说到底是向内看向外看或者是向什么看,这个并不重要,明⽩吗? 当你如果带着⼀个就是说各种滤镜,你⽆论是向内看向外看,它都是你带着滤镜的颜⾊.就好像你看眼镜⾥⾯有⼀层红⾊,那你⽆论向内向外看它都是红⾊,明⽩吗? 因为你不明⽩,你看到的红⾊是因为你戴了⼀层滤镜,你戴了呢个眼镜.呢个眼镜才是问题,⽽不说你向内向外的问题.所以不要去纠结于任何⼈对你的⼀个,这次通灵信息说的要这样要呢样.

Higher Spirit: You can't comprehend what looking inward means, you just do it, right? Then how is that different from an animal not understanding the meaning of your gestures and just mimicking them? So whether you look inward or outward fundamentally doesn't matter; understand? When you carry various filters, whatever direction you look towards - inward or outward - they're colors imposed by those filters. Imagine looking through a red lens; no matter if it's inward or outward, it appears red. Understand? You see the red color because of the filter you wear – the glasses are the problem, not whether you look inwards or outwards. So don't fixate on anyone else's interpretations from this spiritual message about how to act.

问: 我的⾝体想告诉我什么呢?

Questioner: What does my body want to tell me?

⾼灵: 它想要跟你说,因为你好像有⼀种好像是急速的去获取信息.但是它根本就没有… 这么说吧,你不断地想要播种播种.但是你都没有允许呢个种⼦在内部发芽,明⽩吗? 所以你需要慢下来.

Higher Spirit: It wants to tell you because it seems like you're trying to get information quickly. But that's not the case... Let me put it this way; you are constantly trying to sow seeds. However, you haven't allowed the seeds to germinate within yourself, understand? So, you need to slow down.

问: 我觉得我已经够慢的了.

Questioner: I feel that I'm already slow enough.

⾼灵: 所谓的慢下来就是说,你真的不是去要跑,要往前⾯去,要去追求.⽽是真正的去往当下链接,要去扎根.你就觉得我的⼼是安在这⾥,我没有任何地⽅要去,我没有任何东西要学,明⽩吗? 是这种状态,⽽不是不断地我要去抓,我要去跑,我要去努⼒,我要去怎样怎样.因为当你整个就是说⼈处于⼀种扎实与当下链接的状态,你才能去做到任何的你想要去探索或者是成长或者是去感受.就⽐如说我想要去感受这朵花的⾹味.那你都没有让你⾃⼰,就是整个⼈的⾝体静下来,你去闻你就闻不到呢朵花的⾹味,明⽩吗? 你只是匆忙的飘过⽽已.所以不要只是飘过.因为⽣命真正的存在是你的当下.

The concept of slowing down is that you are not rushing to run ahead or chase anything forward. Instead, it's truly about being present and connected here, grounding yourself deeply. You feel that your heart is at peace in this moment; there's no place you need to go, nothing you need to learn, do you understand? This is the state, rather than constantly striving to grasp, run after things, or work hard for something. Because when you are fully grounded and present, you can explore, grow, or experience anything that you desire. For instance, if I want to experience the scent of a flower, you need not just have your body pass by quickly; you must be still and smell it properly to truly sense its aroma, right? You simply breezed past it instead. So don't just breeze through life. Because true existence in life lies in your present moment.

问: 我想请问⼀下灵界是什么样⼦的? 你们现在在灵界吗? 我的⾼我它们也在灵界吗?

Questioner: I would like to ask about the nature of the spirit realm. Are you in the spirit realm now? Are my higher selves also in the spirit realm?

⾼灵: 你所谓的灵界它好像… 你还是想要⽤⼀个物质世界去认识它或者是去体验它.我跟你描述的任何,你的头脑⾥⾯就会把它物质化,明⽩吗? 但是如果你真的是想要了解灵界,其实你就是在灵界的.你本⾝你就在灵界的.

Higher Spirit: It seems like... you still want to understand it or experience it through a physical world, right? Whatever I describe to you, your mind will try to materialize it, do you see that? But if you truly want to understand the spiritual realm, in fact, you are already within it. You yourself exist within the spiritual realm.

问: 我想问⼀下我的⾼我还有什么信息要告诉我的吗?

Questioner: I wonder if there's any more information that my Higher Self has for me?

⾼灵: 告诉了你很多信息,但是你的头脑不断地想要逃跑.它不断地想要获取更多,不断地想要获取更多.还有问题吗?

Higher Spirit: Provided you with a lot of information, but your mind constantly wants to escape. It always desires more, always wants more. Any other questions?

问: 我需要整合我的灵魂碎⽚吗?

Questioner: Do I need to integrate my soul shards?

⾼灵: 刚才前⾯的信息就是说就⽐如说你问你姐姐.然后你的任何整合都是来⾃于你最讨厌,最厌恶和最不能接受,最反感抵抗的东西.这就是你需要去整合的.因为它们并不是真实存在的.就好像刚刚说它们是通过这个,就好像像⼀个镜⼦⼀样投射出你⾃⼰,你⾃⼰在没有接纳你完整的⼀部分,明⽩吗? ⾸先你的头脑会给⼈的⾏为会给它定义.⽐如说我刚刚说好吃懒做,是吧? 然后当⼈们有这个⾏为的时候,他们是在休息或者是在呢个什么的时候.头脑⾥⾯就会跑出来,你看他这么懒.那你想象⼀下,佛陀他就打坐,他就坐在呢⾥什么都不做.那对于你们物质世界他是不是特别懒呢? 明⽩吗? 那你的头脑就会给它相应的定义,你定义过后你就会产⽣厌恶.

Higher Spirit: The information you just received was like asking your sister for advice. Your responses are from the very thing you dislike most, find unbearable, and resist the most strongly. This is what needs to be integrated because it doesn't exist in reality. It's as if these things reflect back at you like a mirror, showing that you're not fully accepting certain aspects of yourself. Do you understand? Your mind assigns labels to human behaviors. For example, I said 'lazy and idle'. When people exhibit this behavior, they might be resting or doing something else. Your mind jumps in and says, "Look how lazy he is." Imagine the Buddha sitting there meditating, doing nothing. Is he particularly lazy by your standards? You see, once you label something, it triggers feelings of dislike and aversion within you.

产⽣厌恶了,就⽐如说当你⾃⼰在休息了,你就说不⾏,我不能这么懒,我要做点什么.那你是不是就缺失了你真正的去享受⽣命.你只有静下来…我刚刚说你跟你的当下发⽣链接,你只有静下来,你才能真正的体验⽣命,你才是真正的存在.那你是不是就没有真正的存在过了呢? 所以说当你去发现这⼀层关系的时候,你就会是⼀个更加完整的⼈.⽽不只是⼀丁点⼈.

Feeling disgusted, for example, when you are resting and say to yourself no, I can't be so lazy, I need to do something. Aren't you missing the true enjoyment of life? You only achieve this by being still... When I mentioned connecting with your present moment, it's only in stillness that you can truly experience life, where you are truly living. Haven't you really lived in this way? Thus, when you recognize this relationship, you become a more complete person, not just a tiny bit of one.

问: 明年2023年有什么警⽰吗?

Questioner: Are there any warnings for next year, 2023?

⾼灵: 警⽰是什么? 是警告你们吗?

Higher Spirit: What's a warning? Is it warning you guys?

问: 对,就是关于2023年有需要注意的地⽅吗?

Questioner: Yes, are there any aspects we should pay attention to in 2023?

⾼灵: 你唯⼀需要注意的就是你⾃⼰对任何事件的⼀个定义.因为不管你如何去定义,你就会如何去体验它,明⽩吗? 因为就像刚才说这⾥并没有⼀个真实的世界.

Higher Spirit: The only thing you need to be aware of is your own definition for any event. Because no matter how you define it, that's how you will experience it, right? Understand, because just like what I mentioned earlier, there isn't a real world here.

1. 初始版本，欢迎大家共同校对：https://kdocs.cn/l/csf8R3NR5Lcg [↑](#footnote-ref-0)