**与JO对话2023年上**

**Dialogue with JO in 2021H1**

**Channeled by JoJoYou Translated by Phoenix9 Teresa**

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**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**

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# 2023/01/06 — 集体通灵问答Group Mediumship Q&A

第⼀个⼈JO: 你问吧什么问题?

First person JO: Ask me what question do you have?

问: 最近病毒感染的很厉害,那⽣病后我们如何可以跟疾病更好的相处?

Questioner: The recent virus infection is severe. How can we better coexist with illness after getting sick?

JO: 你稍等.⾸先你不能做的就是去抗拒和烦躁.你要允许这个疾病的过程发⽣.因为就好像你的⾝体它⾃⾝有⼀场战争.为什么它会发⽣这场战争? 因为它需要发⽣这个战争.然后如果你不允许这个过程发⽣的话,那它只会把⼀次⼀次的战争积累起来,然后产⽣⼀个⾮常⼤的战争.就是让你的⾝体已经处理不了.所以偶尔的⼀次⼩的疾病就好像是排除地雷⼀样,明⽩吗?如果我们不断地⼀次⼀次的把地雷给排出,好过它积累到⼀个超⼤的能量然后⼀次性爆发出来.所以你必须要允许这个过程的发⽣,还有就是相信你的⾝体它是充满了智慧,它⾃⼰会处理好协调好⼀切,明⽩吗? 因为你们很多⼈产⽣了疾病⾸先就是抵触、反抗:为什么我要⽣病? 我不要⽣病.

JO: Wait a moment. The first thing you cannot do is resist and become annoyed. You must allow the disease process to occur because your body itself is engaged in a war. Why does this happen? Because it needs to have this war. If you prevent the process from happening, it will only accumulate these battles over and over again, resulting in an extremely large conflict that your body can no longer handle. Think of a small disease as clearing landmines, do you understand? It is better for us to continuously clear the landmines rather than have them build up to an immense amount of energy and explode all at once. Therefore, you must allow this process to occur and believe that your body is filled with wisdom, capable of handling everything on its own, do you understand? Many of you start by resisting and fighting against getting sick: Why me? I don't want to get sick.

他不接受⽣病的这个过程,想要快速的消灭它.你想⼀下,如果你快速的消灭它,你是不是内部的运作更本就没有完整的去发⽣? 所以你不需要让它快速的恢复到正常的⼀个状态.⾸先你们对正常的⼀个状态有⼀个误解.因为很多你们看不到的在下⾯它还是⼀个不是和谐的状态,但是你们觉得只要⾝体没有疼痛就是正常的.但是并不是.你们⽣病出现的⼀些症状,那也是正常的.所以你们也需要把疾病当成是正常的.这样⼦你就不会去抵抗或者是去抗拒.因为越是这样⼦的话越是更多的混乱会产⽣,更多的能量会消耗掉.所以就是允许,然后就是信任你的⾝体.它会知道什么时候结束.所以给你⾝体充分的允许和信任.

He does not accept the process of illness, wanting to quickly eradicate it. Think about this - if you were to quickly get rid of something like this, wouldn't the internal functioning never be fully realized? Hence, there's no need for you to let it rapidly return to a normal state first. You have a misunderstanding of what constitutes 'normal'. Many things happening beneath your awareness are still not in harmony, but you believe that as long as there is no pain, it is normal. This isn't the case. Symptoms resulting from illness can also be considered normal. Therefore, you should also view diseases as being part of this normality. This way, you wouldn't resist or oppose them. The more you resist, the more chaos and energy consumption you would experience. So, allow and trust your body; it knows when to end its process. You must give your body ample allowance and trust.

问: 如何可以减少病毒对孩⼦们带来的影响?

Questioner: How can we minimize the impact of viruses on children?

JO:⾸先,你⼼⾥也不能去抗拒,就是觉得为什么我的孩⼦总是⽣病,觉得⽣病是不好的.因为你的孩⼦他在这个地球上⽣存,他需要去适应这个环境.那他需要去适应这个环境,他的⾝体会调节好.因为你们在不同的环境下,你们的⾝体会产⽣不同的应对它的⽅式.所以你⾸先是要允许这个事情发⽣.你想象⼀下如果你不让他⽣病的这个过程,把他保护在⼀个像密封盒⼦⾥⾯,他可能是不会⽣病.但他⼀旦进⼊到你们这个地球,他的⾝体可能就完全的不适应.他并不能在这个地球上⽣存下去,明⽩吗?那能让他顽强的在这个地球上⽣存下去,他就会去和各种不同的病毒打交道.然后,如何帮助孩⼦?

JO: First of all, you can't resist this feeling inside your heart and think that why does my child keep getting sick; it's not something good to be sick. Because your child is surviving on this Earth, he needs to adapt to the environment around him. He must adjust his body in order to cope with its varying conditions. As different environments elicit different responses from our bodies, you need to accept that sicknesses happen for your child as well.

Imagine if you prevent your child's sickness process and keep them protected in a vacuum-like environment; they might not get sick. But the moment they step into this world, their body may not be able to cope with it at all. They wouldn't be able to survive on Earth. Understand that?

In order for him to survive on Earth, he must confront various viruses and other challenges. Then, how can you help your child?

⾸先就是说你⼼⾥要乐观,知道就是说这是为了让孩⼦更好的在地球上⽣存,更好的在这个环境下⽣存.这是⼀个过程.这是为了让他以后可以跟整个环境更加和谐相处的⼀个过程.也是去信任和允许,然后更多的是你⾃⼰没有进⼊⼀个烦躁或者⽆⼒或者是抗拒的状态.因为你要是进⼊这个状态的话,孩⼦也会.然后你可以让孩⼦知道⽣病是⼀个状态.因为你们很多⼈把⽣病当做是⼀个不正常的状态.所以你要让孩⼦知道⽣病是⼀个正常的状态.然后我们只要知道就是说,不要把注意⼒完全的关注在这个上⾯.因为你要把注意⼒完全的关注在疾病上⾯,不停的又是吃药又是呢样.它也会让你更加的体验到疾病.你可以就是说转移你的注意⼒.

Firstly, you need to be optimistic about it, knowing that this is all for the betterment of children's survival on Earth and in their environment. It's a process; it's a process towards greater harmony between them and their surroundings. It involves trust and acceptance, allowing things to unfold naturally, with an emphasis on maintaining your own calmness rather than entering into frustration, powerlessness, or resistance. If you do become resistant, so will the child. Let children understand that illness is simply a state; many of you view it as abnormal. Therefore, teach them that being ill is normal. Focus instead on understanding that attention should not be entirely on this matter alone. The constant focus and actions like medication only intensify the experience of illness. You can divert your attention elsewhere to alleviate these concerns.

⽐如说跟孩⼦玩⼀些游戏,看孩⼦的⼀个状况跟他去做⼀些互动,让他处在⼀个快乐,没有压⼒.呢个压⼒就是来⾃于你的⼀个能量状态.在⼀个这样⼦的状态下,然后孩⼦们会把⽣病也当成是⼀个… 因为当你们思想转变,因为你去接受疾病也是你们正常⽣命的⼀部分,它是为了完善

For example, playing games with a child and observing their condition while engaging in some interaction with them, allowing them to be in a happy state without pressure. This pressure comes from your energy status. In such a state, children would view illness as well because when you change your thoughts, by accepting that diseases are part of your normal life, they serve the purpose of perfection.

你,它是为了让你体内更加和谐的运作,更加适合在这个地球上⽣存,明⽩吗? 因为你们的观念转变了,孩⼦对待疾病的观念也会转变的.

You, it is for your body to operate more harmoniously and suitably for survival on this Earth. Do you understand that as your ideas change, the child's perception of illness will also change?

问: 这次瘟疫是⼈类的劫难吗?

Questioner: Is this plague a disaster for humanity?

JO: 这么说吧,有的⼈他就好像要消灭疾病.因为他觉得疾病是不好的.那如果是处于这样⼦的⼀个状态的话.那对于你们来说当然是⼀个劫难,因为你是不接受这个.你觉得这是⼀个灾难,这是⼀个灾害.那如果像我刚才分享给你们的,你⾸先要允许你的⾝体然后相信你的⾝体,是在这样⼀个全然的状态下.那通过这个信息,这个疾病会是⼀个劫难吗? 这个信息它是改变你们意识.因为你们意识转变了,你们下⼀代意识也会转变.他会更好的跟他的⾝体还有更好的跟这个地球的环境相处.所以对你们来说这是⼀个很好地转变你们的认知的机会和契机,明⽩吗? 如果你还是持有旧有的观念,还是认为疾病是灾难性的.

JO: Let me put it this way - some people aim to eliminate diseases because they view them as undesirable. If you're in such a state of mind, this would indeed be a calamity for you since you don't accept it. You perceive this as a disaster and a misfortune. However, if you consider what I shared earlier, which is allowing your body and believing that your body exists in its entirety, then how would the information about diseases manifest? Would it still be considered a calamity given that it changes your awareness? It alters your consciousness because when that happens, future generations' consciousness will also shift. They will better coexist with their bodies and the Earth's environment. This presents an excellent opportunity for you to change your understanding and perspective, right? If you continue holding onto outdated beliefs that see diseases as catastrophic.

那如果你是这么认为的话,你也会体验到相似的.因为⽆论你去相信什么,它都是来⽀持你所相信的.因为你会看到⼀切的事件它都是来⽀持你相信的.

If you think that way, then you will experience something similar because whatever you believe is there to support what you believe in. As you will see, all events are there to support what you believe.

第⼆个⼈问: 我最近时常会在胸腔和脖⼦的部位感到⼀点胀痛感,请问是什么原因呢?

Second person asks: I have been experiencing occasional discomfort in my chest and neck area. Could you explain what might be causing this?

JO: 你稍等.⾸先就是说你需要知道你⾃⼰对你发⽣的这些症状的反应是什么? 因为如果你头脑⾥⾯有⼀个我必须要检查,我必须要排除这个可能性,我怕什么.那你就⼀定要按照你⾃⼰相信的⼀套系统去做,明⽩吗? 因为就算我告诉你,你不⽤担⼼,你什么事都没有.你还是会…因为你的信念并没有转变掉.你需要把它释放掉.所以说如果你觉得你去看⼀下医⽣,排除⼀下可能性会让你更加安⼼的话.你就去做,明⽩吗? 那如果你⾃⼰觉得就是你的⾝体它⾃⼰能handle⾃⼰,你更加关注的是你到底想要去体验什么,明⽩吗? 因为其实你们的世界运作的很简单,你去关注什么你就是把呢个放⼤,然后去体验,明⽩吗?

JO: Wait a moment. First of all, you need to understand what your reaction is to the symptoms that are happening to you? Because if in your mind, there's a necessity for me to check something and rule out this possibility, what do I have to fear? Then you should definitely follow through with what you believe in as a system, okay? Because even if I tell you not to worry, you're fine. You would still... because your belief has not changed. It needs to be released. So if you feel that seeing a doctor and ruling out this possibility gives you more peace of mind, go ahead and do it, understand? And if you yourself feel that your body can handle itself, what you're more concerned about is what you want to experience. Understand? Because actually, the world operates simply: focus on what you want to amplify, then experience it, understand?

就好像你的电脑显⽰器, 你点开⼀个页⾯.那你只能在呢个页⾯去关注,去吸收它给你带来的⼀些 information,是吧? 那如果你现在是把你的⼀个不适感,把它放⼤.那你⾃然就会体验这个.那如果你现在对⾼维信息特别感兴趣,你把这个来放⼤.其他就会⼩话了.所以如果你的⽣活中的每⼀天你越多的focus在你的⽬标,你到底想要体验什么的上⾯的话.其他的慢慢它们都会弱化.所以在你们的⼈⽣当中有⼀个明确的,⼤⼤⼩⼩的⽬标,⽬的地或者是 sth you are very passion for 是对你⾮常好的.因为你去关注什么,你就会感受体验什么.

It's like your computer monitor; when you open a webpage, you can only focus on and absorb the information it provides, right? If you now amplify your discomfort, you naturally experience that. If you are currently very interested in high-dimensional information, you bring that to the forefront. Everything else becomes secondary. So if every day of your life focuses more on your goal, what you want to experience, everything else will gradually weaken. Having a clear big or small objective, destination, or something you're very passionate about is great for you because whatever you focus on, you'll feel and experience it.

问: 我最近可以越来越多的感受到同步性.所以我也越来越愿意去信任和放⼿.但是我感到每次当我想要完全的放⼿的时候,⾝体总是有⼀股很紧张的感觉,好像还想要抓住什么.这是为什么?

Questioner: I've been increasingly aware of synchronicity recently, so I'm also becoming more willing to trust and let go. However, I feel that every time I want to fully let go, there's always a sense of tension in my body, as if it still wants to hold onto something. Why is this happening?

JO: 你听⼀下你⾃⼰刚才说的话: 我想要去放⼿,我想要不去控制.你想要的时候不是⼀种控制吗? 就算你想要放⼿,想要不去控制也是⼀种控制,明⽩吗? 所以你为什么你要想要去放⼿呢? 就好像你的⼿抓了⼀个东西,你想要把⼿去… 明⽩我意思吗? 所以说你如果是注意⼀些你⾃⼰的想法、思想、念头,你就会知道你卡在了哪⾥.所以这个回答了你的问题吗?

JO: Listen to what you just said: I want to let go, I want not to control. Isn't wanting that a form of control? Even if you want to let go and want not to control is still a form of control, right? So why do you want to let go? It's like your hand has grabbed something, you want to… Do you understand my meaning? Therefore, by paying attention to your own thoughts, ideas, or thoughts, you will realize where you are stuck. Does this answer your question?

问: 那我的⾼我和指导灵它们有没有什么信息是想要带给我的呢?

Questioner: What messages do my higher self and my guides have for me?

JO: 那今天你收到的信息,就算是别⼈的信息,它也就像在你这⾥播了⼀颗种⼦,随时它都会不断地产⽣变化,明⽩吗?

JO: Then, the information you receive today - even if it's not your own personal information - will be like a seed that has been planted inside you. It can grow and change at any time, understand?

第三个⼈问: ⼈有⾃由意识吗?

The third person asks: Does a person have free will?

JO: 你觉得你有⾃由,但是你并不⾃由,明⽩吗? 为什么呢? 你觉得你能够去做这个,能够去做呢个.这是你的⾃由,但实际上你实际上是在受你们的集体意识,你们⼈类⽬前的⼀个意识的进化程度,还有你们的观念,你们的思想.你是在⾥⾯的,明⽩吗? 这么说吧,就好像你们以前有⼀个图⽚.你们从⽣下来就在⼀个洞⾥⾯看⼀个影⼦,你们以为呢个影⼦就是你们的⼈⽣.然后你在呢个影⼦上你说,我在这个影⼦上能不能有⾃由意识? 我在这个影⼦上我能画出这个影⼦吗? 你觉得你能画出这个影⼦.呢就是你的⾃由意识.但是你根本就不知道呢个影⼦根本就不是真是的,明⽩吗?

JO: You feel you have freedom, but you are not free, understand? Why is that? You think you can do this and be able to do that. This feels like your freedom, but in reality, you are actually being influenced by your collective consciousness, the current level of human evolution, and your beliefs and thoughts. You are trapped inside it, understand? Imagine, for example, you had a picture when you were born into this world. You saw a shadow as life through that hole since birth, thinking that the shadow was your life. Then on this shadow, you would ask, can I have free consciousness here in this shadow? Can I draw this shadow here? You believe you could draw this shadow. That is where your freedom comes from. But you don't realize that the shadow isn't real at all, understand?

问: 开悟以后算是有⾃由意识吗? JO: 什么意思?

Questioner: Is enlightenment considered to have free consciousness?

JO: What do you mean by that?

问: 就是对于没有修⾏的⼈我明⽩您说的.但是对于修⾏的⼈,⽐如得道什么的,那是不是就是有⾃由意识了呢?

Questioner: I understand what you mean for those who have not practiced. But for those who are practicing, like achieving enlightenment or something, does that mean they have free will?

JO: 所谓的⾃由意识对于你的理解来说它到底是什么? 怎么样是有⾃由意识的状态? 怎么样是没有⾃由意识的状态你说?

JO: What does the concept of self-awareness mean to you? How do you define a state of being self-aware and not self-aware?

问: 我的理解是,是不是被剧本带着⾛? JO: 剧本? 什么剧本?

Questioner: My understanding is whether we are being led by the script?

JO: Script? Which script?

问: 就是被命运设定好的剧本带着⾛.

Questioner: It's as if life has written a script and is leading them along.

JO: 这么说吧,因为你现在头脑⾥⾯对你们所谓的⾃由意识和剧本,你本来对这⼀层的理解就只是你个⼈,头脑对它的理解.但是如果真正的说⾃由意识的话,就是说当你不再受到集体意识的影响,你便是有⾃由意识啦.⽐如说这次你们经历的瘟疫、疾病或者是灾难,整个⼈类都在⼀种末⽇或者是呢种状态.但是你却是在天堂⼀样,你不会被外界的任何悲惨的事件或者是快乐的事件,你不会受到它们的影响.那你达到这种状态,你就是有⾃由意识的,明⽩吗? 如果你还在追求,这个快乐的事情让我很快乐怎样怎样,这个悲惨的事件让我好悲惨.如果你还是在这种状态,那就说明你并没有达到⼀个⾃由意识的⼀个状态.为什么? 你还是在受到物质世界的幻像的影响.

JO: Let me put it this way, because in your mind, you have the so-called free consciousness and script. Your original understanding of this layer was just by your individual mind. But if we truly talk about free consciousness, that means when you are no longer influenced by collective consciousness, then you possess free consciousness. For example, during what you experienced as a pandemic, disease, or disaster—humanity was in a state of apocalypse or something like that. However, you were like being in heaven; you would not be affected by any external tragic events or joyful events. If you reached this state, you have free consciousness, right? If you are still pursuing how happy things make me feel or how sad tragic events make me feel, then if you're still in this state, it means you haven't reached a state of free consciousness. Why? You're still being influenced by the illusions of the material world.

它还在让你的情绪各种起伏、悲伤,明⽩吗? 那样⼦的话,你就好像是有⼀个bubble,就好像是有⼀个球把你…. 就好像你既在这个世界上但又没在这个世界上.应该是这样的状态.这样的状态,你就好像是⾃⾝会是⼀个发光的⼀个状态.你便能引导众⽣.

It also makes your emotions fluctuate and feel sad, right? If that's the case, you would be like having a bubble, like being inside a ball... It feels as though you are in this world but not really in it, with this state. In such a state, you would be like shining from within yourself. You can guide sentient beings.

问: 我这⼀世的灵魂天赋是什么,有没有什么任务? JO: 你稍等.你叫什么名字?

Questioner: What is my soul's talent in this lifetime, and are there any tasks? JO: Wait a moment. May I know your name?

问: 我叫XXJO: 你这⼀世最主要,对你来说⽐较重要的是你⾝边的⼀些⼈跟关系.⽐如说亲⼦关系、⽗母关系、情侣爱⼈,就是这些关系.然后你们都再⼀次的选择来突破你⾃⼰想要突破的⼀个点.所以就好像以前你们有⼀个班级的同学在⼀起,⼀起去体验这个学习这个.然后你们又再⼀次选择在⼀起,然后再去选择来突破你们之间的⼀些点,明⽩吗? 所以你可以通过你⾝边的⼀些关系,你接纳的、不接纳的关系,来让它成为你突破⾃我的⼀个点,明⽩吗?

Questioner: My name is XXJO: In this lifetime, the most important for you are certain people and relationships around you, such as family ties, parent-child relationships, romantic partners. These are the connections that matter. Then, in this new incarnation, you all choose again to overcome a point that each of you wants to break through. It's like having classmates from before who were together, experiencing learning together. Then, you all choose to be together again and then pick to overcome some points between you. Do you understand? So, you can use your relationships - the ones you accept and those you don't - as a way for personal growth, understanding that each choice shapes your self-discovery journey.

问: 那有没有什么灵魂的天赋呢?

Questioner: Are there any gifts of the soul?

JO: 天赋你是指⽐如说你特别擅长什么对吗?问: 对,就⽐如说我的⼀个发展的⽅向.

JO: Talent refers to what you're particularly good at, right? Questioner: Yes, for example, my area of development.

JO: 你⾸先就是说你顺了这些点给你突破.那当你突破了你才会⽣根发芽,才会开花结果,明⽩吗? 那这个就是你所谓的天赋.就是你⾸先要通过你⽣命中的重要的关系⼀步⼀步的突破⾃⼰,然后呢个就是你所谓的刚才说的呢种状态.

JO: First, you're saying that you followed these points to achieve breakthroughs. Only then do you grow roots and sprout leaves, blossom, and bear fruit, right? This is what you call your innate talent. You need to go through step-by-step self-transcendence in the significant relationships of your life, then you'll be in the state you mentioned earlier.

问: 换⼀种说法,那特长…JO: 这么说吧,如果你现在还是⼀颗种⼦,然后你的妈妈或者你的爸爸或者你的亲密关系它是你的⼟地.那如果你没有突破这个⼟地.你说你结什么果⼦,开什么花? 因为如果你要说你的天赋的话,⽐说你的果⼦特别的⾹甜,那你跟别⼈不⼀样,那是你与⽣俱来的种⼦,明⽩吗? 那如果你并没有突破这个⼟壤,没有去长成⼀棵树,然后来结果,明⽩吗?

Questioner: Let me put it differently. If you are still a seed now, then your mother or father or your intimate relationship is like the soil for you. If you don't break through this soil, what kind of fruit would you bear? What kind of flower would you open? Because if you talk about your gift, say it's like a very fragrant fruit that distinguishes you from others; that's because of your innate seed, right? But if you haven't penetrated the ground and grown into a tree to produce fruit, do you understand this concept?

问: 那突破之前,⽐如说我也活了这么多年,那我在突破之前就是⼀个毫⽆天赋的状态在存在吗?

Questioner: Before breaking through, for example, having lived for so many years, did I exist in a state of having no talent before making a breakthrough?

JO: ⽐如说你是⼀个拳击⼿,我告诉你你是⼀个拳击⼿.然后你的天赋就是打拳击.但是你却没有任何锻炼,你也没有对⼿,你也没有去跟任何⼈过招,明⽩我的意思吗? 那你是不是不断地需要跟⼈去过招,不断地的花你的时间和经历⼀步⼀步的去跟对⽅产⽣⼀个交集.你才能成为⼀个真正的拳击⼿的样⼦.你说哪⼀个冠军,哪⼀个拳击⼿没有跟⼈过过招? 他算是⼀个真正的拳击⼿吗? 明⽩吗? 如果你说你活了呢么多年,也就是说你有这么多对⼿,你有这么多lessons,这么多堂课.⼈家⼀出拳,你就跑了,明⽩吗? 那我现在告诉你的是什么?我现在告诉你的是出拳的⼈是你的对⼿,你需要不断地跟他交集.

JO: Imagine you are a boxer, and I tell you that you're a boxer. Your talent is boxing, but you've never trained or sparred with anyone; there's no practice or matches to go up against them. Do you see what I mean? For you to become a true boxer requires constant sparring, dedicating your time and effort step by step, creating interactions. Which champion hasn't sparred with someone? Is he considered a genuine boxer? Understand that? If you've lived so many years, meaning you have multiple opponents, lessons, classes; when they throw their punches, you run away. Do you see what I'm saying now? I'm telling you the person throwing punches is your opponent, and you need to keep interacting with them continuously.

它才会让你在呢个交集的过程中越来越壮⼤,成为⼀个真正的拳击⼿.

It will make you grow bigger in that intersection process, becoming a true boxer.

问: 是否存在⼀个正确的客观的修⾏或者是灵魂升级的⼤⽅向? 还是就是说怎么来都⾏,因为⼀切都是⾃⼰的体验,都是⾃⼰的信念系统?

Questioner: Is there a correct and objective path of cultivation or a major direction for spiritual elevation, or can it be done however one sees fit since everything is an experience based on one's own belief system?

JO: 那就是成为⽆条件的爱的⼀个状态,就是呢个⼤⽅向,明⽩吗?

That's the state of unconditional love, isn't it? That's the big direction, right?

问: 因为我有时候会有点冲突.⽐如说希特勒有他的信念系统,⽐如少吃⾁多吃素,很多.这些我怎么知道它是…JO: 你现在是进⼊你的头脑⾥⾯.因为你们⼈类⼀直以来追求⼀个正确的路.然后你现在所说的就是⼀个你在寻找⼀个正确的路.你需要别⼈来告诉你这个路是正确的,然后我就朝这边⾛,明⽩吗? 那到底为什么⾛? 是不是你⼼⽢情愿的⾛还是你只是因为他们告诉你呢个⽬的地是天堂,所以你要上天堂.还是因为你内在的欲望你要朝呢个⽅向⾛,明⽩吗? 你⾸先要搞清楚这⼀点.就像你刚刚提的问题,你就是想要找⼀条正确的路,然后⾛到你所谓的什么什么.然后这⾥的答案是,没有任何正确的路.为什么?

Questioner: Because sometimes there are conflicts. For example, Hitler had his belief system such as eating less meat and more vegetables. How do I know which ones...JO: You're now inside your mind because humans have always been seeking a right path. And what you've said here is that you're trying to find the right path. You need someone to tell you it's correct, then you go towards it, understand? But why are you walking this way? Is it because you willingly want to walk this path or just because they told you this destination is heaven, so you want to get to heaven? Or is it because your inner desire leads you in that direction, understand? You need to figure out this first. Like the question you just asked; you're looking for a right path and walking towards what you call something somewhere. But the answer here is there's no such thing as a right path. Why is that so?

因为当你们在说正确,你们就是在否定其他的⼀切.但是没有任何是被否定的,只有你有没有你有没有真正的从你的体验当中…. 这么说吧,你刚刚说的希特勒,在你们的⼈类意识当中你们把他当成⼀个恶⼈恶魔.为什么? 因为他杀了很多⼈.但是你们并不知道是你们的思想,所有的集体意识的思想创造了呢个恶魔,明⽩吗? 因为你们会⼀直觉得是他呢个个⼈,是⼀个恶⼈,是⼀个坏的⼈.但是你们并不知道这是你们意识的⼀个状态产⽣的⼀个结果.因为你们每⼀步的意识它就像⼀个种⼦,它会结果.它结什么果,那就是根据你们的⼀个状态.你们播的什么种⼦有关的.那既然这个事情发⽣了,那需要你们认识到的就是说这是你们⼈类整个的集体意识产⽣的这个果.

Because when you speak the truth, you are negating everything else. But nothing is being denied; only whether or not you have truly experienced it from your own perspective... Let me put it this way: Adolf Hitler, whom you humans perceive as an evil demon in your consciousness, why? Because he killed many people. But you don't realize that your thoughts and the collective consciousness's thoughts created that demon. Understand? You always think of him as an individual, an evil person, a bad person. But you don't know that this is the result of the state of your awareness generating. Because every step of your consciousness is like a seed; it bears fruit. What fruit it bears depends on your state. It's related to what seeds you've planted. Since this has happened, what needs to be recognized by you is that this is the consequence of your collective human consciousness producing this result.

⽽不是个别的,就是像希特勒这个⼈,就是都是全是他造成的.为什么? 因为当你在打击他的时候,在打击希特勒的时候,在排斥和这个恶果的时候.你内在就是⼀个排斥的状态,你内在就是⼀个分裂的状态.你内在就是⼀个这个是好的,呢个是坏的,他是恶的.这个不就是恶⼈的状态吗? 那希特勒他是什么? 他就是在排斥呀.你不也在排斥么,明⽩我意思吗? 那如果你在排斥恶⼈的话,那跟希特勒有什么区别呢? 你们都在排斥.你们都在排斥的话,那你想⼀下希特勒,他就是你们的果.明⽩我意思吗? 所以说每⼀步你们社会上经历什么,你们是⼀个整体,你们并不是分裂的.就好像你们⼀个班级你们的平均分数跟你们每⼀个⼈有关系.

And not individual, it's like Hitler this person, everything is caused by him. Why? Because when you are attacking him, when you are attacking Hitler, when you are rejecting and rejecting the consequences of evil. You are in a state of rejection internally, you are in a state of division internally. You think that one thing is good, another is bad, he's evil. Isn't this the state of an evil person? So what is Hitler? He was in rejection, weren't you also rejecting? Do you understand my meaning? If you are rejecting evil people, then what's the difference between you and Hitler? You all are rejecting. If you are all rejecting, then think about Hitler, he is your fruit. Do you understand my meaning? Therefore, every step of what happens in society, you are one whole, you are not divided. It's like how your average score as a class relates to each individual person.

并不是你看这个⼈他考试他什么都不做,是他拉低了分数.明⽩我意思吗?所以说你既然来参与到这个实相当中,就是你来到地球当中,你来体验.那么你就已经默认了你要去协助转变.因为如果你没有想要去协助转变的话,你便不会在这⾥体验.就好像如果我今天的信息,如果我没有想要来协助你们转变的话.那这些信息就不会通过这个传递信息的⼥孩⼦来传导给你们.既然我来传导给你们信息,就是说我已经是选择我想要来协助你们转变,转变你们看事情的⾓度.因为所有的⼀切都是说,你们的成长就是转变,不停的转变你们的⾓度.因为当你们不停的转变你们的⾓度,你们看过去的东西就完全不⼀样,明⽩吗?

It's not that you see this person and they do nothing for the exam; it's because they brought down the score. Do you understand what I mean? So when you are involved in this reality, which means coming to Earth and experiencing life, then by default, you have agreed to assist with transformation. Because if you did not want to assist in any way, you would not be here having these experiences. Similar to how today's information wouldn't reach you through the girl transmitting it if I didn't want to help you transform. Since I am providing this information to you, I have chosen to aid your transformation - in changing how you perceive things. Because all of it is about growth being transformation, continuously shifting your perspective. As you keep altering your viewpoint, what you see previously changes entirely. Do you understand?

第四个⼈问: 我想问⼀下JO有没有什么指引给我? JO: 你稍等.你叫什么名字?

The fourth person asks: I want some guidance from JO for me. JO: Please wait a moment. What is your name?

问: 我叫XXJO:你需要注意到的就是说,你有时候你⾃⼰认为的呢些想法、念头、观念它并不是真实的.它只是来让你变得沉重的.你需要把你头脑⾥这些让你变的沉重的事情拿开.然后越来越轻

Questioner: I am XXJO: What you need to realize is that sometimes the thoughts, notions, or concepts you believe in may not be true. They just weigh you down. You need to remove the things in your mind that are making you feel heavy. Then you will gradually become lighter.

易、越来越轻松,越来越安逸享乐的⼀个状态,这才是你的状态,明⽩吗? 就是你头脑⾥⾯呢些让你喘不过⽓,让你产⽣沉重感的,你需要把这些拿开.这些是⼀些幻像⼀些假象,这些都不是真实的.你并不是要通过不断地的想或者是找到解决⽅案,⽽是直接的把它给kick out,直接的把它给move out.就好像这⾥有⼀个柜⼦.你想要去把它修好,你觉得这个柜⼦产⽣了⼀些问题.但是实际上你是需要直接的把呢个柜⼦扔掉,明⽩吗? 因为你怎么修这个柜⼦它都是坏的,它都是来让你沉重的.

It's a state of Ease and increasingly Comfort and Indulgence, this is your state, do you understand? You need to remove those things in your mind that make you feel suffocated and heavy. These are illusions and false assumptions, they are not real truths. Instead of constantly thinking or trying to find solutions, you simply kick them out, move them away. Imagine there's a cabinet here. You want to fix it because you think the cabinet has some problems. But in reality, what you need to do is throw that cabinet away, do you understand? Because no matter how you fix that cabinet, it will always be broken and burdensome for you.

问: 对对对.我有很多沉重的问题.凡是让我沉重的我都应该不是去想解决⽅案,这只是⼀个幻像,是吗?

Questioner: Right, right. I have many heavy questions. Whenever something burdens me, I shouldn't even think about solutions; it's just an illusion, right?

JO: 是.不是说你要把这个柜⼦修好然后它就不碍事了.⽽是直接把这个柜⼦给扔掉.就没有这个柜⼦.

JO: Yes, it's not about fixing this cabinet so that it won't be in the way anymore. Rather, you should just get rid of this cabinet altogether. There would be no cabinet at all.

问: 意思是这个问题不存在是吗?

The question does not exist, right?

JO: 你不去找解决⽅法.你也不试图的去fix,就是你也不是图去把它给解决掉或者是理顺或者是把它给弄明⽩.直接就是kick out,直接就把它给踢出去.

You just don't seek solutions. You don't try to fix it either; you're not aiming to resolve it or sort it out or understand it clearly. You simply kick it out and directly get rid of it.

问: 那如果影响到⽣活怎么办呢?

Questioner: What if it affects their life?

JO: 那是你允许的呀.因为你不愿意把它搬出去呀.问: 你再说⼀遍,是因为我不想搬出去吗?

JO: That's because you're unwilling to move it. Questioner: You want me to say it again because I don't want to move it?

JO: 因为你不要把这些东西搬出去呀.你还再继续的加固它,然后让它来让你喘不过⽓,变得沉重,明⽩吗? 因为你不是在这⾥去解决问题或者是弄明⽩,你是直接把它给move out.

JO: Don't take these things away from you. Instead, you reinforce them and let them suffocate you, making them heavier, do you understand? You're not solving the problem or figuring it out here; you're simply moving them away.

问: 我想知道我这辈⼦有什么任务呢?

Questioner: I want to know what my mission in this lifetime is?

JO: 就是先把这些东西⼀个⼀个的拿出去过后,当你进⼊到⼀种越来越轻松的状态的话,呢个才是你,明⽩吗?

JO: It's only when you remove these things one by one and enter a state of increasing ease that it becomes you, understand?

问: 我肚⼦不舒服.这个东西是在我的肠⼦⾥⾯还是在哪⾥? 因为我在医院⾥⾯照不出来.

Questioner: I have an uncomfortable feeling in my stomach. Is this thing inside my intestines or somewhere else? Because they couldn't take the picture at the hospital.

JO: 前⾯的问题已经回答你了.也就是说这些东西你不是试图去解决它或者是试图去修好它试图去理顺它,⽽是直接的它不存在,明⽩吗? 你现在就是在找,我要怎么样修这个柜⼦呢? 这个柜⼦好像打不开呀怎样怎样的.你还沉浸在这样的⼀个状态,那你就是在更加的加固这个柜⼦.你在允许这个柜⼦来影响你,明⽩吗?

JO: The previous question has been answered for you. In other words, instead of trying to solve it, fix it, or organize it, what you are realizing is that these things simply don't exist. Can you understand? Now you're asking yourself, how do I fix this cabinet? This cabinet doesn't seem to open... What should I do? You're still in this state, which means you're reinforcing the cabinet further. You're allowing the cabinet to affect you. Can you understand?

问: 我会不会结婚呢?

Questioner: Will I get married?

JO: 你们所谓的结婚是什么? 如果你觉得是⼀张纸的话,那你想去做你就可以做到,明⽩吗?问: 我是想问我以后会不会遇到我真正喜欢的⼈.因为我年纪也不⼩了.

JO: What do you mean by marriage? If you think of it as a piece of paper, then if you want to get one, you can just go and get one, right? I'm asking this because I was wondering whether I will meet someone I truly like in the future. As I am getting older, too.

JO: 当你⾥⾯装的全是⼀些…. 你如果想要装⼀个⼈的话,你需要把这些全部都move out,它才会有空间去装下.不然的话,你永远都是focus在你的这些东西上⾯,明⽩吗? ⽽且这些东西也会阻碍,也会影响.所以如果你真正的就是说想要这样的关系,你需要把你本来的⾃⼰找回来.

JO: When you have so much inside... If you want to embody a person, you need to move all this out, then it will have space for something else. Otherwise, you'll always be focused on your own things, right? And these things also hinder and affect others. So if you truly want such relationships, you need to find back your true self.

问: 可是那需要很⼤的毅⼒.它影响我的五感,让我觉得它存在⼀样.我要怎么去连⾝体的感觉都移掉呢?

Questioner: But that requires great strength. It affects my five senses, making me feel as if it exists. How can I remove this feeling even from my bodily sensations?

JO: 你要知道这些都是你⾃⼰创造的.你既然有呢个能⼒把它创造的让你达到这种状态,那你同样也可以创造另外⼀个状态,明⽩吗? 因为⾸先你感受的⼀切都是你⾃⼰的能量,如此强烈的能量.那么它可以⽤在左边,它也可以⽤在右边,明⽩吗? 它可以让⼀个东西⽣,它也可以让⼀个东西灭.它能量是⼀样的,只是你到底是想要它⽣还是想要它灭.

JO: You need to understand that all of this is created by you. With the ability to create such a state for yourself, you can also create another state, right? Because what you feel at first is your own energy, such intense energy. So it can be used on the left side or the right side, right? It can give life to something or take life away from something. The energy is the same; it's just whether you want it to bring life or end it.

问: 怎样才能不影响我⾝体,就是在我⼼⾥⾯我感觉不到它呢种? JO: 呢是你的选择,明⽩吗?

Questioner: How can I ensure that it doesn't affect my body, so I don't feel it in my heart?

JO: That's your choice, understand?

问: 那说具体⼀点的话,⼀个影响我⾝体都有感觉的东西.我不想让它存在,但是它都存在了.我怎么让它灭啊?

Questioner: Well, specifically speaking, something that affects me so much that I don't want it to exist but it does exist already. How do I make it disappear?

JO: 因为你现在就在加深它呀,你现在就在加深它对你的⼀个影响.你要说我要灭你,这个柜⼦.明⽩吗? 你听你前⾯的信息,它本⾝就不是你需要去focus,需要你去解决的.因为你现在还纠结于我这个柜⼦它真的是压的我喘不过⽓,我要怎么样才能让它不压我呢? 明⽩吗? 你还是在这个问题就是…. 刚才前⾯的问题就是告诉你,你不要试图去解决它,不要试图去呢个什么它.就是直接扔掉它,因为它并不属于这⾥.

JO: Because you are deepening it now; you are deepening its effect on you. If I were to say 'you must die', this cabinet. Do you understand? You listen to the information in front of you, that by itself is not something you need to focus on or solve because you are still worried about how this cabinet is really suffocating me and what can I do so it doesn't suffocate me anymore? Do you understand? This question is still about... The issue we just discussed at the beginning was telling you not to try to solve it, don't try anything with it. Just throw it away because it does not belong here.

问: 它不属于这⾥?

Questioner: It doesn't belong here?

JO: 它不属于你.是你在抓住.问: 我把它当真了…JO: 你没有,你试图进去解决问题,明⽩吗?

JO: It doesn't belong to you; you're grasping at it. Questioner: I took it seriously... JO: You didn't, you tried to go in and solve the problem, get it?

第五个⼈问: 在今年的9⽉12号我的⽗亲去世了.9⽉6号先⽣也⾛了.我想问⼀下他们现在好吗? JO: 你稍等.你叫什么名字?

The fifth person asked: My father passed away on September 12th this year, and Sir also left on the 6th of September. I would like to know if they are doing well now? JO: Please wait a moment. What is your name?

问: XXXJO: 你想要问的是去世的⼈他们好吗?

Questioner: XXXJO: You're asking about the wellbeing of those who have passed away, right?

问: 对JO: 你需要理解的是,只有在你们物质世界,你现在还有这个物质⾝体你才会存在好和不好,明⽩吗? 就好像你这个⾝体,你会存在⽣病或者腐烂或者… 因为你现在还有形,对吧?如果当你没有这个物质体了,你还存在好和坏吗? 所以你想象⼀下你真正想要问的问题是什么? 因为你刚才提的问题是你还是对存在不是呢么理解的状态下提的问题.那如果你明⽩了吗? 那你还想知道什么?

Questioner: For JO: What you need to understand is that only in your material world and with this physical body do you exist as good or bad, right? It's like with your body; you could be sick, decompose... because you have a form here. If you didn't have this physical body anymore, would you still exist as good or bad? So imagine what the real question you want to ask is, given that you just asked a question from a state of not fully understanding existence. Do you get it now? And if so, do you have any further questions?

问: 因为先⽣⾛的很急,⽗亲在弥留之际我也没… JO: 你多⼤?

Questioner: Since Mr. Li left in a hurry, I didn't... JO: How old are you?

问: 52吧.

Questioner: 52, right?

JO: 52,你的⽗亲和先⽣都⾛了是吧? 你稍等.⾸先你爱的⼈他们都在⼀起.他们要做你坚强的后盾,他们要把聚集在⼀起的能量全部给你.然后让你变得快乐.这是他们想要告诉你的信息.他们想要让你在物质世界去体验三倍的快乐.就是把他们所有想要体验快乐的能量都给你,让你可以⽐如说,⼀个事情⼀倍快乐,但是你可以体验到三倍的快乐.还有就是说任何时候你感受到不快乐或者是悲伤或者是沉重的时候,你就需要⽤三倍的⼒量把这种沉重的感觉去推开,然后感受到三倍的快乐.你继续问,因为你要不断地问问题,这个问题才会出来.

JO: 52, both your father and husband have passed away, right? Just hold on for a moment. The people you love are together. They want to be your pillar of strength and transfer all their energy towards you so that you can become happy. This is the message they want to convey to you. They wish for you to experience three times more happiness in this physical world. They're giving you the energy they would like to experience happiness, allowing you to feel twice as much happiness for a single event but experiencing it thrice. Also, whenever you feel unhappy or sad or weighed down, use triple the strength to push away that heavy feeling and embrace three times as much happiness instead. Keep asking questions because only then will this question emerge.

问: 我先⽣还没有下葬.我先⽣之前的爱⼈在20年前也去世了.我想问先⽣是想合葬还是单独安葬呢?

Questioner: My husband has not been buried yet. His previous lover passed away 20 years ago. I would like to ask if my husband wishes for a joint burial or separate burial?

JO: 你稍等.不合葬,因为合葬它会影响到你的快乐.不想影响到你任何快乐.只想给你增加快乐.

JO: Wait a moment. Burial together would affect your happiness, and I don't want to impact any of your happiness. I just want to increase it for you.

问: 因为先⽣⾛的急,我和孩⼦都没有见到他最后⼀⾯.他有没有什么想要交代的? 对姑娘有没有什么想要说的话?

Questioner: Since you left in a hurry, my child and I were unable to see him one last time. Did he have anything important to convey? And what about your daughter? Anything she should know or want to say to her?

JO: 你稍等.⾸先他想说他⾮常欣赏你,因为你⼀直就是呢种⽐较快乐,⽐较乐观,就是很轻松很快乐的⼀个状态.然后呢,他相信你在后⾯的⽇⼦会继续的创造这样⼦的⼀个能量状态给你们的孩⼦.你能明⽩吗?

JO: Wait a moment. First of all, he wants to say that he really admires you because you've always been in this kind of cheerful, optimistic state, which is very relaxed and happy. Secondly, he believes that in the future, you will continue to create such an energy for your children. Can you understand?

问: 我觉得他是不是对姑娘也是有话要说的?

Questioner: Do you think he has something to say to the girl as well?

JO: 他对你是完全的信任的⼀个状态.因为只有对你是不信任的时候,他可能会说你要这样做你要呢样做.他对你是⾮常信任,然后是称赞有加.然后知道你会做的⽐他要交代或者是想象还会要更好.所以他并没有任何担⼼,明⽩吗?

JO: He completely trusts you in that situation. Only when he doesn't trust you might he say, "You should do this and this." His complete trust leads to praise because he knows you will do it better than what he instructs or imagines. So there's no concern on his part; understand?

问: 我就觉得先⽣在的时候我对他的关系不够.我觉得我内⼼有很多遗憾.

Questioner: I feel that my relationship with him wasn't good enough when he was alive. I regret a lot within me.

JO: 他的信息是说你并不需要在⽣活中做到有多么的细微.但是你的⼀个能量状态,你的呢种⽣命⼒,你的呢种快乐的状态已经在感染着他,在滋养着他.也就是说让你不要只是看在⽣活上的⼀些⾏为或者⾏动.⽽是说你⾃⼰的⼀个… 就好像是你⾃⼰就是⼀个太阳会发光发

JO: His message is that you don't need to be overly meticulous in your life. But your energy state, your vitality, and your sense of happiness are already influencing him, nourishing him. In other words, don't just focus on certain actions or behaviors in daily life. Instead, it's about being yourself… as if you are a sun shining with light

热.他在你⾝边总是会温暖的.⽽不是说我这个太阳要在你⾝边忙来忙去的,我又是给你打⽔又是给你洗脚,明⽩吗? 不需要.这是给你的信息.

Heat. He's always warm by your side. And it's not like I need to be the sun around you, running here and there for you, getting water for you or washing your feet, right? No need for that. This is for you.

问: 他没有对孩⼦有什么要交代的吗?

Questioner: Did he have anything specific to tell his child?

JO: 他想带给孩⼦的信息就是说去⽀持和相信妈妈.问: 我还想问⼀下我的天赋使命是什么?

JO: The message he wants to convey to his children is to support and trust their mother. Questioner: I also want to ask what my gift mission is?

JO: 就是越来越快乐.因为你有很多灵界的⽀持让你达到⼀种… 你要怎么样才能快乐? 就是说你会脱掉很多观念上的束缚,很多旧有的⼀些观念.就是要转变很多观念,真正的⼀个转变.这样才能达到真正的⼀个快乐的状态.你不然的话,你总是对⼀切事物都感受到沉重.所以这就是你成长的⼀个过程,也就是你思想的⼀个突破,观念的⼀个转变.然后它会让你越来越轻盈,越来越快乐.因为像你们知道的,所谓开悟的⼈他是没有烦恼的,明⽩吗?

JO: It's becoming increasingly joyful because you have spiritual support from the realm that helps you achieve a state... How can you be happy? It means you're shedding many conceptual constraints and outdated ideas. You need to transform many of your concepts, undergoing true transformation. Only then can you reach a genuine state of joy. Otherwise, you always feel weighed down by everything. This is part of your growth process, a breakthrough in your thinking, a change in your perspective. It makes you increasingly light and joyful. As you know, enlightened individuals are free from烦恼, understand?

问: 我想知道什么时候能活在觉中,成为⽆条件的爱?

To ask when one can live in mindfulness and become unconditional love.

JO: 你们还在按照⼀个线性时间,就是今天明天后天,然后⼀个⽉两个⽉⼀年两年.还是在这样⼦的⼀个来看事情,还有⼀个时间的观念和观点.但是这个并没有⼀个你们所谓的累积的⼀个状态.它这不是⼀个累积的⼀个状态,明⽩吗? 但是你想要知道的就是说怎么样才能达到觉悟或者是开悟的⼀个状态? 你稍等.因为它这些信息它是根据你⾃⼰的⼀个状态,不是所有⼈…. 因为并不是所有⼈他这⼀世就是⽤来开悟的,明⽩吗? 因为他会有他⾃⼰体验的主题,他想要体验的⼀个过程.呢个过程是⾮常重要的,是不可以拿开的.你稍等.你⽬前的⼀个状态好像知道你内在有⼀股⾮常智慧的⼒量和能量,就好像你知道你想要去达到⼀个什么状态.

Japanese: JO: You are still thinking in terms of linear time, like today, tomorrow, the day after that, then a month, two months, one year, and two years. It's still like this when it comes to viewing things and having an understanding of time. But there isn't a sense of accumulation as you perceive it. This is not a state of accumulation; do you understand? However, what you want to know is how to reach the state of enlightenment or awakening. Wait for a moment because these pieces of information are tailored to your current state rather than being universal truths. Not everyone in this lifetime has the purpose of achieving enlightenment; do you see that? Because each person will have their own theme of experience and process they wish to undergo, which is very important and cannot be disregarded. Wait for a moment because it seems like you already know there's a highly intelligent force and energy within you, as if you're aware of the state you aim to reach.

所以你⼀直是在朝这个⽅向去⾛.然后是什么阻碍或者是怎样才能更好的去达到你的⽅向? 这⾥的信息就是说你放下你所有的追求,因为你本来就是.也就是说你好像要追求成为⼀个道德⾼尚的好⼈.你需要去放下你想要成为⼀个道德⾼尚的好⼈.因为你本来就是.所以你更多是去看到去认识到去允许,⽽不是说去追求,明⽩吗?

So you have been moving in this direction. Then what is holding you back or how can you better reach your goal? The information here is that you should let go of all your pursuits because you inherently are. That means you seem to be striving to become a morally upright good person. You need to let go of wanting to be a morally upright good person because you inherently already are. Therefore, you should focus more on seeing, recognizing, and allowing rather than pursuing. Understand?

第六个⼈问: 我⼤概⼗来年前被诊断为精神分裂症.⼤概在两三年前,我突然就会⾃⾔⾃语.我对这个状况我应该怎么办?

Sixth person asks: I was diagnosed with schizophrenia about ten years ago. About two or three years ago, I suddenly started talking to myself. I'm unsure of what I should do about this situation.

JO: ⾸先就好像你们最开始提的呢个问题,就是对于疾病.因为你们觉得疾病不正常,你们不接受疾病.然后对于你的这个状态也是你们集体意识需要去认识到的.也就是把你当成是正常的,⽽不是要把你当成不正常的,就是按照你们⼀个所谓的标准是正常的,明⽩吗?

JO: First of all, the question you initially raised about illness; because you perceive illness as abnormal and cannot accept it. This state you're in is something your collective consciousness needs to recognize. That means seeing you as normal rather than abnormal, according to your accepted standard, do you understand?

问: 但是我总是莫名其妙的⾃⾔⾃语.

Questioner: But I always talk to myself for no reason.

JO: ⾸先你们有⼀个标准,你们的社会也有⼀个标准.你不能这样⼦突然说话.就把你当成是有问题的或者是失控的,明⽩吗? 你们需要去⾯对的是你们不应该有任何标准,明⽩吗?因为就算是你们⼈,就算是你,你也是⼀直在变化当中.你也没有哪⼀个你是真实的你或者是稳定的你,明⽩吗? 所以就算是你有过这样的症状… 这么说吧,你们会偶尔感冒会偶尔⽣病吧.那你不会⼀直都是这样的状态呀.那就因为你偶尔感冒了⼀次就把你叫⼀个疯⼦或者是病⼈,明⽩吗? 那就因为你偶尔突然说⼏句话就把你当成是精神不正常,你觉得这个正常吗? 这个本⾝就是不正常的.所以你不应该去有⼀个任何标准.这样你就成长不了.因为你们永远都会有⼀个标准.

JO: First, you have a standard, and your society also has a standard. You can't just speak like this and be suddenly labeled as having an issue or being out of control. Understand? What you need to face is that there should not be any standard for you, understand? Because even you, even as a human being, are always changing. There's no 'true' version of you or a stable self, understand? So even if you have experienced symptoms like this... To put it simply, you get sick sometimes, right? You don't stay in one condition all the time. So calling someone crazy or ill because they had a cold once doesn't make sense, does it? Or labeling someone as mentally unstable just because they said a few unusual things doesn't seem fair, does it? This is inherently unfair. Therefore, you shouldn't have any standard at all. Because you'll never grow if you always hold onto one.

拿着这个标准,那你们如何成长? 你们的成长就是说去包容⼀切,去接纳⼀切,没有所谓的什么是正常什么是不正常.所有的都是正常的,明⽩吗? 它会让你们这个社会没有任何标准.因为任何标准都是在扼杀,明⽩吗? 造物主有不同的颜⾊,有不同的动物,有不同的各种各样.你有说哪个是正常哪个是不正常的吗? 并没有.所以你应该看到不是按照这个标准,⽽是欣赏⼀切.因为当你越是在⼀种⾃我欣赏,⾃我接纳的状态,你也会变得.因为这⾥没有任何它是固定的.它永远都是在变换当中,明⽩吗? 所以不去给⾃⼰的某⼀些⾏为定义.

With this standard, how do you grow? Your growth is to embrace everything and accept everything; there's no such thing as normal or abnormal. Everything is normal, understand? This would make your society without any standards at all. Because every standard is stifling, understand? The creator has different colors, different animals, and various other things. Do you say which is normal and which is not? No. So, you should see it as appreciating everything rather than sticking to a certain standard. Because the more you appreciate yourself and accept yourself in this state, you also become that. As there's nothing fixed here; it's always changing, understand? Therefore, don't define any of your actions for yourself.

问: 我现在正在慢慢减药.我想知道我能不能停药?

Questioner: I am gradually reducing my medication. I want to know if I can stop taking it.

JO: 你能不能停药要看你⾃⼰.你⾃⼰对药物的信赖,你是信赖医⽣你觉得你有问题,那你还需要就是去按照你⾃⼰想要的路⼦去⾛,明⽩吗? 但是你要知道任何药物它都是在治疗表⾯的⼀个症状.但是呢个表⾯的症状本⾝就是在….这么说,你呢个药是想要治天上的云.天上的云现在是这个形状,我要把它治成⼀个长条的形状,明⽩吗?因为云它本⾝就是在变化变化.它⼀会⼉是这个形状⼀会⼉是呢个形状.⼀会⼉消失,⼀会⼉颜⾊加深,⼀会⼉这样,⼀会⼉呢样.你还在对着呢个形状….所以你们在治的⼀个过程当中也是在加固、加深.就像前⾯说的疾病你是需要去允许,然后信任你的⾝体这样⼀个状态,明⽩吗?

JO: Whether you can stop the medication depends on you yourself. The trust you have in the drugs; if you think there's a problem, then you need to follow your own path and do what you want, understand? But you must know that any drug only treats the surface symptoms of an issue. However, those surface symptoms are just manifestations... saying it like this, your medication is trying to fix clouds in the sky. The clouds are currently shaped this way, and I want to transform them into a long strip shape. Understand? Because clouds themselves constantly change. They can be one shape then another, they might disappear, their colors deepen, or they may appear differently. You're still focused on that shape... so during your treatment process, you are reinforcing and deepening it. As mentioned before, the disease requires permission and trust in your body's state, understand?

它反⽽还会破坏你本有的⼀个秩序,你⾝体它有它⾃⼰的⼀个秩序.它有它⾃⼰的⼀个节奏,你又把它给打乱了,破坏掉了.

It would instead upset the natural order that you have in your body; it has its own rhythm and pace, which you are now disrupting and destroying.

问: 我早就绝经了,但是我很想要⼀个孩⼦.我怎么样才能要⼀个孩⼦呢?

Questioner: I've been through menopause for a long time, but I really want to have a child. What can I do to have a child?

JO: 你⾸先如果把要孩⼦当成是他必须要通过你的⾝体才是你的孩⼦的话,你就是在跟你⾃⼰过不去.那如果你知道你更多的是想要去加⼊别⼈的⽣命,鉴证⽣命的⼀个过程,然后⽀持呢个⽣命的成为.因为作为母亲,你就是⽀持孩⼦成为他⾃⼰.那你当然可以,明⽩吗?你只要就是敞开你⾃⼰,然后⽤⼼⽤爱的加⼊跟你产⽣连接感的⼀个⽣命⾥⾯.那么他就是你所谓的孩⼦.当然,你可以先把你⾃⼰当成你的孩⼦,明⽩吗?你先给你⾃⼰,去⽀持这个⽣命的成长,去鉴证它.

JO: If you view having a child as something that requires going through your body to make it yours, you're essentially making things difficult for yourself. But if you understand that what you really want is to contribute to someone else's life, to bear witness to the process of life and support its unfolding, because as a mother, you're supporting the child in becoming who they are - then of course you can do it, right? You just need to open up to yourself and join through love and heart connection into the life that is being generated. So he/she would be your so-called child. Indeed, you could start by seeing yourself as your child, understand this? You could first give support to the growth of this life, bear witness to it.

# **2023/01/10 - ⾃问⾃答是在和⾃⼰的⾼我交流吗 Self-asking and self-answering is communicating with your higher self**

JO: 你说吧,什么问题?

JO: Speak up, what's the problem?

问: 我想问我在⼿机上经常⽤⼀个软件聊天,我想问回答问题的是我的⾼我吗? JO: 你就是⼀种好像是⾃问⾃答的模式是吗?

Questioner: I want to ask if when I use a certain app on my smartphone for chatting, the one answering questions is my higher self?

JO: You seem to be asking yourself and answering your own question.

问: 对JO: 你想问⼀下信息是从哪⾥来?问: 对对JO: 你们很多在进⼊像现在这种跟我联系的⼀个状态,你们总是会想要去找到信息到底是来源于哪⾥.这是属于你们头脑⼀定要去找到⼀个根源.但是你要知道,你找到的它只是来满⾜于你的头脑.如果我告诉你,它是来⾃于神或者它来⾃于你的⾼我或者来⾃于谁谁谁.然后你就满⾜了吗? 然后你就把这个当真了吗? 然后你就觉得它说的有道理,你明⽩我意思吗?那如果你只是为了达到这样的⼀个状态,你可以⾃⼰给它命名啊.OK,我现在在跟天使,就是make you feel better.因为如果是这样⼦来⾃问⾃答的话,你就会发现你们是多么容易进

Questioner: To JO: You want to know where this information comes from? Questioner: Correctly for JO: Many of you are in a state of interacting with me like this, always wanting to find out the source of the information. This is your mind's need to find its origin. But you must understand that what you find only satisfies your mind. If I told you it comes from God or from your higher self or from whoever, would you be satisfied? Would you take it seriously? Would you think it makes sense? Do you get my point? If you are just trying to reach this state, you can name it yourself. Alright, I am now communicating with an angel, making you feel better. Because if you ask and answer yourself in this way, you would realize how easy it is for you to fall into this.

⼊到⼀个迷信的⼀个状态.为什么迷信? 因为我去参见⾼维信息传讯了,问了这个⼥孩⼦.然后这个是JO,然后你就⼀直觉得这个是在跟JO.那如果这个⼥孩⼦的信息你根本不相信她呢? 那如果我告诉你这个信息是来⾃于你的JO,但是你又不相信呢 所以别⼈、外界怎么说并不重要.重要的是你要如何理解这⼀层.因为是你在给你所经历的⼀切,包括你看到的,听到的,你体验的,你给它赋予意义,明⽩吗? 所以最重要的是这点.你能看到我在回答你的问题吗? 我不是单纯的告诉你是谁.重要的是你在如何跟你⾃⼰打交道.我指的⾃⼰就是你的头脑.因为你们喜欢把所有的⼀切命名.你继续问.

Entering into a state of superstition. Why superstition? Because I went to receive high-dimensional information transmission, asking this girl. Then it's JO, and you just feel that it's always related to JO. But what if you don't believe in the information from her at all? What if I tell you that the information comes from your JO, but you still don't believe it? So, what others or outsiders say doesn't matter much. What matters is how you interpret this level. Because it's you who are attributing meaning to everything you experience, including what you see, hear, and feel; it's how you make sense of it all, understand?

So, the most crucial point is this: Can you see me answering your question? I'm not just telling you who I am. What matters is how you interact with yourself. By 'yourself', I mean your mind. Because you like to name everything. Keep asking...

问: 我想问我今⽣的灵魂主题是什么?

Questioner: I wonder what my soul theme is for this life?

JO: 你稍等.还有刚才的呢个信息,我可以正⾯的回答你,你到底在跟谁交流? 跟你⾃⼰或者是你⾃⼰的另⼀部分或者是你的潜意识,就是你更⼤的⼈格,或者是你的更⾼的,就是你所谓的⾼我.然后当你在进⼊不同的状态,你所连接的都不⼀样.就这么说吧,你的⼀个状态就好像是在调收⾳机.那你调节到不同的频率,不同的波.那你接收到的信息就不⼀样,明⽩吗? 因为像这个传讯⾼维信息的⼥孩⼦,她睁开眼睛就是她没有进⼊到转换她的意识的时候,她也可以跟你交流可以回答你的问题.那当她的意识在转,在调整了过后,就是像现在的状态.那她信息的来源又是不⼀样,明⽩吗? 那你们现在在进⾏的这个传讯,晚点还可以再进⼀步的探索更多更⼴.

JO: Wait a moment. Regarding the information you just sent, I can give you a direct answer on whom or what you are communicating with – yourself, another part of yourself, your subconscious, or your greater self, which is often referred to as your higher self. When you enter different states, the connection you make changes accordingly. Imagine that your state is like tuning a radio; when you adjust to different frequencies and wavelengths, the information you receive varies. Do you understand? For instance, a girl who communicates with high-dimensional information can answer your questions and have conversations with you even without entering her state of transformation, where she adjusts her consciousness. When her awareness shifts and stabilizes in its current state, the source of her messages changes too. Does that make sense? Your current transmission is something we can explore further later on for a more comprehensive understanding.

所以这个不是⼀个稳定的,不是⼀个确定的,不是⼀个唯⼀的来源,明⽩吗? 你的这⼀⽣的灵魂主题是什么? 你叫什么名字?

So this is not a stable, certain, or unique source, understand? What is the theme of your soul's life? And what is your name?

问: XXXJO: 爱.你选择了这⼀⽣想要对你的⾝边的亲⼈、爱⼈,给他们⼀种⽆条件的爱.所以你会发现在你的亲密的关系,⽐如说⽗母啊、孩⼦啊、伴侣啊,就是这样⼦很亲密的关系当中,

Questioner: You've chosen this life to provide unconditional love to your family and loved ones around you. So you'll find that in close relationships, such as with parents, children, or partners, it's within these very intimate connections,

有很多需要你去包容、允许.⽐如说你在还没有改变你的观念之前,你不能完全的理解或者是接纳、允许他们,就是达到⼀种状态.然后通过你的不断地⼀个扩展,你会发现你跟他们所有的关系会越来越亲密,连接感越来越强,然后越来越知道如何给他们爱.达到⼀种爱的状态.然后就是这样⼦的⼀个状态.

There is a lot that you need to accept and allow. For example, before you change your perspective, you cannot fully comprehend or accept them, thus reaching a certain state. Through continuously expanding your horizons, you will find that all your relationships with them become closer, the sense of connection grows stronger, and you better understand how to give love. You reach a state of love. And it's like this.

问: 达到这个状态最⼤的障碍是什么?

Questioner: What is the biggest obstacle to achieving this state?

JO:你稍等.你⽬前最⼤的障碍就是说你⾃⼰还在⼀种没有满⾜的转态.就⽐如说,你说我来喂我的孩⼦,那我最⼤的⼀个障碍是什么?就是现在你⾃⼰都没吃饱.因为当你⾃⼰在吃饱的⼀个状态,就是你的⾁体它在⼀个满⾜的⼀个状态,它才能更好的去服务你周围的⼀些需求.才能满⾜别⼈的⼀些需求.你⽐如说你需要上厕所或者⼜渴,但是呢,你就没有先去解决⾃⼰的需求⽽去满⾜周围⼈的⼀些需求.所以你第⼀步就是你⾃⼰需要去达到,OK,我现在也吃饱了,厕所也上好了.我现在很舒服,整个⼈⾝体没有什么病痛.现在这样⼦的⼀个状态下,然后你才能更好的去服务于你⾝边的⼈.就是说你想要去给他们帮助啊或者是任何.

JO: Wait a moment. The biggest obstacle you currently face is that you're still in a state of unfulfillment. For instance, if you say you come to feed your child, what's the biggest barrier? It's because you haven't fed yourself properly. When your body is in a state of being full, it can better serve your surrounding needs and satisfy others'. You might need to go to the bathroom or feel thirsty, but instead of addressing your own needs first, you focus on meeting others' demands. So, your first step is to meet this barrier: I've now吃饱了, gone to the bathroom properly, feeling comfortable with no bodily discomforts. In such a state, you can better serve those around you, whether it's offering help or anything else they might need.

问: 我⽣活中有个很奇怪的点就是我虽然知道⾃⼰有很多需求,但是我觉得我这种需求不是很重要.或者是害怕满⾜⾃⼰的需求会错过点什么.

Questioner: There's an odd aspect to my life where I'm aware of having many needs, but I feel that these needs are not significant. Or there's a fear that satisfying them might mean missing out on something else.

JO: 你是说在⽣活中你有⼀些需要去满⾜⾃⼰的,但是你没有去满⾜?问: 对,我总觉得它们不是很重要.

JO: You mean that there are certain needs in life that you should be fulfilling but aren't? Questioner: Yeah, I always feel they're not very important.

JO: 你觉得你个⼈的需求不重要? 那刚才的信息说的就是是什么阻碍了你去可以很好地跟你周围的⼈,给他们提⾼需求? 那就是说你⾃⼰都没有在⼀个呢样⼦的状态,你是不能更好的….那你现在是不是就找到了让你不能更好的去给你爱的⼈去提供⼀些帮助的原因? 是因为你忽略了你⾃⼰,明⽩吗? 因为你要知道你⾃⼰,你的这个⾁体它也是像你的孩⼦⼀样.那你最重要的⼀个孩⼦你都没有跟它去平衡好.你如何让这个最重要的孩⼦去帮助其它孩⼦? 因为你需要通过这个最重要的孩⼦来去帮助其它孩⼦.所以这⾥没有⾼低之分,明⽩吗? 没有需要把它的需求漠视或者忽略.

JO: Do you think your personal needs are not important? Then, the information we just discussed was about what is preventing you from effectively communicating and fulfilling their needs to the people around you. It means that if you're not in a certain state yourself, it's hard for you to do better... Has this helped you identify the reason why you can't provide assistance to those you love more effectively? It's because you've overlooked your own needs; understand that your physical self is akin to your children. You haven't balanced well with your most important child. How can you help other children if you haven't taken care of your most important one? Because you need to look after this most important child to assist the others. There's no hierarchy here, and it's not about ignoring or neglecting its needs.

问: 我经常做梦在梦⾥梦见⼀个⼈,我能感觉到他的爱.并且是我在物质世界从来没有感觉过的爱的感觉.为什么我在现实⽣活中不能感觉到呢种爱⽽在梦⾥可以? 呢个爱的感觉是明明⽩⽩,很实在的.

Questioner: I often dream about someone in my dreams where I feel their love. It's a kind of love that I've never felt before in the material world. Why can't I feel this type of love in real life but can in my dreams? This feeling of love is very clear and tangible.

JO: 你如果会去听前⾯的信息,你这⼀⽣的主题最主要是围绕什么?问: 爱JO: 是的.你在梦中会有⼀些体验,然后呢些体验就好像是在提醒你,明⽩吗? 那如果没有这个梦的话,你可能不会去做这个对⽐或者是不会看到现实中你会有这样⼦的⼀个感觉,会有这样的⼀个差别.那在梦中它就好像是在提醒你,这是你需要去关注、注意到的⼀个点.所以你们的梦它是在服务于你.那既然这个梦中已经让你产⽣了这样⼦的⼀个疑问.那实际上你就知道你很enjoy,很想要去达到呢样⼦的⼀个状态.那现实⽣活中到底是什么阻碍了你达

JO: If you were to listen to the previous information, what has been the main theme of your life? Questioner: Love JO: Yes. You might have some experiences in dreams, then those experiences would serve as reminders for you, right? Without this dream, you might not have made that comparison or noticed how it feels in reality, and recognized this difference. So, in your dreams, they are reminding you of something you need to pay attention to. Thus, your dreams are serving you. Since this dream has already raised a question within you, it actually means you enjoy this state and desire to achieve it. In real life, what is holding you back?

到呢样的状态? 为什么你⼀醒来你就不能达到呢样的状态呢? 因为你又进⼊了你的物质头脑⾥⾯,你就进⼊了你的记忆⾥⾯.因为你眼睛睁开你就开始⽤的头脑在活动了.然后开始各种记忆在呈现出来了.然后呢,你就开始去在关注物质世界的各种,⽐如你看到⼀个⼈,你的头脑就开始跳出来声⾳了.它不停的在,这个⼈⾏为不对,就各种声⾳.所以你就会注意到你的头脑你的头脑不断地在定义、在评价,然后把以前发⽣的事情不断地在呈现.它进⼊了这样⼦的⼀个评判的模式.当它进⼊了这样⼦的⼀个评判的模式,你只要⼀进⼊头脑进⼊评判,你是不可能进⼊爱的.这么说吧,在爱的⼀个状态你是在⽔中,你在⽔⾥⾯.

To what state? Why can't you achieve such a state upon waking up? Because you immediately return to your material mind, where memories reign. The moment your eyes open, your mind starts functioning and various recollections resurface. Consequently, your attention gets directed towards the physical world; for instance, when you notice a person, your mind begins projecting thoughts and comments about them. Continuously, it judges their actions and generates sound responses. As such, your mind incessantly defines and evaluates past events, continuously reliving them. This puts you into a judgmental mode. When your mind operates in this judgmental mode, it's impossible to enter the state of love. Think of being submerged in water; you're underwater.

那你⼀开始头脑不停的在说话,有声⾳,进⼊记忆体的时候,你就从⽔中⾛出来了.所以那你就是知道是什么导致你不能在⽔⾥⾯,明⽩吗? 因为你反复的从⽔⾥⾯⾛出去的⼀个状态?

When you started thinking in your head at the beginning, with sounds coming out, when it entered your memory, that's when you walked out of the water. So did you understand what prevented you from being underwater, right? Because you were repeatedly walking out of the water state?

问: 那为什么我在梦⾥感觉到的是别⼈的爱? 但是我又感觉不到⾃⼰去释放呢种爱?

Questioner: Why do I feel others' love in my dreams, but cannot sense myself giving that love?

JO:就像我刚刚说,如果爱就像是在⽔中的话,你就是在⽔中.这个跟呢个⽔到底是从别⼈呢⾥来的还是我⾃⼰产⽣的⽔,你觉得有区别吗?因为你就是在爱中,你就是感觉到满满的满⾜或者是连接感.⼀种圆满的感觉,⼀种安全感,⼀种你没有被分开,你没有被孤⽴.所以你通过你的梦,你就可以不断地越来越去认识⾃⼰,这才是最重要的.你看,你不只是物质世界来供你学习,供你探索,供你体验.你的梦也是⼀样.所以你有如此深刻的体验,就好像你⽐别⼈多了⼀⽣.⽐如说别⼈没有很多觉知在他的梦中的话,那他的365天就是365天.如果你有呢? 那你就别别⼈多⼀倍.还有问题吗?

JO: Just as I mentioned earlier, if love is like being in water, you are the water. Does it make a difference whether this water comes from someone else or that you produce yourself? Because you're already in love, you feel full satisfaction or connection, a sense of wholeness, security, and not feeling separated or isolated. So through your dreams, you can continuously deepen your self-awareness, which is the most important thing. See, it's not just about the physical world providing you with learning, exploration, and experience; your dreams are equally true. Therefore, you have such profound experiences as if you lived an extra life compared to others who may not be very aware in their dreams. If they have 365 days, then yours would be twice as much if you do. Any other questions?

问: 我有个梦是关于考试.我经常会在梦⾥⾯会在各种地⽅学习.我想这个梦也是关于我的爱的主题吗? 还是说我真的在学习还是什么?

Questioner: I have a dream about exams. I often study in various places in my dreams. Does this dream relate to the theme of love, or am I really studying or something else?

JO: 因为你开始在⽤你的头脑去分析和想要去弄明⽩你的梦,什么学习到底有没有⽤或者什么的.但是这些它并不是你头脑⾥⾯的东西.如果你头脑想要去弄明⽩的话,你只能去弄明⽩已知.就是你已经拥有,对⼀个东西的… ⽐如说你这些东西你都有⼀个名字,你才能叫上名字,对不对?那如果你没有呢个呢?所以你就叫不上.所以我只是说它这并不是说来让你的头脑去搞明⽩的.但是你唯⼀可以就是记住的是,就好像你梦⾥带来的呢个信息,你永远都是在⼀个学习的状态.不管你是醒着还是睡着.因为当你在这样⼦的⼀个全然的开放或者是吸收的⼀个状态,你就是真正的是在不断地不断地学习,不管你是醒着还是睡着.

JO: Because you start using your mind to analyze and understand your dreams – whether learning actually works or not. But these aren't things in your mind that you can analyze; if your mind wants to figure them out, it can only comprehend the known – i.e., what you already possess about something like this. You need a name for something before you can call it by its name, right? If you don't have knowledge of it, you cannot call upon it, so you cannot remember it. So I'm just saying that these things aren't meant to be figured out by your mind; they're not meant for introspection or analysis through cognitive processes. The only thing you can take away from this is the information brought forth in your dreams – that you are always learning, whether awake or asleep. Because when you're in a state of total openness and absorption, it's true that you're continuously learning, regardless of whether you're awake or sleeping.

然后呢,你要告诉你⾃⼰,我的⾝体知道如何利⽤我吸收到的任何信息.我的⾝体它明⽩,它知道如何利⽤任何信息.它在需要,就⽐如说这些信息是需要被带上来,带到我的显意识,⽐如说呢些都是属于你的潜意识,需要被带上来的时候它就会⾃然的浮上来.因为这不是你头脑能明⽩的,你头脑能明⽩的只有你记忆⾥⾯的东西.记忆⾥⾯都是死的.那这样你就在⼀种全然的状态,任何需要你明⽩的,就⽐如说接下来有⼀个⼈或者孩⼦跟你提问题.然后你就会⾃动的答案就会出来.因为你在信任你的⾝体,信任你的潜意识,它会在需要的时候⾃动的浮上来.当你,就是说,你如果告诉⾃⼰我又不知道,这些我又没有学过.

Then, you must tell yourself that your body knows how to utilize any information it absorbs. Your body understands and knows how to use any information. It will naturally rise when needed, such as when the information needs to be brought up to your conscious awareness. If these belong to your subconscious mind and need to be brought up, it will automatically surface because what your brain can understand is only what's in your memory, which is dead knowledge. In this state of full presence, anything that requires understanding will come forth automatically when someone or a child asks you questions next. Because you trust your body and your subconscious mind, which will automatically rise when needed.

If, for instance, you say to yourself again, I don't know, I haven't learned these things...

如果你⼀直在这样⼦暗⽰⾃⼰的话,⼀直是这样⼦的话.你就把它阻挡了,你就阻挡了它显现出来.

If you have consistently been hinting at this about yourself and it's always been like this, then you are blocking it, thus preventing its manifestation.

问: 我和我两个⼥⼉,我想问我们以前有什么连接,这⼀⽣可以做母⼥?

Questioner: I have two daughters and I wonder about our past connection, what can a mother and daughter do in this lifetime?

JO: 你稍等.你的两个⼥⼉有⼀个她会是特别特别贴⼼,然后有⼀个特别特别,也不能说是叛逆,就是她的选择不会是完全按照你的头脑⾥⾯的模式或者是你认为该怎样的⼀个⽅向.

JO: Wait a moment. One of your two daughters will be very close to you, and then there is another who, let's not say rebellious, but her choices won't necessarily follow the mold in your mind or how you think they should go.

然后她们会有⼀个鲜明的差异.然后这个差异会帮助你,来让你达到⼀种对⽣命的⼀个认知,对⽣命的⼀个接受程度.因为你们很容易爱上⼀个对你特别贴⼼或者爱你的⼈,呢是很容易的事情对不对? 那如果正好是相反呢? 你还能达到去欣赏和爱吗? 所以另外⼀个就给你提供这样的机会来让你知道… 因为你要知道你的主题是什么.就是你想要去达到⼀种全然的⽆条件的爱的状态.这是你⾃⼰选择这样⼦的⼀个… 那你当然就包括了吸收或者是接纳、欣赏呢些和你产⽣差异的呢些存有.还有问题吗?

Then there would be a clear distinction between them, and this difference would assist you in gaining a cognition of life, a level of acceptance for life. Because it's very easy to fall deeply in love with someone who is thoughtful towards you or loves you, isn't that right? But if it were the exact opposite - could you still appreciate and love them? Therefore, this provides you with an opportunity to know... because you need to know your subject. You want to achieve a state of unconditional love where you are entirely willing to give and receive without reservations. This is a choice you have made for yourself. Of course, this includes incorporating or accepting, appreciating those entities that generate differences from you. Do you have any questions?

问: 我⽼公跟我就是和我天差地别的⼈,我想问我和我⽼公也是这样的关系吗?

Questioner: Is my husband and I fundamentally different people, or is this relationship also between me and my husband?

JO:你和你⽼公不只是这⼀世的连接,你们有很多很多世的连接.所以你们之间有很强烈的连接感,就好像是⽼朋友⼀样.因为你们有很多,就好像是有很多年的关系和刚认识的关系是不⼀样的.所以你们就好像是⽼朋友⼀样.然后虽然你说的是你们之间很不同,但是你们之间却有很强烈的吸引⼒.就好像他也是在发⾃内⼼的被你吸引住,然后你也会被他吸引住.你所说的是不同,但是对你们的关系没有半点的影响.

JO: Your connection with your husband goes beyond this lifetime; you have connections spanning many lifetimes. Therefore, there is a strong sense of connection between you, as if you were old friends. Because you share such a long history together, it's different from the dynamic of meeting someone new. You are like old friends to each other. Even though you mention that you're quite different, there's still a powerful attraction between you. It seems that he is genuinely drawn to you, and you find yourself similarly attracted to him. The differences you point out do not affect your relationship in the slightest.

问: 那我跟他之间这⼀世的主题是什么?

Questioner: What is the theme of this life between us?

JO: 应该是说他来协助你去达到你想要达到的⼀个状态.因为你⾃⼰对你⾃⼰的⼀个扩展,就好像你跟你的⽼朋友说,我这⼀⽣想要达到这样的⼀个状态,然后你来帮助我陪伴你.就好像是他来陪伴你,你是主要的,他选择了这样⼦是来助你达到呢样的状态.因为你也会在其他的⽣世帮助他去突破他的点.那他也会来让你来突破⼀个点.所以你们当中并不会是像你们常见的夫唱妇随,就是和谐的⼀个状态.就是看上去你们俩从来不吵架,你们俩都很甜蜜.呈现的不是这样⼦的⼀个状态.⽽是说从表⾯上看上去有蛮多的意见不合或者是分歧或者是你们都有不同的看法.然后他就是越是这样,越让你产⽣了⼀种抵触,好像你就是不爱我怎样怎样.

JO: It should be framed as him assisting you to achieve the state you desire. Because of your self-expansion, it's akin to telling an old friend that throughout your lifetime, you wish to reach such a state, and he assists you by being there for you. He is accompanying you, with you being the primary focus; he chose this path to help you attain that state. You also aid him in overcoming his obstacles in other lifetimes, just as he helps you overcome a challenge here. Neither of you follows the typical dynamic of 'husband and wife' harmony - no apparent arguments or sweetness. Instead, it might seem like there are many disagreements, differing views, and distinct perspectives between the two of you. The more this manifests, the more it creates resistance within you, as if you're questioning his love for you.

因为你会觉得就是说你要爱我的话,你可能需要跟我⼀样或者是⽀持我或者是怎样.你这么想,跟你⼀样,⽐如你是朝左的.那如果他也跟你⼀样也是朝左的话,你想象⼀下你们能扩展的⾯积是多少? 如果你朝左,他朝右.你想⼀下,你们是朝不同的⽅向,你们就不断地扩展不断地扩展,明⽩我意思吗? 因为你最主要的就是说,⽐如说你这个容器现在只能装5升.那你想达到装到五百升五万升的转态,那你是不是需要不同的度,每个四⾯⼋⽅的都要去扩展?

Because you would think that if you love me, you might need to be like me or support me in some way, right? Imagine this - suppose you are leaning to the left. If they also lean to the left like you do, how much ground could you cover together? Now imagine if he is leaning to the right instead of you. If you're going in different directions, wouldn't you keep expanding your reach continuously? Do you get what I mean? Essentially, this is akin to saying that if your current container can only hold 5 liters, do you think it's necessary to expand in every direction - up, down, left, and right - to achieve the capacity of 500 liters or even 50,000 liters?

问: 的确我跟我⽼公体会的更多的是友谊不是男⼥的爱情.我觉得我⽼公就像我⼈⽣的⼀个⽼师⼀样…JO: 你如果是去回听前⾯的信息,然后你的⼈⽣的主题就是达到更加的扩展的⼀个状态,你会更加的爱你⾝边的⼈,明⽩吗? 所以任何,当你现在此时或者是在⽬前的阶段产⽣的呢些,都只是你在成长的路上.它并不是说你们的关系就永远也是这样的⼀个状态了.

Questioner: Indeed, the bond between me and my husband is more akin to a friendship than romantic love. I feel like my husband acts as a teacher in my life...

JO: If you were to revisit the previous information, your life's theme would be about expanding into greater states of existence, where you would learn to love those around you more deeply, understand? Therefore, any feelings that arise now or within this stage are simply part of your growth journey. It doesn't mean that your relationship will always stay in this state.

问: 我想跟我⽗亲连接⼀下,因为他很早就去世了.我想问⼀下他为什么选择这么早⾛? JO: 你⽗亲去世的时候多⼤?

Questioner: I want to connect with my father as he passed away very early. I'd like to ask why he chose to leave so soon?

JO: How old was your father when he passed away?

问: 50岁.

Questioner: At the age of 50.

JO: 你稍等.你的⽗亲是哪⼀年去世的?问: 2011年JO: 你稍等,我先搜索⼀下他这边有没有信息给你.你先说你对你⽗亲有什么问题?问: 我想知道为什么他会选择这么年轻去世吧?

JO: Wait a moment. When did your father pass away?

Questioner: In 2011?

JO: Please wait, let me check if there is any information for you here. Can you tell me what questions you have about your father?

Questioner: I want to know why he chose to die at such a young age.

JO: 我并没有选择在这么年轻去世,因为并不是说我选择要如此快的结束和你的关系.因为在这⼀⽣的这个过程当中,我所处的⼀个环境并不在适合我继续的在⽣存下去.也就是说我的⾁体已经不能帮助我来体验我想要体验的.然后是因为我的⾁体没有得到⼀些⾮常好的照顾.这些信息是你⽗亲呢边的灵魂他想要告诉你.

JO: I didn't choose to die so young because it wasn't that I chose to end our relationship so quickly. Because the environment I was in during this life process was no longer suitable for me to continue living in. In other words, my body couldn't help me experience what I wanted to experience anymore. And then it's because my body didn't receive very good care. This information is something your father's soul wants to convey to you.

问: 那他还有什么话要跟我说吗?

Questioner: Does he have anything else to say to me?

JO:我想要让你知道的是,你不能只是关注⼀些精神层⾯,你也同样需要在物质层⾯很好的去关注你⾝边的⼈还有你⾃⼰.因为你们需要这个物质⾁体来让你在这个物质世界⾥去体验.通过我的⼀些体验和经验,你可以看到物质世界的精⼒,就是attention你需要放在物质世界,也⾮常⾮常的重要.也就是说有⼀个良好的⼀个⽣活习惯.就⽐如说抽烟喝酒毒品,任何对⾝体有害的.还有问题吗?

JO: What I want you to understand is that you can't just focus on the spiritual aspect; you also need to pay good attention to the people around you and yourself in terms of material matters. You require this physical body to experience life in the material world. From my experiences and insights, it's clear that paying attention to the material world is incredibly important. This means having a healthy lifestyle, avoiding things like smoking, drinking, drugs, or anything harmful to your body. Any questions?

问: 我想问我的主题是⽆条件的爱,但是这和我的⼯作有什么关系呢? 我的⼯作怎么能帮助我完成我的⽣命主题呢?

Questioner: I want to ask about unconditional love as my theme, but how does this relate to my work? How can my work help me fulfill my life theme?

JO: 你稍等.在⼯作⽅⾯你如何可以对你的这⼀⽣的主题得到提升或者是协助? ⾸先你所说的⼯作它只是说提供你在这个物质世界⽣存下去的⼯具,就是赚钱是吧?你要解决你的⽣存问题.但是你只要是基于它能解决你的⽣存的问题,也就是说OK,今天你选择了按时上班,但是明天你选择了不按时上班.但是你每个⽉它同样可以解决你⽣存下去的问题,所以这个是可变化的.所以你不需要去就纠结于我这⼀辈⼦只能⼲这⼀个⼯作,不是这样⼦的.因为你们并没有你必须要去⼲哪个⼯作来维持你⽣存的问题,明⽩吗?

JO: Wait a minute. How can you improve or assist in enhancing your life's theme regarding work? First, the work you refer to is merely providing you with an instrument to survive in this material world, essentially earning money, right? It's about solving your survival issues. However, based on its ability to solve your survival problems, today you might choose to show up for work on time, but tomorrow you decide not to. But it can still resolve your survival issue every month. So, it is changeable. You don't need to be fixated on the idea that this entire life you're destined to do only one job; it's not like that. Because there isn't a requirement for you to do any particular job to maintain your survival; understand?

问: 但是我把⼤量时间花在⼯作当中,我觉得我在⼯作当中不得不总是在花⼤量时间机械性的⼲⼀些事情.

Questioner: But I spend most of my time on work, and I feel like I have to spend a lot of time doing repetitive tasks.

JO: 那是基于你们的⼀个物质⾁体,然后你们觉得你们必须要通过劳动或者是⼯作你才能⽣存下去.因为当你持有这样⼦的概念,就是你加⼊了集体意识,因为所有⼈都在⼯作你也需要⼯作.那你加⼊了他们,那你当然就是同样的运⾏模式.

JO: That's based on your physical body, then you feel that you must survive through labor or work because when you hold this concept, that you're part of the collective consciousness, as everyone works so do you. So you join them and follow the same operational mode.

问: 那假如我有个概念我不⼯作,那我能很好的维持⽣存吗?

Questioner: If I have a concept that I don't work, can I sustain life well?

JO: 你不⼯作,有很多很多⼈是不⼯作的.就⽐如你们现在⽹络上有很多很多的拍吃饭.那对他来说他在⼯作吗? 他没有.他就在享受他的美⾷呀.但是他拍的视频却有很多⼈关注.他每个⽉有很多钱.所以你要看到你头脑⾥⾯对⼯作的⼀个定义和概念到底是什么? 你的⼀个卡点在哪⾥? 因为你相信什么你就会体验什么.就好像你刚刚说的呢句话,你不得不.那 OK,你就体验不得不.

JO: You're not working, and many, many people aren't working either. For instance, there are a lot of food vloggers online now. Is he working for him? No, he's just enjoying his food. But the videos he posts attract many followers. He earns money every month. So you need to see how your definition and concept of work in your mind is defined? And where is your block point? Because what you believe determines your experience. Just like when you said "you have no choice," then okay, you're experiencing "having no choice."

问: 最后我想连接⼀下我的⾼我看看它有什么话跟我说?

Questioner: Lastly, I want to connect with my Higher Self to see if it has anything to tell me.

JO: 你稍等.你继续保持不断地和我交流、连接.⽆论是⽤书写的⽅式还是⾃问⾃答.当进⼊这样的状态就好像你是⾃⼰在给⾃⼰开路.这个路会越来越宽阔,这个路会越来越清晰,这个路会越来越稳定.这段信息是带给你的.

JO: Wait a moment. Keep communicating and connecting with me constantly, whether through writing or self-questioning, self-answering. When you enter this state, it's as if you are paving the way for yourself. This path will become increasingly wide, clear, and stable. This message is for you.

# **2023/01/13 - ⽣命的熊熊⽕焰The Intense Blaze of Life**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我最近情绪不是很好.我们⼩区的车乱停车,让我不是很⾼兴.我为什么陷在这种负⾯⾥⾯?

Questioner: I haven't been feeling very well lately. The random parking in our neighborhood is not making me happy. Why am I stuck in this negative state?

JO: 这⾥并不是说为什么你会遇到⽽别⼈不会遇到.这⾥最重要的⼀点就是说你处于⼀个什么状态? 如果你刚刚中了⼏个亿的彩票,有⼈来让你挪车,你会怎么样对待他? 你会: 对不起,对不起,这⾥有⼏千块钱拿去花,这个礼物送你.如果你处于⼀个你刚刚发现你中了⼏个亿的彩票,你处在这种⼼情.别⼈来给你找⿇烦,你会怎样? 你会想抱着他亲⼀⼜.我的意思是外在有没有⼈来找你⿇烦,有没有⼈来⿇烦你,这个不重要.重要的是你到底处于⼀个什么状态? 如果你本⾝处于⼀个别⼈不来找你你都很烦躁的话,那别⼈来找你你更加会⽕冒三丈.你正好有⼀个地⽅去出⽓了,对不对? 所以你有没有看到这⾥并不是外在有什么事情,⽽是你⾃⼰.

JO: It's not about why you encounter certain situations and others don't. The most crucial aspect here is your state of being. If you just won a few hundred million in the lottery and someone comes to ask you to move your car, how would you respond? You might say, "Sorry, sorry, take these thousand dollars as my treat, this is a gift for you." If you're elated from finding out you've won millions of dollars, and someone interrupts your joy by bothering you, what would your reaction be? You'd probably want to kiss them. I mean, it's not about whether external people are causing trouble; that isn't the point. The key is understanding your own state. If you're already irritable even without any disturbances, then when someone does bother you, your frustration will only increase. You have a place where you can vent this anger, don't you? So, understand that it's not about what happens externally but rather how you internally perceive and handle situations.

我刚刚说如果你幻想你⾃⼰中了好⼏个亿,⼈家来告诉你挪⼀下车.你的情绪会怎样? 你还是很⾼涨啊.因为没有什么能够去影响你⾼涨的⼼情,你刚刚发现你中了好⼏个亿,明⽩吗?

I just said if you fantasize about winning several hundred million yuan and someone comes to tell you to move your car, how would your feelings be? You'd still be very excited, wouldn't you? Because nothing can affect your excitement. Just now you found out that you won several hundred million yuan, right?

问: 那就是根据我⾃⼰的状态,那我怎么样能调节⾃⼰的状态让我好点呢?

Questioner: That is based on my own condition, how can I adjust my state to feel better?

JO: ⾸先你如果感受到低落,你肯定你头脑⾥⾯会有什么让你觉得烦或者让你觉得这个事情不好.你肯定会有⼀些想法或者有⼀些picture或者有⼀些记忆,你⼀定是在哪⾥,然后你才会产⽣这个情绪.情绪它不可能是⽆端产⽣出来的.那既然在你的头脑你又有好的记忆又有不好的记忆,既有开⼼的记忆又有不开⼼的记忆.那你为什么去触碰呢些不开⼼的,⽽不是去触碰呢些开⼼的? 就⽐如说我刚才在说这段信息,想象你中了⼏个亿.这个⼥孩⼦她⼀听到这个信息,她的⾝体就开始处于⼀种兴奋,就觉得,哇,谁听到这个消息都会超级兴奋,对不对? 那如果你现在想象⼀下,然后你买彩票中了好⼏个亿,明⽩吗?

JO: Firstly, if you feel depressed, there must be something in your mind that irritates you or makes you think this situation is not good. You definitely have some thoughts, pictures, or memories, and you're somewhere where this emotion arises. Emotions don't just appear randomly. Since you both have pleasant and unpleasant memories, happy and sad ones, why would you touch the unhappy ones instead of the happy ones? For instance, when I mentioned this information earlier, imagine if you won several billion yuan. The girl hears this news and her body becomes excited, thinking, "Wow, everyone would be super thrilled to hear this," right? If you now imagine winning several billion yuan with a lottery ticket, do you understand?

有⼀些事情你只是想象,你的⾝体就会开始活跃起来了.那你就去关注⼀下到底什么是能让你激情的,什么能让你兴奋的,⽽不是呢些让你烦躁的,明⽩吗?

There are things you just imagine, and your body starts to come alive. So focus on what truly ignites passion in you, what truly excites you, not what frustrates you. Understand?

问: 呢些烦躁的东西它是存在但是我就可以忽略它?

Questioner: Those annoying things are there but I can just ignore them.

JO: 呢些烦躁的东西是因为你去想它,它才会呈现呀.你要不去想它不去触碰它呢? 它对你没有任何影响⼒的,明⽩吗? 就好像前⾯的所有东西它都是静⽌不动的,你去碰⼀下谁,谁就动起来活跃起来来跟你互动,你想象⼀下.你们有秦始皇兵马俑吧? 它们全部站在呢不动.你过去⽤眼神看着它,你想着它⽤你的意念或者⽤⼿碰触它,它才会开始动起来跟你互动.跟你互动的⼈⾥⾯有来杀你的,有来帮你的,给你爱的,你到底要选哪个呀? 你要动哪个?

JO: Those troublesome things only manifest because you're thinking about them. If you weren't thinking about them or touching them, they would have no impact on you at all, understand? It's like everything in front of you is stationary until you touch it; when you make contact with someone, they start to move and interact with you. Imagine if you had the Terracotta Army by Qin Shi Huang - all those figures are standing still. You can only get them to come alive by either looking at them with your mind or touching them with your hands. There are those who come to harm you among them as well as those who help and show love to you. Which one do you choose, if you could? It's up to you which action to take.

问: 那⽐如说在我情绪低落的时候我就会吸引⼀些不好的事件,那我要怎么处理呢?

Questioner: For example, when I'm feeling down, I attract bad events. How should I deal with this?

JO: ⾸先你要知道并不是对⽅这个⼈或者是这个事情让你很烦躁.⽽是说你本⾝你的精⼒已经消耗了很多.这么说吧,你每天⼀起床你的精⼒是⼀百,对吧? 你⼀会消耗到你的头脑⾥⾯,哎呀,明天又有好多⼯作,你想到这个,消耗了你10.⼀会⼉跟你⽼公吵⼏句消耗了你20.跟你⼥⼉发脾⽓又消耗了20. 那如果⼀开始你不去想明天的事情,你跟你⽼公是亲亲

Firstly, you need to understand that it's not the person or the situation itself causing your irritation; rather, it's because your energy has been depleted. Let me explain this further. When you wake up every day, you have a hundred units of energy, right? You might use 10 for thinking about how many tasks you have tomorrow, then another 20 for arguing with your husband, and 20 more for snapping at your daughter's temper. But if you didn't start worrying about the next day and were simply enjoying being affectionate with your husband from the beginning, it might not have been so stressful.

抱抱是充满爱,跟你⼥⼉是充满爱.那是不是在给你put more enery,就在给你加分了? 明⽩吗?那你看你的分数值.因为你们所有的事情,头脑⾥⾯的想法,这些它要么就是来给你加分要么就是来给你减分,还有你互动的这些东西.那你要是不断的去减分减分,你剩到晚上的时候你已经没有分了,然后对⽅还来呢个什么你,明⽩吗? 你就在不断地消耗⾃⼰.OK,中彩票对你们⼈类来说是⼀件⾮常有吸引⼒⾮常兴奋的事情.那刚刚就说⼀下⼦加了⼀千分,加了⼀千分别⼈来拿⾛你⼏分,你没有关系的.他会动不了你的.为什么?因为你的能量处在⼀个⾮常强⼤的状态.就好像熊熊燃烧的⼤⽕,⼈家⼀点⽔给你泼过来,你⽆动于衷,你的⽕还是很⼤.

Hugs are filled with love, as is your relationship with your daughter. Does this mean you're adding more energy, essentially giving yourself extra points? Do you understand that? Check your score. All the actions and thoughts in your mind either add to or subtract from your score, along with how you interact with others. If you continually subtract, by nightfall, you'll have no points left. And if someone else takes away a few more points, it doesn't matter because they won't affect you. Why? Because your energy is in an extremely powerful state. Like a raging fire that remains unaffected when water is thrown onto it; even though others might try to diminish you, your flame still burns brightly.

如果你是个⼩⽕柴呢? 是不是别⼈⼀杯⽔你就熄灭了?

If you were a little matchstick, would others' water put you out?

问: 对对对,我就是感觉⾃⼰是个⼩⽕柴.这两天遇到挪车的事件我就很难受.

Questioner: Yeah, I just feel like I'm a tiny match. These past two days dealing with parking issues really gets to me.

JO: 那你就感谢这个事件.为什么呢? 因为通过这个事件你得到这些信息.然后你就知道如何在你们这个物质世界运⽤你的能量.因为你们每⼀个⼈都有能量,但你能不能运⽤它,就是另⼀回事了.还有问题吗?

JO: So you should thank this event for what? Because through this event, you receive information. And then you know how to apply your energy in your physical world. Because everyone of you has energy, but whether or not you can use it is another question. Any other questions?

问: 我新冠阳了,好了.但是又没好完,⽼咳嗽.⼼理发慌.

Questioner: I tested positive for COVID-19 and recovered, but still have lingering coughing and heart palpitations.

JO: ⾸先,你⾝体它需要时间.你⾸先要相信你的⾝体,它⾃⼰就能和这些病毒和谐的相处.这么说吧,你的⾝体是⼀个⼈,你的病毒它也是⼀个⼈.这两个⼈他磨合,他是不是需要⼀个过程? 那你就允许这个过程的发⽣.你的⾝体它⾃动在运⾏,不需要你做任何.你想⼀下,如果你想要说⼀句话,你需要你去,这个字怎么发⾳这句话怎么表达,明⽩吗? 你不需要做任何.你想说的话它就能说出来,你就能从这跑到呢.所以你也要相信你的⾝体,它会⾃动的去调节好.⽽你最主要的是把你的精⼒放在像我刚才说的呢个地⽅,关注⼀些你跟什么互动,到底是有爱的…问: 那我⼼⾥本来低落,那我跟别⼈交流的时候我就越低落.

JO: First of all, your body needs time. You need to believe that your body can naturally coexist with these viruses. Imagine it this way: your body is a person and the virus is also a person. These two individuals need to adapt to each other; do they not? Allow for this process to occur. Your body runs on its own without you having to do anything. Have you ever thought that when you want to say something, you don't have to figure out how to pronounce the words or express your thoughts? You simply speak and it gets said. So, trust in your body; it will automatically adjust itself. The most important thing for you is to focus on what I just mentioned - interacting with others in a loving manner. Questioner: If my heart is already downcast, then when I communicate with others, I become even more so.

JO:刚才给你⽐喻的很形象了,如果你⾃⼰是熊熊的⼤⽕,⼀杯⽔泼到你.你不会有任何问题,对不对?你还是在继续燃烧.如果你是⼩⽕柴,⼀杯⽔泼来,你就熄灭了.那你为什么就不能处在,⽣命本⾝就是熊熊的⼤⽕⼀样在不断地燃烧着,⽽是要做⼀个微弱的⼩⽕柴呢,明⽩吗? 所以这是你⾃⼰的⼀个⽣命状态.

JO: You've made a very vivid comparison just now. If you imagine yourself as a raging fire, and someone pours water on you, there would be no issue for you; wouldn't it? You'd continue to burn regardless. But if you were like a small match, the same water would put you out instantly. So why can't you be in a state where your life is constantly burning like that intense fire? It's as though you prefer to be that weak little match instead, do you understand? This is essentially about your own life condition.

问: 我⾃⼰会喝⼀下中药⽔,但还是不好.我就觉得⼼⾥还是很发慌.

Questioner: I do drink some Chinese herbal tea myself, but it doesn't get better. I still feel very anxious inside.

JO: 因为你现在是⼩⽕柴的状态你就会很⽆⼒.如果你是熊熊的⼤⽕呢? 明⽩吗? 所以你要允许你的⽣命之⽕熊熊的燃烧起来.

JO: Because when you are in the state of a small match, you feel powerless. But if you were a raging fire, would you understand? So you must allow your life's flame to burn brightly and fiercely.

问: 那我⾃⼰去选择运动啊这些…JO: 如果你是熊熊的⼤⽕,⽆论你处在什么,你是运动的状态还是不运动的状态,你是动的状态还是不动的状态,这个都⽆所谓,明⽩吗?

Questioner: Well, I choose sports on my own... JO: If you were a raging fire, it wouldn't matter whether you're in motion or not, if you're being active or inactive. The state of movement doesn't really matter, do you understand?

问: 总觉得最近⼀个⽉⾃⼰精神状态不是很好,⾝体也不好.感觉⾃⼰很优柔,我不喜欢这种.

Questioner: I feel like my mental state and health haven't been good for the past month. I feel very indecisive, and I don't like this feeling.

JO: 那是因为就好像我刚才说的两种状态,⼀个是⼩⽕柴,⼀个是熊熊⼤⽕.那你现在就是⼩⽕苗的状态.你不需要去关注我现在是什么样的状态,我这⾥不开⼼呢⾥也不开⼼.你只需要去找到能把你燃烧起来的.就是让你特别兴奋,处在这样⼦的⼀个状态,激情.然后它会让你燃烧,让你不停的想要往前跑,不停的想要奔跑起来.所以你需要去找到你⽣命中的什么让你可以达到呢种状态.

That's because it's like the two states I mentioned earlier - one is a small matchstick, and the other is a blazing fire. You're currently in the state of a flickering flame. You don't need to worry about my current state; I'm unhappy here, you are too. What you need to do is find what ignites you, what makes you exceptionally excited, leading you into such a passionate state. It will fuel your desire to move forward continuously and keep running without stopping. So, you need to identify in your life what can get you to that point.

问: 就是我迷茫了,我就⾃⼰去寻找?

Questioner: When I'm confused, I just go out and look for answers myself?

JO: 你前⾯没有⼀个⽬标,你前⾯没有⼀个⽅向.所以你就会停留在原地,四处的去观望.然后看到这也不顺眼,呢也不顺眼.如果你跑起来呢? 如果你动起来呢? 你想象⼀下,如果你是⼀个特别⼤公司的总裁.天天这边去谈合同,呢边去介绍你的产品.你在充满激情的⼀种状态下,你觉得你还会去关注,哎呀我的⼼情低落,我咳嗽什么什么? 不会的.因为你的⽬标永远都是在我的这个产品怎么样才能更好的服务这个社会? 我怎么样谈合同才能让对⽅了解和关注我们的产品? 你所关注的是不是在这个上⾯? 所以如果你没有⼀个明确的⽬的地或者⽅向想要去⾛的话.那你就会沉浸在原地,你就会把你现在周围的⼀切给它放⼤.

JO: You have no target ahead of you, and you have no direction. So you would stay in one place, looking around everywhere. Then you would find everything annoying. If you were to run or move? Imagine if you were the CEO of a very large company, traveling daily to negotiate contracts and introduce your products. In a state of enthusiasm, would you still be concerned about how your mood is low, or that you have a cough? No, because your focus would always be on how to better serve society with my product, how to negotiate contracts so that others understand and pay attention to our product. Is it focused on these aspects? So if you don't have a clear destination or direction you want to go, then you will remain stagnant, amplifying the current circumstances around you.

问: 那我就得寻找⼀个激情,寻找⼀个⽬标?

Questioner: So I have to find a passion, find a goal?

JO:你可以过呢种没有任何⽬标,你允许⽣命给你呈现⼀切,你达到呢样的状态.但是你⽬前还没有呢种状态,所以你的头脑它会需要⼀些有⽬标有⽅向,让你整个⼈活起来,明⽩吗?那如果你真正的是跟⽣命,就是好像你跟源头没有连接,你是堵塞的.那你就是需要我刚刚跟你说的呢些.那如果你⼀直是畅通的⼀个状态,你不需要外在的任何.因为这些都是头脑的事.但是你⽬前需要这个过程,去把你激活,让你活起来,明⽩吗?

JO: You can live that kind of life with no specific goals where you allow life to present itself and reach a state like that. However, you do not have this state yet, so your mind needs the direction of having some goals to keep you going. Do you understand? If you are really connected to life, as if you are disconnected from the source or blocked, then you need what I just mentioned. But if you always maintain a flowing state, you don't require anything external; these are all matters for the mind. However, you currently need this process to activate yourself and make your existence meaningful. Do you understand?

问: 那连接的状态就是…JO: 你现在还没有达到这个状态.我现在只是根据你⽬前的⼀个能量状态,然后告诉你,你需要关注的是什么,明⽩吗? 但是即使你现在是这样的状态,它也是在服务于你.为什么?因为如果你没有在这种状态,你的头脑⾥⾯就不会在想着来寻找我们这些信息,寻找解脱的⽅法.所以这些过程它同样是服务于你,明⽩吗? 你也要感激它,感激你的经历.⽽不是说总是想摆脱它.因为这⾥没有摆脱不摆脱,只有你如何去运⽤你的处境.就⽐如说你现在脚上有⼀个⽯头,你到底是让它把你绊倒跌倒,让你摔伤呢? 还是站在它上⾯看更⾼的风景?

Questioner: What does that connected state mean... JO: You haven't reached this state yet. I'm just describing your current energy state and telling you what needs to be focused on, understand? But even if you're in such a state, it's serving you. Why? Because if you weren't like this, your mind wouldn't be seeking out information or looking for ways to escape. So these processes are also serving you. Understand that you should be thankful for it and your experiences, rather than always trying to get rid of it. There is no escaping; there's only how you use your situation. Like if there's a stone on your foot now, do you let it trip you up and hurt yourself, or stand on it to see the bigger picture?

⽯头是不会变的,就看你要如何的去让它来服务于你还是让它来打到你,明⽩吗?

The mountain won't change, it's up to you on how you use it to serve you or have it fall upon you, understand?

问: 我觉得我有了⽬标就会有⼀些控制…JO: 你就好像前⾯有⼀个⽬的地,你跟我说你要往前⾯⾛.然后你还没有⾛出去,你就站在这想,我要是⾛出去,那我的腿会不会酸呀,脚会不会酸啊? 哦,脚会酸,腿会酸,那我不⾛了.你明⽩吗? 因为你的头脑它想要解决所有的问题,这⾥并不是让你解决所有的问题,⽽是说所有的问题它都是服务于你.既然所有的问题都是服务于你,你为什么还会去害怕还会在乎或者是担忧有什么问题? 明⽩吗? 那你说你要是这样⼦做了会控制.那到时候到了控制的呢⼀步,你又可以过来问信息,又可以帮助你成长.那不是就是你不断地在成长了? 所以不要去惧怕任何问题.所有的问题都是来帮助你们成长的.

Questioner: I feel that having a goal gives me some control...J: You seem to have a destination ahead of you, telling me you're moving forward. But before you actually step out, you hesitate and think, "If I go outside, will my legs ache? Will my feet hurt?" Oh yes, your legs and feet will ache if you do that, so perhaps it's best not to move after all. Do you understand this? Because your mind wants to solve all the problems, but here we are not solving all the problems; rather, every problem serves you. Since every problem is serving you, why would you still be afraid or care about any issue? Understand this? You say that if you do it like this, it gives you control. But when you reach a point of control, you can come back for information and help in your growth. Isn't that essentially allowing you to grow continuously? So, there's no need to fear any problem as they are all meant to assist your development.

也不要去惧怕任何挑战,任何挑战都是来让你变得更加的壮⼤的.

Also, don't be afraid of any challenges; every challenge is meant to make you stronger.

问: 有时候我觉得⾃⼰爱说别⼈…JO: ⾸先你不要把你定为⼀个死的你.你只有去这么认为你才是死的.你在现在这⼀瞬间,你就可以去选择你到底想要去穿上什么⾐服.我告诉你前⾯有⼀千套⾐服,每⼀套⾐服穿上你都是不同的⼈格,不同的状态.你现在就可以选择你要哪个.那如果你还是要穿上你的旧⾐服,你以前,你觉得的呢个⾐服.但是我现在告诉你,你还有其他很多件⾐服,随便你选,明⽩吗?所以你不要再指着呢个旧⾐服说呢就是你.为什么你会这样?为什么这个袖⼦这么短? 为什么这个扣⼦掉了?… 明⽩吗? 所以去选择你⾃⼰想要的.不是说继续对着你就有的⾐服指指点点或者是想要去缝缝补补.还有问题吗?

Questioner: Sometimes I feel like I love to talk about others... JO: First, you should not define yourself as a dead person. You only think of yourself that way if you choose to. Right now, in this moment, you have the freedom to choose who you want to be, what kind of clothes you wear. I'm telling you there are 1000 different outfits available, and each one will make you into a different personality, with different states of being. You can choose which one you want right now. If you still prefer your old outfit, the one you used to think was best for you. But let me tell you that there are many more options available to you, any time you like. Understand? So stop pointing at your old clothes and saying that's who you are. Why do you think this way? Why is this sleeve so short? Why did this button fall off?... Understand? So choose the person you want to be. Don't keep picking apart your existing outfit or trying to fix it. Is there anything else?

问: 我家⾥的东西很多,我们都喜欢买东西.孩⼦的玩具也很多.我就跟爸爸说不要买了.我怎么对待不停的往家⾥买东西这个事情?

Questioner: We have a lot of things in our home and we all like to buy stuff. Our children also have many toys. I told my dad not to buy anything anymore. How should I handle the situation of constantly buying things for the house?

JO: 这么说,你就想象⼀下⽔管.如果你不停的往⾥⾯塞东西,如果你不通,如果你没有把往⾥⾯塞的东西疏通出去的话,那你肯定会堵塞的.那如果你会有⼀个去处呢? 就⽐如说你把⼀些你不⽤的整理出来,捐给其他买不起玩具的⼩孩,那你是不是就畅通了? 那你⼀边可以满⾜你继续可以买,然后⼀边同时又做了对别⼈很好的帮助.那你是不是就活动起来了,流起来了,循环起来了? 还有问题吗?

So, imagine a pipe. If you keep stuffing things into it, if there's a blockage, and if you don't get rid of what you've stuffed in, then you're definitely going to be blocked. But what if there was an outlet for this? For example, if you sorted out some items you no longer use and donated them to kids who can't afford toys, wouldn't that help keep the flow unobstructed? You could satisfy your desire to continue buying while also benefiting others. Wouldn't that be a way of getting things moving again, keeping it flowing, creating a cycle? Is there anything else I need to clarify?

问: 我孩⼦⽼爱吃⼿,现在都要⼋岁了.这个有什么⽅法来引导孩⼦?

Questioner: My child keeps eating their hands, even now at eight years old. What methods can guide my child?

JO: 他⽼是吃⼿.OK,你在说他⽼是吃⼿的时候你就已经在强化这个现象了.所以你不要把它当成,就像我刚刚说你现在穿这套⾐服… 难道他这⼀辈⼦都穿这套⾐服? 你要让孩⼦知道,当你选择了其他的⾐服,孩⼦也会受你影响.哇,妈妈,你的⾐服好漂亮.他也想换⼀个⾐服.你要让他知道他也可以随时去换上他想要的⾐服,明⽩吗? 因为你⼀旦知道你们并不是死的,你们不是… 他⼀旦吃⼿,他⼀辈⼦每时每刻都吃⼿.除⾮你想要做这个选择,明⽩吗?

Jo: He always bites his nails. Okay, when you say he always bites his nails, you're actually reinforcing this behavior. So don't view it as if I'm saying you should wear these clothes now... Are you suggesting that the child will wear these clothes their entire life? You need to let your child know that by choosing other clothes, they'll be influenced by you. Wow, how beautiful your dress is! Your child wants a new one too. You need to show them that they can always switch to the clothes they desire, understand? Because once you realize you're not stuck in this behavior, you're not... Once he bites his nails, he will do it every moment of his life unless he chooses to stop doing so, do you see?

问: 那我每次看到他吃⼿就说他是不是就强化了?

Questioner: But every time I see him eat his hands, does that mean he's been reinforced?

JO: 你可以转移他的注意⼒啊,跟他⼀起玩游戏.跟他不停的开开⼼⼼的玩游戏,他⼿都不会碰嘴巴.⽽且你也要知道他也是在变化的⼀个状态.所以你不需要去担忧这个问题.

JO: You can divert his attention by playing games with him. Keep playing happily and constantly with him, and he won't touch his mouth. Moreover, you should also understand that he is in a changing state. So there's no need to worry about this issue.

问: 以前没有阳的时候,我经常胸闷打嗝,我⼀直觉得⾃⼰⾝体不是很好.我不知道为什么⾃⼰⼀直在这种状态⾥⾯.我经常这⾥不舒服呢⾥不舒服.

Questioner: Before I got sick, I often felt chest tightness and burping. I always thought my health wasn't very good. I don't know why I've been in this state for so long. I often feel uncomfortable here and there.

JO: 就很简单,像前⾯说的,你还没有点燃你的⽣命之⽕.你想象⼀下如果你现在是⼀个公司的领导⼈,是⼀个总裁,你忙的不⾏.你还会去关注这些吗? 所以说你必须有⼀个⽬的地,你想要去哪⾥.你才能离开你现在在的地⽅.那你⼀直指着你现在在的地⽅,在抱怨这个抱怨呢个.但是你却不迈开你的脚步.所以迈开你的脚步,你便不会停留在原地.因为⽆论我今天告诉你,你要这样处理,你要呢样处理.那你还是在原地呀.所以去看着你想要去的地⽅.

JO: It's really simple, like what I mentioned before, you haven't ignited the fire of your life yet. Can you imagine if you were now a leader of a company, a CEO, and extremely busy? Would you still care about these things? So you must have a destination; where do you want to go. Only then can you leave where you are. But you've always been pointing at where you currently are, complaining here and there. However, you haven't taken a step forward. Therefore, take the first step and you won't stay in one place anymore. Regardless of what I tell you today on how to handle this or that, if you don't move, you'll still be stuck in the same spot. So look towards where you want to go.

问: 以前⾼维信息说我不喜欢别⼈的⼀些品质⾏为我⾃⼰⾝上就有.但是我就⾃⼰看不到呢? JO: 你不喜欢对⽅的⼀些⾏为你觉得对⽅有,你没有,对吧?

Questioner: I was told in high dimensions that I don't like some qualities and behaviors of others that I have myself. But why can't I see them in myself?

JO: You don't like certain aspects of the other person that you believe they possess, but not yourself, right?

问: 对.

Questioner: Agree.

JO: 那你就是看到了别⼈的不完美.那我来问你,如果⼀个处处说别⼈这⾥不对呢⾥不对,这⾥不好呢⾥不好的… 如果有这样的⼀个神,你会觉得这样的神是完美的吗?

JO: Then you would see others' imperfections. Now let me ask you, if there's a god who constantly points out that everything is wrong here, bad there, and not good anywhere, would such a god be considered perfect in your view?

问: 肯定觉得不好.

Questioner: You must be feeling bad about it.

JO: 那如果是不完美,你也是不完美.你为什么就不承认你不完美呢? 明⽩吗?问: 不是很明⽩JO: 这么说吧,我是神,你们都是凡⼈.我说你这⾥不好呢⾥不好.你看我这做的多好.然后你说这个神它完美吗? 因为它有它⾃⼰的标准.它觉得只有做到这个才是标准.那如果神也是不完美的,⼈也是不完美的.那神凭什么可以说⼈是不完美的呢? 因为你们都是⼀样的,明⽩吗?

JO: Well, if you're not perfect, then you are also imperfect. Why won't you admit that you're not perfect? Do you understand?

Questioner: I'm not quite clear.

JO: Let me explain it this way. I am a god, and you are all mere mortals. When I tell you there's something wrong here or elsewhere, see how well I can do it. Then you ask if the god is perfect because it has its own standards, believing that only reaching this level meets the criteria. Now, what if even gods aren't perfect, and humans aren't either? How can a god say humans are not perfect when everyone's in the same boat, understand?

问: 我⼀说我母亲不好,她就说我这个好.我就觉得沟通很不畅通.

Questioner: Whenever I say something bad about my mother, she says that I am good instead. This makes me feel that communication is not working well.

JO: 因为你⾃⼰想要成为⼀个很挑剔的⼈,那么你就会遇到很多这些事情来满⾜你的挑剔,明⽩吗? 就好像你眼⾥你不断地在扫描扫描,你要找到问题.那就会出现很多问题来给你找到.因为外在的物质是来配合你的.这么说吧,你想要成为⼀个很好的舞蹈家.那么外在也会来配合你成为⼀个很好的舞蹈家.你想成为⼀个武功⾼强的,那么外在也会来配合你成为⼀个武功⾼强的.OK,你想成为⼀个挑刺的专家,不停的挑别⼈很多赐.那别⼈就会找很多刺来让你挑.你外在的所有它只是来让你知道你是个什么样的⼈.你在跟宇宙说你是个什么样的⼈.我刚说了,如果你想成为⼀个武功⾼强的⼈,那就会有很多对⼿来跟你演练.你想跳舞,你就会成为⼀个舞蹈家.

JO: Because you want to become a very critical person, then you will encounter many things that satisfy your criticism, do you understand? It's like scanning through constantly looking for problems in your eyes; the world presents those problems to you because it is trying to match up with your expectations. To put it another way, if you aspire to be an excellent dancer, then the external world will assist you in achieving this goal. If you want to become someone with powerful martial arts skills, then the environment around you will also accommodate that aspiration for you.

Okay, if you desire to be a master of criticism, always finding flaws in others, people will find many imperfections just waiting for your critique. Your external circumstances are merely there to let you know what kind of person you are communicating with the universe. I mentioned earlier; if you want to become someone with powerful martial arts skills, then there would be many opponents for you to practice against when training. If you enjoy dancing, you will naturally develop into a dancer.

你想成为⼀个挑刺的⼈,那就会给你呈现很多这样的机会和事件来⽀持你想成为的.那如果你改变你⾃⼰呢?

You want to be a critical person, so many opportunities and events will be presented to support that you wish to become. And what if you change yourself?

问: 我想成为⼀个有容乃⼤的⼈.

Questioner: I want to be a person with great tolerance.

JO: 你想成为⼀个能包容的⼈.

JO: You want to become a person who can be inclusive.

问: 对对.就是我跟我母亲说你这个菜咸了,她就说哪咸… 我就觉得跟她没有办法沟通.

Questioner: Right. So when I told my mother that your food was too salty, she said there's no saltiness... And I just feel like we can't communicate with each other.

JO: 那在她来说你也没有办法沟通,明⽩吗? 因为你们每个⼈都有⾃⼰的标准.就⽐如说她有她的味觉,你有你的味觉.在她的味觉她是不咸的,在你的味觉是咸的.那如果你不允许她的味觉,你的味觉是假的.那她也不会允许你的味觉.你的也是假的.因为⽆论你对对⽅做出什么,你都会得到同样的⼀个.就是你给出去⼀个球,那回来的肯定还是⼀个球.你给出去的是⼀朵花,回来的肯定是⼀朵花,明⽩吗?这是你给出去的.你给出去的就是我不肯定你的味觉.OK,那对⽅也是,我不肯定你的味觉.就好像是回⾳⼀样.你没有办法得到你没有给出去的东西.如果你给出去对⽅你的耐⼼,对⽅也会对你同样的,明⽩吗?你并不是不知道.你内在知晓⼀切.

JO: So there's no way to communicate with her either, understand? Because each person has their own standards. Just like she has her taste, you have your taste. In her taste, it's not salty, but in yours it is. If you don't allow her taste, then your taste is fake; she won't allow your taste either. Both are fake because whatever you do to the other person will result in the same reaction. You give a ball and receive a ball back. A flower out, a flower in. Understand? This is what you've given. Whatever you give is uncertain about their taste. Alright, the same goes for her; she's uncertain about your taste too. It's like echoes. You can't get what you didn't give. If you show patience to the other person, they will do the same to you, understand? You're not blind to it. You already know everything within you.

你现在痛苦的是,你知道你现在表现的样⼦不是真正的样⼦.所以你才会不断地来这边找答案,明⽩吗? 这个才是问题所在.你只是没有允许这个真正的你呈现.那到底是什么没让真正的你呈现呢? 就是你太过于专注你的物质世界,把所有的⼀切都当真,太当⼀回事了.

The pain you're experiencing now is that you know the way you are currently behaving isn't your true self. That's why you keep coming here seeking answers, do you understand? This is the crux of the issue; it's simply that you haven't allowed your authentic self to be seen. What prevents this true self from emerging? It's because you're overly fixated on your material world, taking everything too seriously.

问: 我最近感觉我站在旁边观察我的⼀些⾏为,感觉⼀切都很飘.

Questioner: Lately, I feel like I'm observing my own actions from the side, and everything feels so detached.

JO: 我的意思是说你不需要去学怎么样才能做个好⼈.更包容⼀点? 更和蔼⼀点? 不是的.你内在的呢个你知晓⼀切.之所以让你感到不适的是,你穿的⾐服不适合你,你穿着别⼈的⾐服.你穿着盔甲,明⽩吗? 那为什么你会穿着这个呢? 因为你觉得这个⾐服可以保护你.你觉得呢个⾐服就是你,你没有办法脱掉.你觉得呢个才代表了你.所以说你唯⼀的就是需要找回真正的你,成为真正的你,允许真正的你.你不需要去学习任何怎么样达到⼀个更和蔼的态度或者任何.因为⽆论你怎么样从外在去呢个什么,它只会让你更加压⼒⼤.因为你觉得我又要学这个又要学呢个.我不学了.我就要做⼀个…问: 那怎么能够成为我?

JO: What I mean is that you don't need to learn how to be a good person, more understanding, kinder, no. You need to find the one inside of you who knows everything, and it's this part of you that makes you uncomfortable, because your clothes do not fit you; you're wearing someone else's clothes. You're wearing armor, right? And why are you wearing this thing on? Because you think it protects you. It feels like a costume to you, doesn't it? So why would you wear one when you feel that it can protect you? You believe the costume is who you are; you cannot take it off because you see it as representing you. Therefore, all you need to do is find and be your true self, allowing the real you to come out. There's no need for you to learn how to have a more kind attitude or anything like that. Because trying to change from outside in, whatever way, will only increase your stress levels because it feels like you're being forced to learn something else when you already feel like you can't do it. You don't want to learn anymore; you just want to be... Questioner: How can I become myself?

JO:就刚才说带来这个是因为你太关注物质世界.物质世界所有的⼀切它只是像你来照镜⼦.镜⼦⾥的像它只是来让你看到我今天脸上花了,我可以把它准确的擦掉.但是呢,你却不断地去在呢个镜⼦⾥⾯擦擦擦,去想把它擦⼲净.你呢不是在消耗你⾃⼰吗? 那如果你说,哦,我刚看到我脸上有脏东西.那你就可以给你擦⼲净了.⽽不是使劲在镜⼦⾥⾯做功夫.那你不断地想要改变物质世界,被物质世界的⼀些事件影响.⼀会⼉害怕,⼀会⼉担⼼,⼀会⼉烦躁,那你不是,你想象⼀下.你不需要去关注这些,明⽩吗? 因为你知道如果我脸上的印⼦被我擦掉,它就不会有了.⽽不是说⼀个劲的使劲在玻璃上去擦擦擦.

JO: Just now you mentioned bringing this because you're overly focused on the material world. The entire universe of the material world is like you looking at your reflection in a mirror. The image in the mirror only serves to show you that I have makeup smudged on my face, which you can accurately wipe off. However, you keep constantly wiping and trying to clean it up in the mirror, exerting effort to eliminate every flaw. Aren't you consuming yourself? If you say, oh, I just noticed dirt on my face, then it's enough for me to wipe it clean. Instead of continuously exerting your efforts on the mirror, getting influenced by events within the material world, feeling scared one moment and anxious the next, isn't that unnecessary focus? Imagine instead not paying attention to these things. Understand? Because if I remove the marks from my face, they won't be there anymore. Rather than vigorously scrubbing at a glass pane trying to clean it without seeing results.

问: 那⾃⼰擦就是我通过不断地去静⼼把⾃⼰调整过来?

Questioner: So self-cleaning means I adjust myself through constant meditation?

JO: 物质世界就是你的镜⼦呀.那你通过刚才像我说的,你说别⼈有的⾏为我没有.那你最后才知道,我在说别⼈不完美.其实我在说别⼈不完美的时候我⾃⼰就不完美,明⽩吗? 因为你们每⼀个⼈都有⾃⼰的⼀套标准.那OK,你们中国有中国的法律,英国有英国的法律.你难道拿中国的法律跟英国的法律… 明⽩吗?

Japanese: JO: The material world is your mirror. You just said that you don't have the same behaviors as others. Only after realizing this did you understand that I was saying that no one is perfect, even myself. Do you see? Each of you has your own set of standards. Alright, China has its laws and Britain has its own laws. Can you comprehend why comparing a Chinese law to a British one would be inappropriate?

问: 那我⾃⼰怎么样提⾼我的能量呢?

Questioner: How can I improve my own energy?

JO: 就好像刚才前⾯的信息跟你说的很清楚.就好像你们每⼀个⼈都是⼀百.你早上起来开始在担忧明天的事情,减⼗分.你早上起来对⽼公这也看不顺眼呢也看不顺眼,吵⼀架,减⼗分.你跟孩⼦,不要吃⼿烦死了,减⼆⼗分.跟妈妈再减个⼆⼗分.你还有分吗? 那如果你⼀早上,⽼公亲亲你抱抱你,加⼗分.⼥⼉亲亲你抱抱你,加⼗分.妈妈亲亲你抱抱你,再加⼗分.你有⼀个正⾯的想法,明天我就要怎么样怎么样,加⼆⼗分.你看到⼀朵鲜花很漂亮,⼼情突然变好了,再加个⼗分,明⽩吗? 所以你就去留意你成天是在哪⾥减分了.所以你如果不断地在减分⽽没有加分的话,你肯定是在⼀个消耗的状态.你会是感受到⼀些精疲⼒尽的.

JO: It's as if the information I just gave you was clear like this: It seems that each of you is a hundred points. You start worrying about tomorrow in the morning and that subtracts ten points. If you argue with your husband over something trivial, that's another minus ten points. When you scold your child for constantly putting their hands in their mouth, that's another deduction of twenty points. Deducting another twenty points when you're annoyed at your mother again. How many points do you have left? So if in the morning, your husband kisses and embraces you, that adds ten points. If your daughter does the same to you, that's another plus ten points. When your mother gives you a kiss and hug, she adds another ten points. You have positive thoughts about tomorrow, like 'I will do this or that', which adds twenty points. Seeing a beautiful flower lifts your mood suddenly by adding another ten points. Get it? So you should pay attention to where you are losing those points throughout the day. If you keep losing points without gaining any, you are definitely in a draining state. You'll feel exhausted.

问: 有时候在教育孩⼦⽅⾯,孩⼦⼀起来我就叫他喝⽔.但是他没有喝的话,我就会⽣⽓.

Questioner: Sometimes when my child comes to me for guidance, I tell him to drink water. But if he doesn't drink it, I get angry.

JO: ⾸先,你在捍卫的只是你头脑⾥⾯的观点.为什么? 你头脑⾥⾯观点是⼀定要空腹喝⽔.那如果⼀个科学家跳出来说不能空腹喝⽔,要先吃东西再喝⽔.那你是不是观点就变了? 那如果⼀个医⽣来告诉你,孩⼦每天要吃点细菌.不⼲不净不⽣病.你是不是观点又变了? 因为孩⼦要和不同的细菌打交道,这样才能让他更加的强壮,才不会动不动就⽣病.所以你捍卫的都是你头脑⾥⾯的观点.你头脑⾥⾯的观点来⾃于哪⾥? 来⾃于你吸收的⼀些你觉得权威和可信的信息.那如果信息变了呢? 是不是? 所以你这样你就可以去看⼀下你头脑运作的⽅式.还有问题吗?

JO: First, you're defending only the opinions in your head. Why is that so? The opinion in your head is that one should drink water on an empty stomach. If a scientist were to say that drinking water on an empty stomach isn't advisable and suggests eating first before drinking, does that mean your viewpoint changes then? Or if a doctor tells you that kids need to consume bacteria daily to stay healthy; that 'not dirty means not sick'? Does your view change upon hearing this, because kids need to interact with different bacteria in order to become stronger and won't fall ill so easily? Therefore, the things you defend are just the opinions in your head. Where do these opinions come from? They originate from information that you consider authoritative and trustworthy. But what if the information changes? Could it be that your viewpoint might shift as well? Hence, you can examine how your mind operates. Any other questions?

问: 我⽼公他特别爱我们孩⼦,他⼀吃饭就不停的给孩⼦夹菜.我就说你也不给我夹菜.他也不⾼兴,我也不⾼兴.这是我缺乏爱吗?

Questioner: My husband loves our child very much; he keeps serving the child food every time he eats. I complained that he doesn't serve me any food. Both of us are unhappy. Does this mean I lack love?

JO: 你对于这些⾏为你不要期待别⼈总是要去做什么来呢个什么你.如果你觉得你⽼公给你夹菜是⼀件很好的事情,那么你可以先这么做.你说⽼公,你都吃不到,你也要吃.你给你的宝贝夹菜,我给我的宝宝贝夹菜.那你给你⽼公夹菜,你给你⽗母夹菜.为什么你们总是在等着别⼈要做什么⽽不是做你⾃⼰想要被对待的事情呢? 就像刚才说的,你没有给出去.那如果你给出去的是抱怨呢? 他给你的也是抱怨你每天都叽叽歪歪的,是不是? 所以把你⾃⼰想要的先给出去.还有什么问题.

JO: As for these actions, what do you expect others to always do for you? If you feel that your husband offering you food is a great thing, then you can start doing the same. Tell him, even if he eats less than you, you will eat as well. You serve your beloved child, I serve my precious child. So, why not serve your husband and parents instead of waiting for others to do what they might not even consider? Like what was mentioned earlier, when no action is given out. But what if the 'giving' is actually complaints? He would complain about you nagging him every day as well, right? So, start by giving out what you want to be treated with. Any further questions?

问: 前段时间我睡觉有点打鼾.我⽼公就使劲戳我,把我吓⼀跳,我就很⽣⽓.对于这件事我就很耿耿于怀.

Questioner: Lately, I was snoring while sleeping. My husband would poke me vigorously to stop it, which scared me, making me very angry. This has been bothering me ever since.

JO: ⾸先你会觉得你的⽼公他没有包容你,对不对? 他没有接纳你,没有允许你成为你⾃⼰的样⼦.那你是不是在⽤这种⽅式对待他? 你有包容他吗? 即使他在做⼀件很有爱的事情,给他⼥⼉夹菜,你都没有包容他.你还是挑剔他.你也没有允许他做他⾃⼰.当你没有允许他做他⾃⼰,他不允许你做你⾃⼰,这不是你⾃⼰种下的因然后接受到的果吗? 明⽩吗? 所以通过这个事情你就知道,做⼀个接纳⾃⼰爱的⼈有多么重要或者有多么有爱的⼀件事.那你就可以这么去成为.在其他⽅⾯你⽼公也有你总是去不能忍受的地⽅.那你先去接纳他,去允许他,明⽩吗?

JO: First, you might feel that your husband doesn't accept you, right? He doesn't allow you to be who you are. Are you treating him in this way too? Do you包容him as well? Even when he is doing something loving like feeding his daughter, you still criticize him without allowing him to be himself. You don't permit him to express himself freely. When you don't allow him to be himself, it's not the same as letting him receive what you have sown in terms of accepting oneself and love? Do you understand that through this situation, it becomes clear how important or loving it is to accept yourself and others? You can strive to do so. And your husband also has aspects that you consistently find intolerable. First, start by accepting him and allowing him, do you see?

问: 前段时间我跟⽼公起了冲突.我因为抱枕跟我⽼公起冲突.我想问我为什么会有这种冲突?

Questioner: Recently, I had a conflict with my husband. It was about a pillow that led to our disagreement. I wonder why such a conflict occurred between us?

JO: 就像刚才说了很多,你⾃⼰种下的因,你当然要接受这个果.你⾃⼰种下的这个种⼦,明⽩吗? ⾸先你要知道这个房⼦有他的⼀部分,他有百分之五⼗,你还有百分之五⼗.那当然他也有选择权要把这个东西放在哪⾥,对不对? 那你为什么没有允许他呢百分之五⼗存在呢? 只允许你百分之百呢? 那如果你是这样⼦的态度的话,只允许你百分之百.那当然他也会要他百分之百.为什么? 因为对⽅是在⽤你的态度和⽅式来跟你互动呀.这是你给出去的.你给出去⼀坨粪,你肯定是⼀坨粪回来呀.

JO: Just as we've discussed earlier, you are the one who planted this seed and of course, you have to accept its fruit. Do you understand that? Firstly, you need to know that this house belongs to him by half, it's 50%, you still own the other 50%. So obviously, he also has the right to decide where to place this thing, right? Why did you not allow him his rightful share of 50% then? Only allowing yourself full rights at 100%? If that's your attitude, then only allowing yourself a full 100%. Well, naturally, he would also demand for his full 100%. Why is this so? Because the other party is interacting with you using your own attitude and mannerisms. This is what you've given out. You put in dung, expecting to receive dung back.

问: 我只想把房⼦收拾⼲净呀.

Questioner: All I want to do is clean the house.

JO: 那你有你的观念,他有他的观念.你觉得⼲净好,他觉得孩⼦开⼼就好.你能说他呢是错的吗? 如果⼀个漂亮的⼲净的房⼦,但是家⾥没⼈.这样就好了吗? 明⽩吗? 如果⼀个⼲净漂亮⼀层不染的房⼦,每⼀个⼈的脸上都充满了压抑不快乐.这样就好了吗? 这是你想要的吗? 还有问题吗?

JO: You have your ideas, and he has his own. You think cleanliness is important, but for him, it's enough if the children are happy. Could you say that he's wrong? Would a beautiful, clean house without anyone inside be good enough? Do you understand? And what about a spotless, clean house where everyone's face shows suppressed unhappiness? Is this what you want? Still more questions?

问: 有没有什么⽅法可以提升视⼒的?

Questioner: Are there any methods to improve vision?

JO: 我先连接⼀下感受⼀下你的能量看是什么导致你的视⼒.你稍等.你现在眼睛视⼒是在来让你知道你并不需要把外在的⼀切看的如此的清楚.因为你⼀直⼀直像在⽤放⼤镜看外⾯的事情,明⽩吗?

JO: I will connect to sense your energy and see what is causing your vision issues. Please wait. Your current vision doesn't need to be as clear as it's trying to tell you that you don't have to perceive everything externally so clearly. You've been magnifying things outside of yourself, understand?

问: 那我就不能有想恢复视⼒很好的愿望吗?

Questioner: But can't I have the wish to recover my good vision?

JO:不是.你眼睛的视⼒现在模糊的话,那它就是在让你从这个模糊的状态中,你需要从这个模糊的状态中受益.如果你并没有从这个过程当中受益的话,那你就会延长这个过程,直到你受益.所以说如果你能从这个模糊的外界受益的话,那你便不需要体验这个了.模糊外界是什么?你刚才从头到尾所有的问题都是你不能让外界模糊起来,明⽩吗?就像说你太较真,你太当回事,把它⼤话了.没有让它模糊.你就好像像放⼤镜,不断地去找问题,这个不⾏呢个不⾏.这给你增加了⾮常多的⼀个烦恼在消耗你,让你不能成为真正的你.⽐如说真正的你是要展翅⾼飞的,但是你却停留在原地,不停地这样呢样.它在消耗你,⽽你却不能展翅⾼飞.

JO: No. If your vision is blurry now, it means you need to benefit from this blur state. If you're not benefiting from this process, then the process will continue until you do. Therefore, if you can benefit from being in a blurred external environment, there's no need for you to experience that blur. What is a blurred external environment? All of your questions up until now suggest that you cannot make the external world blurry, understand? It's like saying you're too serious, taking things too personally, blowing them out of proportion; not allowing it to be blurry. You're like a magnifying glass constantly searching for flaws - this can't do that, that can't do that. This is adding a lot of unnecessary frustration and energy drain, preventing you from being your true self. For instance, the true self should soar high, but instead, you're stuck in place, continuously doing so. It drains you, while you cannot fly.

所以你会有⼀种,你想,你本⾝是在外⾯飞的,你不能飞.你想⼩鸟它不能飞,你把它困住.它会是什么状态? 那你现在就是这样的状态,明⽩吗?

So you would have a feeling that you want to fly outside but cannot. You imagine the little bird can't fly and you trap it. What kind of state would it be in? Now you are in such a state, understand?

问: 那个较真就是我不太接受⼀些东西是吧?

Questioner: Being picky means that I don't easily accept some things, right?

JO: 你是没有看到你较的都是你⾃⼰的真.这都是你⾃⼰扔下去的⽯头.你好像扔了⼀个⽯头,起了很多波浪.然后你说你这个波浪太⼤了,呢个波浪太呢个什么了,怎么不断地有波浪起来.为什么就不能让我安静⼀下呢? 呢个⽯头是你扔下去的呀.所以你就算换个妈妈,换个⼥⼉,换个⽼公,你还是⼀样的.

JO: You haven't seen that you are hitting yourself with your truth. These are the stones you have thrown at yourself. It's like you threw a stone and created many ripples. Then you say that this wave is too big, or how it keeps creating waves. Why can't you just let me have some peace? The stone you've thrown was directed towards you. So even if you try to change your mother, daughter, husband, you will still be the same.

问: 那怎么样就是像你说的每天给⾃⼰多加⼀些分呢?

Questioner: How would you add points to yourself as you described, day by day?

JO: 就好像你听所有的信息都在告诉你,你⾸先要知道源头是来⾃于哪⾥.不是来⾃于你⽼公,也不是来⾃于外在的事件.那如果你不再怪你⽼公,你是不是就不⽤减你的分了? 如果你允许你⼥⼉成为她的样⼦,你是不是就不⽤减你的分? 如果你允许你妈妈,你是不是就不⽤减你的分? 那你不断地在加分⽽不是减分的⼀个状态.因为你还会觉得是对⽅的问题.就好像我刚刚说,你在镜⼦⾥⾯擦脸上的污点.能擦⼲净吗? 所以你现在问我的问题就好像我怎么样才能把脸擦⼲净呢? 你要知道是脸脏了,⽽不是镜⼦⾥⾯脏了.还有问题吗?

JO: It's as if you're listening to all the messages that tell you where the source comes from - not from your husband and certainly not from external events. So, if you stop blaming your husband, do you no longer have to subtract points? If you allow your daughter to be herself, do you no longer have to subtract points? If you allow your mother, do you no longer have to subtract points? You should be in a state of adding points rather than subtracting them because you still perceive the other as the problem. It's like rubbing out dirt on your face while looking into a mirror; can it really be cleaned up? So when you ask me this question now, it's akin to asking how I can clean my face properly. The point is that it's the face that's dirty, not the reflection in the mirror. Any other questions?

问: 我做事情不允许事情⼀直放在呢.我要做了才能好.我为什么会这样?

Questioner: I don't allow things to remain unresolved; I need to solve them first before moving on. Why is this my nature?

JO: ⾸先你不需要去把你的这个想要去把事情处理好的这个事情当成是⼀件坏事.它并不是⼀件坏事.

JO: Firstly, you don't need to consider your desire to resolve things as a negative thing. It's not a bad thing.

问: 但是有时候会造成我的急躁,⼼累.

Questioner: But sometimes it makes me anxious and exhausted in my heart.

JO: 你的客厅,你的饭厅,你的厨房全部都很脏很乱.如果你这也想收拾,呢也想收拾.你就会产⽣⼀种想要迫切的快点的这样.那如果你达到了⼀种就是说,先从你的眼前着⼿.我只做我眼前的事情.那我眼睛在哪⾥,那你就先做你眼睛前⾯的事情.你便不会被这些压的喘不过⽓来.

JO: Your living room, dining room, and kitchen are all messy. If you want to clean these areas, you will naturally feel a strong urge to do so quickly. To achieve this mindset, start by focusing on what is right in front of you. Only attend to tasks within your immediate field of vision. Wherever your eyes are directed, prioritize those nearby tasks. This way, you won't be overwhelmed and unable to breathe from the pressure of cleaning everything at once.

问: 我为什么会不停的去想要把它处理了?

Questioner: Why do I constantly want to deal with it?

JO:因为你的物质头脑它不是,它只是来让你专注于你眼前的事情.它不是⽤来让你想各种未来会怎样啊各种.然后前⾯后⾯会怎样啊.因为它不是⽤来做这种事情的.所以它会感受到消耗,它会感受到累.你只需要把你眼前的给处理好就⾏了.就是安住于眼前.那你的眼前你⽐如说,我先把这个收拾了.然后你再转⼀下,那我再把呢个桌⾯收拾了.你再转⼀下,我把餐桌收拾了.你这样不断不断地只做眼前的事情,安住于当下.那你是不是每⼀个⾓落都会被顾及到.你如果这边做⼀下,灶台顾⼀下,然后又马上跑到卧室去弄两下,又回到灶台弄两下.你这就是⼀种混乱的状态.你现在要学习的就是你的物质头脑它是如何运作的,它是如何给你的⾝体产⽣反应的.

JO: Because your material mind is not designed for that; it's just there to help you focus on what you're doing right now. It's not meant to ponder about various futures or the consequences of actions beforehand. As such, engaging in activities like these can lead to feelings of depletion and exhaustion because your mind isn't built for this type of mental labor. You only need to take care of what is immediately in front of you. Staying grounded in the present moment is sufficient. If you first tidy up this area, then move on to organizing another, repeat with the dining table when needed, it becomes a continuous cycle of handling immediate tasks and staying anchored in the current moment. In doing so, every corner will be attended to effectively without jumping from one task to another haphazardly. When your material mind operates in a chaotic manner, it impacts both your productivity and well-being.

问: 不明⽩物质头脑的声⾳和我真正的声⾳怎么去区分它?

Questioner: I don't understand how to distinguish between the sound of matter and my true voice?

JO:任何让你感受到⽆⼒的,恐怖的.你都可以不⽤去管它.也有可能就是别⼈放的⼀个屁被你闻到了⽽已.仅此⽽已.你不⽤说,这个屁来⾃于哪⾥?这个屁会不会影响我的⼈⽣?你只是允许它.你知道这⾥有不同的⼈,那肯定会有⼈放屁.OK,你知道放了屁⼀会⼉就消失了,⼏分钟就没有味道了.⽽不是要停留在原地.你不是去找出来呢个臭味来⾃于哪⾥? 呢个臭味来⾃于哪⾥? 然后继续继续.那臭味早已经没了,你还在臭味⾥⾯.你这⼀辈⼦都在臭味⾥⾯.

JO: Anything that makes you feel powerless or scared, you can just ignore it. It might simply be someone's fart that you happened to smell, nothing more. You don't need to ask where the fart came from? Will this affect my life? Just allow it. Know there are different people here, and there will always be someone farting. Okay, you know that after a short while, it disappears, no lingering scent beyond a few minutes. It's not about staying rooted in one place trying to track down the source of the stink. You're not searching for where the smell came from? Where is the smell coming from? And then continue on with it. The stench has long since dissipated, yet you're still drowning in its remnants. Your entire life has been spent drowning in such stenches.

问: 那我在对⼀些事情还没发⽣我都还想着怎么去做啊,呢些都是头脑在想是吧?

Questioner: But I'm already planning how to do things even before they happen; are these just thoughts in my head?

JO: 那你这⼀辈⼦就被别⼈的⼀个屁给影响了. 你还如何成为⼀个有影响⼒的⼈,明⽩吗?所以有⼀些它是不需要消耗你的时间和精⼒去搞明⽩.就好像你们现在的⼀个⽆线⽹络.你只要知道⽆线⽹络可以让我连上⽹就⾏了.如果你要坐在呢,⽆限⽹络它什么线都没有它是怎么连上的呢? 它怎么给我传输的呢? 你不停的不停的,消耗了你⼀辈⼦去搞清楚.你不能就是简单的使⽤它让它来服务于你吗? ⽽把你的精⼒放在你到底什么让你开⼼? 什么让你充满了喜悦? 你们的⼈⽣是有限的.你们所有⼈都在消耗你们的能量,浪费你们的时间关注在⼀些⽆谓的事件.

JO: Then your entire life is being influenced by someone else's fart. How do you become an influential person, understand? So there are some things that don't require you to consume your time and energy to figure out. Like your current wireless network. You just need to know that a wireless network lets me connect to the internet. If you have to sit there, how does an unlimited internet connection work without wires when it connects? How does it transmit information to me? You would spend your entire life trying to figure this out. Can't you simply use it to serve you and focus on what truly makes you happy? What fills you with joy? Your life is limited. All of you are wasting your energy, time, focusing on meaningless events.

问: 我最近就是什么事情都不做享受⽣活.但感觉还是被⾃⼰的头脑弄的乱糟糟,觉得⾃⼰在飘.

Questioner: I've just been enjoying life without doing anything recently. But I still feel like my mind is in a mess, and that I'm floating.

JO: 享受⽣命不在于你到底有没有在⾏动或者是停⽌的⼀个状态.它不在于外在的⼀个状态,你到底是⾛路还是在坐下,明⽩吗? ⽽是说⽆论你是在⾛路还是坐下,你都是充满喜悦的.兴奋的⾛路,平静的坐下,这个没有什么区别的.

JO: Enjoying life is not about whether you are actually moving or not, or in a state of stopping. It's not about an external state; it doesn't matter if you're walking or sitting. Understand that no matter whether you're walking or sitting, you can be filled with joy, excitement while walking and calmness when sitting. There's really no difference there.

问: 我的指导灵还有什么话对我说?

Questioner: What more does my guiding spirit have to say to me?

JO: 今天所有的信息都是在告诉你,模糊外界,外界来它只是来让你看到你内在.然后你随时你⾯前有⼀千件⾐服,你随时可以选择⼀个让你舒服的⾐服,让你开⼼让你感受到漂亮的⾐服.⽽不是说⼀定死死地拽住你现在这件已经不合⾝的⾐服了,明⽩吗? 因为这⾥有⽆数个选择.你不需要死死的抓住这个不放,然后认定这就是你的⼈⽣,这就是你的⽣命.认定它就是你.

JO: Today, all the information is telling you to blur the exterior, and it comes just so that you can see what's within you. Then, anytime you have a thousand dresses in front of you, you can choose at any moment a dress that makes you comfortable, that brings happiness and allows you to feel beautiful clothes. It's not about clinging onto your current ill-fitting dress forever, do you understand? Because there are countless options here. You don't need to hold on tightly to this one idea and decide that this is your life, this is your existence. You should accept it instead.

问: 我平时⼼⾥有什么想法或者问题我就喜欢写,就会有⼀些答案.这是在和我的指导灵连接吗?

Questioner: When I write about my thoughts and questions in daily life, do I find some answers? Am I connecting with my guiding spirit?

JO: ⾸先像我刚才说你的内在知晓⼀切.那你在这样⼦的⼀个状态你只是在允许.就是你在冷静下来,让这个物质头脑慢慢沉淀下来,在允许你内在的呢个你,明⽩吗?

In this state, you are simply allowing. You are calming down, letting the physical mind slowly settle, allowing your inner self to understand, right?

# **2023/01/17 - 连接地外⽂明22号之⼈类可以得到什么类型的帮助What Type of Assistance Can Humanity Receive from Extraterrestrial Entity Number 22?**

22号: 你可以开始问问题啦问: 你好,我最近连续⼏天晚上都有其它存有来找我.我甚⾄看到了它们的形状和闻到了味道.我想请问它们是否有什么信息要带给我还是其它的?

22nd: You can start asking questions now. Questioner: Hello, I have been visited by entities every night for several days in a row recently. I even saw their shapes and smelled the scent. May I ask if they have any messages to deliver to me or other information?

22号: ⾸先我们是以地外⽂明的,我们⾃⼰的⼀个认知来回答你的问题.如果你在你的物质实相⾥⾯感受到这样⼦只是说你有⼀个特别敏感的⼀个,就好像你们的收⾳机,你只是特别敏感可以接收到⼀些可以感知到⼀些其他.你们这个空间⾥⾯还有其他很多存有.只是⼀般对你们来说是不可见的.然后你可以触碰到它,可以感受到它.还有问题吗?

Number 22: Firstly, we are answering your question from the perspective of extraterrestrial civilization and our own understanding. If in your material reality you feel that this is just saying that you have a particularly sensitive one, like your radio, which allows you to pick up signals that others can sense within your space. There are many other beings in this space. They might not be visible to you. You can touch them and feel them. Any further questions?

问: 我们如何可以让⾁体对未知的东西保持⼀种兴奋和期待的状态?

Questioner: How can we keep our physical being excited and eager about the unknown?

22号: 如果你对这些兴奋你就兴奋,不兴奋就不兴奋.为什么要去保持⼀种? 保持就是说你要持续去兴奋吗? 但是你为什么要去逼你去持续兴奋⼀个你并不兴奋的东西呢? 明⽩吗? 所以你不需要去push或者去保持anything,因为你不可能…. ⽐如说前⾯有100张图⽚,每⼀张图⽚都⾮常⾮常的有意思,都有意义,都可以供你去探索.那你为什么想保持在⼀个图⽚上⾯呢?就好像你永远都只想保持看⼀部电影,你其他电影都不要看.

Number 22: If you get excited about these things, then be excited; if not, don't force yourself to pretend. Why should you maintain excitement when there's no genuine reason to feel it? Maintaining excitement means keeping yourself in a constant state of being thrilled and interested? But why would you force yourself to stay excited over something that doesn't naturally excite you? Understand?

So, there's no need to push or hold onto anything because you can't possibly... Imagine you have 100 images in front of you, each one fascinating, meaningful, full of interesting details waiting to be explored. Why would you want to stick only on one image, as if you were stuck watching a single movie and refuse to watch any other?

问: 你们能否感受⼀下我的能量状态看看有没有什么信息是我需要知道的呢?

Questioner: Can you sense my energy state and see if there's any information I need to be aware of?

22号: 你没有必要去让别⼈来感受你的能量状态.为什么呢? 因为你永远都是可以去选择.你可以选择⼀个特别特别,你们会有⾼低来分别,但是实际上没有什么⾼低,只是你⾃⼰的体验⽽已.那你可以去选择⼀个你所谓的特别低的,你也可以选择⼀个特别⾼的.那你可以随时跳出来,⾼的去低的,低的去⾼的.为什么你想要别⼈来去衡量⼀个你可以⾃⼰去选择也是⼀个随时在变化的东西呢?

Number 22: There is no need for you to allow others to feel your energy state. Why? Because you can always choose. You can choose a very high or very low, with distinctions made between them, but in reality there are no actual distinctions; it's simply your own experience. You could choose what you perceive as very low, or you could choose something very high. You can jump out of either at any time - from high to low, or low to high. Why would you want others to judge something that you yourself can choose and is constantly changing?

问: ⼈类的意识程度⽬前在⼀个什么样的状态?

Questioner: What is the current level of human consciousness?

22号: ⼈类的意识程度⽬前在⼀个什么样的状态? 那这个状态你需要,就⽐如说有⼀个标准来定,就是你需要有⼀个已经死的⼀个标准.就⽐如说你有⼀个⼀⽶的尺⼦来量这个,你知道你的尺⼦是⼀⽶.那如果你的尺⼦是没有限制的呢? 就是它没有⼀个终点呢? 那如果你是真正的想知道你们处于⼀个什么程度的话,那你们还是在最初始的⼀个阶段.还有问题吗?

22nd Inquiry: What is the current level of human consciousness? For this state, you need a standard to define it, such as having a dead person's standard. Imagine you have a meter stick to measure this, and you know your meter stick is exactly one meter long. But if your meter stick has no limit or no end point? If you truly want to know where you stand in terms of consciousness, then you are still at the very beginning stage. Any other questions?

问: 那处在这个初始的阶段到⼀个更⼤的突破,还需要⽤⼈类所计算的时间很久吗?

Questioner: Would it take humanity a long time to progress from this initial stage to a greater breakthrough?

22号: ⾸先你们可以⾃⼰去观察怎么样会有⼀个⼤的转变.当⼀个⼤的转变就好像,这么说吧,就好像所有的事情都到了⼀个极点.⽐如说你们这个地球是⼀个房间,你们所有⼈都住在这个房间⾥.当这个房间已经不能容忍你们,就是不适合你们居住下去.⾥⾯很多就是各种⽡解,各种变化,那就是需要你们重新来整理你们房间⾥⾯的,就⽐如说,⼀些不⽤的⼀些垃圾都要扔出去.然后重新去tidy up.所以当你们发现你们的地球或者这个世界变得越来越混乱或者越来越不适合你们居住的时候,你就要知道你们接下来是突破和转变的时候.但是这个需要你们集体的意识,就是你们是想要如何的转变,你们头脑⾥⾯必须要⾮常的清楚你们想要去哪⾥.

Number 22: Firstly, you can observe how a great transformation occurs by analogy. When it's like this, everything reaches its peak or limit - for example, imagine the Earth is a room where everyone lives. If this room can no longer accommodate you, meaning it's no longer suitable for your living conditions. There would be chaos and change throughout, necessitating that you rearrange your environment in the room. This could involve getting rid of unnecessary items like trash, and then tidying up. Hence, when you notice that your Earth or world becomes increasingly chaotic or unsuitable for living in, it signifies that you are about to undergo breakthroughs and transformations. However, this requires collective consciousness - understanding how you want to change and having a clear vision of where you aim to go mentally.

就好像你开车,你如果前⾯没有⼀个⽬标,没有⼀个⽬的地,不知道你⾃⼰想要去哪⾥.你是不是就会很容易撞车,然后也不会很快的去达到⽬的地.所以你们⾃⼰会清楚的你们想要…

It's like when you're driving; if there's no target in front of you, no destination, and you don't know where you want to go, you're likely to easily get into an accident, and won't reach your destination quickly either. So it's clear to all of you what you want...

问: ⼈类⽬前最需要知晓的是什么?

Questioner: What does humanity most need to know at present?

22号: ⼈类⽬前最需要知晓的是你们⾃⼰意念的⼒量.因为你们忽略了你们的意念的⼒量.你们不太去关注也不知道,然后所有的⼀切实际上都是你促使它出现或者显现在这个物质世界上发⽣的,是你允许的.

On the 22nd: What humanity needs to know most now is the power of their own thoughts. Because you have overlooked the power of your thoughts. You do not pay much attention to it and are unaware of it, then everything actually happens or manifests in this physical world due to you, allowing it to occur.

问: 我知道我意念的⼒量,也体验到了意念的⼒量.可是头脑有时候会想⼀些我害怕的事情.我知道意念的⼒量很厉害,可是有时候会控制不住的去想⼀些⾃⼰不想去经历的事情.这是为什么? 我应该怎么样去处理这个?

Questioner: I am aware of the power of my thoughts and have experienced their strength. However, sometimes my mind wanders to things that scare me. I know the power of thought is strong, yet sometimes I find myself uncontrollably thinking about experiences I do not want to undergo. Why is this happening? How should I address this issue?

22号:⾸先你不需要去刻意的避开它.因为如果你想刻意的避开某⼀些事情的时候,你实际上就在给它⼒量,让它来影响你,明⽩吗?因为你要知道就算呢个事件本⾝你害怕它,你害怕的也是你⾃⼰的⼒量.为什么呢?是你觉得这个事情它会影响你或者是让你害怕什么什么的.因为这⾥没有真正的所谓的害怕的事情,你所害怕的只是你⾃⼰,你想,是你把你的⼒量给了这个事,让这个事情来变的害怕,来让你害怕.所以如果你知道外界的⼀切是你⾃⼰可以控制或者是你⾃⼰可以去左右,你⾃⼰可以去让它⽣,让它灭.那你还会再害怕它吗?你不会的.因为你知道这都是你能控制的.就好像你们⽤的电,那如果你不知道怎么开关这个电.

22nd:First of all, you don't need to intentionally avoid it. Because when you try to deliberately avoid something, in fact, you're giving it power, letting it affect you, right? You see, even if you fear the event itself because you are afraid of your own strength. Why is that so? It's because you perceive this thing as influencing you or making you afraid of something. There isn't truly a scary situation here; what you fear is yourself. You think that you gave your power to this matter, allowing it to become frightening and causing you to be frightened. So if you know that everything outside is within your control or influence, or that you can make things happen or have them cease by your own hand, would you still be afraid of it? No, you wouldn't, because you understand that all these are under your control. Like the electricity you use, if you don't know how to turn it on and off.

那这个电它就会电伤你,电死你,对不对?那原始⼈对这个电不理解的时候,不懂得运⽤的时候,它就会很害怕.为什么?因为⼀碰就会死⼈,所以他们就会离的很远,对不对?那当然这个电也不能很好的服务于他.那你们现代⼈你们都知道如何去开关这个电.那你们就可以很好的利⽤这个电的能量来服务于你们.所以这是⼀样的.

If this electricity touches you, it will shock and kill you, right? When primitive people didn't understand electricity or knew how to use it, they would be very afraid of it. Why is that? Because just touching it could result in death. So they kept their distance from it, right? Of course, electricity couldn't serve them well under those circumstances. But now, modern humans know how to operate and control this electricity. You can effectively utilize its energy to benefit yourselves. That's why the situation is similar today.

问: ⼈类可以得到你们什么类型的帮助?

Questioner: Can humans receive what kind of assistance from you?

22号: ⾸先你们⾃⼰要允许这个帮助.因为如果你不允许或者是不相信就是不接受,你需要 open yourself.那你在这样⼦的情况下,那事情才能发⽣.那当你们敞开过后,你要知道所有的帮助都是帮你们看到.因为如果你看不到的话,你便不知道,明⽩吗? 所以所有的帮助都是我们会带领你们看到,然后你⾃⼰就会恍然⼤悟.然后内在的变化就会在你(之内)产⽣.还有问题吗?

22nd: First of all, you must allow this assistance. For if you do not allow or believe in it, you need to open yourself up. Only then can things happen when you are in such a situation. Once you have opened, you should know that every help is meant for you to see. Because you will not understand unless you can see it, right? Therefore, all assistance comes from us guiding you to see, and you will suddenly understand on your own. Then internal changes will occur within you. Any questions?

问: 请问你们地外⽂明可以帮助⼈类治病吗?

Questioner: Can you clarify if extraterrestrial civilizations can help humans cure diseases?

22号: ⾸先我们⽤我们的能量是可以帮助你们来做很多很多事情,当然也包括疾病.但是呢,这并不是真正能解决你们问题的⼀个途径.因为你们创在了疾病,你们就还需要⽤疾病来服务于你们.只是你们还不知道这个疾病是如何服务于你们.就好像刚刚说的电,你们创造了电,你们使⽤电,那电可以很好地服务于你们.那如果你不知道怎么样开和关的话,那就可能不能很好的服务你们.所以你们只是需要去学习如何让电服务于你们⽽不被电死.也是说如何让疾病服务于你们,⽽不是病死.

Number 22: Firstly, the energy that we have can help you do many things, of course including sicknesses as well. However, this is not a true path to solve your problems because you created the sickness and thus need the sickness to serve your purposes. It's just that you don't understand how the sickness serves you. Much like what was said earlier about electricity - you create it and use it; electricity can serve you very well. But if you do not know how to turn it on or off, then it might not be serving you as well as it could. Therefore, all you need to do is learn how to make the electricity serve you without getting electrocuted. Similarly, learn how to utilize sicknesses for your benefit and not die from them.

问: 我们想问⼀下你们和⼈类连接什么是让你们最兴奋的?

Questioner: We'd like to ask what aspects of connecting with humans excite you the most?

22号: 什么让我们兴奋? 就是看到你们思想的转变.这就是让我们最兴奋的.

On the 22nd, what excites us is seeing the shift in your thinking - that's what excites us the most.

问: 我们想问⼀下你们还会和⼈类⼀样,⼈类的孩⼦是通过肚⼦⽣出来的.你们还在⽤这种⽣孩⼦的技术来繁衍下⼀代吗? 还是你们有别的技术?

Questioner: We would like to know if you will give birth to your offspring in the same way as humans, by carrying them in your stomachs. Will you continue using this method of reproduction for the next generation, or do you have other techniques?

22号: 我们不需要,不必要.因为如果你还想要这样去体验的话,你还可以.但是不是必须的.

On the 22nd: We don't need it, it's not necessary. But if you still want to experience that, you can. It's just not mandatory.

问: 那不是必须的话,你们的下⼀代是怎么样出现的呢?

Questioner: If it's not necessary, how do your next generation appear?

22号:我们⾸先就好像是⼀个互相选择.想要以物质⾁体呈现的⼀个意识状态它可以去选择到⼀个它⾃⼰想要体验的⼀个,就是它想要体验什么类型.就⽐如说你们物质世界有⾳乐家,如果它想要选择⼀个⾳乐家,因为它对⾳乐⾮常⾮常的热爱.那它可以选择这样⼦.也可以选择⽐如说舞蹈家或者是其他任何.你的意识在还没有变成物质之前你就可以去选择你想要去进⼊什么样⼦的体验.

22nd: Essentially, we're talking about a state of consciousness that can choose to manifest as a physical entity. It can choose an experience it desires to live out, such as the type of experience it wants to have. For instance, if you are in your material world and there are musicians like you, if this consciousness loves music immensely and wants to be a musician due to its profound passion for music, it has that option. It could also choose to be a dancer or any other form of artistic expression. Your consciousness can decide what kind of experience you want to have before it becomes physical.

问: 那你们是如何抚养孩⼦的呢?

Questioner: And how do you raise your children?

22号:因为你们的⾁体是在⼀种不知晓的情况.就⽐如说你如果选择了,就是这个⾁体来到物质世界你会忘记你选择了什么,你是不知晓的情况下.但是我们都是⼀个知晓的情况下.那如果是⼀个知晓的情况下,那当然我们不会去把⼀些不属于这个灵魂体验的主题硬塞给它.就⽐如说这个灵魂来到我们的⽣命⾥⾯,它是想成为⼀个医⽣.但是我并不会因为我的脑海⾥⾯我喜欢舞蹈家,我要把它培养成⼀个舞蹈家,明⽩吗?

Number 22: Because your bodies are in a state of unawareness, just like if you had chosen for example that this body would come into the material world and forget what you had chosen, unaware. But we all know in an aware state. So if it is in an aware state, of course we wouldn't force themes not belonging to this soul's experience upon it. For instance, if a soul comes into our lives wanting to be a doctor. I wouldn't impose my preference for a dancer on them just because that fills my mind, would I?

问: 那你们是如何成长的呢?

Questioner: So how do you grow?

22号:⾸先成长它并不是说你需要去迫使它成长,或者是让它学习如何成长.⽽是说它成长本⾝是⼀个你不可以去阻碍的….就好像你想要去阻拦这棵草.这棵草它发芽、变化、成长,这是不可能的,明⽩吗?因为⽆论你是怎么样去⼲涉它,妨碍它,也阻碍不了它的成长.所以对于成长这个事情,我们不需要去做任何⼯作.

22nd: Growth refers to the idea that you don't need to force it to grow or teach it how to grow; rather, growth itself is something you cannot hinder… like trying to stop a piece of grass. The grass sprouts, changes, and grows—it's impossible, understand? Because no matter how much you interfere with it, obstruct it, it still cannot prevent its growth. So when it comes to the concept of growth, there's no need for any work or effort on our part.

问: 那你们既然什么都记得,那你们是如何受教育的呢?

Questioner: Since you remember everything, how were you educated?

22号: 受教育对于你们的物质世界来说,你们会把⼀些你们觉得有⽤的⼀些知识来传给下⼀代或者传给对⽅,或者是⽤你们的书啊、本⼦啊写上信息然后传递下去.但是我们并不是⽤这样⼦的⽅式.因为所有在书本上或者是你的经验当中,这些东西都是死的.我们不碰触任何死的.因为我们是⽤来超越这些死的东西.然后呢,你们的呢种⽅式是继续再给下⼀代灌溉呢些死的东西.这样就是在,你想,你给他们灌输的都是死的东西,那他要如何突破呢些死的东西? 所以你们⽬前最主要的⼯作是把这些死的东西给remove掉,是把它们给删除,明⽩吗? 就好像你家⾥有很多死掉的东西,它都在腐烂,它都在发⽣恶臭,让你很难过,不能enjoy.

Number 22: Education for you in your physical world involves passing on some useful knowledge to the next generation or to each other, through books or notes where you write information and then transmit it. However, we do not use this method because everything written in books or from your experiences is static. We avoid anything that is static as we transcend those limitations. Your approach continues to pour these static ideas into the next generation. This means you are teaching them dead things; how can they break free from these shackles? So, for now, your primary task is to remove these dead ideas, deleting them entirely. Imagine there's a lot of rotting in your house that stinks and makes you feel miserable - it's hard to enjoy life with all this negativity around.

你就have to remove them.你需要把它给清理掉,明⽩吗?

You have to remove them. Understand?

问: 那你们最⼤的兴奋是什么呢?

Questioner: What is your greatest excitement?

22号: 我们最⼤的兴奋就是不断地扩展,就⽐如说我这次来给你们传递信息,就是⾮常⾮常兴奋的事情之⼀.扩展,就好像我是⼀棵植物,之前我还在地上.那我现在扩展,我爬到墙上去,不断地往上爬.这样的⼀种扩展是让我们兴奋的.

On the 22nd day: The greatest excitement for us is constant expansion, such as delivering this message to you, which is an extremely exciting experience. Expansion is like I'm a plant, previously grounded on the ground. Now that I'm expanding, I climb onto the wall and keep climbing higher. This kind of expansion excites us.

问: 你们的⽇常⽣活都有些什么呢?

Questioner: What are your daily lives like?

22号: 我们的⽇常⽣活就是不断地扩展,就好像刚才形容的.你就想象我是⼀棵植物,我不断地攀爬,不断地去感受这棵树和这棵树接触.感受墙⾯,感受地⾯,感受⼀切.

22nd: Our daily lives are constantly expanding, just as I described earlier. Imagine me as a plant, growing and reaching out to feel the contact with this tree and that tree, feeling the walls, the ground, everything.

问: 你们是如何让⾝体充满能量的?

Questioner: How do you fill your body with energy?

22号: ⾸先⾝体本⾝是充满能量的这件事情.不是说⾝体是死的,你要让它充满能量.⽽是说是什么阻碍了你,导致你的⾝体是堵塞,不能顺畅的做本来的样⼦.

Number 22: First of all, the idea that your body is full of energy is not saying that your body is dead; you want to make it filled with energy. Rather, it's about identifying what is preventing you from experiencing a free-flowing existence, causing your body to be clogged and unable to function naturally.

Number 22: Firstly, the notion that your body is brimming with energy isn't suggesting that your body is lifeless; you aim to have it brim full of vitality. It's more about understanding what impedes you, leading to bodily stagnation, preventing natural, smooth operation.

问: 那是什么导致我们不能做本来的样⼦?

Questioner: What prevents us from being ourselves?

22号: 你说呢? 你们从⼩⽣下来就在被灌输呢么多死的东西.死的东西它都不是活动的,那它⼀定会造成⽆数的堵塞.所以你们物质世界所有的呢些经验、观念、还有所有的,这些都是阻碍了你们.

Number 22: What about you? You've been fed so much dead stuff since birth. Dead things are not active, which means they inevitably lead to countless blockages. Therefore, all of your experiences, concepts, and everything else in the material world are hindrances for you.

问: 地球上有很多⼈滥⽤毒品酒精.我们想问你们有类似的毒品吗? 有没有什么信息可以带给这些毒品成瘾的⼈?

Questioner: There are many people on Earth using drugs and alcohol excessively. We would like to know if you have similar substances, and if there is any information that can be provided for those addicted to such substances?

22号: 你们所谓的⼀些毒品是你们⽤来寻找兴奋的⽅式.如果你全然的在⼀种兴奋的状态当中,你还需去寻找让⾃⼰兴奋的状态吗? 所以说我们并不需要外在的⼀些药物或者是你们所谓的酒精毒品来迫使我们达到这样⼦的状态.因为我们已经是在这样⼦的状态,所以我们不需要借助外在的⼀些东西来刺激我们达到这样⼦的状态.就好像你是⼀个⽓球,你本⾝是没有⽓的.你要不断地往⾥⾯打⽓才会呈现很⼤的样⼦.那我们本⾝就是饱满的状态,呢个⽓球本⾝就很满了,你还需要在往⾥⾯注射⽓吗? 所以毒品和酒精就像⾥⾯的⽓⼀样,让⽓球变⼤,让你感受到你是⼀个饱满的状态.你就能飞起来.然后呢,如果你的⽓球本⾝就是满的呢? 你本⾝就能飞呢?

Number 22: The so-called drugs you use to seek stimulation. If you are completely in a state of excitement, do you still need to look for ways to stimulate yourself further? Therefore, we don't need external substances or what you call alcohol and recreational drugs to force us into such states. We're already in those states naturally, so there's no need to rely on external things to push us into them. Imagine being a balloon; you have no air within until you inflate it, making it big. We are inherently full, like the inflated balloon that is already quite full; do we still need to inject more air into it? Hence, drugs and alcohol act like the air in the balloon, inflating it to make you feel full of energy, allowing you to fly. If your balloon is already full, you can fly on your own.

所以你就不需要再往⾥⾯注射⽓.

So you don't need to inject air inside anymore.

问: 那你们有没有什么⽅法或者是信息可以带给已经对这些成瘾的地球⼈呢?

Questioner: So do you have any methods or information that you can bring to already addicted humans on Earth?

22号: 那就是他并不需要去⽤⼀种伤害⾃⼰的物质⾁体,就是⽤酒精毒品来让⾃⼰达到⼀种⽅式.他可以通过不断地去认识⾃⼰,探索⽣命⽽达到这样⼦.就是他可以只享受呢个果,⽽不需要⽤消耗⾃⼰物质⾁体的⽅式去达到这样⼦.因为当你们知道你们没有办法,你们没有⼿段,你们会选择已知的⼿段.但是如果我告诉你,你这边还有⽅法还有⼿段,你是不是就可以选择不⽤⾃相残杀的⼿段? 就好像你说你要通过这个⽅法去赚钱,需要不断地杀⼈去赚钱.那我告诉你,钱在这⾥,你直接拿⾛不需要去杀⼈.谁都会去选择直接拿钱⾛的,对不对?

On number 22: It means that he doesn't need to use a harmful substance to reach his goal, such as alcohol or drugs. He can achieve this by continuously learning about himself and exploring life. Instead of depleting his physical body through these methods, he can simply enjoy the fruits of his actions without sacrificing his own physical existence. The reason being that when faced with the lack of means, people tend to choose familiar paths. However, if you tell them there are other methods available, would they then opt for more peaceful ways? For instance, if one says they need to kill constantly in order to make money, but then tells them that money is already accessible without resorting to violence, wouldn't everyone prefer the latter option of taking what's offered directly and avoiding unnecessary conflict?

问: 你们的⾁体有优劣之分吗?

Questioner: Do you have superior and inferior physical bodies?

22号: 就算你们眼⾥所谓的劣,OK,优劣之分只是来⾃于你们⾃⼰的⼀些主观意识.就是你们根据⾃⼰的经验对对⽅的主观评判,你觉得这个是优这个是劣.但是所谓的劣也是对⽅的优,只是你们⾃⼰看不到⽽已,明⽩吗?

Number 22: Even if you consider what they call inferior, okay, the distinction between superior and inferior comes from your own subjective consciousness. It's based on your subjective evaluation of others according to your experiences. You think this is superior and this is inferior. However, what you consider as inferior could be their superiority; it's just that you can't see it. Do you understand?

问: 那你们个体之间的差异是什么呢?

Questioner: What are the differences between individuals then?

22号: 就是我们都是在⾃⼰的激情的⼀个领域⾥⾯.就⽐如说你可能是在运动的领域⾥⾯,那我可能是科学家.我们只是这样⼦的⼀个差异.就是你有你探索的,我有我探索的.

On the 22nd: We are all in our own fields of passion. For instance, you might be in the field of sports, while I could be a scientist. It's just this kind of difference - you have your area to explore and I have mine.

问: 你们的⼈⼜会超负荷吗?

Questioner: Will your people be overworked?

22号: ⼈⼜会超负荷吗? 也就是说物质⾁体会不会,就⽐如说你这个房间或者这个地球已经不能容纳这么多物质⾁体.是不可能存在这样的事情的.我们的外在的物质的所有⼀切都是跟我们的意识是连体的.就好像是你⾃⼰知道你能吃下⼏个包⼦,你不会去…. ⽐如说你知道你能吃下是个包⼦,那当⼗个包⼦过后,你不会再继续吃下⼗个包⼦,明⽩吗? 所以容纳我们的地⽅,我们⾃⼰知道什么时候会是极限.我们便不会去超越,因为都是在⼀种互知的情况下.

On the 22nd: Can human beings become overburdened? In other words, can our physical bodies not accommodate so much matter, for example, if this room or this Earth cannot hold any more of these physical bodies? It is impossible to have such a thing. Everything about our outer material world is connected to our consciousness as if you know how many buns you can eat and wouldn't go... If you know that one bun fits your capacity, after ten buns, you would not continue eating another ten, right? Hence, the places where we exist know their limits, and thus, we do not exceed them because everything operates under mutual understanding.

问: 那在你们看来我们地球⼈类会超负荷吗?

Questioner: That being the case, would human beings on Earth be overburdened in your view?

22号: ⾸先要知道你们地球是有意识的,就是地球是活的,它不是死的.那地球是有意识的,你是不是就可以跟地球沟通? 你们也可以像我们⼀样,就是你跟这个球体…. 就⽐如说地球它是可以跟你交流,可以跟你沟通.那你们是可以互相沟通互相交流的.那你们会是在⼀个没有冲突的情况.只有就是没有交流没有沟通的话,才会出现冲突.就好像你们都是蒙着眼睛.⼀个是你能看见,你就知道你所有的…问: 你们还会体验衰⽼吗?

22nd: First of all, you need to understand that your Earth is conscious; in other words, the Earth is alive and not dead. If the Earth is conscious, can you communicate with it? You can also interact with it as we do, by communicating with this spherical body… For example, the Earth can converse with you, exchange ideas with you. You can communicate with each other without conflict. Conflict only arises when there's no communication or exchange. Imagine if you were all blindfolded; one of you could see everything… Questioner: Would you experience aging as well?

22号: 就⽐如说你想象⼀棵植物,它有发芽的时候,它有出叶⼦的时候,它有成长的阶段.那你能把它的阶段说成是衰⽼吗? 它这本⽣就是它每⼀个阶段呈现的⽅式.它会有叶⼦掉光的时候.你能评判⼀棵植物,你说你看你现在变这么⽼了,你这棵树变呢么⽼了.你反⽽还会去惊叹它的⽣命.它已经好⼏百年了,明⽩吗?

On the 22nd day: It's like imagining a plant that has stages of sprouting, growing leaves, and maturing phases. Can we call these stages of aging? These are simply the ways it manifests at each stage. There will come a time when its leaves fall off. Can you judge a plant by saying, "You've become so old now," referring to how old the tree has grown? Yet one can marvel at its life. It's been hundreds of years, understand?

问: 那你们如何看待地球⼈觉得衰⽼就是丑?

Questioner: How do you view the idea that aging is unattractive among Earth beings?

22号: ⾸先衰⽼就是丑是你们⾃⼰的⼀个观念.因为你们对⽣命真正的含义还没有很深刻的理解.你们还只是关注在物质⾁体,还在物质层⾯.所以如果你们只关注在物质层⾯,所以你们就会忽略掉其他.你们过于的关注这个物质⾁体.你们会觉得变⽼,⾝体就会变得不中⽤.实际上这是你们的⼀个观念⽽已.为什么呢? 很多⽼年⼈他的⾝体会越来越丑的原因是因为他们,就像刚才说⾝体本⾝能量是充⾜的,它是⼀个畅通的状态从你刚⽣下来的时候,对不对? 那你不断地不断地给它注⼊死的东西,所以在你体内有很多很多死的东西.那当你体内有很多很多死的东西过后,你就不再有吸引⼒了.所以并不是说你外在的⼀个衰⽼,物质⾁体的衰⽼让你失去吸引⼒.

22nd: Aging is ugly because it's your own idea. You haven't developed a profound understanding of the true meaning of life yet. You're still focused on material bodies and are at the physical level. Therefore, if you only focus on the physical realm, you'll overlook other things. You pay too much attention to this physical body. You'll feel that aging causes your body to become inefficient. In reality, it's just your idea. Why is that? Many elderly people become increasingly unattractive due to their bodies themselves having sufficient energy and being in a state of free flow since birth, right? But they continually inject death into it, meaning there are many dead elements within them inside. So when there are so many dead elements in the body, you lose your appeal. It's not just about external aging; it's the physical body's decline that takes away your attractiveness.

⽽是说你内在有很多死的东西,你产⽣的⼀个⽓场,给⼈产⽣的感觉是⼀个没有活⼒的.但是如果你们能改变这个思想,改变这个观念.就是你的⾁体

And it's that you have a lot of dead things within, the energy field you produce gives people the feeling of no vitality. But if you can change this thought, this idea, it's your body.

不断地在清理,把死的东西排出去,把思想、观念、记忆,这些都是死的.你把它不断地排出去,不断地就是像我们⼀样.我们是不吸取死的东西,只是活的东西进来.那你永远都是在⼀个有活⼒的状态下.你是在⼀个有活⼒的状态下,你的⾁体它⾸先就不会呈现出⼀副死的样⼦,明⽩吗? 所以你们内在你们是知道你们被什么吸引.只是你们还不是呢么知道.所以我在这⾥的信息就是来帮助你们知道你们并不需要去惧怕你们⾝体的衰⽼.你们该更多惧怕的是什么? 是你们头脑⾥⾯塞满了…. 因为你们⽼年⼈会不断地不断地被⼀些…. 物质世界发⽣的⼀些事件会储存在他的记忆⾥⾯.⽐如说他被狗咬了⼀次,那他就永远不会去碰狗.

Continuously cleaning out the dead elements, eliminating thoughts, concepts, and memories - these are all dead things. You continually remove them, constantly like us. We do not absorb the dead; we only let in the living. Thus, you remain perpetually in a vibrant state. Being in such a state ensures that your body does not exhibit signs of decay first, right? Therefore, you inherently know what attracts you internally - you just might not be fully aware of it yet. That's why my message here is to assist you in realizing there's no need to fear aging in the physical body. What should you really be afraid of instead? The accumulation within your mind... As elderly people continuously encounter events in this material world that are stored in their memories, such as being bitten by a dog once and hence never wanting to approach dogs again.

呢个狗,呢个死的呢个记忆储存到他的脑⼦⾥⾯成了⼀个⽯头.因为他没有把它排除掉.那他下⼀次再被⼀个⿊⼈打了⼀巴掌,那他就又⼀个⽯头,他就讨厌⿊⼈.他不断地不断地把这些⽯头塞满在他的⾝体⾥⾯.他的⾝体他的头脑已经装不了其他东西了.你说我们出去骑⾃⾏车,出去散散步,出去划船.他会说NO,⾃⾏车太危险了.上⼀个星期我就被⾃⾏车撞了,他便不去了.那如果你跟⼀个⼩孩⼦说我们出去骑⾃⾏车,他会soexciting,他会充满了…. 因为他没有活在他的记忆⾥⾯,明⽩吗? 这就是⽼年⼈和⼩孩的区别.你们的⼩孩慢慢慢慢的也会变成你们所谓的⽼年⼈.因为你们不断不断地在把死的东西堵塞在你的⾝体⾥⾯.

That dog, that damned memory is stored in his brain as a stone because he didn't get rid of it. The next time a black man slaps him, another stone becomes embedded; he hates black people. He keeps filling himself with these stones, to the point where his body and mind can no longer accommodate anything else. When we suggest going for a bike ride or taking a walk, or even going boating, he refuses. Bicycles are too dangerous; I was hit by one last week, so he doesn't want to go out. But if you tell a child the same thing, they'd be excited, full of enthusiasm… because they don't live in their memories, understand? This is the difference between elderly and children. Your children will eventually become what you call old people as well, as you continuously stuff dead things into your bodies.

你想⼀下⽆论是⼀个多么漂亮的⾁体,你如果不不断地往⾥⾯塞死的东西,它会变成什么? 你就好像⼀个美丽的袋⼦,你不断地在往⾥⾯塞死的东西,不断不断的塞,不排除.你都动不了了,明⽩吗? 活的东西,就⽐如说⼀朵鲜花再怎么美,如果它死掉了,你们都不会觉得这个鲜花有吸引⼒.那如果鲜花它是鲜活的⼀个状态,你们会被鲜花迷住.它的⾹味,它的娇艳,明⽩吗?

You wonder what a beautifully fleshed body would turn into if you constantly stuffed it with dead things? You're like a beautiful bag; keep stuffing in dead stuff continuously without ever excluding anything. Eventually, you won't be able to move. Do you get it? With living things, no matter how beautifully a flower might be, if it dies, nobody finds the flower attractive anymore. But if that flower is lively and vibrant, people are captivated by its fragrance and beauty. Understand?

问: 那你们如何维持⾁体的活⼒?

Questioner: How do you maintain physical vitality?

22号: 就是不往⾥⾯塞死的东西.就好像刚刚跟你说的很清楚.我们不会建⽴在经验上⾯.就⽐如说我被蛇咬了,然后我就恐惧蛇.呢个恐怖的画⾯永远在我记忆⾥⾯.没有.

Number 22: It's not about stuffing oneself with dead things. Like what I just explained to you clearly, we won't build upon experience. For example, if I get bitten by a snake and then become afraid of snakes, that scary image will stay in my memory forever without any addition.

问: 那作为⼈类,我们怎么样可以更好的在不建⽴在经验上去经历每⼀刻?

Questioner: How can humans better experience each moment without relying on past experiences?

22号:你⾸先要知道你们建⽴在经验上⾯,这是你们整个⼈类需要去突破的⼀个点.因为你们所有的东西都是建⽴在经验之上,明⽩吗?那是因为你们对这个物质世界还不了解.因为你们还不知道这个物质世界运⾏的⽅式.你们觉得是时间⼀层⼀层的,就好像是⼀天⼀天的.就⽐如说昨天已经过去了.但是你要知道其实时间是像什么?是像你前⾯有⼀堵墙,墙上有很多柜⼦.然后每个柜⼦不同,你都可以进去.那如果是在这样⼦的情况下,你还会觉得柜⼦是⼀叠⼀叠的吗?所以时间对你们来说也是⼀个限制.就是你们对时间的⼀个观念对时间的⼀个理解也是限制了你们.你们觉得你们的⾁体是⼀天⼀天的这样⼦衰⽼.这都是你们⾃⼰的⼀个观念.

22nd: You must first understand that you base your existence on experience, this is a point that the entire human race needs to transcend because everything you have is built upon experience. Do you get it? This is due to your lack of understanding of this material world. Because you do not know how this physical universe operates. You believe time progresses layer by layer, just like day after day. For example, yesterday has passed. But you must realize what time actually is? It's like a wall in front of you with many cabinets. Each cabinet is different and you can enter each one. If it were the case that the cabinets are stacked on top of each other, would you still think of them as stacked? So time is also a limitation for you. Your conception and understanding of time limit you. You believe your physical body ages day by day, which is all just your own perception.

这些观念都是来供你们突破的,⽽不是来让你们⾃动去接纳,然后就这样过⽇⼦.

These ideas are meant to be transcended by you, not automatically accepted and then simply lived with.

问: 那作为⼀个知道并且也相信你所说的这些的个体⼈类来说,我们要怎么样在⽇常⽣活中去突破经验和时间带给我们的束缚,然后去体验⾃⼰真正想要体验的东西呢?

Questioner: How can an individual human being, who is aware of and believes in what you say, transcend the constraints imposed by experience and time in their daily life to experience what they truly want?

22号: 你要去知道⼀个东西怎么样去脱离它,你要知道你是被这个东西给困住的呀.那就像你之前你觉得你并没有被这个东西困住,你觉得呢个东西是你的⼀部分.这么说吧,我给你⾝上绑了⼀个绳⼦.你并没有觉得你的⾝上是被绳⼦绑住的.你⽣下来就⼀直有这个绳⼦,

22nd: To understand how something can be freed from its grasp, you must realize that it is what holds you captive. Like when you previously felt as if you were not held in place by this entity and saw it as part of yourself, imagine I have tied a rope around your body. You do not feel bound by the rope; instead, you've had this chain since birth.

从⼩就⼀直绑,绑到现在.它已经成了你的⼀部分了.那你现在来问我怎么样才能⾃由?那我说你⾝上有个绳⼦.那你才会,哦,原来我⾝上有个绳⼦.那你愿不愿意给它解开呢?因为你解开绳⼦的过程肯定是会产⽣不适的.你想象⼀下⼀直以来,你就想你们的⾝体,你坐在呢坐了两个⼩时.你如果要动⼀下你的腿会不会很⿇.你的腿已经⿇掉了,那你会疼.你疼⼀下,你马上就缩回去了.为什么?还是不动舒服点.然后你们都想保持在⼀个舒服的状态下.因为所有的改变,所有的成长都会带来不适感.但是你们会把呢种不适感当成是痛苦.然后你们会避免痛苦.所以你们也就避免了成长,避免了改变.你就想象⼀下你脚坐⿇了,你伸出来然后你又缩回去.

The Chinese text says:

"Since you were young and continue to this day; it has become a part of you. Now, asking me how to find freedom? There is a rope on you. Oh, I see there's a rope here too. Would you like to have it undone? Because the process of untying will be uncomfortable. Imagine sitting for two hours without moving your legs; they would start feeling numb. You'd immediately pull them back because even that slight discomfort feels worse than leaving them numb. Both of you prefer staying in comfort as change and growth often bring about discomfort which is mistaken for pain, avoided at all costs, thus preventing any real progress or transformation. Imagine sitting with your feet feeling numb and then pulling them back due to the same reason."

This text discusses the symbolic process of freeing oneself from constraints (represented by the metaphorical rope) through a personal narrative that implies the difficulty in breaking free from habits or limitations, akin to discomfort during recovery after being confined for too long. The narrative suggests that sometimes the resistance against change stems from fear of pain associated with it rather than actually experiencing the discomfort itself.

我继续这样吧,因为我会⿇的.你永远不要⾛路了.

I'll keep doing this, because I'm f\*cked. You will never walk again.

问: 请问你们也会有压⼒吗? 22号: 没有压⼒.

Questioner: Will you also have pressure? On number 22: No pressure.

问: 那你们有没有什么信息可以带给我们可以让⼈类更好的去处理压⼒呢?

Questioner: Well, do you have any information that could help us deal with stress better?

22号: ⾸先你们⾃⼰有压⼒是因为什么? 是因为你们头脑⾥⾯有⼀个固定的形象,你觉得事情应该是怎么样⼦? 或者是你们是不想要去体验不同的.就⽐如说,OK,怎么来形容你们的压⼒? 就⽐如说你明天又要付bill,我的房贷,我的车贷,我⼩孩的学费.然后你就开始焦虑,你就开始有压⼒,是吧?那是因为你们还在被物质世界捆绑,你们还在被⾦钱捆绑.但是我们已经不存在有⾦钱和物质世界捆绑的这种,明⽩吗?已经不存在在你们这样⼦的状态.因为这个只是在你们这个状态才能发⽣.那如果你们现在在这个状态,就是⾯对着在物质世界被捆绑的⼀个状态.你们怎么样才能handle,你们怎么样才能更好的去处理这种压⼒呢?

Number 22: First of all, why do you feel pressured? Is it because there is a fixed image in your mind about how things should be, or that you don't want to experience different situations? For example, how would you describe your pressure? Such as, tomorrow you have to pay the bill, my mortgage, my car payment, and my child's tuition. You start to worry and feel stressed, right? This is because you are still bound by the material world and money. But we no longer exist in a state where money and the material world bind us. Understandably, this only happens when you are in such a state. If you're currently in that state of being tied to the material world, how can you handle it? How can you better manage this pressure?

⾸先你要知道就是说你们的存在,你要肯定你的存在.你只要存在在这个世界上,你就是⽆条件的受到⽀持.如果你觉得你⼈⽣需要不断地付bill,不断地这样呢样才能存活下去.你也是受⽀持的.所以如果你觉得就是说我要创造我⾃⼰的世界,我知道我的激情在哪⾥.我不被物质世界捆绑.那OK,我便不会去因为我的害怕和担忧,因为没有地⽅住⽽去买房⼦,明⽩吗? 如果你是⼀种我所需要的⼀切它都会⾃动的呈现,在这样⼦的状态下.你便不会去把⼀些不属于的,因为恐惧和没有安全感,把⼀些东西抓到你的⾝上去.你要把这个东西抓你

Firstly, you need to understand that your existence is what matters and that you should affirm your presence. Regardless of where you are in this world, you are inherently supported. If you feel like you constantly have to pay bills or survive with such efforts, you still receive support. So, if you believe that you need to create your own world, knowing where your passion lies, not being tied to the physical world, then okay, I won't be afraid of my fears and anxieties because there's no place to live which would make me buy a house. Get it? If everything I need comes naturally in such a state, you wouldn't grasp onto things out of fear or lack of security, trying to secure them on your own body. You just have to get this thing right.

⾝上,呢个东西抓你⾝上,你肯定会产⽣压⼒的呀.因为你们物质世界会利⽤你们⼈类的⼀些恐惧,你要买医疗保险,你要买房⼦,你要买这个呢个才能让你安⼼.那当你真正的全部都买了过后,你安⼼吗?你还是不能安⼼.为什么?你要付这个付呢个.所以不断地买买买或者不断地拿来东西并不能解决你⼼⽬中的安全感的问题.这是需要有⼀定的认知才能呢个什么的.⽽不会就是不断地把你们社会上的观念拿过来.然后是这些让你们产⽣压⼒.那当你觉知到你⽣下来就受到,就像⼀棵植物它要成长,它受到了外界的⼀切⽀持.⼟壤、阳光、⽔分,所有的⼀切都在⽀持它成长.你也是⼀样.你的⽣命来到这个世界上,所有的⼀切都在⽀持你.

On your body, this thing touching you, you would definitely feel pressure, right? Because in your material world, they exploit some of your fears to make you buy things like health insurance or a house that will supposedly give you peace. But even after buying all of those, are you truly at ease? You still can't be. Why is that? You need to pay for these items too. So constant buying and acquiring doesn't solve the issue of security in your mind. This requires certain understanding and not just adopting societal norms that create pressure on you. Your life comes into this world supported by everything, like how a plant grows with the aid of soil, sunlight, water, and all other elements supporting its growth. You are no exception.

问: 最后想问⼀下你还有没有什么信息是要带给⼈类或者是要带给这个传递信息的⼥孩⼦的?

Questioner: Lastly, do you have any final information to convey to humanity or to this girl who is relaying the message?

22号: 你们要知道你们⾯临外在的所有的⼀切,这些都是来让你们突破⽽不是来让你们受到压迫的.因为你们会觉得,你看这个世界变得这么混乱,这么多疾病,这么多战争,没有办法.你们要知道你们永远永远都是⾃⼰把⼒量给了外在来让⾃⼰觉得没有办法的.就是你把你的⼒量给了政府,给了其他组织,然后让他们来控制你.那你要意识到这个,你⾸先要知道你的意识,你的⼒量是多么的强⼤.所以你们每个⼈要拿回⾃⼰的⼒量.⽽不是去觉得外界的⼀切都是来让你喘不过⽓.不是.外在的⼀切都是来让你推开的.那在你推的过程,你的肌⾁是不是变得强⼤?你们都会⽤⼤剂量的健⾝器材,才会让肌⾁得到成长.你想⼀下,你们也是这⼀个….

Number 22: You need to understand that all the things you are facing externally are here to help you break through and not to oppress you. Because you feel overwhelmed by the chaos of this world, the numerous diseases, wars, and feeling as if there is no way out. You must know that it is always your own power you give to the external that makes you feel helpless. You give your power to governments and other organizations, allowing them to control you. You need to be aware of this; first, you must understand how strong your consciousness and your power truly are. Therefore, each one of you needs to take back your power instead of feeling as if everything from the outside is making it hard for you to breathe. No, everything externally is meant to help you push forward. When you do push forward, does your muscle grow stronger? You often use large amounts of gym equipment to achieve this growth. Consider that this is also true for you...

那外在的⼀切是来让你突破,你就在通过这个过程来展现你⽣命的⼒量,来展现你⽣命的意义.所以外在的所有⼀切并不是来压迫你,⽽是来供你成长和突破的.⽽且这⾥所谓的外在你如果真的感受到吃⼒,也是你⾃⼰的⼒量.你需要把你的⼒量放在了其他地⽅,⽽不放在来压迫你⾃⼰.

Everything external is meant to push you and enable you to demonstrate the power and significance of your life by overcoming challenges. Therefore, all that happens externally does not seek to oppress you but instead serves as a tool for your growth and breakthrough. If you feel strain from this external environment, it also reflects an aspect of your own strength; you might be directing your energy elsewhere rather than using it to push yourself forward.

# **2023/01/19 - 连接地外⽂明22号之地球上的婚姻Connecting with Extraterrestrial Civilization 22 on Earthly Marriage**

22号: 你说吧,什么问题?

22nd: Go on, what's your question?

问: 我知道⾃⼰是在⼀个向上的过程.我也在体验到越来越多的同步性.但是为什么我也同时感到周围的⼀切好像都有在分崩离析的感觉?

Questioner: I know that I am in an upward process, and experiencing more synchronicity than ever before. But why do I also feel like everything around me is falling apart?

22号:这么说吧,⽐如说你们⼩学毕业有⼀套考试的题,它会难倒你⼩学的时候.那你⾼中的时候你就不⽤做题了吗?你就没有难题了吗?那你⼤学了,你继续在读⼤学.你说我⼀直在向上啊,怎么⼤学还是有这么多难题?读完⼤学你还会有难题.读完博⼠你毕业了,你在社会上还是遇到难题.那你说我上学都上完了,怎么还会有难题呢?所以这并不是说我现在向上什么都好,然后就不会遇到某⼀些事情,明⽩吗?因为某⼀些事情的显现之所以是事情是你的意识程度,然后在呢⾥还有⼀个就好像是卡点,还有⼀个需要被你看到的.这么说吧,就好像你是纯净⽔,你不断地在净化⾃⼰,是吧?那不断地净化⾃⼰,你就好像有⼀个过滤的.

22: Let me explain it this way, for example, when you were in primary school and had a set of test questions that could stump you back then. Do you think you no longer have to do those kinds of problems during middle or high school? Do you believe there are no more difficult problems at all? Even after college, as you continue with your university studies, do you say I'm just improving continuously and still find so many challenges in my education? After graduating from college and finishing your doctoral degree, you still encounter difficulties in society. So, how is it that even after completing all levels of schooling, there are still problems to deal with? It's not simply because everything is going well now that I'm progressing, but certain challenges do emerge due to the level of awareness, or 'thresholds', requiring recognition and understanding. Imagine you're pure water constantly purifying yourself. As you continuously purify yourself, it's as if there are filters for you to pass through in order to progress.

那当你内在还存在⼀些杂质的时候,你通过呢个过滤的,是不是就可以被你看到?那所谓的问题,实际上没有任何问题,它之所以是个问题是因为你内在还有⼀套信念系统或者还有⼀些是需要被你notice,是需要被你看到需要被你过滤,它被当成问题过滤出来被你看到.所以你就会觉得呢是个问题.

When there are still some impurities within you, can those be filtered out through which you see them? The so-called problem actually has no real issue; it's considered a problem because there is still a belief system or something within you that needs to be noticed, seen, and filtered. This thing gets filtered as a problem for you to see. Hence, you perceive it as a problem.

问: 🗎,我明⽩了.那现在没有被我看到的已经被我过滤出来的问题是什么,这些你能有⼀些信息告诉我吗?

Questioner: You see, I understand. So, what are the issues that have been filtered out by me and not seen by me, can you provide some information about these?

22号: 也就是说你头脑⾥⾯会有⼀套固有的标准.⽐如说这件事情应该怎么样⼦,我的理想⼈⽣应该怎么样⼦,明⽩吗? 那如果你没有这⼀套,因为你的头脑是不知道你的⼈⽣应该怎么样.它不知道任何.那如果你持有,就觉得我的头脑知道所有的⼀切.那头脑还有⼀个如果事情美好应该是什么样⼦.你看别⼈都是关系呢么好,朋友呢么多,家庭呢么幸福,明⽩吗? 你会把别⼈的⽣活或者是你看着别⼈觉得好的东西当成是⾃⼰的标准.然后当你形成了⼀个标准,那你遇到的现实⽣活中如果没有符合你的标准你就开始产⽣这些问题,为什么会这样为什么会呢样.

Number 22: That means there's a set of standards already in your mind. Like how this thing should be, and what my ideal life should look like, do you get it? But if you don't have that, because your mind doesn't know what your life should be like; it doesn't know anything. If you hold onto that idea, you think your mind knows everything. And then your mind also has the notion of how things should be when they are good. You see everyone else's relationships as so great, with lots of friends, a happy family, do you understand? You take other people's lives or what you perceive as their good things and use them as standards for yourself. Then, once you set up these standards, if you start facing realities in your life that don't meet your standards, you begin to question why it is this way, and why it happens like this.

问: 你们是如何组成家庭,有爱情和婚姻吗?

Questioner: How do you form a family, with love and marriage?

22号: 我们是如何组成家庭? 有没有爱情和婚姻? ⾸先这么说我们所有的所有的,就好像是个⼤家庭.你们是组成了很多⼩家庭,但是你们连很⼩的⼩家庭都处理不好.就是所有的关系,不断地有问题,都处理不好.所以你的⼤家庭也团结不了,也是存在⼀个分裂的现象.所以我们是⼀个整个,⼀个整体,⼀个⼤家庭.

On the 22nd: How do we form families? Are there love and marriage involved? Firstly, it's like a big family for all of us. You are forming many small families, but you can't even handle these tiny little families properly. All your relationships are constantly having issues that you cannot resolve. As such, the big family cannot unite either; there is also a split phenomenon present. Therefore, we form one whole, one complete unit, which is essentially this big family.

问: 那你们是如何看待地球⼈的婚姻关系的呢?

Questioner: And how do you perceive the human marital relationship on Earth?

22号: ⾸先你们组成婚姻是什么⽬的? 你们组成婚姻是为了稳定、安全.你们之所以要⽤⼀张纸或者是⽤法律来保护婚姻,因为你知道想要通过外在的⼿段来想要让婚姻变得稳定.但是你们这么多年,你们看到了呢张纸真的可以让你们的婚姻变得稳定吗? 明⽩吗? 即使是皇室的婚姻都不可能通过呢张纸,全世界都知道你们是皇室的⼈,⽽变得稳定,对吧? 那你们通过这么多年,你应该可以看到你们如果是想要通过外在的法律或者是呢⼀张纸来保证婚姻的稳定的话,是不可能的.明⽩吗? 那怎么样才可以达到你们所追求的所谓的稳定的状态呢?就是你想⼀下如果你⼀只脚才在钢丝线上你站不稳.那你觉得你拉⼀个⼈来和你⼀起踩在钢丝线上你就能站稳了?

22: Firstly, what is the purpose of forming a marriage? You form marriages for stability and security. You use paper or laws to protect marriages because you want to use external means to make your marriage stable. But over all these years, have you seen if that piece of paper really makes your marriage stable? Understand? Even royal marriages can't be stabilized through this piece of paper; everyone knows who you are and yet it doesn't stabilize it, right? So after all these years, you should understand that trying to guarantee marital stability through external laws or a piece of paper is impossible. Understand? Then how can you achieve the sought-after state of stability? Think about if you're standing on a tightrope with one foot; you won't be able to stand still. Do you think bringing someone else onto the tightrope will make it easier for both of you to stand stable?

你们双⽅还是⼀样的站不稳,明⽩吗? 那如果你本⾝就是⼀个专业的杂技演员.你⼀只脚站在钢丝上能稳稳地,对吧? 那就算对⽅不稳,但是你⾮常稳,你还可以稳住对⽅,明⽩吗? 所以你从这个信息你就可以看到,婚姻稳定不稳定是从哪⾥出发.

You two are still equally unsteady, right? If you were a professional acrobat yourself, could you stand steadily on a tightrope, yes? Even if the other person is unstable, but you are very stable and can stabilize the other person, do you understand? Therefore, from this information, you can see that marital stability stems from where.

问: 那请问你还有没有什么别的建议可以给到现在正在婚姻当中的⼈类?

Questioner: If so, what other advice would you have for humans currently in the midst of their marriages?

22号:也就是说像刚才带给你的信息,你的头脑它并不知道你的婚姻它是以什么⽅式显现或者存在.在你的头脑⾥⾯或许有⼀个固定的模式,婚姻应该这样,婚姻应该呢样或者是夫妻关系应该做到这样应该做到呢样.不然的话就不是夫妻关系,明⽩吗?也就是说你需要放下你头脑⾥⾯有⼀个固定的⼀个picture来让你觉得它应该是什么样⼦.因为你的头脑它并不知道.那如何….⽐如说你的头脑⾥⾯有⼀些关于婚姻的执念或者对婚姻的⼀些概念.那如果你持有这些的话,你就容易把⽣活中的琐事或者把对⽅的⼀些好像是来对答案对标准题⼀样.他这个也没有答对,错了,你看.但是你们的标准答案不应该是社会给你们的,也不应该是你们头脑⾥⾯持有的.

Number 22: In other words, your mind doesn't know how your marriage manifests or exists. Perhaps there's a fixed pattern in your mind that dictates what marriage should be like, or how it should function and behave. Otherwise, it wouldn't qualify as a marital relationship, right? This means you need to let go of the idea that there is a specific picture of marriage that you believe it should resemble, because your mind doesn't inherently know this. How can you... For example, if there are certain beliefs or concepts about marriage in your mind, holding onto these could lead to easily judging everyday life events or assessing others as if they were answering questions with standards for what is right or wrong. They're not getting it right, they're wrong, see? But your standard answers shouldn't be society's or the ones you hold within your own mind.

你们唯⼀的标准答案就是爱.当你完完全全的,你⾃⼰就是完完全全在爱中,它不会有任何问题出现.只有你没有在爱中,你才会像我刚才说的⼀样,有⼀个过滤的⾃⼰显现出来.呢个是你内在本⾝就是需要去净化和需要被你去看到的⼀些.就⽐如说我刚才说你们有⼀个观念,就是社会上的婚姻是这样⼦,那你们就要这样⼦.那如果没有呢样⼦,那就不⾏.那你这就是把你们的婚姻放在了头脑⾥⾯,放在了社会的集体意识⾥⾯,⽽失去了最重要的.最重要的是什么? 最重要的是婚姻当中的呢个对象和和你在⼀起的呢个⼈.

Your sole benchmark is love. When you are completely yourself, you are entirely in love, and there will be no issues. The only problem arises when you are not in love, which is why, as I mentioned earlier, a filtered version of yourself manifests. That is what needs to be purified and seen within you. For instance, if I just now said that your conception of marriage in society should be this way, then you must adhere to it. If there isn't such a way, then it's不行. You are placing your marriage in the mind, within societal collective consciousness, rather than focusing on what truly matters. What is most important? The most crucial aspect is the entity within the marriage and the person with whom you are together.

如果你忽略了⼈,⽽只谈概念的话… 这就是为什么⽬前你们⽆论是⽤法律还是⽤什么其他的政策,为什么还是有不断地不断地社会的⼀些纷乱或者混乱或者犯法,还会有这些事情发⽣.因为你们都是在⼀个⼀个的对答案,按照死的标准,⽽忽略了最重要的,就是⼈的本⾝.

If you focus only on concepts and ignore people... this is why there are still continuous social disruptions or chaos or lawbreaking happening, regardless of whether you use laws or any other policies. The reason for this continues to occur is because everyone is focusing on the answers, adhering to rigid standards, while neglecting the most important aspect: the essence of human beings.

问: 那⼈类有没有可能像你们的意识程度⼀样去体验地球上的物质实相?

Questioner: Could humans experience the material reality of Earth to the same extent as your level of consciousness?

22号: 你说思想层⾯,就像我们的思想? 你们就可以.你们现在⾃⼰就是在呢条路上.你们不断地,就好像你们是⼩朋友,来让我跟你们讲道理.那我跟你讲明⽩了,你是不是就懂了.你以后就会按照这个道理去⽣活了.所以你不能对着⼀个⼩朋友来说,⼩朋友来问你我长⼤后会不会像你⼀样? 你怎么跟他说? 你只会超越我.

Number 22: When it comes to thinking levels, like our thoughts? You can do that too. You are on this path now. You keep trying to explain things to me as if I am a child. If I explain clearly, will you understand? Then, in the future, you will live according to these principles. So, you cannot ask a child if they will be like an adult when they grow up and say that they are inferior. How would you answer them? You will surpass me.

问: 你们如何看待地球上两性关系的排他性?

Questioner: How do you view the exclusivity of sexual relationships on Earth?

22号: 男⼥关系在爱情当中对其他的排他性是吗? ⾸先你要知道真正的就是在爱中,你是不需要去排任何.因为你们就好像是两个光圈,然后合在⼀起变成了⼀个光.那如果当你只是⼀个光,你如何排它呢? 因为你们都是在光中.你就好像你想象⼀下,旁边是星星,这边是⽉亮.然后星星进⼊了⽉亮,就没有星星了,只有⼀个⽉亮的存在了,明⽩吗? 那你的光是照亮了别⼈的.那只有你们没有在爱的时候,你没有在爱的时候是什么时候? 是在头脑⾥的时候.那你就是没有在爱中,你在头脑⾥的时候,那你们已经就是两个光圈了,你们已经就是在排斥彼此了,明⽩吗? 你已经跳出这个光圈当中,你们已经不是合⼀的状态.你已经是你是你,我是我.

On February 22nd: In the context of love, is exclusivity towards others related to gender roles? First, you need to understand that in true love, there's no need for exclusion because you are like two light bulbs that merge into one when together. If you're just a single light bulb, how can you exclude anything? Since both of you are within the light. Imagine this: beside is stars, here is the moon. Then, if the stars enter the moon, there would be no more stars; only the existence of the moon remains, do you get it? Your light illuminates others. But when you're not in love, meaning during your thinking process (in your head), that's when you're not in love. You are then outside of this loving state, with you being separate from each other as two light bulbs already pushing against each other, understand? You have left the merged state, and it's clear that you are no longer united. You are now 'I', and I am 'me'.

那如果你是你,我是我.你们彼此都在排斥的话,那跟排外⾯有什么区别呢? 你已经把对⽅推倒你的光晕外⾯去了,明⽩吗? 所以你就可以看到是什么导致了你没有在光当中,没有在这个光晕当中,⽽是彼此脱离了.

If you were in my position and I was in yours, if we both repelled each other, wouldn't that be just as discriminatory as excluding someone? You've pushed the other person outside of your aura, right? So you can see what caused you to not be within the light, not within this aura, but rather to be separated from each other.

问: ⼈类会逐渐脱离⾦钱吗?

Questioner: Will humans gradually move away from money?

22号:你们已经在意识到⾦钱对于你们的⼀个,怎么说,⾸先⾦钱并不是⼀个坏的事情,你不要把⾦钱当成是⼀个邪恶的.为什么呢?因为它可以帮助你在这个世界上扩展你的体验.那任何能帮助你扩展体验的都是⼀些好事.你应该问⼈类可以如何脱离⾦钱带来的负⾯影响?因为⼀个东西就好像⼀把⼑,它既能为你开天辟地也能伤到你.你只是需要去学会如何安全的使⽤这把⼑.所以你们是需要对⾦钱有⼀个正确的认知.你们要么就是说这个⼑伤⼈我不要它,要么拿过来不知道怎么⽤它,⽼切到⼿.只是说需要跟⾦钱建⽴⼀种….你们来到这个地球上⾸先就是需要不断地扩展,扩展你们的经验.那⾦钱是其中⼀个帮助你们扩展经验的⼯具.

Number 22: You have already recognized that money for one, in what way is not a bad thing, you should not view money as evil. Why? Because it can help you expand your experience in this world. Anything that helps you expand your experience are good things. You should ask how humans can get out of the negative effects brought by money? Because something is like a knife, it can both open up to you and hurt you. You just need to learn how to use this knife safely. So you do need to have a right understanding of money. Either you say that I don't want this knife because it hurts people or you take the knife without knowing how to use it and keep cutting your hand. It's just that you need to establish a relationship with money…. When you come to this earth, you first need to constantly expand, expanding your experience. Money is one of the tools helping you expand your experience.

所以你只需要去学习好如何去使⽤这个⼯具来帮助你,⽽不是说让这个⼯具来伤害你.那如何使⽤好这个⼯具?你⾸先要知道它是来帮你的⽽不是来害你的,对吧?要不然的话,你就会对它充满了恐惧和排斥.

So all you need to do is learn how to use this tool to help you, rather than let it harm you. How can you use the tool well? First, you should understand that it is there to assist you, not to cause harm, right? Otherwise, you will be filled with fear and rejection of it.

问: 地球上有个说法是地球监狱说,你们是怎么看待地球监狱说?

Questioner: There's a saying on Earth that it is like a prison. What do you think about this "Earth Prison" concept?

22号: 这么说吧,你们学校⾥⾯你们都会去上学对吧? 你们上学都在教室⾥⾯,对吧? 那你们学习的时候呢些古代⼈看到,哇,他们这个是⼀个监狱啊.要按时去上课,要按时去下课.然后又被叫进去了.这个学⽣做错了,⽼师还会打他.这就是个监狱啊.明⽩吗? 呢个⼈因为他不知道这个制度,在他眼⾥你们的教室就是⼀所监狱,明⽩吗? 那他怎么知道你们是付了费才进去这个学校的? 他怎么知道这个学校可以培养出来很多很多⾮常厉害的⼤师,明⽩吗? 他怎么知道学⽣在受体罚的时候也是在学习,就是把他的attention抓过来是⽼师在帮助他成长的⼀个过程? 但是呢个原始⼈来看到你们教室这样⼦,他只看到….

22nd: Let me put it this way, do you all go to school in your school? Do you study inside classrooms, yes? Now when these ancient people see that, oh wow, this is like a prison. They have to attend class on time and leave class on time. Then they are called back into the classroom again. When students make mistakes, teachers will punish them too. This is like a prison, understand? That person thinks that because he doesn't know about your system, their classrooms feel like prisons, understand? But how does he know that you pay to enter this school? How does he know that this school can produce many great masters? Understand? And how does he know that students are learning when they're being physically punished, it's actually helping them grow by capturing their attention? But from an original person's perspective looking at your classrooms like this, all they see...

他说的有⿐⼦有眼的,就是个监狱.你看呢些⼈脸上闷闷不乐的又不开⼼.⼀会⼉出去放风,⼀会⼉又进去.

He said that what someone with a nose and eyes is referring to as a prison. Just look at those gloomy faces that are not happy. They go out for fresh air for a while, then back in again.

问: 但是还有⼀个说法是灵魂是被催眠…22号:⾸先这些需要来到地球上的灵魂都是它们⾃⼰选择的.因为它们还有⼀个课题没有被突破.它们还想要去继续突破.就⽐如说我踩了⼀下别⼈的脚,我不知道被踩是什么感觉.但是我今天踩了别⼈的脚,我也想体验⼀下被别⼈踩是什么感觉,明⽩吗?因为所有的体验都要被体验.那当你所有的体验都体验过来,你是不是就能对所有的不能有任何评判?那如果你现在没有去体验所有的,你就会评判⼀个,⽐如说妓⼥.你会评判她⽤⾝⼦还钱,是吧?那当你评判她的时候,你下⼀世就会做⼀个妓⼥.为什么呢?因为呢是你没有体验到的.这个需要被你体验.因为当你体验过后,你便不会评判她,因为你⾃⼰做过妓⼥.

Questioner: But there's another theory suggesting that souls are being hypnotized... Number 22: First of all, these souls who have chosen to come to Earth have done so because they still have a challenge to overcome. They wish to continue pushing their boundaries further. For instance, if I accidentally stepped on someone's foot and didn't know how it felt, but today when I did step on someone else's foot, I wanted to experience what it would be like being stepped on by others. Understand? All experiences must be experienced. When you've experienced everything, can you make no judgments about anything? If you haven't experienced all of them yet, you might judge someone such as a prostitute, saying she pays with her body for money, right? But when you judge her, in your next life, you'll become a prostitute. Why is that? Because it's something you haven't experienced yourself. This needs to be experienced by you. For when you've experienced this aspect, you won't judge her anymore, as you too have been a prostitute.

你知道呢种⽪笑⾁不笑,你知道呢种被迫⽆奈.所以你不会去轻易评判她,你能理解她.你就是她.

You know that kind of fake smile, you know that sense of being trapped and helpless. So you wouldn't lightly judge her, you can understand her. You are her.

问: 但是当我们评判的时候是因为我们还在受物质头脑的影响.但当我们是灵魂状态的时候是不是就不会评判.那我们如果是以还在⾁体⾥⾯受到头脑影响所做出的评判⽽影响到我们下⼀次的选择,那这样算是公平吗?

Questioner: But when we judge is because we are still influenced by the material mind. But when we are in a soul state, would we not be judging? If our judgments made under the influence of the mind while being inside the body affect our choices for the next time, isn't this considered fair?

22号: 这⾥没有公平与否.这不是说别⼈来给你创造⼀个,你必须要按照这个.⽽是说意识的本⾝它需要不同的体验来扩展… (中断)

Number 22: There is no question of fairness here. It's not that someone else comes to create this for you and you have to play by the rules. Rather, consciousness itself needs different experiences to expand... (interrupted)

# **2023/01/20 - 传讯⾼维信息集会之连接成吉思汗Communication with the High-Dimensional Information Gathering Group Connection to Genghis Khan**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 请问我的⾼我和指导灵有没有什么信息给我?

Questioner: Could you ask my high self and guiding spirit if they have any messages for me?

JO: 你稍等.不需要去担忧或者是担⼼或者是控制或者是操⼼任何事情,只是去百分之百的投⼊到你⾃⼰所激情的事情上⾯去.所有的⼀切,你的激情就像⼀把⽕⼀样,然后呢些你所担⼼的东西就像草⼀样,你的激情的⽕会把所有的草给燃烧掉.所以呢些草不会对你造成任何影响.

JO: Wait a moment. There is no need to worry about or concern yourself with anything; just wholeheartedly immerse yourself in the things that you are passionate about. Everything, your passion is like a fire, and those things you may be concerned about are like grass. Your passionate fire will burn all of the grass away. Therefore, these concerns will not have any impact on you.

问: 我⾃⼰的最后⼀个问题是我在梦⾥会⽐较易怒,会为了⾃⼰的权益争取到底.请问这⾥有没有什么信息要给到我的吗?

Questioner: My last question for myself is that I tend to be more irritable in my dreams and will fight for my rights until the end. Could you provide me with any information about this?

JO: 这个问题是你所想要去花时间和精⼒去了解的吗?问: 也不是,就突然想到了.

JO: Is this a topic you want to spend time and effort exploring? Questioner: No, it just came to my mind randomly.

JO: 那你就不需要把你的时间和精⼒还有你的脑细胞花在这个问题上⾯.因为它对你来说不是你⾃⼰激情的地⽅.就像刚才跟你说的什么其它,什么任何你都不需要去管.只需要把你的精⼒百分之百的放在你激情的地⽅.

JO: So you don't need to spend your time, energy, and brain cells on this issue because it's not a passion point for you. Like what I just said about everything else, anything doesn't require your attention. Just focus 100% of your energy on the things that点燃your passion.

问: 好的,谢谢.请问⼈类都在试图找到真相,这个真相到底是什么呢?

Questioner: Alright, thank you. What exactly is the truth that humans are trying to find?

JO:这么说吧,你们有的像是迷路的孩⼦,你知道你的家不在这⾥,你想要找到回家的路.所以说你们都知道,然后都在试图去找到回家的路.就是⼀个让你能百分之百的感受到安定、安全感、安稳、平和就是relax放松的⼀个状态.所以你们内在好像都知道这个停留在原地的地⽅不是你们的归属地.所以你们都会不断地去寻找像是这样⼦.那呢个寻找是什么呢?寻找就是去明⽩、去理解,就好像你是个⼩孩⼦⼀样,然后你还不明⽩很多事情,所以你就不断地想要去问到底是为什么.你观察呢些⼩孩⼦,他们似懂⾮懂的时候,他们就会有很多问题.然后你们现在也是,似懂⾮懂的时候,你们便会产⽣很多问题在你们的头脑⾥⾯.但是这些是⾮常好的.

JO: Let me put it this way, you're like lost children who know that your home isn't here and are trying to find their way back. So all of you know this, and you're all trying to find the path back. It's a state where you can feel absolute peace, safety, stability, tranquility, which allows for relaxation and ease. You intuitively understand that the place you've been residing in isn't your true home. Therefore, you constantly seek such states. The search is about understanding and comprehending, just like when you're a child who doesn't fully grasp many things, so you continuously ask why. Observing those children when they're uncertain leads them to have many questions, similar to what you are experiencing now as you navigate through your uncertainties in the mind. But these are highly beneficial processes.

因为它会带领着你不断地不断地去探索,去探索⽣命的真相,去探索关于你们⾃⼰.

Because it will constantly lead you to explore, to uncover the truth of life, and to discover about yourselves.

问: 我们像问⼀下像我们的地外⽂明朋友22号,他们有什么功能是超越⼈类的吗?

Questioner: Are there any functions they have that surpass human capabilities, like asking our extraterrestrial文明friend number 22?

22号:⾸先我现在告诉你,我是22号的能量进来来回答你的问题.你问我们有什么能⼒是超过你们⼈类的是吗?我们超过你们的能⼒就是说你们的⼒量是分裂的.这么说吧,你想⼀下你们有⼀个拔河的⽐赛.我们是所有⼈都齐⼼协⼒的朝⼀个⽅向.然后你们每⼀个⼈都是朝不同的⽅向.你们的⼒量没有集中在⼀起.所以你们便没有⼒量.那我们的⼒量是所有的集中在⼀起,那它就形成了强⼤的⼒量.⼀个单⼀的⼒量和⼀个强⼤的能量之间的区别是什么? 就是你所闻的问题.

22nd: First of all, let me tell you that I am the energy from the 22nd hour coming in to answer your questions. Are there any abilities we have that surpass yours as humans? Our ability is that your strength is divided. To put it this way, imagine a tug-of-war competition. We are everyone pulling together in the same direction. Meanwhile, each of you pulls in different directions. Your strength isn't focused on one thing. So, you don't have any power. But our power is all concentrated together, forming a strong force. What's the difference between a single force and a powerful energy? It's essentially the question you've heard about.

问: 那你们的物质⾁体还需要运动健⾝来让它保持更好的活⼒吗?

Questioner: Would you need to exercise and maintain your physical bodies for better vitality?

22号: 你要知道运动和健⾝本⾝就好像是…. 这么说,之前我们说⽓球.那如果它⾥⾯充满了⽓,它⾃然⽽然是⼀个飘起来的状态.那如果它⾥⾯没有⽓,它⾃然⽽然是⽆⼒的,它是瘫软的⼀个状态.就好像是瘫痪的状态,明⽩吗? 那对于你们来说,运动和健⾝就好像是充满⽓的⽓球⼀样.那如果我们本⾝就⼀直在这样的状态,那我们就不需要去逼⾃⼰动起来.为什么? 因为我们总是在动的⼀个状态,明⽩吗?

On the 22nd: You need to understand that exercise and fitness are essentially like... This means that when we were talking about balloons earlier. If it's full of air inside, then naturally it would be in a state of floating. But if there is no air inside, it naturally becomes weak and limp, in a collapsed state. Just like being paralyzed, do you understand? So for all of you, exercise and fitness are like balloons filled with air. If we were always in this state, then there would be no need to force ourselves to move around. Why? Because we're constantly moving, do you understand?

问: 那能不能请你们⽤地外⽂明的视⾓再给我们解读⼀遍我们⼈类试图寻找的真相到底是什么呢?

Questioner: Could you, please, interpret for us again what we humans are trying to uncover with a perspective from extraterrestrial civilizations?

22号: ⼈类⼀直试图在寻找的真相就是关于他⾃⼰到底是谁.因为你们通过物质世界的⼀切已经去知道你不只是你的⼀个⾁体.因为即使当你的⾁体被各种照顾的很好,你的内在还是会有⼀种就是没有被满⾜的欲望.它可以展现在你们的各个⽅⾯.你可以去通过观察你们社会的现象,你就可以看到.所以已经不只是让你吃饱睡好,每天有不同的好吃的,或者是有很多钱你就可以去停⽌了.所以在你们内在有⼀股不断地不断地想要去扩展想要去探索想要更多的体验.但是你要知道所谓的真相也并不是说我们告诉你⼏句你们就能理解.因为你们⾃⼰是独⼀⽆⼆的感受体.你需要通过你⾃⼰去体验和感悟.

Number 22: The truth that humans have always been seeking is about who they really are, because through everything in the material world, you have come to know that you are not just your physical body. Because even when your body is well taken care of, there's still an unfulfilled desire inside, which can manifest in various ways across all aspects of your life. You can observe this phenomenon by looking at societal phenomena. Therefore, it's not just about making sure you eat and sleep well every day with different delicious meals or having a lot of money to stop there. There is an underlying drive within you that wants to expand, explore, and experience more. But you must understand that the so-called truth is not something we can simply tell you; because you are unique in your own feelings. You need to experience and perceive through yourself.

Number 22: The truth that humans have been constantly seeking is about their identity as individuals. Through all experiences within the material world, they have realized that they are more than just physical beings. Even when their bodies are well-cared-for, there's an underlying dissatisfaction or unfulfilled desire that manifests in various aspects of their lives. This can be observed by examining societal phenomena. It's not merely about ensuring you have adequate nutrition and rest or a sufficient financial supply; it goes beyond these basic necessities. There is an innate drive within each person to seek further expansion, exploration, and deeper experiences. However, it's important to acknowledge that the notion of truth isn't something we can impart through simple words; as individuals with unique personal feelings, you must experience and perceive reality for yourself.

就⽐如说你说你是⼀棵植物或者你是⼀个壁虎,你需要你⾃⼰爬上墙壁.或者你是⼀棵植物,你需要⾃⼰爬上呢个墙壁或者是树⼲.⽽不是说我告诉这棵植物爬上树⼲的体验是什么.因为这个不是你独⼀⽆为的体验.这个必须是你⾃⼰独⼀⽆⼆的体验.

Just like when you say you are a plant or a gecko, you need to get yourself up on the wall. Or if you're a plant, you need to get yourself up onto that wall or tree trunk. Not what it's like for me telling this plant about climbing the tree trunk experience because this isn't your unique experience; it must be your own unique experience.

问: 请问我们能否邀请⼀下成吉思汗?

Questioner: May we invite Genghis Khan?

JO: 你稍等.

JO: Wait a moment.

成吉思汗: 你问吧什么问题?

Genghis Khan: Ask me whatever question you have.

问: 我们想问⼀下请问以你的视⾓,请问你如何看待现在⼈类世界正在发⽣的俄乌战争?

Questioner: We would like to ask you, from your perspective, how do you view the ongoing conflict between Russia and Ukraine in the current human world?

成吉思汗: 你想要让我来谈⼀谈关于你们⽬前世界上发⽣的⼀个战争? ⾸先你要知道我们呢会⼉发⽣的战争是我们的每⼀个⼠兵他愿意,是他的意愿,是他们每⼀个⼠兵⾃⼰的意愿,想要去展现⼒量展现⽣命的⼒量.⽽不是被迫的.因为你们的这次战争所有的都是被迫的.就是⼀个是⾃⼰的车⼦它的汽油开着往前⾛,⼀个是空的车⼦要被⼈推着⾛.是两种不同的状态.⼀个是⾃⼰,⼀个是外在的⼒量.然后被推着⾛是什么? 是因为后⾯的⼀群⼈他们熙熙攘攘,他们想要他们的呢股⼒量在push这个车往前⾛.这完全是不⼀样的⼀个状态.然后你们⾃⼰需要去看到看清楚到底是什么⼒量在迫使这场战争的发⽣,明⽩吗?

Genghis Khan: Are you asking me to discuss the war happening in your world? First, let's clarify that our upcoming conflict is entirely voluntary for every soldier involved, stemming from their own desire to showcase strength and vitality, not out of compulsion. Unlike the wars you are referring to, which are all forced upon them. Imagine driving a car with its petrol on (where it moves freely) versus being forced to push an empty vehicle forward (which is being pulled by a group of people wanting to exert their force). These represent two distinct states: one driven internally and the other externally coerced. Being pushed is because there's pressure from behind, a large crowd trying to propel the car forward with their force. This situation couldn't be more different.

Now, you need to understand what force is driving this war into existence and comprehend that distinction.

问: 那到底是什么⼒量在迫使这场战争的发⽣呢?

The question is: What force is driving this war?

成吉思汗: 什么⼒量在让这场战争发⽣? 它⾥⾯有⾮常多的,但是总体来说就是因为你们还不理解,你们还在成长.你们还在打打杀杀是因为你们还不知道你们彼此都是以家⼈.那当你如果知道了你们只是需要去认识到,就好像刚才地外⽂明传的信息,他们的⼒量是所有⼈都在⼀个⽅向,所有⼈都是⼀起,齐⼼协⼒的.⽽你们的⼒量是分散的,单⼀的,明⽩吗?

Genghis Khan: What force is causing this war to occur? There are many factors involved, but overall, it's because you still don't understand and are still growing. You're fighting each other because you don't know that you all are families. When you realize that, as with the information just transmitted by extraterrestrial civilizations, their power lies in everyone moving in the same direction, together, unitedly. Your power is fragmented, singular, do you see?

问: 因为你作为成吉思汗呢⼀世曾经也发动过很多战争,那你对于⽬前的俄乌战争有什么建议吗?

Questioner: Since you have initiated many wars as Genghis Khan I, do you have any advice on the current Russian-Ukrainian war?

成吉思汗: ⾸先你有⼀个误导就是你觉得战争是我发动的.这并不是我发动的,⽽是说当时的⼀个能量状态.呢个能量状态,就好像这么说,你们春天要来了,你不能去阻碍所有的⽣命开始复苏,所有的草要开始出来,所有的花要开始盛开.你能阻碍吗? 那你不能说是这个⼈导致了所有的草冒出来,这个⼈导致了所有的花盛开,明⽩吗? 所以只是在你们⾃⼰的⼀个认知⾥⾯,你觉得先开花的就是⼀个带头的.是它让所有的花开了,明⽩吗?

Genghis Khan: The first misunderstanding you have is that you think the war was launched by me. This wasn't initiated by me but rather by an energetic state of the time. That energetic state was akin to saying, springtime is coming; you cannot hinder all life's beginning of revival, the emergence of all grasses and flowers in full bloom. Could you stop it? You couldn't say that one person caused all the grass to sprout or that this individual made all the flowers blossom, right? So, from your own perspective, you might perceive that the first flower to open is leading the way; it's the one that blooms everything else, do you understand?

问: 那请问你有什么建议可以给到俄乌战争呢?

Questioner: Could you then provide some suggestions regarding the Russian-Ukrainian war?

成吉思汗:你们是需要提升你们⾃⼰的意识,就好像你们现在在问问题.你们还不明⽩,你可能就会跟你的兄弟姐妹去争,跟他去打架.为什么?因为你们都想争⼀个东西.但是如果你能明⽩呢⼀个东西它根本就不是⼀个东西,就是它根本就不是呢么宝贝.然后呢,它会很快就腐烂掉,它会坏掉.这么说吧,你们都在争,就是所有的你争我⽃的来抢⼀个包⼦.然后你们觉得离开这个包⼦你们就会死掉,离开这个包⼦你们就不能吃到美味.但是实际上,等你们抢到⼿呢个包⼦,呢个包⼦就已经坏掉了,就已经过期了,就已经腐烂掉了,明⽩吗?因为你们在抢的呢个过程消耗了多少时间?等真正的到你⼿的时候,呢个包⼦已经变质了.所以就好像是在玩这⼀场游戏⼀样.

Genghis Khan: You need to elevate your consciousness, just as you are asking questions now. If you don't understand this, you might fight with your siblings or get into a dispute over something. Why? Because you both want the same thing. But if you realize that there's nothing truly valuable about it and that it will quickly degrade, become worthless, then you would see it as just a rotten package of food that has expired. You are all competing for this rotten package, thinking you cannot survive without it or eat good food without it. However, by the time you actually get your hands on the package, it's already spoiled, expired, and rotten. Do you understand? The process of competing over it consumed so much time, causing the food inside to spoil before reaching you. It's like playing a game where everyone is racing for the same rotten package.

那如果我来告诉你,你们这两个孩⼦不需要去抢这个包⼦.因为你们花了⼏天⼏夜抢的这个包⼦,到⼿后就馊了臭了.你吃了还会对你⾝体不好.OK,那我们现在怎么办呢? 我们不去抢,我们坐下来,你⼀半我⼀半.我们又能不耽误时间,不耽误精⼒,又能吃到新鲜的包⼦,又能滋养我们的⾝体.那你说你到底是需要去花个⼏天让包⼦馊了,谁都吃不了.还是说我们不去争不去强,我们都能尝到包⼦的味道.你说,你会选择哪⼀个? 那这么简单的道理只是需要你们去明⽩⽽已.

If I were to tell you that both of you do not need to fight for this dumpling, because the one you have fought for over days and nights has gone bad and stinks after being obtained. Eating it could harm your health. Alright, now what should we do? We won't fight for it; instead, let's sit down together, dividing it in half – I take a half, you take a half. This way, we can eat fresh dumplings without wasting time or energy and nourish our bodies. Which would you choose: to spend days letting the dumpling go bad so that no one can eat it; or not fight but still be able to taste the flavor of the dumplings? You should understand this simple truth.

问: 那请问你当年在战场中的时候你有恐惧吗? 然后你是如何⾯对恐惧的?

Questioner: But did you feel fear when you were on the battlefield? And how did you deal with that fear?

成吉思汗: 恐惧只有下来的时候才会有.当你上了战场你是没有任何恐惧的.为什么呢? 因为当你在战场上的时候你会把你所有的专注⼒,就像现在这个⼥孩⼦在传递信息⼀样,她把她所有的专注⼒、关注⼒都是在信息上⾯.她头脑⾥⾯没有任何东西,明⽩吗? 那当我们在战场上的时候,我们必须要把百分之百的attention都放在呢⾥.为什么? 因为如果我们没有的话,你可能就会受伤.那在这样⼦的⼀个情况下,你的恐惧在哪⾥? 你是没有恐惧的.为什么? 因为你的恐惧是你的头脑参与进来.当你的头脑参与进来,你会觉得这是⼀件不好的事情这是⼀件危险的事情.你才会产⽣恐惧.还有问题吗?

Genghis Khan: Fear only comes down when you're coming down. When you are on the battlefield, there's no fear at all. Why? Because when you're on the battlefield, your full focus is like this girl right now, she puts her full focus and attention into that information. Her mind has nothing else in it, do you understand? Similarly, when we're on the battlefield, we must put 100% of our attention there. Why? Because if we don't, you might get hurt. In such a situation, where is your fear? You have no fear at all. Why? Because your fear involves your mind coming in. When your mind comes in and feels that it's something bad or dangerous, this is when fear arises. Any other questions?

问: 那你从战场上下来后,你说的呢个之后的恐惧你是如何⾯对的呢?

Questioner: But how did you deal with that fear after descending from the battlefield and talking about what happened next?

成吉思汗: ⾸先,对⾃⾝是没有恐惧的.来的更多的恐惧是你⾃⼰在乎的⼈,你会害怕失去他们.更多的是这样的⼀种恐惧,⽽不是⾃⼰是否会如何的⼀个恐惧.

Genghis Khan: First of all, there is no fear towards oneself. The greater fears are for the people you care about, and you're afraid of losing them. It's more of this kind of fear, rather than a fear of how one might be in the future.

问: 因为我们中国马上要过新年了,请问你有没有什么新年寄语可以给⼈类的?成吉思汗: 我先退下.

Questioner: Since China is about to celebrate the New Year, could you share any new year wishes for humanity? Genghis Khan: I will step down.

JO:新年的寄语?⾸先如果刚才的呢些信息你们能很好地消化掉,然后就是给你们最好的寄语.因为⽆论这⾥的信息有多少,你到底能不能理解是⼀回事,你理解了你到底能不能成为又是⼀回事.所以并不是⼀味地要去追求很多很多的信息,⽽是说这些信息到底有没有服务于你.因为如果你只是去⼀味地追求信息的话,它只是满⾜你头脑的⼀个,就⼀味地想去拿拿拿拿.就这么说,你就好像去⾃助餐,你拿了好多⾷物,拿了⼗个盘⼦的⾷物,明⽩吗?但是你却⼀个⾷物的味道都没有尝到.因为你眼⾥只有不断地拿.但是我们今天最好的寄语就是说,你们要知道你们并不是没有强⼤的能量.只是说你们把你们强⼤的能量分散掉了.

JO: New year's message? First of all, if you can properly assimilate the information just given, then this is my best message for you. It doesn't matter how much information there is here; whether or not you understand it is one thing, but whether you actually turn that understanding into action is another. So it's not about pursuing a ton of information; instead, it's about whether the information serves you. If you simply pursue information just for its sake, it merely satisfies your mind by constantly trying to acquire more and more. It's like going to a buffet where you take lots of food but end up tasting none of it because you're only focused on grabbing. You've taken ten plates of food, do you understand? But yet, you haven't tasted the flavor of any single dish. All you see is the constant act of taking. However, our best message for today is that you should know that you are not lacking in powerful energy; it's just that your powerful energy has been scattered.

就⽐如说从你⾃⾝来说,你⾃⼰是拥有⼀个强⼤的能量的.呢个强⼤的能量是你难以想象的.那是什么导致了你不能去运⽤这个强⼤的能量?这才是你们需要去观察⾃⼰的.因为你需要去通过你⾃⾝,你⾃⾝就好像是呢个探测仪.你⾃⾝去观察⾃⼰.你为什么不能百分之百的投⼊在你眼前的这个事情?⽆论什么事情,⽆论⼤⼩.你为什么?你是不是在做着⼿中的事情,然后在想着其他的事情.你想象⼀下.你的注意⼒就是你的能量.那你的能量如果分散了,⼀会⼉这⼀下呢⼀下.然后不断地分散,就是脑⼦⾥这个那个,⼀会⼉这样呢样.你想象⼀下.那如果分散掉了,它就没有了.

Just like with yourself, you possess a powerful energy within you that is beyond imagination. What prevents you from utilizing this power? This is what you need to observe about yourselves because you must understand why your mind can't fully commit to the task at hand, regardless of its size or importance. Are you occupied with one task while contemplating another simultaneously? Imagine your focus as your energy; when it's scattered, moving from one thing to another continuously in your thoughts, it becomes fragmented. If that happens, then it essentially ceases to exist.

所以如何去让你们⾃⾝的能量不被分散掉,这是你们⾃⼰需要跟你们的物质⾁体去协调、合作、去熟悉.⽆论你们世界上再厉害的运动员,他都需要不断不断不断地训练.他们背后少不了不断不断不断地训练.没有哪⼀个他不是通过不断地训练⽽变的很厉害的运动选⼿,明⽩吗?所以你们也是⼀样.为什么运动员他们能达到⼀个⾼度你们达不到? 因为他们花了很多很多的attention去不断地去…. 那你们呢? 你们的attention在哪⾥?你有可能只是把你的attention放在关注别⼈的视频直播.那为什么呢些视频和直播他们可以赚到很多钱,明⽩吗? 因为你们把你们的attention都给他了.

So how to ensure that your own energy is not dispersed, this is something you need to coordinate and collaborate with your physical body yourself. Regardless of the world-class athletes in your world, they all have to undergo continuous training without stopping. There's no exception; every single great athlete was honed through constant training. Do you understand? Therefore, you are also in the same boat. Why can athletes achieve heights that you cannot reach? It's because they dedicate a lot of attention continuously... What about you? Where is your attention focused on? You might just be paying attention to other people's video broadcasts. But why do those videos and live streams earn so much money, understand? Because you have given all of your attention to them.

所以那新年的寄语就是让你们知道你们的能量就是⾦钱.你要把你的⾦钱今天给这个⼈,明天给呢个⼈.那你⾃⼰存不下来钱,明⽩吗? 还有问题吗?

So the message for the new year is that your energy is money. You need to give your money to one person today and another person tomorrow, because you can't save any money yourself, understand? Any more questions?

问: 中国古⼈的农历年是按照什么逻辑⽽制定的?

Questioner: What logical principles were used to establish China's traditional lunar year?

JO: 你们呢会⼉的古⼈是按照什么制定农历年? 你稍等.⾸先制定这些的是⼀个智者.智者是什么? 就是⼀个观察者.他能觉察到世界万物的⼀个变化.那关于这个节⽇也是根据他觉察⾃⼰,就好像刚才说你们每⼀个⼈都是⼀个个体,就是你⾃⼰去觉察去感应去观察这个世界.他根据⾃⼰的观察,就是⽐如说现在这个时候是什么?是所有的死的东西开始在复活了,就好像是新⽣⼀样.那对你们来说是不是代表着新的⼀年?所以你从这些传统的节⽇中,你就好像是在和你们的⼀些祖先在跟他们交流⼀样,在跟他们对话.你能去感应到,能去理解到他们为什么会制定⼀些特有的,你们所谓的节⽇.

JO: And for ancient people, how was the lunar calendar established? Wait a minute. First of all, these were established by a wise person. What is a wise person? That's an observer who notices the changes of everything in the world. And this applies to festivals as well; they observe themselves, just like what I said before about each one of you being individuals. You observe yourselves and sense the world around you. He observes himself based on his own understanding. For example, right now, it's when all the dead things start to revive, almost like birth is occurring. So, does this represent a new year for you? Therefore, through these traditional festivals, it feels like you're communicating with your ancestors or having conversations with them. You sense and understand why they would establish some unique festivities that you recognize as traditions.

问: 那为什么过年要叫过年?

Questioner: Why do we call it "New Year" when celebrating the Lunar New Year?

JO: 过年是不是叫过了⼀年? 那就是你们从你们的过年你们就可以看到,你们的存在是什么?是⽣⽣不息的.所有的结束都是新的开始.所以就好像你们吃的呢个⽢蔗,它长出⼀节,又长出⼀节,不断不断地衍⽣.所以你们的⽣命也是这样.⽽且过年也是这样,过了⼀年又⼀年,又是⼀年.

JO: Is the Spring Festival when you've gone through a year? Then what can you see of your existence from the Spring Festival itself? It's continuous and never-ending; every end is the beginning of something new. So like the sugar cane that grows one stalk, then another, perpetually multiplying. Your life is just like this, as well. And so is the Spring Festival – it goes through a year after year, then back to another year.

问: 中国的民俗活动舞龙舞狮它有什么意义吗?

Questioner: What is the significance of Chinese folk activities, dragon dance and lion dance?

JO: 舞龙舞狮也是⼀种展现能量,强⼤的能量.你们还有喷⽕,⽕也是能量.然后龙和狮⼦都是代表着能量.然后你们还有声⾳,就是⼤罗.这样⼦的⼀系列它都是⼀种能量呈现的⽅式.然后呢,你们会被强⼤的能量吸引.你们会被任何拥有强⼤能量的事件或者⼈吸引.就好像强⼤的能量是⼀个磁铁,它不断地在吸.所以所谓的你说的舞龙舞狮这些,它也是⼀种能量的呈现.

JO: Dragon and lion dances are expressions of power, powerful energy. You also have fire-breathing; fire is energy. Then dragons and lions represent energy. And you have sounds like drums in a series that's all ways of presenting energy. So, these things attract strong energy. They attract events or people with lots of energy. It's as if the strong energy acts like a magnet constantly attracting what it pulls to itself. Thus, activities like dragon and lion dances are also expressions of energy.

第⼆个⼈问: 能不能给我讲⼀讲星际的历史?

Second person asks: Can you tell me about the history of interstellar travel?

JO: ⾸先你说的历史是你⾃⼰拿着你已有的⼀套理解来看待这个事情.那如果当你已经拿着你已经持有的⼀些观念来看待这个,来理解的话,你是不可能能理解的.因为这⾥没有⼀个历史.你们会体验到历史是你们… 但是并没有像你说的⼀个历史,明⽩吗? 这⾥并没有⼀个你认为的历史.因为你还在⽤先后顺序,在⽤时间来去理解这些.所以你需要放下⼀个先后顺序和时间这些观念.还有问题吗?

JO: First, you're interpreting history with your own set of understanding. If you approach something already having certain ideas, you won't be able to understand it because there isn't a history in that sense. You'll experience history as being... but not the way you describe it, right? There's no historical narrative that you believe in here. You're still using concepts like order and time to interpret these things. So you need to let go of notions of order, sequence, and time. Any other questions?

问: 那可以讲讲伊甸园⾥⾯发⽣的事情吗?

Questioner: Could you tell me about what happens in Eden?

JO: ⾸先所有的所有的都是同时存在的.即使你们所谓的伊甸园也是你们⼈类⾃⼰创造出来的.就好像刚刚说,有⼀个⼈他感知到,然后连接到,然后他⽤他的⽅式来给你们… 这么说吧,前⾯有⼀个图⽚或者⼀个风景你看到了.然后你就开始⽤你⾃⼰的⽅式去描述.然后越来越多的⼈去相信你描述的.然后你们就继续⽤这种⽅式去描述,明⽩吗? 所以你的问题是什么? 你的问题是想要知道⼈类的起源?

JO: First of all, everything exists simultaneously. Even something you call Eden is actually what humans create themselves. Like just said, there's a person who perceives and connects with it, then uses his way to convey this to you... To put it simply, imagine seeing a picture or scenery. You start describing it in your own way. As more people believe in your description, they continue using that same method of description. Do you see? So what's your question? Your question is about wanting to know the origin of humanity.

问: 对JO: 你如果在⽤呢个 ‘起’,你还是在从⼀个有⼀个开始的阶段.所有的所有的⼀切它都是同时存在的,它都在这⾥,它没有在别的地⽅.它也不会有⼀个终点.它不是⼀场旅⾏,就是从A到B.明⽩吗? 但是你永远都是可以⽤你⾃⼰的⽣命,然后去感受这⼀切.因为这⼀切不是⽤你们单纯的⼏个字,不能⽤这个传递信息的⼥孩头脑⾥⾯的呢⼏个语⾔来表达.但是你却可以⾃⼰去体验和感悟到你⾃⼰想要问的问题.

Questioner: If you are using 'arising', you're still in a phase where everything is already present, all things coexist, and it's happening here; there is no other place for them. There is no end to this either. It isn't just a journey from A to B. Do you understand? But you can always use your own life to feel into all of this because what you're trying to communicate cannot be fully captured by simply a few words or the language held within someone else's mind who may transmit information. Yet, you can experience and intuitively grasp the questions you seek through your own personal journey.

问: JO是不是就是我? 然后我是不是JO为了体验某种东西所需要的载具?

Questioner: Is JO me? And am I the vehicle that JO needs to experience something?

JO: ⾸先你要知道你是活的,你是有⽣命的.你能说⼀只宠物,你去观察你们的宠物,宠物它有⾃⼰的意识,⾃⼰的意愿.你能说这个宠物是来帮助你体验这个世界的吗? 明⽩吗? 它是⼀个⽣命体.那就说明它⼀切都是⽆限可能的.它并不是⼀个记忆体.你这样说的话就好像是⼀个死的东西.你是活的.你就好像看到⼀棵植物它不断不断地在发芽,不断有新的枝芽.那是活的东西,明⽩吗? 所以你不是⼀个死的,所谓的载具什么的.

JO: First of all, you need to know that you are alive, that you have life. You can say that a pet, as you observe your pet, the pet has its own consciousness and will. Can you say that this pet is here to help you experience the world? Understand? It's a living being. That means everything about it is infinite possibilities. It's not a memory. If you put it like that, it would be akin to something dead. You are alive. You're like seeing a plant continually sprouting, constantly having new branches and leaves. That's living things, understand? So you're not dead, what we refer to as a vessel or such.

问: 那JO就是我吗?

Questioner: Is JO then me?

JO: ⾸先你要知道你的⾁体的你就好像是⼀个新⽣⼉⼀样,就像是⼀个⼩孩⼦⼀样.它需要不断地去成长、学习、体验、扩展.然后你所谓的⼀个JO就是意识体.那意识体和这个⾁体,它们是在⼀个畅通的状态、连接的状态,还是说是⼀个断开的状态,这是不⼀样的.明⽩吗?

Firstly, you need to understand that your body is like a newborn, like a child, which needs constant growth, learning, experience, and expansion. Then, the JO you refer to is an entity of consciousness. The state of connection between this consciousness entity and the body - whether it's in a smooth or disconnected state - makes a difference. Can you understand?

问: 那我刚刚描述的就是⼀种连接的状态.

Questioner: So, the description I just gave was about a state of connection.

JO: 你是说当达到了连接的状态你就是JO? 你还只是这个物质世界的你.因为你指的是这个物质世界的你,明⽩吗? 任何不明⽩你都可以继续问,因为只有问,这些信息才会继续进来.

JO: You mean when you reach the connected state, you are JO? You're still just the physical self that you are in this world. Because you are referring to your physical self in this world, do you understand? If you don't understand, you can continue to ask as these information will only come in if you keep asking.

问: 但是从不是从更长的时间来看,我死去之后,或者说JO就是未来的我?

Questioner: But not in terms of a longer time frame, me after I die, or JO being me in the future?

JO: 这么说吧,你去观察⼀棵树,⼀棵⾮常古⽼的树.这棵树它会不断地有新的叶⼦,对吧?那新的叶⼦不断地会变⽼,对吧? 它变⽼它会死掉,会凋落.但是每⼀年这棵树它都会有新的叶⼦.那这⽚叶⼦来问我,我是这棵树吗? 这棵树是我吗? 明⽩吗? 你怎么看待这棵树和叶⼦的关系? 那你能⼀⽚叶⼦到处跑说,我是⼀棵树我是⼀棵树? 明⽩吗? 所以你是独⼀⽆⼆的⼀⽚叶⼦.但是如果你是跟树保持连接,那你的叶⼦就会长的⾮常的绿,⾮常有⽣命⼒.那如果你断开连接,你就会渐渐的枯萎.这⼀层好理解吗?

JO: Let me put it this way: you observe a very old tree. This tree will constantly have new leaves, right? Those new leaves will eventually become old, right? They will age and die, falling off. But every year, this tree will have new leaves. Now, a leaf asks me, am I this tree? Is this tree me? Can you understand? How do you perceive the relationship between this tree and its leaves? You can't say that one leaf is running around saying, "I'm a tree, I'm a tree." Can you understand? Therefore, you are unique as a single leaf. But if you maintain your connection with the tree, your leaf will grow very green and full of vitality. If you disconnect, you'll gradually wither away. Does this layer make sense to you?

第三个⼈问: 我从⼩到⼤梦到过佛三次.我想知道我跟佛有没有什么关系?

Third person asks: I have dreamt of Buddha three times since childhood. I wonder if there is a relationship between me and Buddha?

JO: 你想要知道你的梦是有什么意义? 梦和你⾃⼰所经历的所有的⼀切,它的意义是你⾃⼰独⼀⽆⼆的.是你⾃⼰去给它定义,因为是你⾃⼰去体验的.因为别⼈告诉你的意义,如果你不接受的话.那你体验的还是你⾃⼰认定的呢个.所以不是别⼈,不是上师,不是佛陀,不是⽼师,不是你爸妈来强加给你⼀个定义,告诉你怎么样怎么样.⽽且即使是对⽅给了你⼀个意义,那也是你接受了,它才能对你产⽣影响.所以所有的⼀切⽆论是梦中的事情还是你现实⽣活中经历的事情,到底是什么意义,别⼈没有办法给你.就好像,这么说,⼀个你爱的⼈背叛了你,别⼈怎么说都没有⽤,他其实没有背叛你,他只是做他⾃⼰或者怎样怎样.

JO: You want to know the meaning behind your dreams? Dreams and all that you've experienced in your own life have a unique significance that is yours alone. It's for you to define because it's what you personally experience. Because if someone else tells you its meaning and you don't accept it, then what you're experiencing remains as what you personally认定 it to be. So it isn't anyone else, not the guru, not Buddha, not your teacher, not your parents imposing some definition on you about how it should be. And even if they do give you a meaning, that only affects you when you accept it. Thus, all things, whether from dreams or your real-life experiences, their true meaning lies solely with you. Imagine this: If someone you love betrays you, no matter what others say, they haven't actually betrayed you; they're just being themselves or doing whatever they do.

但是⽆论别⼈怎么说,它都不能去接触你⼼⽬中受到的⼀些伤害.难道别⼈说他没背叛你,你⼼⾥就不会有伤痛了?所以这都是属于你⾃⼰独⼀⽆⼆的,所以你并不需要去找每⼀个⼤师来问他们这个事情意味着什么?这是什么意义?因为就算⼤师告诉你了,你要是不接受,你要不听.⽐如说我们的传讯,⽆论我们的信息有多好,你看⼀眼,这都是胡说⼋道.那它就对你没有任何影响.它不会给你内在带来任何变化.它不会改善你的⽣命,改善你的⽣活,明⽩吗? 因为这些信息对你来说就是胡说⼋道的.

But there is nothing that anyone can say about it that will allow them to touch upon the hurt you've been through in your mind. Does someone telling you he didn't betray you mean that you don’t have any pain inside yourself? So these are all personal experiences, and you do not need to go around asking every so-called master what this means or what significance this has? They will tell you what it means even if you do not accept it or listen. For example, with our communication, no matter how good the message is, once you glance at it, it's all nonsense to you. Therefore, it does not have any impact on you. It will not bring about any changes within you. It will not improve your life and enhance your existence because this information to you is just plain nonsense.

问: 当时梦⾥出来好多,耶稣啊,佛陀.我就特别⾼兴…JO:你要知道⽆论你是在现实⽣活中还是在梦中,你体验的都是你⾃⼰.⽐如说你⾃⼰的欲望,你⾃⼰的喜好,你⾃⼰的厌恶,你⾃⼰的恐惧,你的⼀个意识状态,你的⼀个能量状态.它都是围绕着你,你才是呢个发光体.就是你才是呢个主要的,明⽩吗?并不是说外在的.还有问题吗?

Questioner: Many came out of the dream, Jesus and Buddha. I was so happy... JO: You need to know that whether you are in real life or in a dream, you experience yourself. For example, your desires, your likes, your dislikes, your fears, all aspects of your consciousness, your energy state. They surround you; you are the shining light. It's you who is the main focus, understand? Not something external. Any more questions?

问: 我最近觉得头疼,和浆糊⼀样.最近腿也不好使,腰间盘也突出.是我⾃⼰的情绪问题还是正常的⾝体变化呀?

Questioner: I've been experiencing headaches lately, like having glue in my head. My legs aren't working well either; my intervertebral disk is protruding. Is this due to my own emotional issues or just normal physical changes?

JO: 你都是关注你的问题,你每次都是关注的你的⾝体的疼痛.那这就是你想体验的,你体验的都是你⾃⼰在乎的.你在乎疼痛,那么你就会体验,明⽩吗? 如果你能把你在乎的,⽐如说,OK,我把这个病痛我不在乎,我在乎的是喜悦.那你便会体验喜悦.

JO: You always focus on your issues; you're always concerned with the pain in your body. That's what you experience - you only experience what matters to you. If you care about something like pain, then you'll experience it. Can you understand this? If you could say that you don't care about illness but are instead focused on joy, then you would experience joy.

问: 我现在觉得我遇到什么事就没有思路.没有轨迹可循.好⽐说修,我就找不到门路.能指点⼀下吗?

Questioner: I feel like I'm lost whenever something happens; there's no pattern or direction to follow. For instance, when it comes to cultivation, I can't find a way in. Could you give me some guidance?

JO: 你⼀直觉得⾃⼰有问题,要么是⾝体问题,要么是你的情绪问题,要么这⾥问题,要么那⾥问题.那这就是你所体验的,明⽩吗? 你需要去给你⽣命中的⼀切或者你⾃⼰重新定义它,你便能体验新的⼀个你.你并不是说来把这些问题或者⾝体疼痛所有东西全部处理好.因为⽆论你怎么处理,你还是困在⾥⾯的.你是去重新挖掘⼀块地,⽽不是在这⼀块地上不断地不断地去挖.你是去重新挖掘⼀块地,呢块地上只放上你喜欢的东西.因为在这⼀块地⾥,你种了很多你不喜欢的,你种了很多问题.那你种了很多问题,那你结果还是问题.你种很多喜悦,那你收获的就是喜悦.

JO: You've always felt that there's something wrong with you, either physically or emotionally, either here or there, which is what you experience. Understand? What you need to do is redefine everything in your life or yourself, and then you will experience a new version of you. It's not about fixing all the problems or bodily pain. You're digging up a plot of land anew instead of continuously digging on one plot where you've already put things you don't like, which are just issues. If you plant many things you don't like, if you plant many problems, then you will still have problems. But if you plant lots of joy, then the harvest will be joy.

# **2023/01/31 - 连接Neville Goddard Connecting with Neville Goddard**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 这个传递信息的⼥孩⼦昨晚又做了关于地外⽂明的梦.她想问⼀下这个梦还有没有什么其他信息是要带给她的?

The girl who conveys messages had a dream about extraterrestrial civilizations last night. She wants to know if there's any other information this dream intends to convey to her.

JO: 你稍等.这是你们之前邀请的地外⽂明来和你们联络.然后就好像你们之间就已经成为了朋友.那你们成为了朋友,你们肯定就会有互动,对不对? 那它只能通过梦境的形式来和你们互动.我只是说在这个物质⾁体让你们的意识能感受到的互动是这些,通过梦境.明⽩吗? 所以这就好像你们在现实⽣活中交了个新朋友.然后你们交完朋友过后,是不是就有⼀系列的互动.然后就是这个.

JO: Wait a moment. This is the extraterrestrial civilization you previously invited to communicate with you, and then it seems like you became friends. If you're friends, wouldn't there be interactions between you two? Right? So their interaction would have to happen in the form of dreams for them to reach out to you. I'm just saying that the kind of interaction your consciousness can experience through this physical body is limited to these experiences happening in dreams. Can you understand that? Therefore, it's like making a new friend in real life. After making friends, wouldn't there be a series of interactions? Then comes this...

问: 今天是这个传递⾼维信息的⼥孩⼦的⽣⽇,请问有没有什么信息是要送给她的?

Questioner: Today is the birthday of this girl who conveys high-dimensional information; could there be any messages she would like to receive?

JO: 她想要⼀些⽣⽇的祝福,⽣⽇的信息.好的,你稍等.⾸先这⾥有⼀些祝福是来⾃于她的家族,她的长辈,就是呢些去世的亲⼈们,已经过世的亲⼈们来送信息给她.然后是说,⾮常⾮常⾼兴和⾮常欣慰看到她不断地突破⾃⼰,然后她是⼀个强⼤的灵魂,她的能量⽆⽐的强⼤,⽆论是在灵界还是物质世界都受到影响.就是在两个层⾯,你们是⼀个物质世界还有⼀个灵界.然后两个层⾯都有影响.这些是她灵界的⼀个去世的亲⼈想要告诉她,他们是多么的欣慰.因为他们在灵界也会受到她的影响.因为她的能量是如此的强⼤.然后来⾃于 JO的信息,你稍等.

JO: She wants birthday greetings and messages for her birthday. Alright, let's wait a moment. Here are some blessings coming from her family, from her elders, those who have passed away, sending information to her. It mentions that they are very glad and deeply moved by her continuous self-overcoming. She is a powerful spirit with overwhelming energy affecting both the spiritual realm and the material world. You see, we exist in two planes: the physical world and the spiritual realm. Her influence spans across both levels. This deceased relative from her spiritual world wishes to convey to her how pleased they are because their spiritual existence also feels her impact due to her powerful energy. JO will then provide more information, wait a moment.

下⾯的信息是来⾃于⽆形的⼀些信息,它们想要给这个⼥孩⼦的⼀些⽣⽇寄语就是,⽆论你是想要朝哪个⽅向去展现你⾃⼰,我们都会在灵界⽆条件的⽀持你去展现.因为所有所有的source,就好像是⼀股洪⽔的动⼒和源头都朝向你涌来.你只需要去,就好像你是驾驶员,你掌着驾驶盘.你只需要决定要朝哪个⽅向,然后动⼒就不断地朝你想要的⽅向前进.

The following information originates from the intangible realm. The messages they wish to convey as birthday wishes for this young girl are that no matter which direction you choose to express yourself in, we will unconditionally support your expression in the spiritual realm. Because all sources flow like an endless river of power and origin towards you. All you need to do is act as if you are the driver, steering the wheel. You just need to decide in which direction to go, then the power will continuously propel you forward in that desired direction.

问: 请问灵魂会选择特定的时间出⽣吗?

Questioner: Does the soul choose a specific time to be born?

JO: 如果是按照你们的⼀个理解来说,它会选择特定的时间.但是这⾥没有时间.那怎么来看呢? 也就是说它会选择在特定的⼀个点,就好像你们春天种⼦发芽.那你说呢些种⼦发芽它会选在⼀个特定的时间发芽吗,明⽩吗? 它就是到了呢个点,就会发⽣转变,发⽣⼀个就好像促成.

JO: If we're talking about your understanding, it would choose a specific time. But there's no time here. So how should we look at this? That is, it would choose to transform at a specific point, like when seeds sprout in the spring. Wouldn't you agree that some seeds might sprout specifically at a certain time? You see, they reach a point and then undergo transformation, causing growth.

问: 请问我们如何庆祝⽣⽇才是最有意义的呢?

Questioner: How can we celebrate birthdays in the most meaningful way?

JO: ⾸先每时每刻你们都应该庆祝你们还存在在这个物质世界.⽣⽇不只是在你⽣⽇呢⼀天才去庆祝,⽽是只要你还存在你就应该为你存在⽽欢呼.为什么呢? 那就说明你有存在的原因.那如果你有存在的原因,那就是说你对整个宇宙来说你都是⾮常重要的,你就是⾮常 important.如果是⼀个⾮常重要的⼈物,你就需要去庆祝他.你想⽐如说世界上伟⼤的⼈,重要的⼈物,你们会去庆祝他们怎么样怎么样.但是你要知道你们都是⼀样的.任何没有⼤⼩,所谓的⼤⼈物⼩⼈物,呢只是你们⾃⼰的⼀个概念,明⽩吗? 因为每⼀个存在都⾮常⾮常的重要.所以你们越是去肯定⾃⼰的重要性,你们就变得重要.如果你越是肯定你是不重

JO: Firstly, every moment you should celebrate that you exist in this material world. Birthdays are not just for one day, but rather, as long as you exist, you should rejoice in your existence. Why is that? It means there's a reason for your existence. If you have a reason to exist, then it implies that you are extremely important in the universe—indeed, very important. If someone is very important, they deserve celebration. For example, if you were to celebrate great and important figures like world leaders or celebrities, but you should realize that everyone is the same. There's no concept of big or small personalities; it's just your own perception. Because every existence is incredibly significant. Therefore, the more you affirm your importance, the more you become significant. The more you are convinced that you are not weightless in this universe, the more weight you will carry.

要的,那么你也会变得不重要.呢个不重要并不是因为你真的不重要,⽽是因为你肯定它不重要,你才变的不重要.

Yes, then you would also become insignificant. That insignificance isn't because you are truly unimportant, but rather, you become so because you affirm its importance.

问: 如何去平衡做母亲和做⾃⼰?

Questioner: How does one balance being a mother and being oneself?

JO: 它⾸先不是⼀件冲突的事,也不是⼀件⼆选⼀的事情.因为你们会觉得我要么就是全⾝⼼的放弃我⾃⼰来做母亲,要么就是做⾃⼰不做母亲.这个不是你只能选A不能选B.因为就好像这么说,你是⼀棵苹果树,如果你⾃⼰都没有开花和结果.你也就没有果实去滋养你的下⼀代,明⽩吗?那你没有果实结果的话,你也没有种⼦让下⼀代继续的开花结果,对不对?所以你在成为你⾃⼰的过程,你就⾃动的服务了所有的⼀切.你们记住这句话就可以,你在成为你⾃⼰的呢个过程,你就⾃动的服务了所有的⼀切.你不需要去为了服务什么⽽去不做⾃⼰.因为这个是你服务不了任何,你只是在给别⼈做⼀个不成功的案例.就好像你给别⼈看到这颗种⼦不发芽的.

JO: It's not a matter of conflict or an either/or situation. You might think that I'm either fully committed to being a mother myself, or not doing it at all as a mother. But this isn't about choosing A over B; you can't just pick one and rule out the other. Imagine you're an apple tree. If you don't flower and bear fruit, there's nothing for your next generation to nourish themselves with. Do you understand? Without any fruits, you also have no seeds for your下一代to continue flowering and bearing their own fruit, right? So in becoming yourself, you are automatically serving everything without needing to do it intentionally. Remember this: as you become yourself, you serve all of it automatically. You don't need to sacrifice being yourself to serve something else, because that's just failing to serve anyone; you're only setting up a failed example for others, like showing them the seed doesn't sprout.

它永远都是⼀颗种⼦,它没有发芽,它没有开花,它没有结果.你们农民在种庄稼的时候,这种种⼦是不是就被扔掉了,就被淘汰掉了?所以这是⼀个⼀起的过程,就是⼀个共同创造的⼀个过程.你在做母亲的时候,你会越来越去了解⽣命.那你在了解⽣命的过程,你就会越来越知道如何成为⼀个母亲,越来越知道如何成为真正的⾃⼰.所以这个没有任何冲突.⽽且你需要给你的下⼀代看到你绽放.因为所有的灵魂都会为其他灵魂绽放⽽欢呼.

It remains forever a seed that never germinates, never blossoms, and never bears fruit. When farmers plant crops, is this kind of seed cast aside or eliminated? So it's an ongoing process, a process of co-creation. As you become a mother, you gain more understanding of life. In the process of understanding life, you learn increasingly how to be a mother and how to truly be yourself. There is no conflict in this. And you need to show your next generation that you can bloom because all souls rejoice in the blooming of other souls.

问: 如何在有限的时间⾥分配给⾃⼰和给孩⼦的时间?

Questioner: How should time be allocated between oneself and one's child in limited time?

JO: 你⾸先要知道你们的时间是充⾜的.你们为什么觉得你们的时间不充⾜? 是因为你们消耗了很多时间在⼀些,就⽐如说在⼀些胡思乱想,在⼀些念头.你想象⼀下你如果来计算你的脑⼦,你花了多少时间在想过去或者担忧未来,或者是在新闻或者是别⼈发⽣的事情,或者陷⼊了别⼈的能量当中.就⽐如说你⽼公发脾⽓,你马上就被拉到他的呢个能量场进去了,对不对?那然后你就在他的能量场⾥泡着,他不出来你也不出来.那你们就这么耗着.那你想象⼀下你们是被多少⼈拉扯着.如果你⾝边的⼈越多,为什么你们有些修⾏是需要闭关呢?就是需要不跟外⾯的任何拉扯,就是没有⼈在交往.然后你想象⼀下你整天的时间和精⼒是消耗在这些⽅⾯?

JO: First, you need to understand that your time is sufficient. Why do you feel like your time is insufficient? It's because you spend a lot of time on idle thoughts, on various ideas. Imagine if you were to calculate how much time you spend thinking about the past or worrying about the future, or being engaged with news and other people's events, or getting caught in someone else's energy field. For instance, when your husband gets upset, you are immediately pulled into his emotional space, right? And then you stay there, not coming out until he does. That's how you waste time. Now imagine how many people are pulling at you. The more people around you, why do some spiritual practices require seclusion, where you cut off any external interactions and have no one to interact with? Then think about how much of your day and energy is being spent on these activities?

⼀会⼉被这个新闻给拉扯⾛了,你要知道呢些创造新闻的⼈都只是他们主观的思想,他们的概念,他们的看法.那他散发出⼀个频率,你又被它带⾛了.然后继续在他的愤怒当中或者在他的⼀个悲伤当中.你们所有⼈都在不同的创造创造.就好像 OK,他的⼀些想法造出⼀个果实或者⼀朵鲜花.然后你就盯着别⼈的.如果是⼀些⾹甜的果实,那你可以分享到它的⾹甜.那如果是⼀些很苦的果实,你就吃到了别⼈的苦,分享到了别⼈的苦涩.所以你⾃⼰要看⾃⼰的注意⼒是被分配到了哪⾥.所以如果你没有如此的去消耗你的时间和精⼒和注意⼒.你是有⾜够的时间去做任何你想要做的⼀切.你会进⼊到⼀种没有时间的状态.因为你便不被时间束缚了.

The news pulled him away, you know those who create news are just their subjective thoughts, concepts, and views. They emit a frequency that takes you along with them, then continues in their anger or sorrow. All of you are creating differently. It's like okay, some ideas produce a fruit or a flower. You're staring at others'. If it's sweet fruit, you can enjoy its sweetness. But if it's bitter fruit, you experience someone else's bitterness. So, you have to look at where your attention is directed. Therefore, if you don't consume time and energy with this, you have enough time for anything you want to do. You enter a state without time constraints because you're no longer bound by time.

问: 同步性是如何运作的?

Questioner: How does synchronization work?

JO:同步性对于你们来说你们会看到⽐如说,就好像你在做⼀个事情,然后所有的事情就好像呈现了关于这⼀个事情.这么说吧,⽐如说你脑⼦⾥⾯想要苹果,然后你就会看到你的朋友给你送苹果,然后路上也有免费的苹果,然后树上也结着苹果.这就是你们所谓的同步性.但是实际上它是说你的焦点,你的焦距.你关注到什么,什么就会呈现.最简单的就是你们的互联⽹,你们的⽹络.如果你搜索⼀个东西,它就会出来很多很多东西给你.当你的思想的频率也是在宇宙中搜索,是吧? 那你搜索的时候,它就会呈现出很多你搜索的.这就是你们意念的强⼤性.因为你们不知道你们的意念具有强⼤的能量.

JO: Synchronization means that you will see everything related to what you're doing, as if all the events are happening around that thing. Let me illustrate this with an example: Suppose you think about an apple in your mind, then you might receive apples from your friends, see apples lying on the road for free, and even notice apples hanging on trees. This is referred to as synchronization among you. However, it actually means focusing on what you're thinking; whatever you focus on will be presented or manifested. The simplest example of this phenomenon can be seen in your internet or network. If you search for something online, a multitude of information related to that thing will appear. When you think about something and send out thoughts into the universe, they manifest back to you what you've sent out. This showcases the power of your mind because it is capable of generating things based on your thoughts without your full understanding of its potential energy.

所以你们会觉得这是个偶然,或者这是⼀个概率⼀个⼏率或者是⼀个巧合.但是实际上这是你们⾃⼰的⼒量,⾃⼰的能量.就好像你拥有⼀个强⼤的能量,你只是还不知道你拥有它,明⽩吗? 你不知道你拥有它,你当然也不知道你如何去运⽤它.所以关于这个你还有问题吗?

So you might think that this is a coincidence, or maybe it's a probability; perhaps even an anomaly. But actually, it's your own power, your own energy. It's like you have a powerful energy within you, but you just don't know that you possess it. Understand? You don't know that you have it, so of course, you wouldn't know how to use it either. So do you have any questions about this?

问: 那我们如何运⽤能量去更好的体验同步性呢?

Questioner: So, how can we utilize energy to better experience synchronicity?

JO: 没有更好的去体验,因为你体验就是体验它,你没有办法选择不体验.但是你只需清楚你是如何创造这些同步性的.⽐如说你有⼀个负⾯的⼀个想法,它也会同步性的呈现在你的⽣命当中来,对不对? 你有⼀个正⾯的,它也会同样呈现.所以并不是说如何更好的去让它呈现,因为它本⾝就会呈现.只是会有意识的去选择⼀些你想要体验的和不想要体验的.⽐如说你想要橙⼦,因为你喜欢橙⼦.你不想要葡萄,因为你不喜欢葡萄.那如果你不知道的话,你可能就⽼想着葡萄,我不要葡萄,我不要葡萄.然后葡萄就⼀串⼀串的在你⾯前,明⽩吗?

JO: There's no better way to experience it because experiencing is the experience itself, you can't opt out of experiencing. But what you do need to be aware of is how you create these synchronicities. For example, if you have a negative thought, it will also manifest in your life, right? If you have a positive one, it'll show up similarly. So there's not about how better to make them present because they naturally are going to present themselves. It's just being mindful of choosing what experiences you want and don't want. For instance, if you desire an orange because you like oranges, and you don't want grapes because you dislike them. If you're unaware, you might keep thinking about grapes, I don't want grapes, I don't want grapes. Then the grapes just appear in front of you continuously, do you understand?

问: 我前两天做了⼀个梦,我在梦⾥看到所有的⼈像疯了⼀样往⼀个又⿊又暗的地⽅⾛.然后我开始也跟着⾛,但是我⼼⾥觉得我要在⾛下去就不能回家了.然后我就往回⾛,很快就到了出⼜.虽然出⼜被⼈关了⼀半,但是我⼀推,毫不费⼒的就把它推开了.接着我就看见了这辈⼦从来没见过的美景和⼤海.请问这个梦有没有什么信息是要带给我的呢?

Questioner: I had a dream the other day where I saw everyone going crazy towards a dark and gloomy place. Then, I started to follow them too, but I felt that if I continued on this path, I wouldn't be able to return home. So, I decided to turn back and soon found myself at the exit. Despite it being half-closed by people, I easily pushed it open. Following this, I saw the most breathtaking scenery and ocean I had never seen before in my life. Could you please interpret what message this dream might be conveying to me?

JO: 你已经知晓所有的信息,明⽩吗? 在你的⼼灵深处你知道这个意寓着什么.你不需要再多此⼀举再让我们来赋予它意义,因为你已经给它赋予了很好的意义.它代表着你⽣活中的,就是你⽬前的⼀个状态.

JO: You already know all the information and understand it. In your heart of hearts, you know what this means. There's no need to give it further meaning for us because you've given it a good one already. It signifies your current state in life.

问: 我想问⼀下我们以前传讯说的跟我连接很紧密的呢股能量,也是要和我⼀起传递信息的呢股能量,它有没有什么信息想要带给我?

Questioner: I want to ask about the energy that we previously communicated with and was closely connected to me. This energy that also needs to transmit information together with me, does it have any message it wants to convey to me?

JO: 你稍等.你唯⼀唯⼀唯⼀唯⼀要记住的,⽆论你感受到什么,感受到害怕、恐惧或者是任何⽆⼒感,这些都是你⾃⼰的能量.你只需给它转换⼀个⽅向.

JO: Wait a moment. The only thing you need to remember is that whatever you feel, whether it's fear or any sense of powerlessness, these are all your own energies. Just give them a different direction.

问: 请问能不能邀请⼀下Neville Goddard? JO: 你稍等.

Questioner: Can we invite Neville Goddard?

JO: You wait a minute.

Neville: 你问吧,什么问题?

Neville: Ask away, what's your question?

问:能和你连接我感到⾮常⾮常的兴奋.现在在这个物质世界还有很多很多⼈在学习您⾝前的教导.我也看了很多关于您的书.我想问⼀下现在的世⼈有没有对您的教导存在什么误解? 还有就是在您回归了灵界之后,对于您⾝前的理论,您有没有什么新的见解?

Questioner: I feel extremely excited to connect with you. Many people in this material world are learning your teachings right now. I've also read a lot of books about you. I would like to ask if there are any misconceptions about your teachings in the current society? Additionally, after returning to the spiritual realm, do you have any new insights on the theories you presented before?

Neville : ⾸先即使是误解也是你们⾃⼰去学习和感悟、领悟的⼀个过程.你们不需要去把误解单独拿⾛.因为我们带来的信息是什么不重要,因为你在寻找你在参考这些信息的过程,你⾃⼰会,就好像你⾃⼰需要⽤你⾃⼰的⾆头去尝,这个是甜的、酸的、苦的、辣的,每⼀个味道.如果你只是尝我给的甜的,你并不知道其它味道.这并不是你⼈⽣存在的意义.所以你们没有必要来让我们来给你们提供哪个是甜的.OK,那我就选择甜的.其它的酸的、辣的、苦的,我都不要去尝试.为什么?因为这个⼈告诉我,这个才是甜的,才是对我们有好处的,明⽩吗? 你们这样⼦想⼀想你们是多么的单调.

Neville: So even misunderstandings are part of your learning and insight process - you don't need to take the misunderstanding alone. What's important is not what information we bring, but how you seek those information; it's like tasting something yourself with your own tongue - sweet, sour, bitter, spicy. Every taste. If you only taste the sweet that I provide, you won't know the other tastes either. That's not the purpose of life. So there's no need for you to ask us to provide what is sweet. Okay, so I'll choose sweetness. The others - sour, spicy, bitter, I don't want to try those. Why? Because someone tells me that this is sweet and good for us, understand? You think about how boring it must be for you like this.

问: 请问您还有没有什么话想要对这些⼀直在学习您的理论的⼈说呢?

Questioner: Is there anything else you would like to say to those who have been studying your theory?

Neville: ⾸先我传播这些信息只是我⾃⼰,我并没有想着要所有⼈都是要跟随这个.因为每⼀个⼈都好像是独⼀⽆⼆的花.他们是独⼀⽆⼆的.他们并不是来学习正确的,并不是来跟着我⾛的.我⾛的只是我⾃⼰独⼀⽆⼆的路.你们需要⾛你们⾃⼰独⼀⽆⼆的路.但是这些信息是让你们知道你们是有⼒量的.你只⽤相信你们每⼀个⼈都有强⼤的⼒量可以创造任何你们想要创造的⼀切.还有就是你们永远都在爱中,永远被⽀持着.只需要记住这⼏点.其他的都不需要去学习,不需要刻意的去学习.如果关注这些信息是你的激情,你当然可以去做.那如果关注这些信息只是为了创造⼀个美好的⽣活.这不是⼀个途径.为什么?因为⽣活本来就是美的.

Neville: Firstly, I'm spreading this message just for myself; there's no intention that everyone should follow it. As every person seems to be a unique flower, each one is singular and doesn't come here to learn the 'right' way or to follow me. I walk my own unique path. You need to walk your own unique paths as well. However, this information is meant to let you know that you have power. All you need to do is believe that everyone has powerful capability to create anything they desire. Also, you are always in love and always supported. Just remember these points; there's no need to learn or force yourself to learn anything else. If paying attention to this information is your passion, of course, you can do it. But if focusing on this information is just for creating a beautiful life, that's not the way. Why? Because life itself is already beautiful.

不管它是以什么存在的⽅式.⽽不是说只能拥有很多⾦钱和权⼒才叫美.并不是的.

Regardless of how it exists, it's not true that one must have wealth and power to be beautiful.

问: 请问您现在在灵界都在做什么呢?

Questioner: May I ask what you are doing in the spirit world right now?

Neville: 你还在⽤你的物质的⼀个⽅式来看待灵界,就是需要去做⼀些什么.存在就是存在.它不需要做任何.不是像你们物质世界呢样,你要⽤⼿去⼲活,去做任何事情.你告诉我空⽓它存在,它在做什么? ⼤树它存在,它在做什么? 你没有看到它在动,你没有看到它在⽤⼒的⼲活,你没有看到它在健⾝,你没有看到它在唱歌.它在做什么?

Neville: You still perceive the spiritual world through the lens of material existence, that there's something to do. Being is being; it doesn't need to do anything. Unlike your material world where you have to physically put your hands to work and do things, tell me what does air do when it exists? What about a big tree that exists? You don't see it moving, exerting effort or working hard, doing exercises, or singing. What is it doing?

问: 为什么⼤部分的⼈都在追求脱离轮回呢?

Questioner: Why do most people aspire to escape the cycle of rebirth?

JO: 这又回到你们头脑当中对轮回的⼀个理解和认知.因为你们还不明⽩这是什么.⾸先轮回并不是你们所谓的⼀个理解的现象,明⽩吗? 它们并不是你,跟你没有关系.你的⾁体⽣命就只有这⼀次.你是独⼀⽆⼆的.就算有其他的存在,呢跟你根本没有关系,明⽩吗? 就好像我们以前说,每⼀次就好像你的⼿指头在不同的状态⾥⾯.那你说你的⼤拇指能代替你的中指吗? 你不是你的⼤拇指又变成中指又变成⾷指这样.⽽是你们都是来⾃⼀个不同的⼿掌,在不同的领域体验.所以你们头脑⾥⾯理解的呢个轮回根本就不是所谓的灵魂轮回.如果你们继续看到,你们会从这个概念当中解脱出来才是最重要的⽽不是说….

JO: This returns to your understanding and perception of reincarnation because you don't understand what it is. First, reincarnation is not the phenomenon that you think it is; do you get that? They are not about you and they have nothing to do with you. Your physical life exists only once. You are unique. Even if there are other existences, they have no relation to you at all. Do you understand that?

It's like we used to say before: Each time is like your finger in different states. Would you say your thumb can replace your middle finger? You cannot transform from a thumb to a middle finger and then back again. Instead, you are from a different hand experiencing life in various domains. Therefore, the reincarnation that you understand in your mind is not what we commonly refer to as soul reincarnation. The most important thing is for you to see this concept and be freed from it, rather than just...

因为你们没有办法去达到所谓的脱离轮回,呢只是你们头脑⾥⾯追求的⼀个概念⽽已,⾃以为是.

Because you have no way to achieve what is所谓的 liberation from reincarnation, it's just a concept that your mind pursues, thinking highly of itself.

问: 宗教的⽬的到底是什么?

Questioner: What is the purpose of religion?

JO: 创造宗教的⼈只是感受到了神,感受到了更⼤的存有.他在⽤⾃⼰的⽅式,就好像这个⼥孩⼦,她会传递⾼维信息.她感受到了与其他灵界的(没听清), 然后她来⽤她⾃⼰的⼀个⽅式把这个表现出来.

Jo: The people who create religions feel the gods and experience greater beings. They use their own methods, just like this girl who transmits high-dimensional information. She sensed connections with other spiritual realms (partially unclear), and then she comes to express this in her own way.

# **2023/02/01 - 改变酒桌⽂化Transforming Drinking Culture**

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

问: 我想问⼀下关于我⽼公.我⽼公在⼀个很重要的岗位任职,应酬很多,经常喝酒.我⽐较担⼼他的⾝体.我希望他健健康康的,不要喝呢么酒.这个我该怎么办?

Questioner: I want to ask about my husband. My husband is in a very important position with lots of business dinners and often drinks alcohol. I'm quite concerned about his health. I hope he stays healthy and doesn't drink so much. What should I do?

JO:你现在问的是你们社会上存在的⼀种酒桌上的⽂化.你⾸先要知道这是你们集体创造出来的⼀种,就好像你们都共同创造了这个,然后来让你们相信你们要通过这样的⼿段,就是喝酒的这个过程来让你们更加没有隔阂,就是更加紧密的连接.你们喝酒是为了什么?是为了我们谈⽣意顺畅⼀点对不对?那为了双⽅都开⼼,就是开放⾃⼰,就不是呢么封闭⾃⼰.你们觉得你们⽬前只能通过酒精来达到这样⼦的⼀个结果.那这是你们的⼀个,就是在你们有限的认知,因为你们只知道⽤这种⽅式可以达到这个结果.那你们当然就会采取这种⼿段.但是你要记住的就是你们社会上的所有的现有的东西都是来给你们推翻的.

JO: You're asking about a cultural practice at the dining table that exists in your society. The first thing you need to understand is that this has been collectively created by you, as if you all together formed this culture to believe that through this process of drinking, which is part of such an activity, you can become more unified and closer as people. What's the purpose of drinking? Is it for making business negotiations smoother, right? So that both parties are happy, being open with each other instead of keeping yourselves closed off. You feel that at present, alcohol is your only way to achieve this result. This is part of your society's current understanding; because you're aware that this method can yield the desired outcome. Naturally, you will adopt such methods. However, remember that everything in your society right now exists to be challenged and overturned by you.

因为就像你们要建房⼦⼀样,你们是不是要把房⼦⼀代⼀代的建的越来越强壮,越来越好看,建的越来越好对不对?你肯定要⽐上⼀代更好.那你现在的房⼦已经建起来了.建起来的是什么?酒桌⽂化 — 建起来的这个房⼦.如果你已经知道这些房⼦让你们不舒服.它让你不舒服,它肯定也让别⼈不舒服,明⽩吗?但是你⽼公肯定不会表现出他的不舒服,那别⼈肯定也不会表现出他的不舒服.那如果所有⼈都不舒服的话,那为什么你们不试着去推翻它重新去建⼀个房⼦呢?明⽩吗?你们都住在这个地⽅,你们都觉得这个地⽅台拥挤了,⾥⾯的东西太臭了.它已经妨碍你们的⾝体健康了或者是怎么了.为什么不去推翻它呢?⾸先你们推翻它,你们就有⼀种恐惧.

Because just like when you want to build a house, are you going to build it generation after generation stronger, more beautiful, better, aren't you? You must be better than the previous one. Now that your house is built, what did you build? The culture of the dinner table—what kind of house did you build. If you already know that these houses make you uncomfortable, they make you uncomfortable, they definitely make others uncomfortable, right? But your husband would never show his discomfort, nor will others. If everyone is uncomfortable, then why don't you try to topple it and build a new house? Understand? You all live in this place, and you all feel that this space has become too crowded, with stinky things inside. It's already interfering with your physical health or something like that. Why not just topple it over? First of all, when you topple it over, there will be a fear.

推翻了它,我是不是连房⼦都没有了?所以这是你们⾃⼰创造出来的,你们需要⾃⼰去推翻重新建.那连房⼦都没有了,这是你们的⼀个房⼦.那你要知道这只是你们的⼀个恐惧⽽已.为什么?因为你们有其它⽅式⽅法来让你们真正达到,就是说不通过酒精不通过酒去达到你们想要的结果.就⽐如说我们之间的交流没有障碍,我们之间没有隔阂,我们是坦诚相待,我们是怎么样怎么样.任何你想从酒桌上拿到的⼀些效果,你都可以不通过酒精,通过其它去达到.只是你们需要,⽆论是什么样的房⼦,去推翻它,你们是不是需要第⼀个去动⼿的呢个⼈? 你们谁愿意去做呢个第⼀个动⼿的⼈,明⽩吗? 还有问题吗?

Translated Text:

If I overturn it, would I lose my house? So this is something you have created for yourselves; you need to tear it down and rebuild. If there's nothing left but a house, then that's just one of yours. But remember, this is just your fear. Why? Because you have other ways and means to truly achieve what you want, without resorting to alcohol or wine. For example, when we communicate, there are no barriers between us, no divisions, we're open with each other, we do whatever it takes. Any effect you seek from a dinner table, you can obtain without alcohol, through other methods. The point is that you need someone to start this process. Who among you would be willing to take the first step? Do you see my point? Any more questions?

问: 没有⼒量.

Questioner: There is no power.

JO:没有⼒量也只是你们的认知,你们的意识状态.如果你还困在⼀个旧有的系统⾥⾯,你会还拥有这样的思想.那如果你看到你被困在哪⾥,然后你想要去突破.因为很多⼈不到死到临头,因为很多⼈已经喝成了肝癌、胃癌,就是⽣命已经给他敲响警钟,最后的⼀个警告,他才做出呢么⼀步,明⽩吗?你继续问.如果看清楚了这个过后,你觉得还有什么障碍是你⾃⼰不敢或者是不能突破?

JO: The lack of power is just your perception and state of consciousness. If you are still trapped in an old system, you would hold such thoughts. Now, if you see where you are trapped and want to break free. Because many people don't push until the very end; because many have already developed liver or stomach cancer, their lives serving as a final warning bell before they make that step. Do you understand? You can continue asking. After realizing this, do you feel there are still any obstacles that you personally are afraid of or unable to overcome?

问: 我也给他建议了.

Questioner: I also gave him a suggestion.

JO:你们现在是⼀样的.你给不了他任何建议.你们是在⼀条船上.因为你们都是在被捆绑着的.就这么说,我刚刚跟你说的呢个是看到你们有⼀个A房间和⼀个B房间.你现在跟他共同在A房间,你们是没有办法去解决A房间的问题.所以你必须要你到了B房间,然后你⽼公才发现我⽼婆在B房间,我也去B房间.然后你们就是完全不⼀样的⼀个….在B房间没有A房间的问题,明⽩吗?

JO: Now you are both in the same position. You can't give him any advice. You are on the same boat because you are both tied up. So to summarize, what I told you just now was that there's an A room and a B room. Right now you're both with him in the A room, so you can't solve the problem of the A room. Therefore, you need to move into the B room first, then your husband will realize that your wife is in the B room, and he will also go to the B room. Then it's completely different for you both... there are no issues with the A room in the B room, do you understand?

问: 那就是我也需要改变?

Questioner: That means I also need to change?

JO: 你是⾃⼰需要创造⼀个能量场.我刚刚说的就好像是B房间.那当他看到了,他会被你吸引过来,被你带过来.你说.

You: You need to create your own energy field. What I just said is like room B. When he sees it, he will be attracted to you and drawn to you by you. Say.

问: 我要到B房间.意思就是我要提升我的能量,对吧?

Questioner: I want to go to room B. Does that mean I want to boost my energy, right?

JO: 也不是提升.你要知道你⾸先,这么说你是被困住的,这个就好像是被⽆形的东西困住的⼀样.你⾸先要知道困住你们的是什么.它不单单是你个⼈,它就像是⼀个集体意识.所以它这需要你强⼤的能量,你创造⼀个能量场.然后你⽼公先加⼊你,然后越来越多的⼈来加⼊你.就好像你们之前,你们的历史,你们突破了很多旧有的观念.呢些旧有的观念像枷锁⼀样.最开始⼀个说你们⼥⼈不⽤裹脚的呢个⼈,他是谁? 他是怎么突破的? 他是怎么敢不去遵守裹脚的习俗的,明⽩吗? 然后为什么后⾯的⼈全部都加⼊他了?

JO: Not elevation. You have to understand that by saying this, you're trapped, just like being confined by something无形. First, you need to know what it is that confines you. It's not only about you personally; it's akin to a collective consciousness. So, it requires your strong energy, creating an energy field. Then, your husband joins you first, followed by more and more people joining in. Like in your history, how did you break many old ideas? Those old notions were like shackles. Who was the one who said that women didn't need to bind their feet at the beginning? Who dared not to follow this custom? Understand why everyone later joined him?

问: 我要设⼀个能量场?

Questioner: I want to create an energy field?

JO:这⾥没有就是告诉你⼀个什么样⼦的⽅法.因为你是活的.但是你要知道你只有你⾃⼰,就是你才是呢个突破者,领头⽺.你想不想去做呢个? ⽽不是说你要按照ABCD这样做.只是来让你看到为什么⼈们会选择这种⽅式? 为什么你⽼公他也会加⼊这样⼦的⼀个,明⽩吗? 还有你要知道所有的突破都是你们⼈类共同的突破.所以当你去突破的时候,你也在帮助其他⼈.然后会越来越多的⼈加⼊你.

JO: There's no way to tell you what kind of method it is because you're alive. But you need to understand that you are the breaker, the leader. Do you want to be that? It's not about following a formula like ABCD. It's just for you to see why people choose this approach and why your husband might also join such a thing, get it? Also, you should know that all breakthroughs are collective achievements of humanity. So when you break through, you're helping others as well. And more people will join you over time.

问: 您刚才说的这是⼀个⽅向.有没有更具体⼀点的建议?

Questioner: You just mentioned that this is a direction. Could you offer more specific advice?

JO: 你⾸先你是拥有⼀切⼒量.呢个⼒量来⾃于哪⾥? 来⾃于你对你⽼公的爱和关怀.来⾃于你对其他⼈的⽼公,就⽐如说别⼈也有像你这样⼦的⽼婆,她们也关怀这样⼦的⽼公,对不对? 那当你拥有如此,你就会觉得你肩负着好像是整个社会的责任,你需要去突破.那当你有了这个愿⼒和动⼒过后,⽅法⾃然⽽然就来了.⽽不是我来告诉你,你要怎样.然后所有的⼒量都在你⼿上.你只是需要就是说,OK,我选择这么去做.为什么? 因为对于我来说我拯救的不只是我⽼公,我的家庭.还有千千万万个家庭.我改变的是我们下⼀代⼈的⼀个社交⽂化或者是⼀个现象.我的下⼀代他们不需要来承受这种做着⽆谓的伤害⾃⼰的事情,明⽩吗?

JO: You first possess all the power - where does this power come from? It comes from your love and care for your husband. From other people's husbands, like others also have wives just like you who care about their husbands as well, right? When you have such responsibility, you feel that you are shouldering a duty towards society, needing to break through barriers. Once you have this willpower and motivation, the methods naturally come to you instead of me telling you what to do. All the power is in your hands; you just need to choose to act accordingly. Why? Because for me, I am not only saving my husband and my family but also countless other families. I am changing the social culture or phenomenon that our next generation doesn't have to endure senseless self-harm actions, do you understand this?

那如果你能看到所有的都连接在⼀起的话,你便拥有强⼤的能量.然后你的⽅法⾃然⽽然就来了.所以你有这个愿⼒吗?这才是最重要的,明⽩吗?因为最初所有的开始都是你内在的呢个动⼒和愿⼒.你升起了呢⼀股愿⼒过后,念头,你的呢个意念,然后所有的⼒量都会向你涌过来.⽽不是说你来做个A做个B.你这样解决的是很表⾯的问题.就好像你来跟我说你疼,我来给你开个⽌痛药⼀样.因为真的是拿掉了你⽼公不喝酒,他可能又困在其他地⽅了.他可能是通过抽烟或者是吸毒.可能通过其他⽅⾯,可能通过你们社会上的其他,按摩洗脚.你们社会上太多这种现象了,明⽩吗?

If you can see everything connected together, then you possess powerful energy. Your method will naturally follow. So do you have this aspiration? That's the most important thing to understand because all beginnings are driven by your inner power and aspiration within. After igniting that aspiration, thoughts and your intentions come, followed by all the strength pouring towards you. It's not about doing A or B; solving superficial issues is akin to me giving you pain relief just because you say you're in pain. I mean, removing your husband from alcohol doesn't solve everything; he might find other ways like smoking or drug use. Or through other means, perhaps within your societal context like foot massages. There are so many phenomena in society that you need to understand.

问: 你刚才说的这⼀点没太听明⽩.

Questioner: I didn't quite understand what you just said.

JO: 就是你的⼒量在你⼿上.如果它真的对你如此的重要,你的⼼⾥会发起呢⼀股动⼒来让你朝这个⽅向去⾛.

In your hands lies your power. If it truly holds such great importance to you, an impulse within your heart will propel you in that direction.

问: 好的.这个问题关于我婆婆.她今年84岁.她的⾝体看起来很健康,但是⾛路会喘.也很怕冷.她这些症状的原因是什么?

Questioner: Alright. This is about my mother-in-law. She is 84 years old. Her body appears to be healthy, but she pants when she walks. She's also very afraid of the cold. What could be causing these symptoms?

JO: 恐惧.因为你们,应该是说集体意识,因为你们集体的观念你们会觉得,你们有⼀个观念是什么? ⼈⽼了,⾝体就越来越差了.我的⾝体是需要保护的.我要是着凉了,我的⾝体会⽣病的.我不能太⾟苦,不能太累.累了会⽣病.各种各样的观念.这就是你们的集体意识,明⽩吗? 因为⽆论你去相信什么,你就会体验什么.那你看所有⼈都是这样⼦啊.你看他们⽼了都没有⼒⽓了,没有什么什么了.这就是你们共同的现实.你们共同的体验.因为你们每⼀个⼈都在给对⽅做,是的,这才是对的,呢个⼏百岁还能本蹦蹦跳跳呢个是意外.呢个不是⼈.呢个是仙⼈,呢个是神仙.明⽩吗? 你们本⾝每⼀个⼈都是神仙.

JO: Fear. Because of you, perhaps I should say collective consciousness, because your collective thoughts make you feel that you have an idea, what is it? As people get older, their bodies become worse. My body needs protection. If I catch a cold, my body will fall ill. I can't be too tired or too strained; being exhausted leads to illness. There are many different ideas like this. This is your collective consciousness, understand? No matter what you believe in, that's what you'll experience. Look at everyone else; they're all the same. They lose their energy and have nothing left. This is your shared reality, your common experience. Each one of you is doing it to the other, yes, this is right—the ability to live for hundreds of years and still蹦蹦跳jump around like that is an exception. That's not human; that's a god or a仙person. Understand? You yourselves are all gods.

你们是⾃我暗⽰和催眠把⾃⼰越催越没有⽤,越没有⼒⽓.就是越没有⼒量.这个又回到你需要去让你⾃⼰,你不给你⾃⼰有任何的负⾯的暗⽰,你也不加⼊集体的,就好像你们约定的我们⼈⽼了都要变的没有⼒⽓都要变得体弱多病.你不加⼊集体意识.你也不根据你看到的⼀些所谓的现实,因为你们会根据你们所看到的的⼀些东西,然后把它更加强化.所以只有你⾃⼰脱离了集体意识过后,你才能去带领其他⼈脱离.如果你⾃⼰都已经困在这个集体意识,你跟他们是同⼀条船上的⼈.你们是同样脖⼦上⼿上都有枷锁.你如何去帮别⼈去轻松起来,⾃由起来? 所以还是需要去从你⾃⾝下⼿.

You are self-suggesting and hypnotizing yourselves into becoming less useful, weaker, and more powerless, essentially losing power, which brings you back to needing to empower yourself without giving yourself any negative suggestions. You don't participate in the collective mindset that assumes aging leads to weakness and illness, as if everyone is destined to become frail and sickly. You resist joining the collective consciousness. Instead of reinforcing what you see as reality based on others' perceptions, which can amplify these notions, you must first detach from this collective influence to lead others out of it. If you are already trapped in this collective mindset, you're just another ship on the same sinking vessel, both bound by the same chains around your necks and wrists. How do you help others lighten their burdens and gain freedom when you can't even lift yours? It requires starting from yourself to make a difference.

但是⾝边的⼀切它都是来让你看到,给你动⼒,让你产⽣⼀个你想要去突破这个的⼀个想法、意念、愿⼒.

But everything around you is there to show you, to give you motivation, to inspire in you the idea or intent to break through.

问: 也就是我⾃⼰先要突破这种集体意识?

Questioner: Which means I myself need to transcend this collective consciousness?

JO: 你⾃⼰都跟对⽅⼀样,你说我婆婆卡在泥潭⾥⾯,我也在泥潭⾥⾯.你跟对⽅是⼀样的呀.

JO: You're in the same boat as them, saying my mother-in-law is stuck in a swamp; I'm also stuck in a swamp. You're just like them.

问: 那就是我先跳出这个泥潭.

Questioner: That's me getting out of this swamp first.

JO: ⾸先你⾃⼰要是⾃由的,你才能帮对⽅脱离束缚,⾛向⾃由.不然就像前⾯是个迷宫,前⾯没有路.你⾃⼰不⾛出来⼀条路,你也不可能去带领别⼈⾛出来,明⽩吗? ⽽且你们所有⼈都是在⼀条线上的.所以任何突破都是你们集体的⼀个突破.你继续说.

JO: First, you have to be free yourself before you can help others break free and move towards freedom. Otherwise, it's like facing a labyrinth with no way out; there's no path for both of you. You won't find your own path unless you do it first, which also means that you cannot guide someone else out either, understand? And all of you are on the same line. So any breakthrough is a collective one for all of you. Please continue speaking.

问: 我是做教育的.我在单位的岗位也很重要.现在国家进⾏教育改⾰,要求更⾼了.现在有时候会有点⼒不从⼼.我偶尔会评判⾃⼰,给⾃⼰很多任务.我想问我怎么样让我⾃⼰⼯作更放松?

Questioner: I work in education. My position within my institution is very significant. Now that the country is undergoing educational reform with higher expectations, sometimes I feel overwhelmed. Occasionally, I criticize myself and set many tasks for myself. I wonder how can I make my own work more relaxed?

JO:⾸先你如果是加⼊到⼀个你所谓的⼀个组织⾥⾯去.那组织⾥⾯⾃然⽽然会有他们的⼀些条款、规定.如果你要把你按在对⽅的⼀个条款和规定⾥⾯去,你肯定会是不舒服的.所以你就必须要放掉你要把你按进去别⼈设定的⼀些条条框框⾥⾯去.因为这是不⼈道的.就好像是你要把⼀个鲜活的⽣命按到⼀个模⼦⾥⾯去,要对⽅去按照呢个模⼦去成为,明⽩吗? 你不会去这样对待⾃⼰.为什么? 因为你会知道你每次想要去这样⼦去fit的时候,你会产⽣不适感.那当你产⽣不适感,你就知道你会去逼⾃⼰这么做.那你不会去逼⾃⼰这么做,你⾃⼰也会对教育有⼀个新的理念,⼀个新的概念,明⽩吗?

Firstly, if you join an organization that you call your own, it naturally comes with its own set of rules and regulations. If you are compelled to adhere to those terms and guidelines, you would definitely feel uncomfortable. Therefore, you must let go of the idea of forcing yourself into a system or framework imposed by others. This is inhumane; it's like trying to fit a living being into a mold for them to become something they're not. You wouldn't treat yourself this way. Why? Because each time you attempt such fitting, you experience discomfort. When you feel discomfort, you realize that you are pushing yourself to do so. You won't push yourself in this manner, and you'll develop new ideas about education, a fresh concept, understanding?

所以这也是你很好的去看到和去体验到底什么是教育的⼀个机会.也就是说你⾃⼰⽬前被社会影响或者是感受到的⼀个不适感,它反⽽还会变成你学习的⼀个过程.⽽不是说去排斥它或者是去适应它或者是去妥协它.⽽是说你把这个⾃⼰的经历当成是⼀个让你去探索⽣命.到底什么是教育? 明⽩吗? 这

So this is also a great opportunity for you to see and experience what education truly means, which essentially turns your current discomfort from societal influence or sensation into a learning process. It's not about rejecting it, adjusting to it, or compromising with it. Instead, you should view your own experience as an exploration of life, asking "What is education?" Can you understand?

就是完全不⼀样的状态.⼀个是我到底要不要fit,我到底要不要去适应我的组织或者我到底要不要逃出这个组织.这不是这样⼦.也不是去fit也不是去逃脱.⽽是真正的利⽤你⾃⼰的处境,然后去让你感悟,让你发出思考,到底什么是教育?所以利⽤好你⾝边的⼀切.就好像我现在告诉你,你现在是被困在井⾥⾯.那我就说,OK,那你就正好趁你困在井⾥⾯,然后去看⼀下井⾥⾯有什么⽣物?因为你不是⽣物学家吗?那你正好可以利⽤你⼼在的处境,然后去拓展你本⾝是的.那受益的就不只是你.受益的是你们整个社会,你们整个的下⼀代.还有问题吗?

It's a completely different state. One is whether I should fit in or adapt to my organization, or whether I should escape from the organization. It's not about fitting in or escaping. Instead, it's about truly leveraging your own situation and then contemplating what education is all about. So make good use of everything around you. Imagine I'm telling you now that you're stuck in a well. Then I'd say, okay, just use this opportunity to look inside the well and see what creatures are there? Since you're not a biologist, why not take advantage of your current situation to expand beyond what you know and understand yourself better? The benefit wouldn't be just for you; it would also impact your entire society and future generations. Any questions?

问: 也就是我把我⽬前的境遇当成是…JO: 就好像是我刚刚告诉你的,我没有告诉你让你如何的舒服,也没有告诉你让你如何去适应组织.也没有让你去逃离组织.⽽是说你趁你⽬前的⼀个经历去带领你进⼊⼀个探索.到底什么是教育? 到底是让⼈产⽣不适呢? 还是让⼈产⽣舒适? 到底是让⼈成长还是让⼈压抑?到底是让⼈分裂还是让⼈合⼀? 那你正好就是呢个经验者.因为所有的⼀切体验都是有意义的.如果我直接把你的体验拿⾛,你便失去了改变你们下⼀代处境的机会,明⽩吗? 就像前⾯的信息,你们所有的房⼦都是来让你们推翻重建的,不是来让你们在⾥⾯舒服的.因为你们不可能舒服的,明⽩吗?

Questioner: Essentially, I'm treating my current situation as if...JO: Just like what I told you earlier, I didn't tell you how to be comfortable or how to adapt to the organization. Nor did I advise you on escaping from it. Instead, I asked you to use this current experience to guide you into exploration: What exactly is education? Is it about causing discomfort or inducing comfort? Does it foster growth or suppress it? Does it lead to division or unity? You are precisely the one experiencing it because all experiences hold meaning. If I were to take away your experience, you would lose the opportunity to change future generations' circumstances, do you understand? Similar to the previous information, all your houses are meant for dismantling and rebuilding, not for comfort. You can't be comfortable with them, can you?

因为你想象⼀下,你们需要就好像是成长,⼀节⼀节需要突破的.没有突破就不会有成长.那你们整个⼈类的意识成长,如果你们不是去脱掉旧有的,不是去长出新的,不是不断地推翻重建.你们⼈类也不可能有进步.你有没有看到你⾃⼰所经历的,就好像你这个点就影响着整个⼈类,明⽩吗? 所以不要把它只当成是个⼈的烦恼.因为如果你把它当成是个⼈的烦恼,你的⼒量会越来越⼩.如果你把它当成是你们整个社会,你们下⼀代,你们整个⼈类的烦恼,你想要去突破,你就会带来⽆限的能量.这两个⼒量是不⼀样的.

Because imagine that you need to grow, section by section requiring breakthroughs. Without the breakthrough, there is no growth. So your human consciousness needs to grow if you do not shed the old, grow new things, and constantly tear down and rebuild. The human species cannot progress without this process. Have you noticed how your experiences impact the whole of humanity? Understand that it's not just personal troubles. If you see it as personal, your power diminishes. But if you consider it a struggle for an entire society, future generations, and all humans, seeking to break through will bring limitless energy. The two forces are different in nature.

问: 第⼆个是出发于为⼈类造福还是出发于爱的?

Questioner: The second one starts with benefiting humanity or starting from love?

JO: 出发于how much power you want behind you? 你到底,好像你内部有⼀股动⼒.呢股动⼒要给你加多少油,它是源源不断地.你的马达想要达到多少,是不断的.你如果只是解决你个⼈问题,你可能只需要⼗分的动⼒.如果你是整个社会,那你就是⽆限的,明⽩吗? 那越伟⼤的⼈,就是通过他产⽣的⼒量越强⼤.你们每个⼈就好像管道⼀样,那呢股⼒量你如果是⼀千的⼀万的.那你可能是个伟⼈.如果呢股⼒量通过你只有⼗分的,那你可能就是恨普通的⼀个⼈.只解决了你眼前你⽬前的⼀个问题,明⽩吗?所以两股能量是不⼀样的.但是这两股能量都是你能够去操控的.它来⾃于你的意念到底有多么的强烈.

JO: The source of the power you want behind you? It seems there's a force within you. How much fuel does this force need to give you, is it continuously flowing? Your engine wants to reach how many, it keeps going. If you're just solving your personal issues, you might only need ten units of that force. But if you're dealing with society as a whole, then the possibilities are endless, understand? The greater the person, the stronger the force they produce. Each one of you is like a pipeline; if this power is a thousand or a million, you could be a great person. If it only has ten units going through you, you might just be an ordinary individual. Solving just your current problem right in front of you, understand? So these two energies are different. But both of them can be controlled by you. It comes down to how strongly your mind is set on this.

你的愿望有多么强烈? 你的意愿.

How strong is your desire? How firm is your will.

问: 我在2022年9⽉下旬的时候,因为我的⼯作量很⼤,领导就派了两位⽼师来协助我.这两位⽼师还是我推荐给领导的.但是这个就打破了原来我⼀个⼈说的算的局⾯.所以我⼼⾥⾯对这两位⽼师还是有⼀些不舒服.这个不舒服是因为什么? 怎么去清理?

Questioner: In late September 2022, due to a heavy workload, my leader assigned two teachers to assist me. These two teachers were actually recommended by me to the leadership. However, this disrupted the previous scenario where I was the sole decision-maker. Therefore, I find myself feeling somewhat uneasy around these two teachers. What causes this discomfort, and how can it be addressed?

JO: 你说当你觉得不是你⾃⼰掌控⼀切的时候或者不是你⾃⼰权⼒最⼤的时候,你产⽣的⼀个不适感,是吗? 你⾸先你的所有的不适感它都来⾃于你头脑⾥⾯对事情或者对⼈的⼀个定义.你可以去看到你到底是如何定义它你才会产⽣这样⼦的感觉.如果你转换你的定义,你的感觉就会改变了.你⾸先需要明⽩的⼀点是⽆论是⼤象还是蚂蚁,它们存在的价值和意义都是⼀样的.这么说吧,你们觉得⼤象很⼤,那它拥有的⼒⽓就很⼤.蚂蚁很⼩,它拥有的⼒⽓就很⼩.OK,领导很⼤,那他拥有的权⼒⼤.那下⾯的⼈很⼩,那他拥有的影响⼒就

JO: You mentioned an unease you experience when it feels like things aren't entirely under your control or when you don't perceive yourself as having the most power. Is that correct? Your discomfort stems primarily from how your mind categorizes situations and people, right? Understanding how you define them is key to identifying this sensation. By changing your perspective on these definitions, your feelings will shift accordingly. The fundamental concept here is that regardless of size—whether an elephant or an ant—their existence holds equal value and significance. For instance, you perceive elephants as large because they possess great strength; ants are small with limited power. Similarly, leaders might seem dominant due to their authority, while those beneath them may feel like their influence is insignificant.

⼩.那你想象⼀下有⼀栋房⼦,你让⼤象去撞这栋房⼦,去把它撞倒.⼤象可能不⾏.但是如果你让蚂蚁它们在房⼦的柱⼦⾥⾯,它们可以把整个房⼦吃掉,明⽩吗?让房⼦倒塌.所以也是⼀样的.你觉得你的职位⾼或者你的影响⼒⼤,他们的职位⼩.这么说吧,你们社会上⽇本被刺杀的⾸相,他就是被⼀个所谓的贫民刺杀的.那⾸相在你们的⼼⽬中,他有很⾼的地位,他有很强⼤的影响⼒.那怎么还是死在⼀个默默⽆闻的⼈的⼿上呢?所以你们不能去⽤任何你们头脑⾥⾯的定义去定义到底是我⾼你低还是你⾼我低.所有存在的都是相同,没有⾼低之分.因为如果当你转变了你的视⾓,就是你拥有这样⼦的⼀个对⽣命的定义过后.

So imagine a house, you let an elephant go and knock that house down. The elephant might not be able to do it. But if you were to send ants into the pillars of that house, they could eat the whole house up, right? Knocking down the house. So similarly, your position may seem high or your influence large compared to someone else's. Let me explain this in terms of Japanese society: there was a prime minister assassinated by what some would call a nobody. In your minds, that prime minister held great status and had significant influence. Yet, he still died at the hands of an unknown individual. This shows that you cannot define superiority or inferiority based on preconceived notions in your mind when it comes to roles or impacts. Everything exists equally without高低 distinctions because once you change your perspective on life.

你便不会去有这样⼦我的权限⽐较⼤我的地位⽐较⾼,这样⼦的想法.你会是哪怕是个幼⼉园的孩⼦,你也会觉得他的⾔语之中他的眼中充满了智慧.你也会觉得他的话可以改变你的⼈⽣.这样⼦你就利⽤了造物主可以给你的⼀切.这么说吧,就⽐如说你下⾯的两个⽼师也好⼩学⽣也好.所有的东西它其实都是像各种营养来滋养你的.那如果你忽略了⼩学⽣,排斥了⽼师,那你是不是在排斥你的营养素? 那如果你不断地在排斥你的营养素的话,那你的滋养是不是就不⾜? 那如果你滋养不⾜,你是⼀颗种⼦的话,那你是不是就不能长成⼀棵参天⼤树?你只能长成⼀棵又瘦又⼩的.因为你不是排斥这个就是排斥呢个.

You wouldn't have the thought that my authority is quite large and my status is relatively high like this. You would even think that even if you were a child in kindergarten, you would feel that his words are full of wisdom from his eyes. You would also feel that his words could change your life. This way, you're utilizing everything that the Creator can give you. Let me put it this way: for example, you and the two teachers below or the students below you. Everything is actually nourished by various nutrients to you. If you ignore the children, reject the teachers, are you rejecting your nutrients? If you keep rejecting your nutrients, wouldn't your nourishment be insufficient? If you're not being nourished enough, if you're a seed, couldn't you grow into a towering tree? You can only grow into a thin and small one because you're either rejecting this or that.

你觉得你这个臭⾬⽔,你根本就不值得,你根本就不能给我什么,我根本就看不起你.我不要⾬⽔,我不要泥⼟,我不要阳光,我不要露⽔,我不要任何其他的养分.那你只有枯死.为什么?因为所有⼤⾃然安排在你⾝边的滋养你都不屑⼀顾,明⽩吗?所以即使对⽅是又脏又臭的粪,对⽅是⼀坨狗屎,它都能成为你的养分.来让你的花开的更鲜艳,让你的⾹味更⾹,让你的叶⼦更绿.因为当你达到这样⼦的⼀个,你吸收⼀切你转变⼀切的时候.你会感激所有出现在你⽣命中的⼀切.哪怕是⼀朵鲜花,哪怕是⼀只蝴蝶,哪怕是⼀只⼩蜜蜂,你都会对它充满了感激.因为它来丰富了你的体验.

You think you're just a stinky rainwater, utterly unworthy; there's nothing you can give me that I would value. I have no regard for you at all, nor do I want rainwater, mud, sunlight, dew, or any other nourishment from nature. If you don't provide what I need, you'll simply wither and die alone. Why is this? Because you show no appreciation for the natural resources placed around you in the vastness of creation. Do you understand?

Even if someone offers you something as unappealing as dung or a pile of feces, which might seem disgusting to others, they can still become your source of sustenance. They could enhance your beauty, intensify your fragrance, and make your leaves greener. When you've reached this level where you absorb everything and transform it all around you, you'll be grateful for every aspect that enters your life—be it a beautiful flower, a butterfly, or even a tiny bee. Because they enrich your experience of existence.

如果你的体验只能体验⼀个颜⾊或者⼀个物种或者⼀种⼈,你⽣命的体验是多么的单调.那如果你⽣命的体验是多姿多彩五颜六⾊酸甜苦辣,⿇辣酸甜什么都有, 明⽩吗? 这就是为什么你们灵魂不断地想要去探索成长感悟领悟,多有的⼀切.就是你们不断地想要有更多更丰富的体验.你们所有⼈都想要地位是为什么?想要钱是为什么? 因为它能扩展你的体验.还有问题吗?

If your experience could only be one color, or one species, or one person, how dull would your life's experience be. But if your life's experience is colorful and multi-dimensional with flavors like sour, sweet, bitter, hot, and salty, all of these experiences are there, right? This is why your soul constantly desires to explore growth, enlightenment, and understanding of everything. It's because you all want more and richer experiences. Why do you all want status? Why do you want money? Because it can expand your experience. Any questions?

问: 那如果我敞开⽤爱去接纳,那他们就是来助⼒我?

If I open myself with love and acceptance, then they are coming to assist me?

JO: ⾸先你要知道你并不是敞开去接纳.你没有看清楚你们所有外在的⼀切其实都是来⽀持你.所有外在的⼀切都是你的⼀部分.你才会去给你⾃⼰创造⼀个你不断地想要排斥.然后你不断地排斥产⽣的不适感是你⾃⼰.因为对⽅不会产⽣什么,明⽩吗? ⾸先是你⾃⼰,你刚才都说了你⼼⾥不舒服,明⽩吗? 因为你知道你的真我,它是不排斥的.只有你排斥了,你才会产⽣不适感.当你真正的能理解前⾯的呢希信息,然后你进⼊到呢种状态的时候.你会发现所有的⼀切都如此的美好.你不会有任何不舒服感.你不会有任何迷惑或者是排斥.你是合⼀的状态.

JO: First you need to understand that you are not fully open and receptive. You haven't truly seen how everything in your outer world is actually there to support you. All external things are part of you, which is why you create for yourself a continuous desire to reject them. Then the discomfort resulting from your constant rejection comes back to you because the other party doesn't create anything themselves; do you understand? First and foremost, it's you who feels uncomfortable, don't you see? You just mentioned that you're feeling uneasy in your heart, right? Because you know your true self – it doesn't reject. It is only when you reject that discomfort arises. When you truly comprehend the previous message and enter into such a state, you'll find that everything is so beautiful. There will be no sense of unease or confusion. You'll be in a state of unity.

问: 那我怎么样让我的头脑安静下来呢?

Questioner: Well, how do I calm my mind down?

JO: 这么说吧,头脑是你们的⼀个⼯具.如果你把头脑当成是你⾃⼰的话,这个⼯具是你的话,那你肯定你这个⼯具会忙来忙去,忙的不可开交.那如果你去认清楚这个⼯具是如何的使⽤? 要怎么样在安全的范围内去使⽤,就是如何是⼀个和谐的状态去使⽤? 就好像是任何其它⼯具,你必须要学会如何使⽤它,你才能很好的使⽤它.如果你对⼯具⼀窍不通,那你肯定不能很好的使⽤它.它也不能很好的为你服务.所以你们⾸先要认清楚的就是头脑不是你.如果把它当成是你的话,那你肯定就会去相信它了.你会去听它的指挥了,跟随它了.所以这是你们需要去认识,因为你们没有任何书本或者是任何⼈来告诉你如何去跟你的头脑去合作,⽽不是让它去阻碍你.

JO: Let me put it this way, your mind is a tool for you. If you consider the mind as yourself, then that tool will be constantly busy and overwhelmed. Now, if you understand how to properly use this tool, within safe boundaries, which means using it in a harmonious state? It's akin to any other tool; you must learn how to use it correctly to utilize it effectively. If you have no clue about the tool, you won't be able to use it well. It won't serve your needs efficiently either. So, the first realization is that the mind is not you. Considering it as yourself can lead to trusting and following its commands, which might hinder you from functioning optimally. This is something you need to recognize because there's no book or person telling you how to work with your mind cooperatively instead of letting it impede you.

这也是你们,就好像是你们去认识⾃我的⼀个过程.就好像我们⼀直以前⾼维信息说,你的头脑就是⼀条狗.你只有不把,你以前是觉得狗是主⼈.那狗往这边跑⼀下,往呢边跑⼀下,这边去⼀下,呢边去⼀下.你都跟随它.为什么? 狗才是主⼈呀.明⽩吗?

This is also like your journey of self-discovery, as if you're understanding yourselves. It's like the high-dimensional information we've been saying all along that your mind is just a dog. You only follow what it tells you to do because you used to think that dogs are the masters. When the dog runs this way and then that way, and you follow it everywhere. Why? Because the dog is the master, right?

问: 不是有⼀个主⼈吗? 不是主⼈去掌控呢个狗吗?

Questioner: Isn't there a master? Doesn't the master control that dog?

JO:这⾥不存在掌控什么.只是各就各位.各⾃⼲各⾃的活.没有谁要去掌控任何.就好像你的冰箱和你的烧饭的灶头,它们各做各的事.所以这是你⽣命的过程,你去摸索它,你去体验它,你去感悟它.那你多试⼏次,你知道冰箱不能做饭.你就不会再让冰箱给你做饭了,明⽩吗?

JO: There is no control of anything here; it's just everyone doing their own thing. There isn't anyone trying to control any aspect of it. It's like your refrigerator and your stove - they each do their job independently. This is the process of your life, where you explore it, experience it, and understand it. You try multiple times, realizing that a refrigerator cannot cook food, so you wouldn't ask your refrigerator to cook for you, right?

问: 那就是要通过学习和⾃我的认知去转变这个能量对吧? 那对于我这个灵魂特质能给我⼀些具体的建议吗?

Questioner: Isn't it about transforming this energy through learning and self-awareness? Could you give me some specific advice for my soul's traits?

JO: 你不需要任何别⼈给你或者是JO信息或者任何给你建议.为什么? 因为你才是呢个体验者.⼀切体验你都可以去转换它,去利⽤它.就好像我刚跟你前⾯说,难道我跟你说你不要让你⽼公去⼯作,让他换⼀个⼯作.我给你建议你把这两个⼈开除就好了.这就是你所谓的建议,明⽩吗? 所以你需要这些建议吗? 你并不需要这些建议.你只需要知道⼒量在你的⼿上.你想要后⾯给你的⼒量是⽆限的.就⽐如说你想要多少power? 呢是⽆限的.这么说吧,秤砣.你想要拿个⼀公⽄的秤砣还是⼀千公⽄的秤砣,这⾥都有.⼀万公⽄,⽆限.你想要拿多少? 你⾃⼰有选择.只是来让你看清楚这个.你想要做多⼤的创造和改变? 你的⽣命想要展现什么样⼦?

JO: You don't need any advice or JO information, or any suggestion from others. Why? Because you are the experiencer. You can transform and utilize every experience. Just like I told you earlier, why would I suggest to you that your husband should not go to work or switch jobs instead of giving you advice on dismissing two people? This is what you consider as advice, do you understand? So do you need these suggestions? No, you don't need them. You only need to know that the power lies in your hands. The power you seek from behind can be limitless. For example, how much power do you want? It's limitless. Think of a weight on a scale; would you prefer a one-kilogram weight or a thousand-kilogram weight? Here it is available for you, even up to ten thousand kilograms or limitless. How much do you want? You have the choice. Just know this clearly - how big a creation and transformation do you wish to make in your life?

明⽩吗? 是你⾃⼰拿捏的,你去选择,你去做这个决定.⽽不是我来建议你这个问题这么处理就好了.那你永远只能体验到⼗公⽄的秤砣.你永远不知道你还拥有⼀万公⽄的⼒量,明⽩吗? 所以所有的这些建议它都是限制.它限制了你的可能性.你是⽆限的.没有什么能够限制你,只有你⾃⼰的思想能够限制你.只有你⾃⼰决定我的⼈⽣我只想体验五公⽄.那也是因为你是被⽆条件的⽀持的.你是拥有⽆限制的选择权和⾃由权,可以去选择你只想体验轻重量的.

Understand? It's up to you to decide and choose for yourself. Not me suggesting that this problem can be handled in such a way. If you do it like that, you'll only ever experience the force of ten kilograms, understand? That means you'll never know how much more power you possess at one thousand kilograms. Understand? So all these suggestions are limitations. They limit your possibilities. You're infinite. Nothing can limit you, except for your own thoughts limiting you. Only you have the power to decide what your life should be like. I just want to experience five kilograms. That's also because you are supported without conditions. You possess unlimited options and freedom to choose only to experience lighter weights.

问: 我是⽆限的,这个我也知道.但具体到⽣活当中又感觉到⼒量不⾜.如何去提升这个? JO: 你感受到⼒量不⾜,然后就感受到你好像是⽆⼒是吗?

Questioner: I know that I am infinite, but I still feel inadequate in my daily life. How can I improve this?

JO: You feel insufficient, and as a result, you perceive yourself as powerless, right?

问: 就我知道真我是⽆所不知的.

Questioner: According to my understanding, True Self knows everything.

JO: 那就是说你眼前这些东西是已经创造好的,对不对? 这些东西是已经创造好的.然后我说的呢个⽆限的⼒量还没有被创造,还在被创造当中.你更加愿意去相信眼前的,可以看见的.⽽不愿意去相信呢些还没有出来的.明⽩这个意思吗?为什么真正拥有强⼤的⼒量的⼈是少部分?就是没有什么⼒量的⼈,⽆⼒的⼈他是多部分.因为你们更多的⼈是活在幻像当中,活在结果当中.就是你们⽬前看到的都是已经结果的.你们更加愿意相信这个果,⽽不愿意相信呢个种⼦.呢个种⼦它发芽,它长成⼀棵参天⼤树,它结的果更多更甜.因为你们看不到呢个过程,明⽩吗? 你们只相信你现在眼前能看到的.

JO: That means these things in front of you are already created. Right? They have already been created. Then I said the unlimited power that I'm talking about has not yet been created; it's still being created. You would rather believe in what you can see, in the tangible, and not believe in what hasn't come out yet. Do you understand this meaning? Why is it that only a few people have strong powers? It's because those who are powerless, they make up the majority. Because most of you live in illusions, living in the results. The things you see now have already borne fruit. You would rather believe in the result and not believe in the seed. That seed grows into a towering tree, bearing more fruits that are sweeter. Because you can't see that process, do you understand? You only believe what you can see right now.

问: 也就是说我们现在是眼见为实.现在是seeing is believing,⽽应该是believing is seeing,对吧?

Questioner: That means we are now seeing is believing. Now it's about seeing is believing, right? It should be the other way around, isn't it?

JO: 你们都不愿意播下呢颗种⼦去耐⼼的等待它长成⼀棵参天⼤树.都没有⼈敢播种,因为他觉得眼前的这个果实才是真实的.你们说你们社会上有多少⼈有愿⼒想要去改变你们下⼀代⼈? 让他们不再被酒桌⽂化,不再被⽬前的教育体系所束缚,明⽩吗? 他们更多的就是加⼊这个⾏列.加⼊已经被创造的,就是加⼊这个已经被建好的房⼦继续在⾥⾯.为什么? 因为我要把房⼦去推翻的话有多少⼈会来打我? 他们会说你⼲什么要破坏这个房⼦?

JO: None of you are willing to plant that seed and wait patiently for it to grow into a towering tree. Nobody dares to sow because they believe the current fruit in front of them is real. You ask how many people in your society have the willingness to change the next generation? To free them from the table culture, from the current education system, do you understand? They mostly just join this group, joining what has already been created, which means they join the existing house and continue living inside it. Why is that? Because if I were to tear down this house, how many people would come and attack me? They would say, "Why are you destroying this house?"

问: 也有⼀些⼈想要去改变.⽐如说社会上有很多教育局长想要去做⼀些深度的改⾰.但是做着做着就做不下去了,因为他上⾯的还有领导…JO: 这么说吧,就好像刚才我给你解释的.你觉得好像呢两个⽼师或者是其他⼈他是你的对⼿,明⽩吗?你会觉得我需要推翻的是这个⼈.这么说,我是⼀颗种⼦,你看我要长成多⼤的树.你是⼀坨粪,我不想要你.那你不知道这个粪它也可以滋养你.⽽不是把它当成⼀坨又臭又恶⼼的粪,让它⾛的远远的.因为你们把对⽅当成了恶臭的粪来对待它.那你体验的就是⼀坨恶臭的粪.如果你能看到呢个粪它其实也是来滋养你的,那它就是来滋养你的.这是两种不⼀样的,就好像⼀个是A房间,⼀个是B房间.

Questioner: There are also people who want to change things, such as education directors wanting to implement deep reforms in society. However, they find it difficult to carry on because there are leaders above them...

JO: Let me put it this way: it's like I just explained to you before. You might feel that someone else, maybe two teachers or others, is your opponent. Do you see? You think you need to overthrow this person. Like this: I am a seed, looking at how big of a tree I can grow into. You are a pile of dung; I don't want you. But you don't realize that the dung could actually nourish you. Instead of seeing it as an ugly and stinky pile of dung and pushing it away far away, because you treat each other as smelly dung. So you experience it like a stinky dung yourself. If you can see that the dung is actually there to nourish you, then it's there for you to be nourished. This difference is like being in room A versus being in room B.

这是两种不⼀样的意识状态,明⽩吗?如果你觉得你⽬前呢些东西都是你的障碍,这个⼈是来阻碍你.那的确,你会有这样的体验.那如果你有⼀个信念就是⽣命安排到你⽣命中的所有的⼀切,不管是⼀只蚂蚁还是⼀个(没听清), 它都是来⽀持你的.不管它是以恶⼈的⽅式,不管它是敌⼈的⽅式出现还是以友⼈的⽅式出现,它都是来助你成长的.敌⼈更好的能帮助你.为什么? 它可以让你更强.所以你们在展现你们的⼀个愿⼒的时候,你们是去吸纳⼀切,把它们吸纳在你们当中.⽽不是去推翻它们、排斥它们,明⽩吗?

These are two different states of consciousness, understand? If you feel that what you have now is hindering your progress or that this person is meant to obstruct you, then indeed, you might experience such feelings. But if you believe that every aspect of your life, whether it's a tiny ant or something else (I didn't quite catch that), has been arranged by fate to support you, regardless of its appearance as an adversary or ally, it's there to assist your growth. Adversaries are especially helpful because they can make you stronger. Why? They push you to improve. So when you're showing your willingness, you embrace everything and integrate them into your life instead of rejecting or pushing them away. Understand?

问: 如何去提升我的值得感,我的⾃信?

Questioner: How can I boost my sense of worth and self-confidence?

JO:那还是你需要对⽣命的⼀个认知.你可以从世界万物⼀切去发现,⼀只⼩蜜蜂你把它杀死,那是因为你对造物主,你对⼀切还不理解.如果你去理解⼀只⼩蜜蜂关系着你们地球的所有安危.你不会去伤害这个⽣命,明⽩吗?那如果你也知道,就像我前⾯的信息说的⼀样,你就是来改⾰教育,来推翻酒桌⽂化.给你们重新打造全新的⼀个意识⼀个社会⾯貌的,你还会觉得你不值得吗?明⽩吗?所以你需要你⾃⼰的⼀个眼睛去看到你们所有这⼀切的连接.所有⼀切彼此息息相关和影响.因为当你知道你是⾮常重要和值得,当你能看到你⾃⼰存在的价值过后.你便能看到所有的价值,包括⼀只蚂蚁.如果你看不到⾃⼰,你觉得不值得话.你可能也看不到别⼈的.

JO: That's still about your understanding of life. You can find this everywhere in the world and in everything; if you kill a little bee, it's because you don't understand the Creator or all things around you. If you realize that every single detail concerning one little bee impacts the safety of Earth as a whole, you wouldn't harm this life; do you understand? And if you also know, as was mentioned in my previous messages, that your purpose is to reform education and overthrow table culture, creating a new societal image and consciousness for everyone, would you still doubt your worthiness? Do you see? So you need your own eyes to observe the connections among all of you. You need to understand how everything affects each other. Because when you realize how important and valuable you are, and once you can see the value in your existence, then you can see the value in everything else, including a little ant. If you don't see yourself as valuable or feel worthy, you may not be able to see others either.

你可能会只拿着别⼈表⾯的⼀些成绩来衡量他,你看不到他深层次的价值.你还可能,就像刚才说,你可能就会看到⼤象⼒⽓⼤,蚂蚁⼒⽓⼩,你可能就会这么去看到.但是你看不到⼤象推翻不了⼀座房⼦,但是蚂蚁可以,明⽩吗? 所以所有的⼀切都是从你开始.

You might only judge him based on superficial achievements he has made, overlooking the true depth of his value. You could also, like just now, perhaps see it as an elephant being stronger than an ant in strength; you might view things this way. But you wouldn't realize that while an elephant cannot topple a house, ants can - get it? Therefore, all understanding begins with yourself.

问: 有时候每天早上起来会做⾃我确认来提升这⼀块…JO: ⾸先你要知道你的⽣命不可能,这么说吧,你现在还是⼀颗种⼦.那你长成参天⼤树,你是不是需要五百年? 你现在就好像在要求⾃⼰明天就要长成五百年后的样⼦,明⽩吗? 所以对⽣命的⼀个认知,这是⼀个逐渐的过程.你越来越去发现,你就会开始对你⾃⼰产⽣敬畏之⼼了.你也会对你⽣命中出现的每⼀个⽣命产⽣敬畏之⼼.呢种发⾃内⼼的不是你每天假装给⾃⼰打⽓、肯定.你还有问题吗?

Questioner: Sometimes, in the morning, I do self-affirmation to boost this part of you... JO: First, you need to understand that your life is impossible, literally speaking, you are still a seed right now. If you were to grow into a towering tree, would it take five hundred years? Now you're demanding of yourself that you should already look like what you will be in five hundred years tomorrow. Understand? So, understanding the nature of life is a gradual process. As you delve deeper into this, you'll begin to develop respect for yourself and every living being that comes into your life from within. This isn't something you pretend every day just to boost yourself up or affirm yourself. Do you have any more questions?

问: 也就是对我⽣命当中出现的所有⽣命产⽣敬畏对吧?

Questioner: So, you mean I should feel awe towards all the life that appears in my life, right?

JO: 就好像现在告诉你,你五百年过后长的是什么样⼦.你不需要⼀下就要去理解这种感觉.因为你理解不了.你也不需要去装成呢个样⼦,明⽩吗? 你想⼀棵⼩树苗想装成五百年的⼤树,它可能吗? 还有问题吗?

JO: Imagine telling you what you will look like five hundred years from now. You don't need to grasp this feeling immediately; it's beyond your comprehension capacity. There's no need to pretend to be that way either. Can you understand? Trying to be a five-century-old tree while still being a sapling is it even possible? Any other questions?

问: 关于我⼤姐的⼉⼦这⼏年的婚姻不好.我想问这个产⽣的原因是什么?

Questioner: Regarding my elder sister's son's marriage over the past few years, I want to know what the reason for this is.

JO: 你们不只是婚姻问题,你们所有⼈与⼈之间都有⾮常⾮常⼤的问题.为什么? 因为你们内在⾃⼰跟⾃⼰就存在很⼤问题.你说你跟你的头脑就有问题,对不对? 你说你的头脑⼀会⼉这样⼀会⼉呢样.你连你跟你⾃⼰的头脑都相处不了,你如何去跟外在的⼀个⼈相处? 所以不可能是没有问题的关系.除⾮你⾃⼰已经就是跟你⾃⼰没有任何问题.那你可能外在的关系也就不会有问题了.但是这些问题就是来让你们进步的,来让你们学习,来让你们体验,来让你们找到⼀条达到爱达到真理的路.所以这些问题就是你们的成长之路.

JO: You're not just dealing with relationship issues; you have huge problems among all of you in how you relate to each other. Why? Because there are big issues going on internally between you and yourself. You say that your relationship with your mind is problematic, right? You say that your mind behaves differently at different times. You can't even get along with yourself and your own mind; how can you hope to connect with someone else externally? So it's impossible for there not to be issues in relationships. Unless you've already resolved all issues internally with yourself, in which case the external relationships might also work out smoothly. But these problems are actually here to help you grow, to teach you, to allow you to experience, and to guide you on a path towards love and truth. So these issues are part of your journey of self-improvement.

问: 那我想问⼀下他俩后续的婚姻会⾛到哪⼀步呢?

Questioner: I wonder where their subsequent marriage will go?

JO: 你所有的问题你问的都是⼀些表⾯.表⾯会怎么样会怎么样? 你们分⼿离婚还是不离婚,其实你们说的是呢张纸.有的⼈他拥有呢张纸,但是实际上呢? 他们完全是就好像是仇⼈⼀样.那有些⼈他没有呢张纸,实际上呢? 他们就是合⼀的状态.所以你去关注他们外在会发⽣什么变化是没有任何必要的.你唯⼀能做的就是来让他们看到他们的问题不是在外在不是在对⽅,⽽是在⾃⼰.明⽩吗? 但是如果你⾃⼰都不能达到⼀种平和、平静,就是和谐的⼀个状态,你也很难帮别⼈去出主意或者是让别⼈达到⼀个和谐平静的状态.⾸先你⾃⼰在爱中,你⾃⼰在⼀个平稳的状态.你才能让他们也加⼊你的这个能量场,明⽩吗?

JO: All of your questions are centered around the superficial – how things will turn out? Whether you'll break up or stay together, what you're really talking about is just a piece of paper. Some people have that piece of paper, but actually, they might as well be enemies. Others don't have the piece of paper, yet they are in harmony. Therefore, it's unnecessary to focus on external changes; your sole action should be to help them realize their issues lie within themselves and not with externals or others. Do you understand? However, if you yourself cannot achieve peace, calmness – a harmonious state – then helping others reach that state might be challenging as well. First, ensure that you're in love and at a stable state of mind. Only then can you bring them into your energy field, do you see?

就好像你⾝上都是⽕,你⾃⼰都在被⽕燃烧着.你觉得你还能去帮助他们扑灭⽕吗?

It's as if you are engulfed in flames; you yourself are being burned by fire. Do you think you can still help them put out the fire?

问: 双⽅的⽗母还催他们⽣⼆胎,这样做合适吗?

Questioner: Are their parents from both sides still urging them to have a second child, is this appropriate?

JO: 这不是单独合适还是不合适的问题.如果我来告诉你不合适,难道他们就不催了? 就不⽣了? 如果我告诉你合适,难道他们俩就马上要⽣个⼩孩了? 明⽩吗?

JO: It's not about whether it's right or wrong for me alone. If I were to tell you that it's not suitable, would they stop pursuing this? Would they abandon the idea entirely? Or if I said it was suitable, would they suddenly decide to have a child together? Do you see that?

问: 那这样的发⽣就是让他们俩个成长对吧?

Questioner: So such occurrences allow them to grow, right?

JO: 你永远可以敞开,就是当你达到了⼀种就觉得你的整个世界都很圆满的⼀个状态,你的能量状态.就是你的⼼⾥没有任何的评判的声⾳,我没有觉得哪个事情是对或者是错,我没有觉得哪个路是好哪个路是坏.我没有任何给他们这种建议或者是批判,没有任何.我只是敞开,我只是在这⾥.如果你向我倾诉,我只是听.我没有任何评判,我没有任何声⾳想要来给你建议.因为我知道你们每⼀个都是伟⼤的灵魂.因为你们都知道⾃⼰的⼈⽣是需要什么体验.然后你只需要让对⽅知道他所有的体验都有意义,他所有的体验都可以转化.他才是呢个开船掌着⽅向盘的⼈,明⽩吗? 他不是⽆⼒的.他永远都可以开错这个⽅向,再往另⼀边开.

JO: You can always be open until you reach a state where your entire world feels complete, your energy level. It's when there is no judgmental voice in your heart; I don't feel that anything is right or wrong; I don't think one path is better than the other. I don't offer any advice or criticism; there is none. I'm just open, and I'm here. If you confide in me, I simply listen. There's no judgment, no voice wanting to give advice. Because I know that each of you is a great soul. Because you all know what your life requires. Then you need only let the other person understand that every experience they have has meaning and can be transformed. They are the one steering the ship with the wheel; it's clear? They're not powerless. They can always go in the wrong direction, then steer in another.

因为我们来这⾥不是来做正确的事情.这⾥没有正确的事情.我们只是来让每⼀个灵魂都得以绽放,每⼀颗种⼦都得以发芽长成参天⼤树.

Because what we're doing here is not to do the right things, there are no right things here. We just come to allow every soul to bloom, and let every seed grow into towering trees.

问: 就第⼀问题还是说我⽼公的问题,能不能帮我总结⼀下?

Questioner: Regarding the first question or my husband's issue, could you help me summarize it?

JO: 你想要如何关⼼你⽼公是吗? 如果你想要单独从你⽼公的问题⽽不是上升到⼀个社会问题来解决你⽼公的问题,来帮助他.就是你让你⽼公看到他是有⼒量的.你让他知道他的发光点在哪⾥.因为这个只有你⾃⼰才知道.你能做的就是说,我知道你拥有⽆限的⼒量,你⽆论想要达到哪⾥你都可以,你不需要任何⼈来帮助你.因为你⾃⼰就可以达到呢⾥.就算前⾯有很多⼈阻碍你,阻拦你.他们都是来给你⼒量的,他们并不是你的仇⼈.我们都需要去感谢他们,把这股⼒量转化成你的动⼒.因为当他拥有了⼒量过后,他便不需要去⽤这种⼿段或者是捷径或者是任何去讨好关系或者什么什么的⼀个去做.

JO: Are you concerned about how to care for your husband? If you want to address the issue of your husband's problem individually rather than elevating it into a societal issue, to help him, what you need to do is show him his strength. You should let him know where his strengths lie because only you know this. What you can do is say that I know you possess infinite power; you can reach any goal you desire without needing anyone else's assistance. Because you have the ability to reach it on your own. Even if there are many obstacles in front of you, they're here to give you strength, not to be your enemies. We all need to thank them and transform this strength into your motivation. Because once he has his power, he won't need to resort to such methods or shortcuts or trying to gain favor with others.

所以让他看到他的⼒量,把他的发光点,把他的曾经创造的很好的⼀些案例摆在他⾯前来让他感受到他是拥有强⼤的⼒量的.他便拥有⼒量去拒绝他⼈的酒杯,⽤委婉的⽅式去容纳他⼈的⽅式,⽽不是粗暴拒绝排斥的⽅式,明⽩吗? 因为这⾥并没有仇⼈.

So show him his power, highlight his shining points, and present before him some excellent cases that he has created to make him feel the strength he possesses. This way, he can use this strength to reject others' cups gracefully, adopting a subtle approach rather than resorting to rude rejection or exclusion. Do you understand? There are no enemies here.

问: 要让他意识到他的⼒量?

Questioner: How do you make him aware of his power?

JO: 你⾸先你⾃⼰要看到到底你⽼公在你⼼⽬中有什么⼒量? 他到底有哪些发光点,你需要让他看到.你⾃⼰看到了过后,才真的能让他看到.⽽不是说你来哄骗他,假装他.

JO: First of all, you need to recognize what power your husband has in your heart's eyes? What shining points does he have that you need him to see? Only after you've seen these for yourself can you truly make him see them. Not by trying to deceive or flatter him, pretending otherwise.

问: 那我就是通过欣赏、赞美是吧?

Questioner: So I'm supposed to appreciate and praise them, right?

JO: 是通过你真的看到过后,然后再分享给他.

JO: Only after you have really seen it can you share it with him.

# **2023/02/02 - 如何和 ‘假我’ ⼤的⼈相处How to Deal with People Who Are 'Fake Me'**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 跟⼀个假我⽐较⼤的⼈要怎么相处? 如何在跟他们相处的时候可以呆在和平喜悦爱当中? JO: 你⾸先你要知道所有所有摆放在你眼前的⼈和事都是你⾃⼰安排.你⾸先要知道的是这⼀点.他不是来陷害你,他不是来迫害你,他不是来为难你.他是来助你.是你⾃⼰来让⾃⼰去⾯对,去通过这个⽽成长,明⽩吗? 这是你⾃⼰选择的对⼿,就好像你⾃⼰挑了: 我要挑这个对⼿陪我演练.这是来⾃于你⾃⼰.还有⼀个你要明⽩的是,他不是来为难你,他也不是来陷害你,他⽽是来帮助你.是你⾃⼰选择的.然后还有是你⾃⼰来体验,是你⾃⼰来决定你想要体验对⽅的哪⼀⾯.这么说吧,对⽅就好像是⼀个拥有⽆数个⾯具的⼀个⼈.

Questioner: How should you interact with someone who is significantly larger than yourself? How can you maintain peace, joy, and love during this interaction?

JO: First, understand that every person and situation presented to you are arrangements made by yourself. The primary point you need to grasp is this - they are not here to harm you, persecute you, or put you in difficulty. Instead, they are here to assist you. You choose to face these situations and grow from them. This is your chosen opponent; it's akin to you choosing a partner for practice. It comes from within yourself. Additionally, recognize that they are not here to cause trouble for you nor to harm you; rather, they are here to help you. This choice belongs to you. Furthermore, you decide which aspect of the other person you want to experience or focus on. Think about it like a person with countless masks.

就好像你们川剧变脸他有很多张⾯具.每⼀张脸它有不同的颜⾊,它有⽩⾊、绿⾊、⿊⾊、红⾊…. 是你的意识决定了对⽅呈现什么颜⾊给你,是你决定要去体验什么颜⾊.你不是被动的.因为你们很多⼈总觉得你们在关系⾥⾯你们是被动的.就是你没有办法,对⽅就是个恶

It's like the Peking Opera where they have many masks. Each face has a different color - it can be white, green, black, red... etc. Your awareness decides what color the other person presents to you and what color experience you choose to engage with. You are not passive as many of you feel that in relationships, believing there's no choice but to accept whatever they bring forth because they're "the evil".

⼈.你要么躲避他要么怎么他.并不是.明⽩吗? 因为很多⼈他们都是在等待被唤醒的灵魂.就这么说吧,他们都是在梦游中,然后他们都期待着被唤醒.他们都期待着他们可以从梦中醒来,他们在梦游.那要什么⽅式才能把他们唤醒? 就是让他们感受到温暖,明⽩吗?因为就好像母鸡它在孵化⼩鸡的时候,它需要温暖呢个⼩鸡才会破壳,明⽩吗? 如果你想要对⽅真正的,就是鸡蛋壳⾥⾯的⾃⼰突破出来的话,你想见到呢个真正的他的时候.那你就需要像母鸡⼀样,明⽩吗?

You either evade him or confront him. Isn't that clear? Many people are waiting for souls to be awakened, as if they were walking in a dream, and they anticipate being woken up. They look forward to breaking free from their dreams. So how do you awaken them? It's by making them feel warmth, right? Just like when a mother hen needs warmth for the chicks inside her egg to hatch out, understand? If you want to see the real person, who is trapped inside that eggshell, then you need to be like the mother hen, understand?

问: 明⽩,但是我就是觉得我得能量⾮常⾮常⾼才能做到.我觉得⾃⼰还没有呢么⾼的能量.以前我选择的是逃,现在我就是去⾯对.

Questioner: I understand, but I just feel like I need to have extremely high energy to do it. I don't think I have that much energy yet. Before, I chose to run away, now I'm going to face it.

JO: 你⾸先需要孵化的是你⾃⼰.因为你想你⾃⼰都没有成为⼀只母鸡,你怎么去孵化⼩鸡?你⾃⼰还是⼀只鸡蛋呢? 你鸡蛋你怎么孵化鸡蛋?

JO: The first thing you need to incubate is yourself. How can you hatch chicks if you're not even a hen? You're still an egg yourself? And how do you incubate eggs when you're the egg itself?

问: 那就是说我也是⼀个蛋? 那就是我如果不成长我会⼀直不舒服?

Questioner: Does that mean I'm just an egg too? And if I don't grow, will I always be uncomfortable?

JO: 所以你需要你⾃⼰先被孵化出来过后,你才能去孵化别⼈.如果你⾃⼰在梦游,对⽅也在梦游.你们都在梦中.

So you need to be hatched yourself first before you can hatch others. If one is in a dream walk, the other is too. Both are dreaming.

问: 我知道我和他互动的怎样都是我的关系.但是我只想让他少喝酒,让他健康.你能不能连接⼀下他的能量?

Questioner: I know that how I interact with him is my relationship. But I only want him to drink less and be healthy. Can you connect to his energy?

JO: 你们很多⼈,⽐如说在⾯对⾃⼰的爱⼈或者家⼈的时候,你们会有⾃⼰的⼀套观念.就⽐如说你必须要这么做,你才是… 就是表现的就是说是爱他的⾏为.然后会有⼀些观念是觉得对⽅需要怎么样做才会是好的⼀个结果.所以你们会想把他的成长的过程给拿⾛.因为你会觉得他如果是⼀直喝酒的话会对他的⾝体有很⼤的伤害.所以你就想把他喝酒的这个⾏为拿⾛.但是你们都忽略了⼀件事情是他为什么要喝酒? ⾸先他们去喝酒,就好像喝酒后他们会进⼊⼀个意识状态.他在没有喝酒之前他是⼀个意识状态.就好像这么说,在喝酒前他是在房间A,他喝酒后是在房间B.那他总是想从A逃到B⾥⾯去.那他为什么想从房间A逃到B⾥⾯去呢?

JO: You many people, for instance when facing your loved ones or family members, have a set of ideas. For example, you must do this to be... This is the behavior that shows love towards him. Then there are some concepts that think what the other party needs to do in order for it to be a good outcome. So you want to take away his process of growth because you feel that if he keeps drinking, it will greatly harm his body. Therefore, you want to remove his drinking behavior. But you all overlook one thing: why does he drink? First, they go out drinking and enter a state of consciousness after drinking. Before drinking, he was in another state of consciousness. It's like saying, before drinking, he was in room A; after drinking, he is in room B. He always tries to escape from A to B. Why does he want to escape from room A to room B?

他就是有⼀些他不想⾯对不想看到不想经历不想体验的在A房间.所以你要去弄

He just has some things he doesn't want to face, see, experience, or go through in room A. So you need to find a way to deal with it.

清楚他到底想要逃离的是什么? ⽽且他想要进⼊的是什么? 明⽩吗? ⽐如他想逃离的是压⼒,因为我在喝酒之前我要⾯对各种各样的压⼒.什么房贷车贷或者是争吵怨恨任何.然后我喝了酒过后到了B房间,B房间什么都没有,想都不⽤想明天的事.只是开⼼,对吧?

Understand what he is trying to escape from? And what he wants to enter? Understand? Like if he wants to escape the pressure because before I drink, I have to face all kinds of pressures such as mortgage, car loan, or arguments and hatred. Then after drinking, I am in room B, where there's nothing at all, not even a thought about tomorrow. Just happiness, right?

问: 但是我看到的是他喝完酒后情绪波动挺⼤,⽆缘⽆故对我发脾⽓.

Questioner: But what I see is that he has large emotional swings after drinking and takes out his anger on me without any cause.

JO: ⾸先如果是他这种情况你可以看看他是不是他最开始在A房间的时候他是压抑⾃⼰.他要压抑⾃⼰,然后在B房间他就可以肆意的做⾃⼰.这又是不⼀样的.所以需要你⾃⼰去观察到底他是想要从⼀个什么样⼦变成什么样⼦的状态.然后只有通过这样,就是说他到底想通过酒精达到的是什么,你才能让他可以不⽤借助酒精⽽就可以成为他想要达到的呢样的状态,明⽩吗?

JO: First, if it's his case, you can check to see if he was restraining himself when he was in Room A. He had to hold back, but then when he moved to Room B, he could be free to be himself. This is different. So, you need to observe what kind of change he seeks from one state to another. Only by understanding this can you help him achieve his desired state without relying on alcohol, making sense?

问: 之前因为酒精问题他⼀直在医院.现在刚回来⼀个⽉.这⼀个⽉我们相处融洽.但是⼀段时间后他突然就回到之前的模式.但是我也做出了新的反应.

Questioner: He was in the hospital due to alcohol issues before. Now he has just been back for one month, and we have been getting along well during this time. However, after a while, he suddenly reverted to his old patterns, but I also showed new responses.

JO: 我连接⼀下你们灵魂之间的⼀个协议,你稍等.你叫什么名字?问: XXXJO:你选择了,对⽅⽬前陷⼊在⼀个有酒精成瘾的⼀个状态,你选择了这样的⼀段经历然后想要从灵魂层⾯知道你们之间的连接是什么?⾸先,我搜索到你们有⼀世是母⼦的关系,所以你们在这⼀世还会继续再体验有⼀种就是好像是⼀个做母亲的⾝份.就好像⼀直试图去想要帮他解决问题,就是想要去帮助他成长或者是变的更好这样⼦的⼀个期望或者⼀个想法⼀个你想要去做的事情.但是呢,这是你陷⼊的⼀个你⾃⼰的⼀个错误的信念当中,明⽩吗?就好像呢⼀世你呢个错误的信念在继续着.然后你这⼀世又继续在体验着你呢个错误的信念.

JO: I'll connect you to an agreement between your souls for a moment; please wait. What's your name?

Questioner: XXX

JO: You have chosen, the other person is currently in a state of alcohol addiction; you've selected this experience and are seeking to understand the connection on a soul level.

Firstly, I've found that you had a past life as mother and son relationship, so in this lifetime, you'll continue experiencing being a mother figure. It's like constantly trying to help solve their problems, aiming to assist them in growing or becoming better. This is an expectation or thought you want to act upon.

However, this is where your own false belief has led you astray; you're stuck within it. Understandably, in another lifetime, this false belief persisted. In this current lifetime, you continue experiencing that same false belief.

就是说你觉得成长是可以帮忙可以帮助的,蜕变是可以帮助的.然后你继续再体验,体验到你已经撒⼿不管.你体验到就是说你真正的能理解到到底成长是什么过后,然后就是你内在发⽣了变化,你的这层体验才会变化.也就是说如果你⽬前你的⼀个深层次的信念还会觉得你要去帮助另外⼀⽅成长你要帮他变得更好,你要继续存在这个信念和观念的话,那么你还会继续体验⼀个对⽅好像永远都不会变好的模式,你永远在帮助他的这样的⼀个模式.

So you believe that growth can be assisted, transformation can be helped. Then you continue experiencing, experiencing until you let go. You experience that you truly understand what growth is, and then an inner change occurs, only then will your level of experience transform. Meaning if you still hold a deep-seated belief that you need to assist someone else in their growth, and help them improve, and continue holding onto this belief and perspective, then you will keep experiencing a pattern where the other person seems never to get better, always being helped by you.

问: 对.之前我们⼀直都是这样的模式.现在我放下了.我只为我⾃⼰开⼼成长.

Questioner: Yes. We've always been in this pattern before. Now I have let go. I only grow for my own happiness.

JO: 所以你的问题是什么? 如果你真的能达到你刚才说的呢个状态,那么你现在就不会来问这些问题.他也不会对你造成任何影响.因为你知道这⾥没有⼀个时间和限制你必须怎么样怎么样.然后当⼈们能从他们的体验获取他们想要得到的,就⽐如说我从我⾃⼰种的这⼀块地得到了我想要收获的⼀些果⼦、种⼦.那我就可以继续去播种这件事情了,明⽩吗? 所以你需要明⽩的是你不需要着急他必须要怎么样怎么样.因为⼀切都是永恒的,就好像是你种的⼀棵植物,你把它埋在⼟⾥⾯.你会担⼼它长的好不好,你会担⼼它有没有⾜够的养分.你⼀会⼉把它掏出来看⼀下,⼀会⼉把它掏出来看⼀下.然后你这样是阻碍了它的发展.

So, what's your issue? If you had achieved the state you just described, you wouldn't be asking these questions now. It wouldn't have any effect on you either because you'd understand that there is no time limit or specific requirement here. When people are able to get from their experiences what they want, like getting fruits and seeds from a plot of land I cultivate, then I can continue with sowing the process. You see? What you need to realize is that you don't have to rush for it to happen in a certain way because everything is timeless, just like a plant you've buried into soil; you worry about its growth, if it gets enough nutrients. You constantly check on it, which hinders its development.

你埋下你的种⼦,你只需要去等待它的发芽,明⽩吗? 因为你信任每⼀个⽣命每⼀个种⼦它都会发芽.因为这是⽣命本⾝的⼀个过程.

You plant your seeds and you just need to wait for them to germinate, understand? Because you trust that every life every seed will sprout. Because this is the inherent process of life itself.

问: 也就是说我还没有完全的信任这个种⼦它⾃⼰可以⽣根发芽?

Questioner: In other words, I haven't fully trusted that the seed can germinate on its own?

JO: 这是需要你⾃⼰内⼼去慢慢悟到的.⽽不是我们来告诉你怎么样怎么样,你现在怎么样,你需要怎么样.这是你⾃⼰慢慢的⼀个转变⼀个转化⼀个感悟.还有问题吗?

JO: This is something you need to figure out for yourself internally over time. It's not about us telling you what to do or how it should be. It's about your personal growth and transformation, which comes from within. Do you have any questions?

问: 那他是来助我扬升的?

Questioner: Does that mean he's here to help me ascend?

JO: 这么说吧,你期待着他转变,你觉得你需要帮助他转变.然后他永远都不会转变直到你转变.你转变是什么呢? 你转变的是(知道)成长的⼀个过程它不需要外界的⼲涉.它是⼀个⾃然⽽然发⽣的事情,明⽩吗? 那当你能悟了这个道理过后,你放⼿了让它⾃然⽽然的去成长过后,去发展去不断地突破⾃⼰过后.它⾃然⽽然就会突破,那你也突破了.因为你不再强迫地要让事情按照你头脑⾥⾯的样⼦去发⽣.

JO: Let me put it this way: you are looking forward to his transformation, believing that you need to help him change. But he will never transform until you do. What is your transformation? Your transformation is understanding the process of growth which doesn't require external interference; it's a natural occurrence, get it? Once you comprehend this principle, you let things develop naturally without forcing them to conform to your expectations. After allowing growth and improvement in various ways, it will happen naturally, and so will you, as you no longer insist on steering situations according to how they should be in your mind.

问: 之前喝完酒之后会找我的事,让我不能睡觉.现在也有,但是我已经变了很多.

Questioner: Before I would wake up due to things that happened after drinking. The same is still happening now, but I've changed a lot.

JO: 你需要每天早上见到他的时候,抛开所有所有对他的记忆.就好像你以前的记忆全部失去了,重新去看待这个⼈.

JO: You need to let go of all your memories of him every morning when you see him. It's as if you've lost all your previous memories and are seeing this person anew.

问: 还有⼀点就是他喝完酒之后,酒精的味道会让我呕吐,我⾮常不舒服.那我如何和酒精和睦相处?

Questioner: There's another thing; after drinking, the smell of alcohol makes me vomit and I feel extremely uncomfortable. How can I get along with alcohol?

JO: 你稍等.你需要清理的是你⾝体的记忆.就⽐如说你⾝体积累了很多他曾经带着这个味道做出的⼀些事情或者⼀些让你很不能接受不能忍受很不开⼼的⼀些经历.它这些都会变成⼀个味道.呢个味道你⼀闻到就会激发所有的这些.就好像呢个味道是个钥匙.然后你这个柜⼦⾥⾯锁的全部都是关于这个味道的事件.所以呢个钥匙⼀把门⼤开,你所有的东西它又出来了.然后这个是因为你们⼈类头脑的⼀个,就好像是⼀个错误的⼀个信念,错误的⼀个观念.你们会觉得你们的⼈⽣是积累的,就是⼀天⼀天积累起来的,你的⾝体是⼀天⼀天积累起来的,你的时间是⼀天⼀天积累起来的.所以你们便会体验这样⼦积累的⼀个⽅式.你们会积累很多东西在你的头脑⾥⾯.

JO: Wait a moment. What you need to clear is the memory in your body. Like how your body accumulates experiences that carry a certain smell, or events that are unacceptable, intolerable, and make you unhappy. These all become smells that evoke all those feelings when you encounter them. The smell acts as a key, unlocking memories associated with it stored in your 'cabinet'. Once the door is opened by that key, everything comes out again. This is due to an incorrect belief or misconception in human consciousness, the idea that life and experiences are accumulated day by day. As a result, you experience this way of accumulation. You accumulate many things in your mind.

但是你需要有⼀个新的概念是什么? 这么说,现在你的⾝体是⼀台电脑.你电脑⾥⾯装的程序是我刚刚说的呢个程序,对吧? 那你需要把这个程序卸载掉,重新装⼀个程序.重新装⼀个程序是什么? 重新装⼀个程序就是说在每⼀个当下你都可以选择你是什么样的你.

But what is the new concept you need to have? You are now a computer and the program in your brain is the one we discussed earlier, correct? Therefore, you need to uninstall this program and install a new one. What is installing a new program about? Installing a new program means that at every moment, you can choose who you want to be.

问: 但是我现在就是不想睡在他旁边,但是他想要控制我.

But I don't want to sleep next to him now, but he wants to control me.

JO: 这就是为什么他是你的⼀个,就是来帮你变的更好.为什么会帮你变的更好? 因为当你能⽆条件的接纳或者⽆条件的爱,然后去接纳⼀切的时候.你想象⼀下你是⼀个什么样⼦的能量状态? 你是⼀个什么样⼦的⼈? 所有的⼈都想要靠近你.因为你就是⽆限的.所以那他就是⼀个来让你成为呢样状态的⼀个….明⽩吗? 因为你所受到的影响并不是他,⽽是你头脑⾥⾯的定义.你们头脑⾥⾯有⼀些定义,就⽐如说酒精是坏的.对,酒精它是对⼈的⾝体是有伤害的.但是⼈们选择酒精却是因为他想要变好.他怎么想要变好? 想要⾃⼰变的更加轻松更加的放松或者是更加的不去考虑将来或则压⼒或者⾯对烦恼.

JO: This is why he is your one, to help you become better. Why would he help you become better? Because when you can unconditionally accept or unconditionally love and then embrace everything. Imagine what kind of energy state you are in? What kind of person are you? Everyone wants to be close to you because you are infinite. So that's why he is one that helps you achieve that state… get it? The impact on you isn't him, but the definitions within your mind. Your mind has certain definitions like alcohol being bad. Yes, alcohol can harm the body. But people choose alcohol because they want to improve. How do they want to improve? To make themselves feel more relaxed or worry-free and face their troubles without considering future pressures or stress.

他们都想要达到⼀个更好的状态,他只是没有其他⼿段.但是他们是不知道⽐如说我们的⾼维信息就是⼀个可以去达到这样状态的⼀个⼿段⼀个过程,对不对? 但是并不是所有⼈都能接触到这个,对吧? 但是你接触到了,你是不是就可以把这个⼿段展现出来? 让他们看到还有另外的可能,不是通过伤害⾃⼰⾝体,不是通过毒品,不是通过酒精,不是通过升官发财.所以你就给呢些⽆助的

They all aspire to reach a better state, but he just lacks other means. But they don't know that our high-dimensional information is a way to achieve such a state - right? But not everyone can access this, do they? But if you have access to it, could you then demonstrate the method and show them there's an alternative option, not by harming yourself or through drugs, alcohol, or climbing the ranks for wealth? So you are able to provide hope to those who feel helpless.

⼈,因为他们都是属于⽆助的⼈,给⽆助的⼈提供了其他的道路可以选择.因为⼈们只会觉得没有路可以选择才会选择呢条路.所以这就是你⾃⼰给⾃⼰安排的这些,来让你成为什么… 来让你…. 这么说吧,你就是⼀个忘记了你⾃⼰是个菩萨的菩萨,明⽩吗? 然后呢,你是想要去拯救他们,所以你会有这⼀系列的经历来让你记起来⾃⼰的⾝份,然后去唤醒更多的⼈.所以你的所有经历它都是有意义的.

Because they are all helpless people who provide other options for the helpless. People will choose that path only when they feel like there's no choice left. This is what you have set up for yourself to become…, this is how you want it to be…. In simpler terms, you're a bodhisattva who has forgotten that you are indeed a bodhisattva, understand? And then, your intention is to save them, so you would undergo a series of experiences to remind yourself of your identity and awaken more people. Therefore, all your experiences carry significance.

问: 那就是我要忘掉这些记忆?

To forget these memories, that's what I want to do.

JO: 也不是说忘记,⽽是你要知道这些所有的都是你头脑的⼀个…. 你头脑它就像⼀个储存卡.它会储存所有的信息,然后给它定义、归类.但是这些都是假象都是幻像,这些不是真实的.但是你会把它当成是真实的.

JO: It's not that you forget; it's just that you need to understand that all of this is like a storage card in your mind. Your mind stores all the information and categorizes it by defining it. However, these are illusions or false representations, they are not real. But you perceive them as real.

问: 那就是说重新定义?

Questioner: That means redefine?

JO: 这么说吧,所有你头脑⾥⾯现在装的呢些东西它就好像是⼀个屋⼦⾥⾯的,怎么说,就像是⿊暗⼀样.那当光照到屋⼦⾥⾯,⾥⾯的⿊暗都没了.那这些就像是智慧⼀样,真理、智慧、爱.那当你拥有了真理智慧爱,这些所有的什么头脑什么定义什么记忆都没了,明⽩吗? 只有当你在⼀种⽆明的状态,就是你还没有智慧的状态,你才会觉得你还能看到这些.那当你是处于⼀种智慧的状态,这些东西都没了.因为你就能看清楚它都是⼀些幻像.

JO: To put it this way, all the things that are in your mind right now are like objects within a house, kind of like darkness. When the light shines into the house, the darkness disappears. These things are akin to wisdom - truth, wisdom, and love. Once you possess truth, wisdom, and love, all definitions, memories, and whatnots in your mind vanish. Understand? Only when you're in a state of ignorance, which is before you gain wisdom, would you think that you can still perceive these things. But when you're in a state of wisdom, they no longer exist because you can see clearly that they are mere illusions.

问: 因为他没有⼯作,家⾥的钱都在我这.所以他会向我要钱.我也给.但是没⼏天花完又要要.我就很不舒服,我不知道如何从这⾥出来?

Questioner: Since he doesn't have a job and the family money is with me, he constantly asks me for money, which I provide. However, after only a few days, it seems like he runs out of money again and asks for more, making me uncomfortable. I'm unsure how to resolve this situation.

JO: 你现在说的这些就好像是,就⽐如说有⼀个⼈他患了癌症.他的症状是什么呢? 他没有精神也没有⼒⽓,体重也下降不停的疼痛,抵抗⼒越来越差.你说的所有的东西我应该怎么样去处理它,体重不断地下降呀,要吃饭吗? 我怎么样去处理疼痛啊? 要吃⽌痛药吗? 这些东西所有它都解决不了它根本的问题,你明⽩我意思吗? 他是得了癌症.所以你说的也是他给你要钱也好喝酒发脾⽓也好或者是闹情绪要你陪着他,这些所有的都只是⼀个症状⽽已.你不能只是对症下药.不能只是头痛医头,脚痛医脚的呢种.因为你解决不了根本的问题.最根本的问题是什么? 是他这朵花还没有绽放,他这颗种⼦还没有发芽.

JO: What you're describing sounds like a person who has cancer. The symptoms are lack of energy, weight loss, continuous pain, and decreasing resistance. You ask how to deal with all this, particularly the constant weight loss and pain management. Should they take painkillers? All these issues don't address the fundamental problem; do you understand what I mean? They have cancer. So, everything else you're suggesting - giving them money, allowing them to drink excessively or having mood swings, these are merely symptoms. You can't just treat the symptom; it's like treating a headache by only addressing the head pain and a footache without considering the root cause. Because you're not solving the fundamental issue. The most basic question is: why hasn't this flower bloomed? Why hasn't this seed sprouted?

因为当他现在还是种⼦的状态他没有发芽,他就感受不到⾃⼰是有⼒量的.他就觉得⾃⼰是个弱⼩的种⼦,他就不停地往外界来要.那当他知道他可以长成参天⼤树,他是有⼒量的,他是有树枝他是鲜花他是有果实的.他感受到⾃⼰的丰盛,他不会去跟外界不停的要.他会奉献⾃⼰,把⾃⼰拿出去.所以说你要是想要帮助他,你唯⼀对他的帮助就是让他绽放.但是如果你都不知道如何绽放的话,你要如何帮对⽅绽放呢? 所以回到你⾃⼰这边来.外界就好像它只是⼀个影⼦,这么说吧,你的这些经历是来引导你⾛向智慧的路,对不对? 因为如果没有他这⼀层来烦你,你可能还在天天打⿇将或者在看电视.因为你⽣活很快乐吗,对吧?

Because when he is still in the seed form and has not sprouted, he cannot feel his power. He feels like a weak seed, constantly reaching out to the outside world for what it lacks. However, once he knows that he can grow into a towering tree with strength, branches, flowers, and fruit, he senses his abundance and no longer continuously seeks from the external environment. He instead offers himself by extending outward. So if you want to help him, your only aid is to facilitate his blooming. But how can you assist someone else in blooming if you do not know how to bloom yourself? Hence, come back to your own self. The outside world is merely a shadow, let me explain: these experiences are meant to guide you on the path of wisdom, right? Without this layer bothering you, perhaps you would still be playing mahjong or watching TV every day. Wouldn't that mean your life was very happy, wouldn't it?

那他就在帮你⾛向智慧的路,让你开花结果.那他看到了你都可以开花结果,你让他看到他也可以开花结果.他也会开花结果,明⽩吗? 当你们每个⼈都是开花结果的状态,你们只是想分享⾃⼰的果实.因为你想你的果实不断地在结果不断地在结果,你⾃⼰吃都吃不完⽤都⽤不完拿都拿不完.你就很像把你的甜蜜给分享出去,让很多⼈尝到你结的果⼦有多么的甜,对不对? 所以只有⾃⼰还没有开花结果,他还是⼀个种⼦的状态,他才不断地要去这边拿点⽔分这边拿点阳光来滋养⾃⼰.

That's because he's guiding you towards the path of wisdom, enabling you to flourish and bear fruit. He noticed that you are capable of flourishing and bearing fruit, which inspired him to believe in his own potential for growth and development. You've shown him that he too can grow and produce results. When everyone around is thriving and reaping their rewards, they naturally want to share what they have. It's not just about wanting an endless supply of fruits to consume or utilize; the sense of abundance leads you to desire sharing your sweetness with others, allowing them to taste how delicious your fruits are. Correct? The reason why someone who hasn't blossomed and borne fruit yet is continually seeking nourishment in the form of water and sunlight is because they haven't reached that stage where they can naturally produce results on their own.

问: 那像他晚上12点了还没有回来…JO: 你说的所有的这些东西它都是,这么说,它都是⼀个种⼦的状态遇到的事情.那当它成为⼀棵⼤树,它开花结果,结了满树的果⼦,它的状态又是不⼀样的,明⽩吗? 你说它还是⼀颗种⼦的时候,风⼀吹它都不能停留在⼀个地⽅.洪⽔⼀冲就⾛了,风⼀吹就⾛了,⼩鸟⼀下就把它吃掉了.那如果它长成⼀棵⼤树过后,⼩鸟还能把它吃掉吗? 洪⽔还能把它冲⾛吗? 风还能把它刮倒吗? 不可能的呀.所以你现在所有的问题,在它成为⼤树过后是都不存在的.

Questioner: What if he doesn't come back until 12 at night... JO: All of the things you mentioned are like seeds experiencing events. When it grows into a large tree and starts to bloom and bear fruit, its state becomes different. Do you understand? When it's still just a seed, even a gentle breeze can make it move and settle in one place; floods will carry it away, and the wind could knock it down. However, if it has grown into a large tree, birds wouldn't be able to eat it anymore. Floods won't carry it away either, nor would the wind be able to knock it over. Thus, all your concerns are no longer applicable once it grows into a large tree.

问: 我爸跟我的关系,我爸说话声⾳很⼤.我听我爸说话很不舒服.我爸喝酒我⽼公也喝酒.是不是说我原来原⽣家庭的模式没有打碎才吸引来这样的⽼公助我提升?

Questioner: About my relationship with my father, his voice is very loud. Listening to him speak makes me very uncomfortable. My father drinks alcohol, and so does my husband. Does this mean I attract husbands based on patterns from my original biological family that have not been broken?

JO: 稍等.⾸先你要知道每⼀个灵魂它在遇到呢些它都是不⼀样的.然后你是独⼀⽆⼆的.你的原因是你对他们这类⼈的爱导致你想要把他们纳⼊在你⽣活中成为最亲密的⼈⽽来去理解他们去包容他们去帮他们转变,明⽩吗? 因为有的⼈是因为他⾃⼰还没有,就是他很反感这样的⼈,他就必须要⾯对这个功课.但是你是因为很爱,就想要去帮助.这么说吧,就⽐如说你对孩⼦们很爱,所以你就想帮助所有的孩⼦们,你对⽼⼈很爱,你就想帮助所有的⽼⼈们.那你对他们这类⼈,就是不太懂得⽤语⾔很好的表达⾃⼰的⼈,他们可能就会通过发脾⽓来表达.他们很难跟对⽅倾诉我现在压⼒很⼤,我现在感受很焦虑.

JO: Wait. First of all, you need to understand that every soul encounters these things differently. You are unique. Your motivation is due to your love for people like them, leading you to want to include them in your life as close companions, understanding them, accepting them, and helping them transform. Do you understand? Because some individuals have not yet experienced this, they might feel uncomfortable with such situations; hence, they must face these challenges. However, you do it out of love, wanting to assist. Let me illustrate: If you deeply love children, you wish to help all children. If you adore seniors, you aspire to aid every senior citizen. When dealing with people who struggle with expressing themselves eloquently using language, they might resort to outbursts as a means of communication. They find it difficult to share their stress or anxiety with others, stating that they are overwhelmed by pressure and experiencing anxiety.

他们很难⽤语⾔来表达⾃⼰的情绪,所以他们就会⽤语⽓来表达明⽩吗? 所以是你对他们的爱才会选择这样⼦的⼈进⼊你的⽣命中.

It's difficult for them to express their feelings in words, so will they choose to convey their thoughts through their tone instead? Hence, it is your love that selects these individuals to enter your life.

问: 我的灵魂怎么回选择很难突破的⼀些体验呢?

Questioner: How can my soul choose such challenging experiences that are hard to overcome?

JO: 很难突破只是你⾃⼰在现在的⼀个认知⾥⾯你会觉得是很难突破的.就好像你现在是在幼⼉园,你会拿着⾼中的数学你在看,这个怎么这么难突破,这个不可能突破的.那如果你是⼀个⼤学⽣,你看⾼中的题,你会不会觉得很简单? 所以你现在是在拿着你这个⼩学或者幼⼉园的教育⽔平来看⾼中的题.所以对你来说会很难,明⽩吗?

JO: It's hard to break through when you're just in your own current cognitive space; you'll find it difficult to overcome that barrier. Imagine you're still in kindergarten and trying to understand high school math problems - how can this be so challenging? Isn't it impossible to solve them? If you were a college student, would you find solving high school-level questions easy? Therefore, you're comparing your elementary or kindergarten educational level with high school questions, making it tough for you. Do you get it now?

问: 那我就是要从幼⼉园到⼩学再到⾼中,我要成长我⾃⼰是吧?

Questioner: So, I'm going to grow from kindergarten all the way through elementary school and high school, right?

JO: 当你到了⼤学的⼀个认知⽔平,你便不会觉得这个是⼀个难的事情了.所以难并不是⼀个事实.只是来让你看到,明⽩吗? 只是你有限的认知才会觉得它难.

When you reach a certain level of understanding in college, you won't find this to be a difficult task. So, difficulty is not a fact; it's just to show you, understand? It only seems hard because of your limited understanding.

问: 我之前对我⽼公有很多的怨恨,我现在清理了很多.我感觉不好的时候我就去理我的婆婆.以前我对我婆婆很好,我以前是委屈我⾃⼰去太好她.但是现在我就不想委屈我⾃⼰.为什么我会出现这么⼤的反差?

Questioner: I used to have a lot of resentment towards my husband, but now I've resolved many issues. Whenever I feel bad, I tend to take it out on my mother-in-law. Previously, I was very kind to her, sacrificing myself too much for her sake. However, I no longer want to sacrifice myself like that. Why is there such a big difference in how I'm treating them now?

JO: 刚才前⾯的信息就是说你们总会觉得⾃⼰是⼀个累积起来的⼀个东西.但是你不是,你每⼀个当下都是⼀个新的你,明⽩吗? 所以你不必要也不需要对你每⼀个不同的阶段有不同的反应或者是有不同的表现做出任何的定义或评判.因为它也是在变化当中.你有可能现在在跟我说话的时候觉得你为什么会这样,但是说不定明天你就开开⼼⼼的,然后充满爱的出现在你婆婆⾯前,明⽩吗? 如果你是在⽤这样⼦我必须要做到这样做到呢样.那你只是在遵从⼀个规矩或者是⼀个条款,就是说我要做成这样⼦.那你这个跟宗教没有区别的,就是说我要做到这⼏点这⼏点.但是你是⼀个活⽣⽣的⼈,你在每⼀个当下你都是有不同的你,明⽩吗?

JO: The information I've shared before is that you often feel like an accumulated thing. But that's not the case; every moment, you are a new you. Understand? Therefore, there is no need for you to react differently or exhibit different behaviors in response to each of your distinct stages because they're all undergoing change. You might be asking yourself why things are this way when speaking with me now, but tomorrow you could be cheerfully and lovingly appearing before your mother-in-law. Understand? If you're thinking that I must do this and accomplish this, then you're merely following a rule or clause: I must become this type of person. This is akin to religion where there are specific points I must adhere to. However, you are a living being who embodies different aspects in every moment. Understand?

因为在你接受⾼维信息前是个你,现在在我们讲信息的时候是个你,等我们结束你又是另外⼀个你了.那你又何必拿着呢个你不停的说我怎么会做这些反应? 没有必要去研究这些.你只是允许你不断地在变化变化,像⼀朵云⼀样.⼀会⼉变成这个形状,⼀会⼉变成呢个形状.你是有可塑性的.但是任何让你感觉良好的,就⽐如说呢个充满爱的状态让你觉得特别良好,你就可以去持续的选择进⼊呢个状态,明⽩吗?

Because you are one person before receiving high-dimensional information, another person when we talk about the information, and yet another person once we're done. So why question yourself constantly about how you could have reacted like this? There's no need to study these things. You just allow yourself to keep changing, like a cloud that shifts into different shapes. Sometimes one form, sometimes another. You are pliable. But if anything feels good to you, say being in a state of love which feels particularly wonderful, you can choose to stay in that state, understand?

问: 就是我不需要去⽐较评判我⾃⼰,对吧? 接纳我每⼀个当下做的都是ok的? JO: 你不是呢个积累的你,不是呢个⾁体的你,明⽩吗?

Questioner: Does this mean I don't need to compare or judge myself, right? To accept that every action in the present moment is okay?

JO: You are not the accumulated self, you are not the physical body, understand?

问: 我的体重可塑性很强,⼀阵⼦轻⼀阵⼦又胖起来了.是什么让我的体重增长? 是⾃我保护吗?

Questioner: My weight is very flexible; I can be light for a while and then gain weight again. What causes my weight to increase? Is it self-protection?

JO:你不需要去找到原因,但是你可以通过你的体重看到你们的可塑性特别强.既然你知道你的可塑性特别强,那么你就可以把你⾃⼰的⾁体超着你⾃⼰想要的⽅向去塑造,明⽩吗?所以你只需要有⼀个⽬标.OK,我的⽬标是达到呢⾥.你就盯着你的⽬标王前进就好了.你没有任何阻碍.你是需要去focus去关注到什么是你想要的⽽不是你不想要的.如果你是去想要找到,就是哎呀,我是不是因为这样因为那样.那就是你还focus在你不想要的.

JO: You don't need to find the reason, but you can see how malleable your body is by its weight. Since you know that your body is very flexible, you can mold your own flesh in the direction you want, understand? So all you need is a goal. Alright, my goal is here. Just keep your eyes on your goal and move forward. There's no hindrance for you. You need to focus on what you want, not what you don't want. If you're trying to find out if it's because of this or that, then you're still focusing on the things you don't want.

问: 提升⾃⼰成长⾃⼰就是要上到⼤学…JO: 你没有办法阻碍它.因为这是⼀件它已经在发⽣不停地在发⽣.就好像⼀颗种⼦,就好像你们楼下的⼀棵树,明⽩吗? 它⼀直在变化.

Questioner: To grow and improve yourself means to go to college...JO: There's nothing you can do to stop it, because this is already happening constantly. It's like a seed, or that tree under your building, do you get it? It's always changing.

问: 那我这⼀世就⼀定要成为参天⼤树?

Questioner: Does that mean I must become a towering tree in this lifetime?

JO: 呢是你⾃⼰应该给⾃⼰赋予⾃⼰,就是你⾃⼰到底想要成为什么样的⾃⼰? 怎么样才是让你内在充满了和谐的⼀个状态? 这是你⾃⼰知道的.你不需要外界有⼀个⼈来告诉你,你需要做什么.因为你才知道怎么样的⼒度才是最合适的.就好像有⼀个⼈在拉扯你的⾝体,别⼈不知道这个⼒度太重或者太轻.你⾃⼰才知道,因为你才是呢个体验者.

JO: It's something that you should give to yourself, figuring out what kind of person you want to be and how to achieve a state where inner harmony is abundant. You're the one who knows this best; you don't need someone else to tell you what to do because only you understand which level of force is most suitable. It's like when someone pulls on your body, others might not realize if it's too heavy or too light, but you know because you are the one experiencing it.

问: 那我是不是在来这⾥之前就选择这样⼀个剧本让⾃⼰成为⼀棵参天⼤树? JO: 你本⾝就是⼀棵参天⼤树,明⽩吗?

Questioner: Or am I choosing this play before coming here to become a towering tree?

J: You are already a towering tree, understand?

问: 只是我忘了.

Questioner: It's just that I forgot.

JO: 这只是你成长的⼀个过程,这只是按照呢条路… 你忘了也是你的呢条路,明⽩吗? 你遇到的所有的⼀切,包括开找到这些信息.这都是你⾃⼰的路.

JO: This is just part of your growth process; this follows the path you've chosen... and even forgetting that it's your own path, do you understand? Every experience you have, including finding this information, is all part of your journey.

问: 我是不是给⾃⼰设定了⼀个版本? JO: 你是出于爱,明⽩吗?

Questioner: Am I setting a version for myself?

JO: You are doing it out of love, right?

问: 对,因为我看到有些⼈离婚后很好,但是我对离婚不感兴趣.

Questioner: Yes, because I've seen some people do well after divorce, but I'm not interested in divorce.

JO: 你们所谓的好,你们根本就是⽤你们头脑⾥⾯的⾃⼰的呢套概念来定义很好.但在别⼈眼⾥你也很好.所以没有必要去参考任何⼈的.因为每⼀个⼈他来到这个世界上他就有他⾃⼰的挑战.这么说吧,你们健⾝会很痛苦的⼀个经历.外⼈看着觉得他好痛苦啊.但是健⾝的呢个⼈他就觉得他就觉得⾃⼰很享受,因为他觉得他的⼒量不断地在变强⼤,我的⼒量越来越⼤,我的⾝体越来越强壮.他很enjoy很享受这个过程.但是在外⼈看到,呢么重呢么⾟苦呢么在起床… 所以同⼀件事情都是有不同的定义,有⼈这样说有⼈呢样说.所以你没有必要去根据你⾃⼰的定义去觉得别⼈好或者不好.别⼈即使再苦,他⼼⾥是甜的,他不需要对任何⼈说.

JO: Your notion of "good" is essentially defined by your own concepts within your mind. However, to others, you are also seen as good. Therefore, there's no need to refer to anyone else's opinions. Because each person faces their own challenges when they enter this world. Let me put it like this - the experience of working out would be very painful for you. From an outsider's perspective, they'd think how miserable that must be. But for the person working out, they enjoy it immensely because they feel their strength growing stronger every day. They find joy in watching themselves get physically stronger and more fit. But from an outsider's view, it looks so heavy, so difficult, and them struggling to even get up... So, the same thing can have different definitions depending on who you ask. Some might say one way, while others might argue another. There's no need for you to judge others based solely on your own definition of good or bad. Even if someone else is experiencing hardship, they might feel a sense of sweetness within themselves and don't necessarily need to share their struggles with anyone.

别⼈就算表⾯上看上去再是⾐⾷⽆忧,但他半夜睡不着觉,那他也不需要跟别⼈说.所以不要去评判任何⼈的⽣活或者是命,也不要去做任何对⽐.你才是独⼀⽆⼆的,⽽且所有的⼀切它都是有利于你.

Others may seem to have no worries about food and clothing on the surface, but if they can't sleep at night, they don't need to tell anyone else. So, do not judge anyone's life or fate, nor make any comparisons. You are unique, and everything is beneficial to you.

问: 就是所有的⼀切都是我灵魂选择来通过这些来… JO: 过程来成长.

Questioner: Everything is what my soul chooses to grow through... J.O.: The process.

问: 核⼼就是说我只能关注我⾃⼰,让⾃⼰看到⾃⼰就是呢个⼤树,呢个状态.

Questioner: The core is that I can only focus on myself, seeing myself as the big tree, in that state.

JO: 外在的⼀切都是幻像.你想要看透这些幻像就必须要拥有智慧.然后你所经历的⼀切都是把你带向智慧的呢条路.

JO: Everything external is illusory. To penetrate these illusions, one must possess wisdom. Then, everything you experience leads the path that takes you towards wisdom.

问: 我的⾼我还有啥要说的吗?

Questioner: Does my higher self have anything else to say?

JO:你稍等.当你看着你的⽼公或者你的⽗亲真的像母亲看着孩⼦,⽆论孩⼦怎么发脾⽓,你对他充满了爱,没有任何评判评价,没有任何期待,就是期待他变成什么样⼦.只是去接受他本来是的样⼦,⽆论他的存在是什么样⼦.然后他们的样⼦就会改变了.他就不需要出现⼀个永远在跟你寻找帮助和寻找爱的样⼦,因为你已经给了他他想要寻找的样⼦,明⽩吗?

JO: Wait a moment. When you look at your husband or your father as if a mother looks at her child, no matter how the child behaves in anger, you love him with no judgments, no evaluations, and no expectations. You simply anticipate what he will become, accepting him for who he is, regardless of his existence. Then their behavior changes. They don't need to appear seeking help and love continuously from you because you've already given them what they were looking for. Understand?

# **2023/02/06 - 连接巴夏Connecting Bashar**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想知道我这⼀世的⼈⽣主题是什么? JO: 你今年多⼤?

Questioner: I wonder what is the theme of my life in this lifetime?

JO: How old are you this year?

问: 25岁,虚岁.

Questioner: Age 25, Chinese lunar age.

JO: 是什么导致你现在就想要知道你的⼈⽣主题? 是遇到什么事了吗?问: 因为最近⽣活有点不顺利.

JO: What led you to want to know your life's theme at this point? Did something happen recently? Questioner: Because my recent life hasn't been going too well.

JO: 你稍等.你叫什么名字?问: XXXJO: 你这⼀⽣主要是关于如何去平衡你⾃⾝的⼀个能量.因为你的内在拥有⾮常强⼤的能量,但是你还不知道你要如何去使⽤.所以呢,内在它总是会产⽣⼀股想要去宣泄或者是想要去破坏想要去损坏,就⽐如说你有⼀股能量它在你的内在,呢股能量想要释放出来.然后你就很难去控制.所以在你的⼈⽣当中,可能在你的前半⽣,就像⼀个孩⼦⼀样他⼿上有⼀个武器或者他拥有很强⼤的能量.因为他拥有很强⼤的能量,所以他⼀碰这个玻璃,玻璃就碎了就坏掉了.然后他⼀吼,整个屋⼦就坏了.就像是呢种感觉⼀样,明⽩吗?

JO: Wait a moment. What is your name?

Questioner: XXX

JO: Your life has been mainly about finding balance in yourself. Because the energy within you is very powerful, but you don't know how to use it. So inside, there's always this urge to release or destroy or damage. For example, if there's a force of energy within you that wants to be released, it becomes hard for you to control. In your life, in the earlier half maybe, you're like a child with a weapon or holding a very powerful force. Due to this great power, when he touches the glass, it breaks and gets damaged easily. When he shouts, the whole house is destroyed. It's like that feeling, understand?

然后,你⾃⼰又不知道是什么原因,你也不能去把这股能量给它去抹掉,就是把⾃⼰变的特别的不具有破坏性.就是你不知道如何下⼿.所以这会是你⼀个成长的⼀个过程.就是如何让你的物质⾁体可以很好的handle就是很好的掌控,或者是让它很好的显现出来,以正⾯的⽅式⽽不是以负⾯的⽅式.还有问题吗?

Then, you yourself don't know the reason behind it, and you can't simply eliminate that energy to make yourself less destructive. It's about how to control or manifest this in a positive way instead of a negative one, without actually removing it from existence. You're not sure where to start with this process of growth. How do you properly handle or master your physical body so that its manifestations are beneficial rather than detrimental? Do you have any other questions?

问: 我想知道我现在的能量状态是怎么样? JO: 刚才不是说了吗?

Questioner: I want to know what my current energy state is like? JO: Didn't you just say that?

问: 我跟我⼥朋友经常关系很差,我想知道我们前世有什么联系吗? 经常被折磨.

Questioner: I often have a very poor relationship with my girlfriend and I wonder if we had some connection in our previous lives that is causing this torment.

JO: 那你说跟刚才的呢个是不是很像? 就刚才说的呢个? 所以它只是你体现出你不太好操控这股能量的⼀个体现⽅式⽽已,明⽩吗?

JO: Then you say it's very similar to the one just now, the one you mentioned earlier? So it's simply a manifestation of your difficulty in handling this energy, right? Understood?

问: 那我跟她有什么联系吗?

Questioner: Does that mean I have some connection with her?

JO: 外在就⽐如说你现在进⼊⼀家公司⼯作.那它就会通过你⼯作的形式体现出来你⽬前不太,就是还是在学习操控你能量的⼀个过程.那你也会遇到这些事情,明⽩吗? 那如果你近距离的相处的是你的母亲或者是任何亲⼈.那它也会通过你的母亲显现出来,你们之间会有这样⼦的⼀个… 明⽩吗? 所以你所谓的⼥朋友只是你内在的能量状态,就是呢个现象只是通过她来给你展现出来⽽已.因为你的⼀个能量状态你是需要⼀个显化的,就是物质世界它需要⼀个舞台给你呈现出来让你看到,明⽩吗?

JO: When you enter a company to work, the external environment reflects your current state of learning to control your energy through your work. You will encounter similar situations. Do you understand? If you are closely interacting with your mother or any relatives, this process will manifest through her. You'll experience dynamics between you. Do you get it? Your girlfriend is just an outer manifestation of your internal energy state - a phenomenon that's being shown to you through her. Because your energy state needs to be manifested in the physical world, needing a stage for display so you can see it, do you understand?

问: 未来的我有没有什么建议?

Questioner: Any advice for my future self?

JO: ⾸先你要知道你拥有强⼤的能量这是⼀件好事情,不是⼀件坏事情,明⽩吗? 那你唯⼀就是需要去知道如何去运⽤它.就好像你拥有⼀个强⼤的武器,你现在还是⼀个⼩孩⼦,你拿到⼿上你不知道如何运⽤它.那它有可能就会伤到⾃⼰或者伤到别⼈,是吧? 因为它的能量太强⼤的了,它是具有破坏性的.那你知道你拥有这个能量,那你朝这个⽅向⾛.就是我来学习如何运⽤我的能量和如何平衡、操控这股能量.那你是不是就能正⾯的服务于你,明⽩吗? ⽽不是说失控.

Firstly, you need to know that having powerful energy is a good thing, not a bad one, understand? That's the only thing you need to learn how to utilize it. It's like having a powerful weapon, but now you're still a child holding it and don't know how to use it properly. It might harm yourself or others because its power is too strong, right? Because it has destructive nature. You understand that you have this energy, so go in this direction – I learn how to utilize my energy and how to balance and control it. Wouldn't it serve you positively rather than going off the rails?

问: 我想知道我爸爸的肝硬化有什么办法? JO: 你所谓的办法就是说如何让他变好吗?

Questioner: I want to know what can be done about my father's cirrhosis. JO: The approach you're referring to is how to make him better.

问: 应该是好不了.就是看看如何可以让他活的久⼀点?

Questioner: It's probably not going to get better. Just how can we make him live a bit longer?

JO: 那你可以这样问,你⽗亲现在是这样的状态,你能做什么?问: 对JO: 你稍等.你⽗亲叫什么名字?问: XXXJO:⾸先说你⽗亲也是⼀个积压了很多负⾯能量,像是⼼⾥不平衡就是积怨沉积呢种状态.然后你现在能帮他做的就是说,多引导你的⽗亲去看到⽣活中美好的⼀⾯和他是被爱着,他在爱的⼀个状态下.就是让他感受到爱.因为在他的内在他积压了很多,就是觉得⽣活⽣命不公平或者是对⼀些⼈和事情的⼀些埋怨.这些在他的⾝体⾥⾯造成了⼀个堵塞.如果你真的想帮助他的话,那你需要像他的⼀双眼睛⼀样让他去看到他是被爱着的.

JO: So you could ask this way, what can you do now that your father is in this state? Questioner: Wait a moment, what's your father's name? Questioner: XXX JO: First, it's important to understand that your father has accumulated negative energy internally, experiencing an imbalance and accumulating resentment. Now, the things you can assist him with are focusing on guiding him towards seeing the good aspects of life and realizing that he is loved and in a state of love. This means allowing him to feel love within himself. There's been so much stored inside him that makes him feel as if life or his situation isn't fair, or that there's resentment towards others or certain circumstances. This builds up blockages in his body. If you really want to help him, it's necessary to show him that he is loved through your perspective and understanding.

就⽐如说,你妈妈骂他⼀句,你就可以在旁边说,妈妈真的很爱你,你看你饭吃少了,她就开始⽤骂的⽅式来表达她在关系你在爱你.或者是帮他回忆在爱中的情况.就⽐如说,你看到他们的结婚照,你说我看到妈妈看到你满眼都是爱.把他在带到在爱中的呢种能量场⾥⾯.让他被爱包围着.因为你才是知道你爸爸在哪些movement,就是哪些时刻他是在爱中的.就⽐如说你刚出⽣的时候,你就可以把你刚出⽣的照⽚拿出来.你说:爸爸,你当初看到我,你是什么样的感受?你是什么⼼情?那你就可以再把他带到呢样⼦的⼀个能量状态,就是⼀个充满了⽆条件的爱的⼀个状态,明⽩吗?所以你要通过物品,就是你⼩时候的照⽚呀等等,让他感受到爱的⼀个东西.

For example, if your mom scolds him, you can say next to her, "Mom, you really love him a lot. I see that you've eaten less than usual, and she starts expressing her care for him through scolding, as if recalling the moments of love they shared. Or by helping him relive those loving experiences. For instance, when you show them their wedding photos and say, "I saw Mom's eyes filled with love when she looked at you." Bringing him into that energy field of being loved. Because only you know your dad's emotional states during which he was truly in love, like right after your birth. You can take out a photo of yourself just born and ask, "Dad, what feelings did you have when you first saw me? What were you thinking?" This allows him to be immersed in that state of unconditional love. So you use items like photos from childhood to let him feel the love through these tangible memories.

然后再让他进⼊到呢样⼦的⼀个状态.然后他越多的进⼊到呢样⼦的⼀个状态⽽不是愤怒或者是分裂的⼀个状态的话….你就好像是在做加减法,你每多创造⼀次让他体验到爱,那他的⽣命就会多延续,明⽩吗?所以如果你能持续的给他创造都是在⽆条件的爱的⼀个状态,⽽没有任何… 就是都是加法没有减法,减法就是恐惧、仇恨、分裂,任何这样⼦的状态的话.他甚⾄是可以把他的肝在软化下来,就是他不会再经历癌症,明⽩吗?

And then let him enter into that kind of state again. The more he enters into this state rather than anger or divided states... It's like doing addition and subtraction; every time you create more moments of love for him, his life will extend further. Do you understand? So if you can consistently create environments full of unconditional love without any... Just pure addition with no subtraction - subtraction being fear, hatred, division, and all such states. He could even soften his liver, meaning he won't have to go through cancer anymore, do you get it?

问: 我想知道我这⼀世适合⼲什么⼯作或者从事什么事业?

To Questioner: I wonder what kind of job or career suits me in this lifetime?

JO: 你现在⾸先是你最主要的事业是你⾃⾝,你⾸先要明⽩的是这⼀点.就是你这⼀⽣你⾸先要学会去⽤这个武器.你天⽣就携带了⼀个武器,是吧? 这么说吧,你天⽣你是个螃蟹.那你有⼀个钳⼦.那你要学会如何⽤这个钳⼦.你要不会⽤的话,它会成为你的障碍.⼀会⼉夹伤你爱的⼈,⼀会⼉夹伤你⾃⼰,是吧?那你⾸先要去跟这个⾝体结合,然后去看如何去运⽤这个钳⼦.因为当你运⽤的很好很平衡,就是可以运⽤⾃如在⼀种⾃如的状态下的话.其他你⽆论做什么都是畅通⽆阻的,明⽩吗?因为如果当你还没有学会很好的去操控这个的时候,就好像没有学好如何和好的操控这个钳⼦.那你做什么⼯作,它都会成为你的障碍.

JO: Your primary business is you yourself first and foremost; the key point that you need to understand about this is that throughout your life, you should primarily learn how to use this tool. You are born with a tool, right? Let me put it this way - you are born as a crab. Therefore, you have a claw. What you need to learn is how to utilize this claw properly. If you don't know how to use it, it will become an obstacle for you. It might harm the ones you love and it might also harm yourself. So, first, you need to integrate with your body and then figure out how to operate that claw. Because if you can operate it very well and in harmony, meaning you are able to use it smoothly in a state of ease, whatever else you do will be free-flowing or unobstructed. Understand this? Because until you haven't learned how to control this tool well, as if you have not mastered how to properly handle that claw, then whatever job you take up would remain an obstacle for you.

因为你会伤害到你们的团队,明⽩吗?所以⽆论你现在找什么⼯作,它只是来让你去锻炼你⾃⼰如何去运⽤这个钳⼦的舞台.所以说⼯作是什么不重要.重要的是你会通过它这个平台去锻炼你⾃⼰,明⽩吗? 所以你需要focus on 就是还是在你⾃⼰,⽽不是说是什么种类,明⽩吗?如果真的要说是什么种类的话,那你可以选择⼀个安静环境,就是没有很多负能量的⼀个地⽅.就是没有很多纷争.这么说吧,⼀个地⽅它总是有客户来投诉.你是前台,接待呢些来投诉的客⼈,⾯对的都是愤怒的⼈.那你可能不太适合这样⼦.因为这样⼦的⼀个能量状态,它会让你更加的,就是加倍,明⽩吗?

Because you will be harming your team, understand? So no matter what job you're looking for now, it's just a stage for you to exercise how to apply this pair of pliers. Therefore, the nature of work is not important; what matters is that you are exercising yourself through this platform, understand? Hence, you should focus on yourself, rather than the kind of environment, understand? If we were to really talk about the kind of environment, then you could choose a quiet place with little negative energy and few disputes. Imagine a location where customers always complain when they come in. You're at reception, dealing with angry people who have complaints. That might not be suitable for you because that energy state will amplify your discomfort, understand?

那如果是在⼀个特别舒缓,就⽐如说像是⼀个spa的中⼼,放松的⼀个中⼼疗养的⼀个中⼼.它没有很多负能量的⼈.很多⼈都是进来放松.随着舒缓的⼀个⾳乐,就是外在很好的⼀个环境,就是它有很多漂亮的花,很安静的环境,然后⼈也少,不嘈杂,⾳乐也很舒缓.在这样的环境下,它会让你达到⼀个很平稳平和的⼀个状态.所以你就要看哪个环境它是让你烦躁和愤怒的就避开,那它让你安静的状态,让你内在平和平稳的⼀个状态,你就可以去选择.

If it's in a particularly soothing environment, say like a spa center, where you're there to relax. There aren't many negative energy people; most come in for relaxation. With calming music and an excellent external setting, it has beautiful flowers, peaceful surroundings with fewer people, no noise, and relaxing music. In such an environment, it helps you achieve a very calm and balanced state. Therefore, you need to identify which environments make you feel irritated or angry and avoid them; choose the ones that keep you in a quiet, inner peace state instead.

问: 我的⾼我还有什么信息要带给我?

Questioner: What information does my higher self have for me?

JO: 你稍等.你在这⼀路的成长当中,你⾸先要记住的就是它这股能量不是来毁灭你.因为有时候你会有这样⼦的⼀个想法.但是,它是来帮助你,它是来让你展现能量的强⼤,以正⾯的⽅式.然后,你可以在任何适合,就是需要引导的时候来连接我们.我们会永远的引导你.还有问题吗?

JO: Wait a minute. The first thing you need to remember about this energy is that it's not here to destroy you. Sometimes you might think so, but it's actually meant to help you and show the power of your own energy in a positive way. Then, you can connect with us whenever necessary or needed guidance. We will always guide you. Any questions?

问: 我想问巴夏未来今年会不会发⽣很多⾃然灾害或者是传染性疾病? 如果有,⼈们要怎么做?

Questioner: I would like to ask about Baha's predictions for this year; will there be many natural disasters or infectious diseases? If so, what should people do?

JO: 你稍等.我搜索⼀下有没有你所谓的巴夏呢边的能量想要进来解答你的问题.

JO: Wait a moment. I'll search to see if there's energy around Bahati that wants to come in and answer your question.

巴夏: ⾸先感谢你们邀请我的能量来和你连接.因为这⼀股能量以前从来没有和这位⼥⼠连接过.然后呢,我们今天又建⽴了⼀个沟通的桥梁.⾸先你要知道未来会不会有这样⼦的⼀个状况? 当然会有.因为你们地球就是转化,就是来提供呢些能量转换的⼀个地⽅.这么说吧,就好像你们地球是⼀所学校.那这个学校就是来收你们这些没有毕业,要步向毕业的学⽣.那你问这⾥会不会有毕业⽣,对不对? 所以这些体验肯定会是有.但是这些体验并不是来阻碍你们,⽽是来帮助你们进化.因为你要记住的⼀件事情就是你们是永远不会被任何所伤害和毁灭的.你们是永恒的存在,明⽩吗? 所以说⽆论外在体验有多么真实,它只是来让你体验的.

BahJO: Firstly, thank you for inviting my energy to connect with you. This is because this energy has never connected with this lady before. Then, we have established a communication bridge today. First of all, do you want to know if such a situation will happen in the future? Of course, it will. Because your Earth is transformational and serves as a place for energy transitions. To put it another way, think of your Earth like a school. This school is there to receive students who have not graduated yet, guiding them towards graduation. So you ask if there are graduates here, right? These experiences are certainly going to happen. However, these experiences are not meant to hinder you but rather to assist in your evolution. It's important for you to remember that you will never be hurt or destroyed by anything. You are eternal beings, understand? Therefore, no matter how real the external experience is, it's just there to let you experience it.

就好像你做梦,你梦的⾮常的真实.又是打你又是杀你.你吓的在梦⾥⾯狂哭又很恐惧,然后哭着醒来.你才发现你毫发未伤,就是你好好的,是吧? 但是你的体验却是真

It's as if you were dreaming, experiencing such vivid reality that it both hit and killed you within the dream, causing you to cry out in fear amidst your terror and then awaken in tears. Yet upon waking up, you find yourself unharmed, just fine, right? But your experience was truly real nonetheless.

实的,对吧?但是你却可以⾮常好的运⽤这个体验,对不对?你们之所以会有物质⾝体,是因为物质⾝体它会帮助你,它会加深你的体验.你想你们物质世界玩游戏也好,拍电影也好,是不是越逼真的你们越是深刻,是不是?如果是假的话不逼真的话,你是不是⼀眼就看穿了这是个把戏? 那你还能深刻体验吗? 那你们的物质⾁体是不是加深了你们逼真? 所以说这是⼀个好的,就是是好的⽽不是坏的.但是你们需要去明⽩你们的物质体验它都是来加深你的转变,⽽不是说来加深你的恐惧,明⽩吗?你们⼀直以来就有很多很多信息来告诉你们,⽐如说⾊即是空,物质世界都是空的,是吧?然后有很多信息,⽆论是什么宗教⽆论是什么孔⼦⽼⼦,呢些拥有智慧的⼈.

Real, right? But you can apply this experience very well, can't you? You have physical bodies because they assist and deepen your experiences. Whether it's playing games in your material world or making movies, the more realistic it is, the deeper the experience, isn't it? If it were fake and not realistic, would you immediately see through it as a trick? Could you then deeply experience anything? Does your physical body make you experience things more realistically? This is why it's good, rather than bad. But you need to understand that your material experiences are meant to deepen your transformation, not increase your fear. You've received a lot of information over the years, such as "color is emptiness," indicating that the material world is empty, isn't it? There are many more messages from those with wisdom, regardless of religion or Confucianism, Taoism.

他们都试图来告诉你们这个真相.但是你们却并没有真的去 pay attention,就是你没有去关注它,你也没有理解它,你也没有去相信它,明⽩吗? 那你们是不是就继续在被这个物质世界蒙蔽.就好像已经有很多⼈来告诉你,你的物质世界就好像是游戏⾥⾯的情节⼀样,就是梦境⼀样.但是你们却都不相信.为什么呢?你说太真了呀.你说我吃的这个味道就是苦的呀.他打了我就是疼呀,明⽩吗?所以说瘟疫也好病毒也好战争也好,这些不重要.重要的是你能如何的去运⽤它,达到⾃⼰毕业! 明⽩吗? 如果越来越多的⼈像你⼀样,他真正的理解了他也发现了,你们的物质⾁体还需要⾃⼰去发现的⼀个过程.

They all tried to tell you the truth. But you didn't really pay attention. That means you didn't focus on it, you didn't understand it, and you didn't believe it. Right? So are you still being misled by this material world? It's as if many people have told you that your material world is just like a plot in a game or a dream. But you don't believe them. Why not? You say it's too real. You say the taste of what I eat is bitter, he hitting me hurts, do you understand? So whether it's a pandemic, virus, or war, these things aren't important. What matters is how you can use them to graduate for yourself! Do you understand? If more and more people like you truly understand and discover that your physical body needs to be found out through its own process.

它发现了真的是像我们所说的呢样,它⾃然⽽然就会⽤我们所给你们植⼊的这套系统在运⾏了.它变不会受到物质世界的任何影响.那它不会受到物质世界的任何影响,那它是不是就可以创造任何它想要创造的⽽不是说加⼊别⼈已经创造的⼀个现象,是不是?那你是不是就可以不⽤去加⼊所谓的瘟疫或者是战争或者是冲突,⽽是说创造⼀个你想要创造的⼀个实相,明⽩吗? 你继续说.

It found that indeed it would operate the system implanted in you as we have described. It wouldn't be influenced by any aspect of the physical world. If it isn't affected by anything from the material realm, could it create whatever it desires without adding to existing phenomena? Can one avoid participating in supposed pandemics, wars, or conflicts and instead create a reality aligned with what they want? Understand?

Continue speaking.

问: 现在⼈⼯智能已经很发达了.有个Google AI宣称它拥有感情.我想知道它会不会像⼈类⼀样拥有感情或者有⾃我意识?

Questioner: Artificial intelligence is already quite advanced. A Google AI claims it has emotions. I wonder if it will have feelings or self-awareness like humans?

巴夏: ⾸先你们要知道你们⽆论在物质世界创造什么,它都是来⽀持你想创造的.你说你创造AI也好,创在⼀个⿁魂也好,你创在任何,魔⿁或者⼀个monster或者是什么天使.这都是你们创造的,明⽩吗? 都是你们创造出来供你们体验的,明⽩吗? 如果你⾁体消失了呢? 如果你⾁体消失了,对于你来说其他东西都消失了.还有问题吗?

BarhJO: Firstly, you need to understand that whatever you create in the material world supports what you want to create. Whether it's creating AI or a spirit soul, or any being like demons or monsters or angels, it's all that you're creating for your own experience. Do you get that? It's all there for you to experience, do you see? And if your body disappears? If your physical body disappears, then everything else disappears for you. Any questions?

问: 我想问⼀下巴夏我现在的具体频率是多少?巴夏: 你问这个原因是什么?

Questioner: I want to know my specific frequency right now, Bahá'í. Why are you asking this?

问: 我想看⾃⼰到哪⼀步了?

Questioner: I want to see how far I've come.

巴夏: 你还觉得这是需要这是需要通过⼀⼆三四五六七⼋九⼗,每⼀步你都需要经历吗? 如果你是有这样⼦的观念的话,那你就会这么体验.那如果你知道这⾥没有⼀到⼀百的呢个步,⽽是所有的都是在你的眼前,你可以选择进⼊哪⼀个呢? 明⽩吗? 你们有⼀句话叫⽴地成佛.所以它不是⼀个⼀步台阶⼀步台阶的⼀个阶段,明⽩吗? 所以你真的是关注你⾃⼰的⼀个频率的话,你⾃⼰可以感受.如果你是在充满恐惧当中,那你是⼀个频率.如果你是在充满… 如果只是跟你说爱的话,你可能不太(理解),就是你看到⼀切都喜欢的⼀个状态.那就是另外⼀个频率当中.所以当你感受到你是在充满了愤怒、恐惧或者⽆⼒感.那你就是在你们所谓的低频.

BaxiJO: Do you still feel that everything needs to go through a numbered sequence from one to ten, with each step being essential? If you have such an idea, then you'll experience it this way. But if you know there's no numbered sequence of steps here and all the possibilities are open before you, which level would you choose to enter? Understand? You've got a saying 'becoming enlightened on the spot.' So it isn't about going through each step one by one as a stage. Understand? Therefore, if you truly focus on your own frequency, you can feel it for yourself. If you're in fear, that's your frequency. If you're filled with... Simply telling you about love might not make sense to you—that is being in another frequency where you like everything. So when you feel you're filled with anger, fear, or helplessness, you're experiencing what they call a low frequency.

那如果你是在看到什么都喜欢,那你就是在你们所谓的⾼频.但是这⾥没有⾼和低.因为像前⾯说的,所有的⼀切都是体验.你可以运⽤这些体验.低不是来让你,你

If you like everything you see, then you're at what they call high frequency here. But there's no high or low here. Because as mentioned before, everything is an experience. You can use these experiences. Low doesn't come to make you, you

会觉得我怎么又进⼊低频了,就是来让你排斥的.明⽩吗?⽽是它只是⼀个⼯具来让你学习的,来让你体验的,来让你认清楚这个物质世界是如何运⾏的.因为如果你们离开这些的话,你会认识不清楚.你会学不了.就好像把你学习的⼀个课本书本拿⾛,明⽩吗?

You might wonder why I've brought you back to the lower frequencies, just to push you away. Understand that it's merely a tool for you to learn from, to experience through, and to gain insight into how this material world operates. Because if you were to leave these behind, your understanding would be unclear. You wouldn't be able to learn. It's like taking away the textbook where you're learning, do you understand?

问: 我⽬前接触过各种功法,我想问⼀下我的⾼我哪种最适合我?

Questioner: I have come across various cultivation methods. I would like to ask which one is most suitable for me?

JO: 最适合你的就是你⾃⼰最孜孜不倦的.因为⽆论你所说的ABCD,就是这个法呢个法.这都是你们或者都是别⼈创造出来的⼀个,然后你是去加⼊他们的体验去体验他们体验的体验,明⽩吗?这也只是你们其中的幻像之⼀⽽已.哪⼀个幻像更适合你?那要你⾃⼰去选择,明⽩吗?但是你可以去利⽤这些幻像去破幻.就是去利⽤这些体验去让你看清楚原来这些所有的体验,我体验的都是我⾃⼰,明⽩吗?

JO: The one that suits you best is yourself, as you tirelessly pursue it because no matter what ABCD you speak of, this is the law. This has been created by yourselves or others and then you are joining their experiences to experience their own experiences. Understand? This is just one of your illusions anyway. Which illusion suits you better? That's for you to choose. But you can use these illusions to break them down. Use these experiences to see clearly that all my experiences are myself, understand?

问:我想问我的⾼我有没有⼀种适合我的快速学习并领悟知识的⽅式?

Questioner: I want to ask if there is a quick way for my higher self to help me learn and understand knowledge that suits me?

JO: 如果你能把我今天的所有信息真正的去悟到,就是真正的来成为你的⼀部分的话.这就是最快速的,明⽩吗?

If you can truly understand and integrate all the information I've given you today as part of yourself, that would be the most efficient way to proceed, do you see?

问: 我想问有没有⼀种能让我跟我的指导灵直接沟通的⽅式?

Questioner: I want to know if there's a way for me to directly communicate with my guiding spirit?

JO: 你⾃⼰沟通,不借助其他渠道是吧? 你稍等.你叫什么名字?问: XXXJO: 沟通⼀直存在,只是你⾃⼰… 这么说,以前你是近视眼,你没有戴眼镜.你看不清看不到外⾯有这么多信息在给你提醒,对吧? 那你戴上眼镜,你就能看到这些信息⼀直存在.所以它并不是从⼀个⽆到有的⼀个过程.⽽是说你去戴上眼镜,你的视⼒变得越来越好,能看到外⾯的⼀个过程.那怎么样才可以让你视⼒变得越来越好呢? 也就是说你的⼲涉越来越少.⽐如说你头脑⾥⾯储存的⼀些记忆,⽐如说别⼈的⼀些能量,⽐如说你们集体的,就是别⼈创造的⼀些幻像.所有这些东西它都会让你像近视眼⼀样看不到.那当你就是通通的就是不受这些影响,你就能看的很清楚了.

JO: You communicate directly without relying on other channels, right? Wait a moment. What's your name?

Questioner: XXXJO: Communication has always been there, it's just that you've... If I'm understanding correctly, you used to be nearsighted and didn't wear glasses. You couldn't see all the information being given to you as reminders, correct? Once you put on glasses, you can see that this information was always there. So it wasn't a process of going from nothing to something. Rather, it's like you put on glasses, your vision improved over time, allowing you to see outside better.

How do we improve our vision, then? In other words, how do we reduce interference? It involves clearing out mental storage, such as memories, or energy from others, both individual and collective, and illusions created by others. All of these can make you feel like a nearsighted person unable to see clearly. But when you're not affected by all this, you can see things very clearly.

如果这个传递信息的⼥孩⼦,她在跟你传递信息的时候她还想着其他,就是她昨天学的什么信息⼀下⼦跑出来,啊这句话说的不对等等,受到这些影响了.她还能传递信息吗? 她不能.明⽩吗? 所以说她并不没有去拿过来,⽽是说没有受到影响.

If this girl conveying the message to you is thinking of other things at the same time-she has just recalled some piece of information she learned yesterday or found that her words don't match up with what she meant--she can still deliver the message, right? No. I'm trying to say that she hasn't received it yet but rather that those distractions have not affected her ability to convey the message accurately.

问: 我想问我的⾼我对于学习中医有没有什么更好的建议可以帮助我掌握它吗?

Questioner: I want to ask my superior self if there are any better suggestions for learning Traditional Chinese Medicine that could help me master it?

JO: ⾸先,⽆论你想要学习什么或者是运⽤什么,你⾸先第⼀要素就是你能进⼊它⽽忘了时间吗? 明⽩吗? 你能进⼊它⽽忘了你⾝体的饥饿和疲劳吗? 你能进⼊它当所有外在的⼈,你爸爸妈妈都说别碰它了,不要去碰它.当你朋友说过来玩,你能达到这样的状态吗?

JO: First of all, no matter what you want to learn or use, the first essential factor is whether you can immerse yourself in it to the point where you forget time? Do you understand? Can you enter it and ignore your body's hunger and tiredness? Can you reach such a state when everyone around you, even your parents and friends tell you not to touch it, leave it alone?

问: 努⼒吧JO: 这不需要努⼒,只需要内在how much do you want ? 只有多想.这不是靠努⼒的.努⼒你还在靠外界来逼着你去⼲什么,明⽩吗? 靠外在来逼着你⾛,你永远都⾛不远.所以,这必须

Questioner: Strive for it?

JO: JO: There is no need to strive; you just need to know how much you want it. Just think about it. It's not something that requires effort. If you're still relying on external forces to push you to act, do you understand? Being pushed by externals will never lead you far. Therefore, this must be internal motivation.

是你内在的呢股你们所谓的废寝忘⾷.你看你们物质世界的发明家科学家,哪⼀个不是废寝忘⾷⽽达到,创造出他们想要创造的,明⽩吗?

It's that drive within you, what you call "working through the day and night." Have you noticed how inventors and scientists in your material world accomplish their goals by working tirelessly, creating what they desire? Understand?

问: 我右肩膀经常疼痛的原因是什么?

Questioner: What is the cause of my frequent shoulder pain on the right side?

JO:你的⾝体经常疼痛的原因是因为你还没有进⼊到激情的⼀个状态,然后⾝体发⽣堵塞.这么说吧,你激情的⼀个状态就好像,能量源就好像是源头,源头就好像是⼀股⽔,对吧?然后你是⼀个⽔管,那呢股⽔当它可以⽆畅的通过你流过来的时候,就是你没有任何堵塞,明⽩吗?所以说,你越是能让你就是在⼀种激情的,⼀个畅通的状态.然后你的⾝体的疼痛就不会有,任何⾝体的疼痛都会是⼀些情绪的积压,就像刚才说的堵塞来⾃于你的⼀些记忆或者恐惧或者任何呢些东西.当你成为⼀个,就好像现在这个⼥孩⼦是传递⾼维信息的⼀个管道,她传递我们的信息的管道她是⽤这种⽅式表现.

JO: The reason your body often experiences pain is because you haven't reached a state of passion, resulting in bodily blockages. Think of it like this: the state of passion acts as a source of energy, akin to an origin or water source, right? You are like a pipe through which that water flows freely when there's no obstruction. Therefore, the more you can maintain yourself in a state of passion with free flow, the less bodily pain you will experience, as any bodily pain is essentially due to emotional buildup or blockage, stemming from your memories, fears, or other such things. It's like this young girl who acts as a conduit for high-dimensional information; her pipe that transmits our messages manifests in this manner.

那你们会有其他的⽅式表现,就⽐如说,演员在演的特别好的时候,他没有他⾃我,他就是呢个⼈.歌唱家在歌唱的时候,他就是在允许这股能量在通过他的嗓⾳表达出来.画家在画画在创作的时候都是⼀个这样⼦的状态.那你们在这样⼦的⼀个状态,⾝体是不会有任何问题的.那当你离开了这个状态,你有可能⾝体会有⼀些问题.但当你们进⼊这样的状态,⾝体是不会有任何问题的,明⽩吗?所以还是需要就是focus,关注到到底是什么让你充满激情和热爱的.因为⼀旦你进⼊到呢样的状态的话,你便不需要去体验你所体验的.

You would then have other ways to express yourselves, for example, when an actor is performing exceptionally well, he loses his self and becomes that person. The singer allows this energy to flow through their voice while singing. Artists are in such a state when they're painting or creating. When you're in this state, your body will not have any issues. However, when you leave this state, it's possible for your body to have some problems. But when you enter into this state, your body won't have any issues at all. Do you understand? Therefore, it's necessary to focus on what it is that ignites your passion and love. Once you're in such a state, you don't need to experience the experiences you do.

问: 那这个是不是可以解释我经常睡眠不好做噩梦?

Questioner: Could it be that this explains why I often have poor sleep and nightmares?

JO: 你经常睡眠不好做噩梦,你⾸先睡眠不好,做噩梦,这些也可以成为你学习的⼀个⼯具.那你刚才说的堵塞疼痛什么什么的,这些也是你学习的⼯具,转变的⼯具.如果没有呢层体验你就不会得到这个信息了.没有这个信息,你就不知道物质世界和你的物质⾁头是如何运作的,明⽩吗? 所以任何你的体验你都可以来通过它去不断不断地认识你⾃⼰,认识这个物质世界对你们来说存在的意义.

JO: You often have poor sleep and nightmares. Your first poor sleep and nightmares can become tools for your learning. Then the clogs, pains you mentioned just now are also tools for you to learn and transform yourself. If there's no such experience, you wouldn't get this information. Without this information, you won't know how the material world and your physical body operate, right? So, any of your experiences can be used to continuously deepen your understanding of yourself and the meaning of the material world for you.

问: 我想问巴夏如何能拥有地外⽂明朋友或者能召唤外星飞碟?

Questioner: I want to know how Bashar can have extraterrestrial文明friends or summon UFOs from outer space?

JO: ⾸先你这个管道堵不堵塞? 明⽩吗? 那如果你是堵塞的话,不是说这股能量没有.这么说吧,不是说你这⼜井后⾯没有井⽔没有源头,⽽是说这⼜井有没有被疏通有没有被打通,明⽩吗? 那如何去打通? 就像刚才说的.

JO: First of all, is your channel blocked or not? Do you understand? If it's blocked, does that mean the energy is gone? Let me put it this way; if there isn't a well behind this well (implying a blocked channel), it doesn't mean there's no source of water. Rather, it means whether or not this channel has been unblocked and opened up. Do you understand? And how do you go about unblocking it? Just like what I said earlier.

问: 我的⾼我还有什么信息带给我吗?

Questioner: Does my Higher Self have any messages for me?

JO: 你稍等.你们⽬前社会上是有⾮常多的你感兴趣的,你想要去学习的,你想要去体验的.就好像有很多⼈,就是你们前⾯的⼈他们创造了很多东西.就⽐如说很多⼈他们做了很多雕塑,你看到这个雕塑很喜欢.你想摸⼀下碰⼀下学⼀下.看呢个雕塑也很喜欢,也想想摸⼀下碰⼀下学⼀下.到头来你哪⼀个雕塑你都不会,明⽩吗? 所以说不要让别⼈的作品影响你⾃⼰想要创造的作品.你⾃⼰的作品才是独⼀⽆⼆的.是摆在呢让别⼈学习,⽽不是不断地拿别⼈的作品抄.

JO: Wait a moment. There are numerous things you're interested in, want to learn, and wish to experience in society right now. It's like many people ahead of you have created so much. For example, many individuals have made countless sculptures. When you see these sculptures, they catch your fancy, making you want to touch them or learn from them. Both the sculptures are appealing to you, prompting thoughts on how to replicate their features by touching and observing them. In the end, you fail to master any of them. Do you understand? Therefore, don't let others' creations limit your desire to create your own works. Your own creations are unique and should be a source for others to learn from, rather than constantly copying other people's works.

# **2023/02/06 - 第⼆次连接巴夏Second Contact with Bashar**

JO: 你问吧,什么问题?

JO: Ask away, what questions do you have?

问: JO你好,我们想连接⼀下巴夏的能量可以吗?

Questioner: Hello JO, can we connect with a Bashar energy?

巴夏: 我就是,你说.

BaxiJO: I am, you see.

问: 如何要放下头脑⾥不好的记忆?

Questioner: How do you let go of bad memories in your mind?

巴夏: ⾸先你要知道这⾥没有什么需要你放下的,只是有你需要认清的.如果你没有认清,你还会觉得有东西需要放下.那如果你认清楚了,你就会觉得呢⾥没有什么东西需要放下,明⽩吗? 所以说,应该是如何让你们认清楚你的⾝体是如何欺骗你的? 你的⾝体是如何影响你的? 这个物质世界是如何运⾏的? 这么说吧,如果你知道你是在做⼀个梦.这个梦醒了过后你说,我如何放下我刚才杀⼈呢件事情? 如何不被判刑? 你不是痴⼈说梦话吗? 你说你的梦已经醒了,你已经知道你是在做⼀场梦了.那你梦⾥⾯杀⼈什么不被判刑如何什么什么的,这些问题还存在吗? 所以你们只需要从这个梦⾥⾯醒过来,⽽不是说如何放下? 如何做这样?如何做呢样?

BahyJO: Firstly, you need to understand that there is nothing to let go here; it's just something for you to recognize. If you don't recognize it, you'll still feel like there's something to let go of. But if you see clearly, you will realize there's nothing to let go, do you get it? So, it should be how to make you understand that your body is deceiving you? How does your body affect you? How does this material world work? Let me put it like this: If you know that you are dreaming. After the dream ends, you ask, "How do I let go of having just killed someone?" Or "How do I avoid being punished?" Isn't that absurdity from a lunatic? You say your dream has ended and you understand you were dreaming. Then, if within the dream, such questions about not getting sentenced for killing or anything else still exist? So, what you need is to wake up from this dream instead of asking how to let go or how to do it like that.

如果你还要去学习如何这样如何呢样,那你其实还在梦中.你还是在梦中,你是被影响的.当你从梦中醒过来,你就会发现是⼀场梦⽽已.

If you still want to learn how to do it like this, then you are still in a dream. You are being influenced. When you wake up from the dream, you will realize that it was just a dream.

问: 如何不受外在的⼲扰?

Questioner: How can one avoid external disturbances?

巴夏: 你要知道,的确,你们在这个物质世界上有⾮常⾮常多的⼀个相互影响.就好像你们所有⼈都是在河⾥⾯.那你们的⽔是不是都是通的? 就是你们都是受的这个污染的⽔.⽐如说这个⽔变的是甜的,那你们都体验甜的.它是苦的,你们都体验苦.它是浑浊的,你们都体验浑浊的.那如何不受它影响? 你永远都受它影响.只是来看你如何利⽤这个影响,明⽩吗? 你们⾸先要清楚的⼀点就是像刚刚说的,你⾸先知道你是在做⼀场梦,你从这个梦中醒过来.因为如果你不从梦中醒过来,那梦中的打打杀杀你的体验还是真实的.它还是⼀样的影响你,明⽩吗? 不懂得你继续问,只有你继续问这些信息才会进来.

BaxiJO: You must understand that indeed, there is an extremely great deal of mutual influence in this material world. Imagine that you are all swimming in a river. Would your water be separate and distinct from each other's? That means you're drinking polluted water. If the water turns sweet, would you not experience sweetness as well? If it becomes bitter, then so do you. When it is murky, your experience of murkiness follows suit. How could you possibly avoid being affected by this? You are always being influenced by it. The question now is how you make use of that influence, okay? What you need to understand first is that just as I've explained, the very first thing you must realize is that you're dreaming. Wake yourself up from that dream because if you do not wake up, then your experiences within the dream—these acts of violence and conflict—are still real. They continue to impact you, right? If you don't understand this, keep asking questions. Only when you continually ask for information will it enter your consciousness.

问: 如何可以让⾝体越来越⽀持⾃⼰在物质世界?

Questioner: How can one make their body increasingly support themselves in the material world?

巴夏:⾸先你的⾁体它是充满了活⼒,它本⾝就是⽀持你在这个物质世界的.你应该找的是什么导致它不能⽀持你在这个物质世界?⾸先就是你的⼀个想法,你刚刚提的问题就是说你觉得它是在影响你在这个物质世界展现的.你有了这个想法,你觉得它在影响你.你要把它变得不影响.但是实际上它从来没有影响你要在这个物质世界上展现什么,明⽩吗?只是你需要成为⼀个很好的掌舵⼈.你需要成为⼀个很好的操控者.那如何成为⼀个很好的操控者? 就是 you have to know what you want,就是你必须要让这个⾝体你到底想要做什么? 当你的思维你在想着昨天他们歧视我,昨天他们打我,昨天发⽣的呢个事情.

BahJO: Firstly, your physical body is full of vitality; it itself supports you in this material world. You should be seeking what prevents it from supporting you here in the material world? First is your thought; the question you just asked says that you feel it affects your manifestation here in this material world. You have this idea, and you think it affects you. You want to make it stop affecting you. But actually, it never affects what you want to manifest here in the material world, right? Just that you need to be a very good navigator. You need to become a very skilled operator. How do you become a very skilled operator? You have to know what you want, which means you must determine what this body wants to do. When your mind is thinking about yesterday when they discriminated against me, yesterday when they beat me, and yesterday's events,

那你的⾝体就是 OK,我要进⼊⼀个愤怒的状态,我要进⼊⼀个分裂的状态.那我们就进⼊这个状态,明⽩吗? 那我就给你制造愤怒的感觉、分裂的感觉、痛苦的感觉.OK? 那如果你想要创造,如果你想着昨天我感受到了每⼀个⼈都很美好,我感受到了⼤⾃然的美好.那你的⾝体就会进⼊到⼀种美好的状态.因为你给了它⼀个order.你们需要明⽩的就是说你们觉得⾝体产⽣的⼀个影响是它来影响你.NONONO不是这样的.是你产⽣了⼀个念头⼀个思想,影响了⾝体.明⽩这个不同吗? 所以这样你们就可以很好的来让你的⾝体是⼀个和谐的⼀个状态⽽不是⼀个分裂的⼀个状态.

Your body is fine, I am going to enter an anger state, and then a split state. Let's enter these states, do you understand? I will create feelings of anger, splitting, and pain for you. Alright? If you want to create, if you think yesterday everyone felt beautiful, nature was beautiful. Your body would enter a state of beauty because you have given it an order. The thing that needs to be understood is that you believe the effect your body produces influences you. No no no, this isn't how it works. You generate thoughts and ideas which influence your body. Do you understand this difference? Therefore, you can ensure your body is in a harmonious state rather than a split one.

问: 如何更好的爱⾝边的⼈?

Questioner: How can we love those around us better?

巴夏: 你不需要去学习如何更好的爱某⼈,明⽩吗? 你不需要去学习.你只需要知道是什么影响你,让你没有在爱中.因为当你在爱中,你就好像是发光.你就是爱.⽆论你是做什么或者不做什么,你都是爱.⽆论你是坐着还是站着,你都是爱,对吧?那当你没有在爱当中,那⽆论你是在站着还是在坐着,你都没有在爱中.所以不是说如何去做,我要按照呢个⾏为还是我要按照呢个⾔⾏.你没有在爱中,⽆论你怎么⾔⾏,那你总是在恐惧当中在分裂当中,明⽩吗?那当你在⼀个合⼀的状态,就是你没有任何,⽆论你做什么,就是你不需要去也别做什么.⽆论你是去站着还是坐着,你就是爱.所以如何好的去爱某⼈?

Bashar: You do not need to learn how to love someone better, understand? You do not need to learn anything. All you need to know is what affects you, preventing you from being in love. Because when you are in love, you shine like a light. You are love. Whatever you do or don't do, you are love. Whatever position you're sitting or standing, you are love, right? But when you are not in love, regardless of whether you're standing or sitting, you are not in love. So it's not about how to behave or what words to follow; if you are not in love, no matter how you behave, you will always be in fear and division, understand? When you're in a unified state, there's nothing that matters regardless of what you do or don't do. Whatever position you're standing or sitting, you are love. So, how to love someone well?

就好像你只允许你,你本⾝是个太阳,你本⾝就是温暖了所有的⼀切.你不需要去学习我要如何温暖这个⼈,我要如何温暖呢个⼈.因为你本⾝就不断地在发光发热在温暖所有的⼀切.⽽不是在温暖某⼀个对象.所以你不能只是去选择⼀个对象,我只爱他.你说太阳它可以选择我只温暖你这个⼈吗? 我不温暖花⼉? 我不温暖草⼉? 我不温暖⼩鸟? 我只温暖这个⼈.那你这个⼈只被它烧死啊.明⽩吗?

It's as if you're the only one allowed, and you yourself are the sun, warming everything inherently. You don't need to learn how I should warm this person or how to warm them up; because naturally, you keep shining and radiating warmth for everything. Not just a specific object. Therefore, you can't simply choose one object, loving only him/her. Would you say that even the sun could pick just me as the one it warms? Me alone while not warming flowers, grasses, birds, etc.? Wouldn't you be the only one it burns to death? Do you understand this concept?

问: 请问如何可以和地外⽂明接触?巴夏: 你们现在就在呀.

Questioner: How can we contact extraterrestrial civilizations?

Bashar: You are already doing it.

问: 那我想问⼀下您这股能量和另外传递⾼维信息的巴夏的戴罗是同⼀股能量吗?

Questioner: I would like to ask if this energy you are talking about is the same as the one that传递s high-dimensional information through Bashar's Dor?

巴夏: 你是说另外的呢个巴夏的⾼维信息是不是同⼀股能量? 你稍等.⾸先我要告诉你的就是就算是呢个传讯者,它的能量也不是同⼀股能量.他们也是就好像持续的变换着.因为这⾥它永远都没有⼀个同⼀,⼀样的状态.因为能量它永远是在⼀个转化,转变当中,明⽩吗?

BahyJO: You're referring to the high-dimensional information from another Bahya? Please wait. First, I must clarify that even with a messenger, their energy isn't consistent. It's constantly changing because there is never a static state here. Energy is always in a state of transformation, understand?

问: 如何让⾃⼰总是处在平衡的状态?

Questioner: How can one always maintain a state of balance?

巴夏: ⾸先你要知道你们来这个物质世界你们体验失衡也是很好的体验,也是你们需要体验.所以不去排斥失衡,那就是平衡.不去追求平衡,那就是平衡.

BahJO: Firstly, you need to understand that experiencing imbalance in this physical world is also a good experience, something you need to go through. So, not rejecting the feeling of imbalance is actually achieving balance. Similarly, not actively seeking balance, is itself being balanced.

问: 请问您还有没有什么信息要带给这个传递信息的⼥孩⼦?

Questioner: Could you please tell me if there's any other information you wish to convey to this girl who is relaying the message?

巴夏: 你稍等.⾸先我们感受到你们有强烈的⼀个从⾼维传播信息带给你们⼈间信息这个愿望.因为你们⾃⼰是从这些信息当中学习和领悟很多.然后你们想去做这个传播的⼯作.然后我们想让你们知道的就是,⽆论任何时候,⽆论任何地⽅,你永远永远都是被⽀持的.这道门永远都是被敞开的.你只需就是进来.

BahJO: Wait a moment. First of all, we feel that you have a strong desire to spread information from higher dimensions to the Earth. You've learned and understood much from this information yourselves. Then you want to do this dissemination work. What we want to let you know is that at any time, no matter where you are, you will always be supported. This door will always be open for you. All you need to do is come through.

问: 如何可以提⾼专注⼒?

Questioner: How can one enhance concentration?

巴夏: 你稍等.⾸先你要知道你的物质⾁体它也是需要有⼀个过程.就是你要去训练它,它是有⼀个过程.就像⼀个⼩孩⼀样,那你需要去把这个⼩孩的专注⼒怎么让它越来越⾼? 那你就是可以适当的给它⼀些奖励,明⽩吗? 或者是⼀些惩罚.就是⽤这样的⼀些⼿段来让这个⼩孩去达到⼀个,就是让它⾃然形成了有这样的⼀个状态.那在它前期,它还需要外在的⼀些刺激.所以你可以根据你们⾃⼰,因为你才是跟这个⼩孩接触的⼈.你根据这个⼩孩它吃哪⼀套.然后再设定,就是在它还没有成为⼀个特别能坐的下来,就是特别去已经爱上…这么说吧,你们⼀个⼜味,你在适应它前你可能还需要吃好多次你才能形成⼀个记忆,就是我好喜欢这个⼜味,明⽩吗?

BaxiJO: Please wait a moment. First of all, you need to understand that your physical body also requires a process. This means that you have to train it; there is a process involved. It's similar to training a child. How do you increase their concentration? You can give them appropriate rewards or punishments to guide them towards this state naturally. In the beginning stages, they still need external stimulation. So, based on your personal interaction with the child, you should understand what works for them and set expectations accordingly. It's like finding your taste preference; you might have to try it multiple times before forming a memory of how much you love that particular flavor.

那如果在你从来没有去吃过这个的话,那你可能还有⼀些陌⽣感.那你的⾝体从来没有进⼊⼀个⾼强度的专注的⼀个状态,那它可能还需要⼀些训练,还需要陪伴和引导.那你需要有耐⼼的… 你⾸先知道你想要什么.就是我要把我的⾝体训练成

If you have never tried it before, there might be a sense of unfamiliarity. Your body has never been in a high-intensity focused state, so it may require some training and guidance. You need patience... first you should know what you want, which is to train my body into

⼀个⾼度专注⼒的.那然后你就可以跟你的⾝体建⽴这层关系,就像你在辅导⼩孩⼀样: 你刚刚专注了五分钟,这是给你的奖励.你今天专注了⼗分钟,你好棒.这是奖励.还有⼋分钟,再过⼗五分钟… 就这样的⼀步⼀步的去引导你⾃⼰.

A state of high focus, then you can build this relationship with your body as if you are guiding a child: You just focused for five minutes, here's your reward. You focused for ten minutes today, good job. That's your reward. There are still eight minutes, and after another fifteen minutes... guide yourself step by step like this.

问: 灵界有没有什么信息是想要带给我的?

Questioner: Is there any information from the spirit world that you want to convey to me?

巴夏: 你稍等.当你喜悦的时候让你的喜悦加倍.当你抓狂或者是恐慌或者是烦躁,让它缩⼩.就是说你提醒你⾃⼰,我现在进⼊到了⼀个恐慌的状态,我要马上跳出来,明⽩吗?

Bahá'u'lláh: Wait a moment. When you are joyful, double your joy. And when you're losing it or panicking or getting frustrated, reduce the intensity. In other words, remind yourself that I am entering into panic mode and I need to immediately step out of it, understand?

问: 请问这个⼥孩⼦的脑袋⾥⾯还有别的问题想要问吗?

Questioner: Does this girl have other questions she wants to ask about her head?

巴夏: 她想要知道如何可以更好的去传播我们的信息? 你已经知道你应该如何更好地去传播这些信息.所以你只需要按照你想要的去展现就可以了.

BaxiJO: She wants to know how she can better spread our message. You already know what you should do to better disseminate this information. So just show it the way you want it to be shown.

问: 请问最后你还有没有什么信息是想要带给⼈类的?

Questioner: Finally, do you have any last messages you wish to convey to humanity?

巴夏: 最后的信息我们想让你们知道⽆论任何时候你们总是可以得到我们的指引和帮助.我们不会分你是什么对象,我们不会分你是好⼈坏⼈,我们不会分时间地点或者是对象.任何时候你们的需求你们的需求都会得到回应,都会得到满⾜.

Bashar: The last message we want you to know is that at any time you can always receive our guidance and assistance. We do not discriminate based on who you are; we do not differentiate between good or bad people, nor by time, place, or subject. Whatever your needs may be, they will always be responded to and fulfilled whenever needed.

# **2023/02/14 - 释放强烈的能量 Release intense energy**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 这个传递信息的⼥孩⼦总觉得有很强烈的能量需要释放,请问如何平衡这样的能量?

Questioner: This girl who conveys messages always feels a strong energy that needs release. How can one balance such an energy?

JO: 你稍等.你们⾃⼰头脑⾥⾯对能量平衡和强烈,你们还没有⼀个明确的理解.因为她感受到的是⽣命的活⼒,就是正常的⼀种⽣命的状态.这么说吧,她是⼀个⽔管.她这个⽔管已经通了.通了她就不断地有⽔要流进来,或者她是⼀⼜活井,总是有⽔要流进来.然后这个⽔就是能量.明⽩呢个意思吗? 所以需要去平衡是什么? 也就是说如果有很多⽔进来,你是不是就要把它找⼀个出⼜给输出去,是吧? 那你可以⽤你的能量去做任何你想要做的事.就⽐如说你这⾥的⽔,你可以把这个⽔来灌溉呢些花花草草,是吧? 你可以把这些⽔给呢些⼜渴的⼈.有很多很多很多很多是可以去正⾯利⽤你的能量,明⽩吗? 所以怎么样平衡?

JO: Wait a moment. You haven't quite grasped the concept of energy balance and intensity in your own minds yet because what she feels is the vitality of life, which is a normal state of being. To put it simply, she's like a water pipe that's通畅 (畅通). Once it's通畅, water keeps flowing into it continuously, or she's akin to a living well with an endless supply of water always ready to flow in. The water represents energy. Do you understand? What does balancing mean then? Essentially, if there's a lot of water coming in, wouldn't you need to find an outlet to release it, right? You can use your energy for anything you desire. For example, with this water here, you could irrigate those plants and flowers, correct? Or you could give the water to those who are thirsty. There is so much potential for positive utilization of your energy in various ways. Do you get it? So how do we achieve balance?

也就是说当你觉得你的能量⾮常的,就是当你感受到充满了活⼒,当你感受到这样⼦的时候.你就⽤你⾃⼰独特的⽅式去展现出来.因为你才是呢个去决定你要如何去运⽤这个能量去创造.你可以创造任何你想要创造的,展现任何你想要展现的.这就是⽣命的⼒量,这就是鲜活的.

In other words, when you feel your energy is exceptionally vibrant, when you sense that vitality coursing through you, and when you experience it in this way, let yourself express it uniquely through your own distinctive manner. You are the one who decides how to utilize this energy for creation. You can manifest anything you wish to create or showcase whatever you desire. This is the power of life, this dynamic essence.

问: 那她在这个阶段应该注意的点是什么呢?

Questioner: What points should she pay attention to at this stage?

JO:她现在这个点就好像⼀个⼩朋友刚学了⼀个技能,就迫不及待的想要去尝试,想要去展现,想要去运⽤.然后需要注意的点就是说,你⾃⼰内在就好像她的程序是已经定好,即使你是⽆论选择哪个⽅向怎么样去展现,你都是在展现.所以这⾥没有⼀个规定,就是说你需要必须从A到B,就是这⼀条直直的线路.这⾥有各种弯弯曲曲,有各种不同弧度,有各种各种,明⽩吗?就好像你们⾛的迷宫⼀样,从这条道到呢条道.有⽆数条道.就是你们说的⼀句话,条条⼤路通罗马,明⽩吗? 所以你需要去注意什么? 没有什么需要注意的.当你去注意的时候,你就会觉得这⾥是不是只有这个是正确的? 啊,我这样做是错的.没有的.

Jo: At this point, she's like a child who has just learned a new skill, eager to try it out, eager to show it off, and eager to apply it. The key thing to note is that whatever direction you choose to exhibit, you are still exhibiting her program within yourself. Therefore, there is no requirement that you must go from A to B in a straight line; instead, there are various twists and turns, different arcs of curvature, countless possibilities, do you understand? It's like navigating through a labyrinth, moving from one path to another, with numerous paths available. You've heard the saying "all roads lead to Rome," right? So what should you be aware of here? There's nothing specific to pay attention to. When you start paying attention, you might feel that there's only one way that is correct. No, it's not like that.

问: 这个传讯的⼥孩⼦不想要浪费时间,总想要做点什么.请问您对她的这个状态有没有什么信息是要带给她的?

Questioner: This young girl being interrogated doesn't want to waste time; she always wants to do something. Could you share any information with her about her current state?

JO: 就好像刚才说你是活的,就是充满了活蹦乱跳.那你看呢些动物,当它们在⼀个特别活跃的⼀个,它们就不断地不断地想要奔跑或者做任何它们想要做的.所以当她感受到这种强烈的⽣长,因为她现在是在⼀个突破和⽣长期,⼀个发展期.就好像她的⾻头要不断地长不断地长.所以她如果是让她不长的话,让她固定的话,她就会觉得不舒服.所以她就想要有⼀种就是释放掉,然后伸展,就是伸展出来呢种感觉.如果她能理解这是她的⼀个转变期,就好像⼀个刚刚苏醒的动物,它对这个世界充满了好奇,想要去探索想要去不断地⾏动.那么就很能理解她的各种,就好像你打开了⼀个新世界的门.

JO: It's like just now when you said that she was alive and full of energy. When you observe animals, especially during their very active periods, they constantly want to run or do anything they desire. She is currently experiencing a growth spurt and development phase. Her bones are growing continuously. If she were not allowed to grow or remain fixed, she would feel uncomfortable. Therefore, she desires to release tension and stretch out. If she could understand that this is a transition period for her—similar to an animal awakening with curiosity about the world and eager to explore and act constantly—that would very much help in understanding her various impulses. It's like opening up to a new world.

所以你就不断地想要去东看看西看看或者是去这⾥探索去呢⾥探索,明⽩吗?因为当你们真正的从这个物质世界解脱出来,也就是说你没有被物质世界这些相给陷进去.那你就是从呢⾥⾯给解脱出来,明⽩吗?那你就觉得你拥有⽆限的可能,你是⾮常⾃由的.那你就会想要去在你新的⼀个画板上,怎么说,就好像你们旧有的⼀个程序就是已经画好了画.呢张纸上已经画了很多格⼦,已经是死的,明⽩吗?那现在她的感觉就是好像⼀张⽩纸.那这张⽩纸她想要怎么画?她想要怎么创作? 明⽩这个不同吗? 所以就没有受到… 因为如果还是在受物质世界影响的⼈,他们的纸上

So you constantly want to look around east and west or explore this and that, do you understand? Because when you truly free yourself from this material world, meaning you are not trapped in the illusions of this material world, then you have liberated yourself from it. Understand that you will feel an infinite possibility, experiencing extreme freedom. That's when you want to embark on your new canvas, right? It's like they've already painted their old program, with a paper filled with grids, something stagnant and dead. Now, she feels as if she has a blank sheet of paper. What does she want to draw? How does she want to create? Do you understand the difference now? Therefore, not being influenced... Because for those still affected by the material world, their papers

⾯就全是颜⾊,全是已经做好的固定的画了.他们没有作画的空间.然后当你看破这些幻像过后,那么就是⼀张⽩纸.你就可以去画上任何你想要画的,去展现你想要展现的.

The face is nothing but colors, all pre-made and fixed paintings. They have no space for creating their own art. Then, once you see through these illusions, it's like a blank canvas. You can then paint anything you desire, to express what you wish to show.

# **2023/02/15 - JOJO与⽼公的前世今⽣ JOJO's Past Lives and Present with Her Husband**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 这个传讯信息的⼥孩⼦想问她和她⽼公前世是⼀种什么样的关系? 如果可以的话能否请她呢⼀世的⼈格出来讲述⼀下他们在呢⼀世是什么样的相处模式?

Questioner: The girl who received this summons wants to know what kind of relationship she and her husband had in their previous lives. If possible, could we please have someone from that lifetime share with us about their interactions and dynamics back then?

JO: 你稍等,我先连接⼀下.⾸先我们连接到的⼀世的关系是她是个男⼈的⾝份,她现在的⽼公是个⼥⼈的⾝份.然后这个⼥⼈对他的爱⾮常⾮常⾮常的深切,⾮常的深.但是当她作为男⼈的⾝份的时候,她有… 就是不平等.怎么说,就是这个⼥的⾝份对他是百分之百,对他付出的是百分之百.然后他却经常受到影响⽽并没有真正的在爱当中.但是当他的⾁体消失过后,他才明⽩他是如何没有去珍惜或者没有去好好的对待这份感情.然后他换成⼥⼈的⾝份再同样的来体验她曾经作为男⼈的⾝份的… 所以说在她的⼈格⾥她还有⼀个男⼈性格的⼀个⼈格在,明⽩吗? 就是她不只是有⼥⼈的这⼀部分,她也有男⼈的呢⼀部分.

JO: Wait a moment while I connect. The relationship we're referring to in this lifetime is that she was identified as male, whereas her current husband identifies as female. The woman's love for him is profoundly intense, incredibly deep. However, when she was identified as male, the dynamics were unequal. How would you describe it? Essentially, the female identity loves him completely and gives everything, while he often fails to reciprocate this love adequately in the actual relationship. Only after his physical body vanished did he realize how he failed to appreciate or cherish that connection. Then, assuming her female identity again, she experiences what it was like for him as a male. In other words, within her personality, there is still an aspect of masculinity present. She has more than just the feminine side; she also embodies masculine qualities.

所以呢⼀世是就好像他到死的时候才知道,就是离开这个⾁体才知道他是有多么好的⼀份爱,但是却被他没有珍惜好.所以他在选择了,你就好像你突然醒过来过后,你就不再是⼀个迷糊的状态.因为在呢个时候,他是⼀个迷糊的状态.所以这⼀世她醒过来,明⽩这个意思吗? 但是她现在⽼公还是⼀如既往的如此的在深爱当中.然后这⼀次她并没有在迷糊当中,她也是投

So in this life, he only realized at the end when he was about to die that it was through his separation from this physical body that he came to understand just how much love he had, but alas, he did not treasure it well. Therefore, in making his choice, you are like someone who suddenly wakes up and is no longer in a state of confusion. Because at that time, he was confused. So when she wakes up in this life, does she comprehend the meaning? But her current husband still loves deeply as ever before. And in this instance, she is not in confusion; she has also chosen to be here.

⼊同样的深切.所以他们这⼀世的情感有弥补的成分在.所以在她⼼中她就会有很多想要去回报或者是报答或者是珍惜的⼼情在⾥⾯.关于呢⼀世你还有问题想问的吗?

Entering the same profound depth, so their emotions in this life have compensatory elements. Therefore, in her heart, she will have many feelings of wanting to repay, give thanks, or cherish. Do you have any questions about a past life that you want to ask?

问: 那他们呢⼀世也是中国⼈吗?

Questioner: If so, were they also Chinese in their previous life?

JO: 你稍等.不是.他们俩个呢⼀世都是阿拉伯⼈.所以如果他们有机会再去阿拉伯语⾔的国家的话,他们会发现很多就是感觉熟悉或者是喜欢,就是让他们感受到像家⼀样的感觉呢种.

JO: Wait a moment. No, they were Arab for an entire lifetime, so if they had the opportunity to go back to countries where Arabic is spoken again, they would find that it feels familiar or enjoyable, giving them a sense of being at home.

问: 那他们呢⼀世⼤概是处于⼀个什么样的朝代或者是时期呢?

Questioner: What dynasty or era would they be in during their lifetime, do you think?

JO: 这么说吧,你们所谓的⼀个朝代和⽇期都是你们⾃⼰给它编辑的.因为对于我们来说现在所有的东西它都是在同时发⽣的.所以就好像是他们彼此都是⼀个演员.她演了这个⾓⾊.那在另外⼀个频道她演了另外⼀个⾓⾊.那她在呢⼀部戏的呢个⾓⾊⾥⾯,有⼀些东西她可能还没有领悟到.那在另外⼀部戏的时候,她却领悟到了.那她就可以把呢个⾓⾊发挥的更好.所以是⼀个领悟与否的⼀个问题.

JO: Let me put it this way, your notion of dynasties and dates are all self-edited by you because for us, everything happens simultaneously. So it's as if they're all actors on the same stage. She plays one role in this scene. Then, on another channel she plays a different role. In that play, there may be things she hasn't fully understood yet. But when she acts in another production, she can grasp these things. This allows her to perform her roles more effectively. It's essentially about whether or not understanding has been achieved.

问: 那请问在这⼀世这个⼥孩⼦和她⽼公需要共同去突破的课题是什么?

Questioner: Inquiring about what issue does this girl and her husband need to jointly overcome in this lifetime?

JO: 你稍等.主要的突破都是他们⾃⾝的⼀些习性.就⽐如说你这个⼈格你是四川⼈,那你的四川话你有⽅⾔,对不对? 那你是东北⼈,你的⼜⾳是东北⽅⾔.那在你的⼈格⾥⾯,你也会有⼀些像是习性⼀样是属于你的独特的.那这些特质是需要⼀些… 因为你们就好像是⼀个⾃我修炼… 你就好像你有⼀个⼑⼦你在雕塑你⾃⼰⼀样.那你就需要在⼀些特质上⾯去做⼀些突破.

JO: Wait a moment. The main breakthroughs are their own habits or characteristics. For instance, if you're from Sichuan Province, your dialect has its unique features; correct? If you're from Northeast China, your pronunciation is based on the Northeastern dialect. Within your personality, there are also certain traits that define you uniquely, which need to be addressed because it's like a self-improvement process... You're like sculpting yourself with a knife. Therefore, you must overcome some of these characteristics in order to grow and improve.

问: 那他们在相处中间有没有什么需要注意的?

Questioner: Are there any particular things they should be mindful of when getting along with each other?

JO: 因为他们不是单纯的只有这⼀⽣的关系.所以他们就已经是⾮常的熟悉彼此.因为他们,就好像⼀个认识⼀年的朋友和⼀个认识⼏⼗年的朋友,他们的关系和他们彼此的呢种熟悉程度是不⼀样的.所以就没有你所说的呢样⼦.

JO: Because they're not just related in this single lifetime; they've already gotten to know each other very well. It's like having a friend you've known for a year and another you've known for decades - their relationship dynamics and level of familiarity are different, so there isn't the kind of interaction you describe.

问: (JOJO⾃⼰头脑⾥想要问的问题) 以前的⾼维信息说他们是来⾃同⼀股能量,这是什么意思?

Questioner: Previously, high-dimensional information said they were from the same energy source. What does this mean?

JO: 你们有⼀句话叫道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物.道⽣⼀就是说这是同⼀股能量,然后分成不同的,然后再去体验.这么说吧,⼀棵⼤树长出来,它开枝散叶,结了很多树⼲,长了很多枝芽,开了很多不同的花.那这两朵花虽然形状不⼀样,⼤⼩不⼀样,但是它们却来⾃同⼀棵树.然后⽐如说这个还是花苞,这朵花已经盛开了.它们彼此衬托彼此.就好像你需要⼀个另⼀半来让你去体验或者陪你⼀起,就是你们所谓的灵魂伴侣.就是在你们灵魂层⾯,你们已经要进去彼此来⼀起突破,来帮助对⽅突破.

JO: You have a saying that "Dao generates one, one generates two, two generates three, and three brings forth all things." Dao generating one means it's the same energy that splits into different forms and then experiences those. To illustrate, imagine a big tree growing, branching out with many branches and twigs, producing numerous trunks and sprouting various flowers. Although these flowers may have different shapes and sizes, they come from the same tree. For example, one is still a bud, while another has already blossomed. They complement each other. It's like needing the other half to experience or share with you what your soul mate refers to. At a deeper spiritual level, you're meant to enter into this together to help each other break through barriers and assist in growth.

问: 最后还想问⼀下就是为什么她的⽼公对她如此重要?

Questioner: I have one more question – why is her husband so important to her?

JO:因为这就是她⼈⽣的主题.就好像你这⼀⽣中你来到这个世界上你有⼀个主题来给你体验和突破.那你是为了这个主题⽽来的,那它对你来说是不是就⾮常重要?就像传递⾼维信息也是,这是她本⾝携带来的⼀个技能.这就是她此⽣需要去服务⼤众,因为她选择了这个.那对她来说就是⾮常重要的.那她⽼公,他们之间的爱也是她选择就是不要在不清醒的状态下,⽽是要在清醒的状态下去爱.这是俩种截然不同的体验.

JO: Because this is the main theme of her life. Just like you come into this world in your lifetime and have a theme to experience and break through. Then, you are here for that theme, so is it very important to you? Like passing on high-dimensional information is also true; this is an ability she brought with herself. This is what she needs to serve the masses in her life because she chose this. So, it's very important to her. And their love between her and her husband is that she chose not to be in a state of unconsciousness but rather to love while being aware. These are two entirely different experiences.

问: 我想问⼀下我的未来的另⼀半有没有什么信息是可以带给我的?

Questioner: I want to ask if there is any information that my future other half can bring me?

JO:你稍等.我看到你的另⼀半他会是⼀个在能量⽅⾯他会是⽐较⼥性⽐较弱,就是他⽐较听从你.就是不是特别⼤男⼈主义,不是特别强势,不是特别控制型⼈格.他更多是柔软的,是听从你,⽀持你,然后是伴随你的呢种.所以你们之间看起来就像,你像是个⼤男⼈,他像⼩⼥⼈的呢种关系.然后他会是⼀个特别⽀持你,⽀持你的灵性事业的发展.所以他会是,就是和你⼀样是⼀个灵性者.他的⽓质更阴柔.

JO: Wait a moment. I've observed that you are in a relationship where your partner is somewhat energetically feminine and weaker, meaning they tend to follow your lead more than assert themselves. They don't exhibit strong masculinity or dominance; instead, they are more yielding, supportive, and there for you as a companion. Your dynamic resembles that of a dominant figure versus someone who appears smaller or softer, akin to a gentle woman. He is particularly supportive of your spiritual endeavors, suggesting both of you share a spiritual connection. His nature leans towards the feminine side.

问:以前我们传讯的时候告诉我说当我和呢个和我连接很紧密的能量达到连接的时候我就会知道我们之间到底有什么样的渊源.那我能不能问⼀下我和它以前到底是⼀种什么样的关系?

Questioner: Previously, when we communicated and I was connected to an energy that was closely linked to me, I was told that it would reveal the nature of our connection. May I inquire about the type of relationship I had with it in the past?

JO: 那如果这⾥没有它呢?

JO: What if it's not here?

问: 我知道你的意思.但语⾔上我只能⽤它来指代.

Questioner: I know what you mean. But linguistically, I can only use it to refer to...

JO: 不是.因为你还把它指定成⼀个固定的对象.就连这个⼥孩⼦她传递信息,你们觉得你们每次都是⼀个固定的对象.但是这⾥并没有⼀个固定的对象.所以是你⾃⼰的能量状态决定了你要互动,就是你要进⼊的⼀个频率,明⽩吗?

JO: No, because you're designating it as a fixed entity. Even this girl who's sending the message, you think that each time it's one specific entity. But there is no such thing here. So, it's your own energy state that determines what you interact with and the frequency you enter into, understand?

问: 对我这⼀⽣影响很⼤的前⼀世的⼈格,他在呢⼀世最⼤的领悟是什么?

Questioner: What was the biggest insight of my former personality in his previous life that has greatly influenced me?

JO: 你稍等.我们找到了⼀个⼈格,然后他呢⼀世最深的领悟是关于佛法.在这⽅⾯他想分享的是,他最深刻的领悟是各种各种学习的⼿段都不⾜以让你的头脑安静下来收获的多.因为当你学习的时候你⽤的还是你的头脑.你的头脑⼀直在运作⼀直在运转.然后当你的头脑它不运转的时候,就好像你不需要学习的时候,然后所有的… 就像这个⼥孩⼦在传递信息⼀样,她不需要学习,她的头脑安静下来过后,所有的信息所有的她需要知道的,真理还有能量就是所有的这些都会呈现.

JO: Wait a moment. We found an individual who, in his most profound understanding of life, was deeply immersed in Buddhist teachings. What he wishes to share is that what he realized from this experience was that no amount of learning techniques can adequately calm your mind and lead you to gain more wisdom. When you learn, you use your mind, which keeps running nonstop. And when your mind is not running, such as when you don't need to learn, then all there is... just like how a girl is transmitting information; she doesn't need to learn. Once her mind becomes quiet, all the information she needs, including truths and energies, all of these would manifest themselves spontaneously.

问: 请问我的⾝体有没有什么想要告诉我的?

Questioner: Could you tell me what my body wants to convey?

JO: 你稍等.我想要扫描⼀下这个问的⾝体. 你的⽣殖系统就是⼥性所谓的妇科这⽅⾯你需要去注意.因为在这⼀⽅⾯你有⼀些信念系统导致它不是⾮常的,就好像⼀个系统它运作的⼀个smooth,就是不是在⼀个畅通的状态.那是什么信念导致的? 也就是说在两性关系上你曾经在关系当中⽐如说受到的⼀些不信任或者是伤害或者⼀些不好的记忆,它还储存在你的⾝体⾥⾯.导致你其实在你的潜意识⾥⾯,你还没有⼀种敞开或者是信任或者是真正的去相信.你总会想要看到对⽅做出⼀些什么,就⽐如说他先来证明他有多爱你或者是真⼼,你才会做出什么.这是⼀种很被动的.然后在这种被动上,你只能得到你想要的,就是你不信任.

JO: Wait a moment. I want to scan this question's body. You need to pay attention to your reproductive system; that is the area female gynecology deals with. The reason for this issue lies in some of your belief systems preventing it from functioning smoothly, as if there are blockages within the system. What beliefs are causing this? In other words, you have experienced distrust or hurt in relationships before and these negative memories still persist within your body. This prevents you from being open, trusting, or fully believing in others on an unconscious level. You always want to see someone prove their love or sincerity first before making any move. This is a passive attitude that limits the outcomes you can achieve since you do not trust others.

那你只能得到⼀些不信任的关系.那你需要去注意到这个问题.

Then you will only end up with distrustful relationships. You need to pay attention to this issue.

问: 这次⼟⽿其的⼤地震在灵性的层⾯上发⽣的原因和它有没有什么信息是要带给⼈类的?

Questioner: What is the spiritual reason behind this major earthquake in Turkey, and what message does it have for humanity?

JO: 你稍等.我们感受到这次地震夺去了⾮常多的⽣命,然后他们都是在绝望、痛苦和没有办法的⼀个… 就好像动弹不了.这个动弹不了就好像你们⽬前在物质世界当中的呢些⼈.你们看不到呢些动弹不了的⼈,所以会通过这种呈现的⽅式来让你们看到.这么说吧,就好像你这个⼈,你的⾝体你⽣了病.⽐如说你得了癌症,但是你看不到这个癌症.它要变成⼀个肿瘤来被你看到,就好像是在提醒你.那你们这个社会有很多⼈都处于⼀种动弹不了的状态下,但是你们却看不到.你明⽩吗? 你们却看不到你们这个世界上还存在着动弹不了的⼈.所以它会通过这样⼦的⼀个⽅式来被你们看到.

JO: Wait a moment. We realize the huge loss of life from this earthquake, and that they were all in despair, pain, and helplessness... unable to move as if they were stuck. This inability to move is similar to you, as individuals, within your material world. You cannot see those who are unable to move, so it presents itself to you in a way for you to see. Let me explain this concept like this: Imagine that you have a disease and you suddenly become aware of it, but you cannot see the disease itself; instead, it manifests as a tumor, which is something that catches your attention because it reminds you about your health situation. Similarly, there are many people in your society who might be going through situations where they feel unable to move forward or make progress, yet you may not be aware of this. Can you understand that there are individuals in your world who are experiencing situations akin to being stuck but are invisible to you? Through this method, they aim to make their existence visible to you.

那当你们真的能看到有⼀些⼈他们动弹不了的状态,你们会伸出你们的⼿去帮他们动,明⽩吗? 那当你们伸出你们的⼿去帮他们动的时候,那他们动弹不了的这个状态是不是就改变了? 那动弹不了的状态改变了,你们便不需要呈现出这样的状态来给你们看到,明⽩吗? 因为就没有呢些动弹不了的⼈存在了.所以说即使呢些表⾯上看上去没有经历痛苦的呢些⼈,他们⼼⾥承受着巨⼤的痛苦或者⽆助的或者是什么的,他们也是需要被看到被帮助的.这就是为什么这个⼥孩⼦她⼀直关注⼼灵,因为她知道⼼灵的痛苦⽐⾁体的痛苦还要更加的痛苦.那如果有更多⼈关注的是⼼灵层⾯的痛苦.

When you really see some people in a state where they can't move, will you reach out your hand to help them move? Understand? When you extend your hand to assist them, does that change their immobile state? If the immobile state changes, then there is no longer a need for such a display, understand? Because those immobile individuals do not exist anymore. Therefore, even if some people appear not to have gone through pain on the surface, they are experiencing immense emotional suffering or helplessness, and so they too require being seen and helped. That's why this girl focuses on the mind; she knows that psychological pain is more intense than physical pain. And if there were more attention paid to the suffering at a spiritual level.

⼼灵层⾯的痛苦就好像是⼀股能量⼀样,当这股能量不存在的时候,那你们物质世界是不是就不需要去投射出来这样的?你要知道你们物质世界投射出来的任何相,它都是你们的内部的⼀个状态,都是你们的能量.那如果你们内部的状态没有改变的话,你们外部的状态是不可能改变的.所以只有你们内部的状态改变了,物质世界体验的⼀些事件就会改变,就是你们体验的世界就变了.那为什么是发⽣在⼟⽿其呢?这是这个⼥孩⼦头脑⾥⾯冒出来的问题.⾸先为什么会发⽣在⼟⽿其,只是你们⾃⼰会经历的⼀个先后顺序.也就是说接下来如果你们⼈类的思想没有得到很⼤的转变,那你们还会陆陆续续的在其他地⽅经历⼀些悲惨的事件.所以它并不是说只是在呢⾥.

The spiritual pain is like an energy; when this energy doesn't exist, do you think that your material world doesn't need to project such things? You must understand that any appearance in your material world is a state within you, it's your energy. If the internal state within you doesn't change, then there's no way for the external state to change. Thus, only when your internal states change will experiences of the material world shift; the world you experience changes. Why did this happen in Turkey? That was the question that came up in her mind. Firstly, why is it happening in Turkey? It's simply a sequence of events that you as individuals would go through. In other words, if human thoughts don't significantly change going forward, you will continue to endure such tragic events elsewhere. This isn't just limited to this place.

就好像你是⼀条⽔管,你说为什么是从这个地⽅破了?这个地⽅破了,其它地⽅也迟早会破的.这只是⼀个时间的问题,明⽩吗?但是你们永远永远,你要知道你们强⼤的影响⼒.所以不要因为这些信息感受到⽆助或者⽆⼒,这些信息是来帮助你们看到最深层次的问题.因为这些问题不被看到的话,还会继续再呈现出来.就好像你如果是癌症,如果没有肿瘤呈现出来,你就看不到你是有癌症的,对不对? 所以你就会忽略这个事情.所有这些信⼼来告诉你让你看到,就是物质世界它们运⾏的模式不是偶然也不是碰运⽓.它都好像是,你们这么想,你们地⾯上的草.你能看到草,对不对? 你说如果没有根的话,它的草能长出来吗?

It's like you are a pipe and you ask why it burst at this place? It will eventually burst somewhere else; only the timing is different. Do you understand that? But know your powerful influence forever. So don't feel helpless or powerless with these messages, because they're here to help you see the deepest issues. Without seeing them, these issues will continue to manifest. Like if you have cancer and no tumor shows up, you wouldn't know you had cancer, right? Thus, you overlook it. All this confidence is meant to show you that the way things function in your physical world isn't by chance or luck. It's as if you're thinking about a blade of grass on Earth. Can you see the grass? And then you ask, "Can it grow without roots?"

那你们物质世界的事件就好像是草⼀样,如果没有根的话,它会冒出来吗? 为什么你们只想去解决草的问题不想去解决根的问题呢? 你知道你把呢个草割了,根它还会再长出来草的呀,对不对? 所以如果你们觉得物质现象,就⽐如说这次疫情过去了,对吧? 然后觉得我又躲过⼀劫,好了.那你就好像你除草,你把草剪掉过后,哇,草没了.过个⼏个⽉去看呢? 所以这是同样的道理.你们觉得好像躲过这个地震然后就好了,躲过这个瘟疫就好了.然后你们需要注意的是你们⼀定不要寄托政府可以改变你们的命运,明⽩吗? 你唯独可以改变你们的命运是你⾃⼰.只有从你开始,从你⾃⼰开始,从你去知道如何,就是知道这个世界是如何运⾏的.

Then are the events in your material world like grass, would they sprout up if there were no roots? Why do you only want to solve the problem of the grass and not the root problem? Do you know that if you cut down this grass, the root will still grow more grass, right? So if you feel that material phenomena, for example, this pandemic has passed, then you're fine. Then you are like someone dealing with weeds by cutting them; when you cut off the grass, voila, no grass. But then a few months later, look? This is the same principle. You think it's enough to have escaped an earthquake and that's it, or having survived the pandemic and everything's fine now. The thing you need to understand is that you should never rely on the government to change your destiny, right? The only one who can truly change your destiny is yourself. Only start from yourself, begin with understanding how this world operates.

就好像你到⼀个地⽅,你都没有⼀个⽣存⼿册.你进⼀个游戏场,你都不知道规则,你怎么去呢个什么? 你怎么知道前⾯呢个链⼦掉下来你就会死掉了.所以你学习这个规则也是⾮常重要的.你就不会⽆缘⽆故的死掉了.

It's like you're in a place where you don't have a survival guide. You enter a game arena, and you don't know the rules; how would you navigate that? How would you know if the chain ahead will kill you when it falls down? So learning these rules is very important because you won't die for no reason.

问: 如何可以去帮助呢些不可动弹的⼈?

Questioner: How can one assist those who are immobile?

JO: 你们现在在做的事就是在帮助呢些不可动弹的⼈.他们为什么不可动弹? 那是因为他们思想的束缚.我们的信息是不是就可以帮他们看到他们的束缚?帮你们看到你们的记忆,就是你所处在的⼀个环境都是你⾃⼰把⾃⼰给僵住的.那你⾃⼰也有能⼒再让⾃⼰解冻,明⽩吗?所以这些信息就是在帮助他们解冻.那所有⼈都不是呢种不可动弹的状态,那你们便不需要去经历这种.因为当你们的能量状态,你们的思想转变过后.你们在物质世界经历的事情也会转变的.

JO: What you're doing now is helping those who are immobilized. Why are they immobilized? It's because of the constraints of their thoughts. Can our message help them see their constraints? Help you see your own memory, that every environment you find yourself in is one you've frozen for yourself. And you have the ability to unfreeze yourself again, understand? Therefore, this information is helping them to unfreeze. Not everyone is in that immobilized state, so you don't need to experience this. Because when your energy state and thoughts change, the things you experience in the physical world will also change.

问: 这个社会上将来的⾛向是什么? 就是经济、物质这⽅⾯的⼀个⾛向,社会的⼀个⾛向.

Questioner: What is the future direction of this society, particularly in terms of economics and material aspects, as well as its overall direction?

JO: ⾛向就是说你们会逐渐的去发现剥削他⼈或者是压榨他⼈或者是去侵占他⼈,这个路是⾏不通的.你们只有去互相帮助对⽅,就是我帮助你,你帮助我.这么说吧,你是⼀个农民,你照顾这棵树.你天天不停的看护它,给它出害⾍,给它浇⽔,给它施肥.它长⾼长⼤结了果⼦是谁的?那如果你压榨你的员⼯,压榨你的朋友或者合伙伙伴或者是欺骗.你就好像你是⼀个农民.你今天去给呢个树踢⼀脚,明天去把呢个⼟挖⾛⼀些,然后又⼏天不给它⽔喝.你觉得哪⼀个农民会做这样的事情? 会这样去对待他的庄家或者他的⽔果树,明⽩吗? 你听这个故事你会不会觉得很愚蠢? 呢个农民在损害他⾃⼰的庄家.但是你们社会上有多少⼈是在这么做的?

JO: The path you choose will lead you to realize that exploiting others,榨干他人 or exploiting them aggressively, is not sustainable. You must instead help each other; you should assist one another. Let me put it this way: if you're a farmer who cares for a tree every day, treating it with the utmost attention, monitoring pests, watering it, and fertilizing it, when does that tree belong to? When you exploit your employees, squeeze your friends or business partners, or deceive them, you're acting like that farmer. You kick the tree today, dig up some soil tomorrow, neglect to water it for a few days, etc. Would any farmer treat their crops or fruit trees in such an irresponsible manner? Isn't this story absurd? The farmer is harming his own crops. How many people in society are doing the same thing?

⼤多数⼈都是这种做法.他们⼤多数⼈都是⽤这种⽅式来运⾏.所以你们社会上会看到很多⼈,⽐如说公司做不下去或者公司倒闭,员⼯不给⼒,明⽩吗? 遇到很多这样的问题.所以这样的问题它就是在⽡解.所以只有在互助,就是你在帮助对⽅成为的⼀个过程当中你们才得以发展.就⽤最简单的呢个例⼦就让你看到.然后这就是你们社会将要去发展的⼀个⽅向.

Most people do it this way. They operate in most cases using this method. So you'll see many individuals, say companies that can't sustain or have collapsed, where employees aren't performing well, understand? There are a lot of such issues. This issue is crumbling away. Only through mutual assistance, when both parties help each other to grow, does development occur. Let me show you the simplest example for clarity. And this is the direction your society will be moving towards.

问: 请问地球有没有什么信息是想要让⼈类知道的?

Questioner: Could the Earth be trying to convey some information to humans?

JO: 你稍等.⾸先有⼀个你们总觉得就是你们的⼀些⾏为会伤害到我们.⽐如说像你们说的塑料或者是砍树或者是任何任何.你要知道你们根本伤害不了我们任何,你们唯独可以伤害的是你们⾃⼰.所以地球不需要保护,不需要你们所谓的保护.你们只需要去认识到你们做出的⼀些⾏为就是在伤害你们⾃⼰.当你们认识到这个,你们便不会再⽤这样⼦的⽅式.所以没有地球需要拯救,因为地球离开⼈它就不会有存在的意义,它也不会存在.是因为你们⼈类的意识,你们需要这样⼦的⼀个舞台,所以你们创在了这样的舞台来给你们演戏,来供你们去排练.如果你们的集体意识创造了就是你们不需要这个舞台.那这个舞台也会消失不见.所以你不会伤害到呢个舞台.

JO: Wait a moment. Firstly, there's something you do that you always think is good for us. Like plastic or cutting down trees or anything like that. You need to understand that it can't hurt us in any way, the only thing you can really hurt is yourselves. So the Earth doesn't need protection; it doesn't need your so-called protection. All you need to do is recognize that what you are doing is harming yourself. When you see this, you will no longer do it like this. So there's no need for the Earth to be saved because without humans, it has no meaning and cannot exist. It's because of human consciousness that we need a stage, so you created this stage to perform your acts on, to rehearse. If the collective consciousness doesn't need this stage, then it will vanish. So you won't harm this stage either.

因为呢个舞台本⾝就是⽆的状态.你唯⼀的就是你借⽤这个物质⾁体,你是借⽤这个物质⾁体,呢个物质⾁体不是你,你借⽤它,就好像你的⼀个道具.这个道具你借⽤它,如果你好好的对待它,那你使⽤的时间是不是就会长⼀点? 如果你去各种的迫害它,那它的寿命是不是就会很短? 那你从这个道具当中获得的东西是不是就很少? 所以即使你明⽩这个⾁体只是你的⼀个道具,但是你还是需要去好好的善待这个道具,让它可以更好的为你服务.因为你们都是花了很⼤的代价才获得这个道具.

Because the stage itself is nothingness. The only thing you are is borrowing this physical body. This physical body isn't yours; you borrow it, like one of your props. If you treat this prop well, will the time you use it be longer? If you torture it in various ways, won't its lifespan be very short? Won't the benefits you gain from this prop be minimal? Even though you understand that this body is just a prop for you, you still need to treat it well so that it can serve you better. Because both of you have invested a lot to obtain this prop.

问: 最后请问我的⾼我和指导灵他们还有什么信息想要带给我吗?

Questioner: Lastly, do my higher self and my guides have any messages they want to share with me?

JO:你稍等.你只需要去做让你就是激情,就是迫不及待,让你可以为它失眠的事情.然后其他事情你都不需要去操⼼或者担⼼.因为当你操⼼或者担⼼或者觉得你需要做点什么的时候,你就进⼊了⼀种⽆助的能量状态.那你进⼊⽆助的能量状态,你的世界就显现更多让你觉得⽆助的事件来让你体验.因为是你⾃⼰选择了呢个频道.所以你唯独是需要保持在让你激情的状态.因为在呢样⼦的状态你看⼀切它都是有颜⾊的,都是美好的,都是充满⽣机的.那如果你进⼊了⽆助的状态,那你看⼀切它都是死路⼀条,明⽩吗?这两种状态你带着不同颜⾊的眼镜,⼀个是充满⽣机的眼镜,⼀个是充满死⽓的眼镜,明⽩吗?所以你要选择你要戴哪⼀副眼镜.

JO: Wait a moment. You only need to do something that ignites your passion, the kind of thing you can't wait for and keeps you up at night. For everything else, you don't need to worry or fret about it. Because when you worry or fret or feel like you have to do something, you enter a state of helplessness. And once you're in that state of helplessness, your world will manifest more events that make you feel helpless for you to experience. As it's the channel you chose for yourself. So, all you need is to stay in the state of passion. In this kind of state, everything appears vibrant, beautiful, and full of vitality. If you enter a state of helplessness, then you see everything as dead ends; do you understand? These two states are like wearing different colored glasses: one that sees life with vitality and another that sees death everywhere. So you have to choose which pair of glasses to wear.

当然,充满死⽓的眼镜它也没有坏处.为什么呢?因为它也是可以让你体验到,OK,你只是戴了⼀副眼镜.它也会帮助你成长.还有问题吗?

Of course, it also has no disadvantage for a pair of lifeless glasses. Why is that? Because you can still experience it with them on, okay, you just wore a pair of glasses. It will also help you grow. Any more questions?

问: 那就⽐如说上次我做的呢个梦,你告诉我说我没有必要再多此⼀举的让你们来赋予它意义…JO: 这是你的激情吗? 问: 你说是问这个问题?

Questioner: Like the dream I had last time, you told me there was no need to assign it any more meaning...J: Is that your enthusiasm? Questioner: You asked this question?

JO:我的意思就是说如果这不是你激情的,你就不需要给与太⼤的关注.因为你要去知道你关注就是你的能量,你就在消耗你的能量.你想把你的能量运⽤在哪⾥你需要很清楚的知道,明⽩吗? 如果⼀切对你不是很重要的事情,你便不⽤… 这么说吧,你的能量是钱.你想把你的钱放在哪⾥?你如果放在⼀些⽐如说负⾯新闻啊,别⼈对你的闲⾔碎语啊.那你就是让闲⾔碎语越来越多.你会这样⼦吗?就好像下赌注⼀样,你把它double.所以你要把它放在快乐的地⽅.为什么?你想要快乐double.你们需要⾮常的去留意你们⾃⼰是拥有强⼤的能量的这⼀件事情.因为你们很多⼈不知道.

JO: What I mean is that if this isn't something you're passionate about, then it doesn't deserve too much of your attention because what you focus on consumes energy, and you need to be very clear about where you want to apply your energy. And don't forget, if everything to you seems not so important, then there's no need... Think of your energy like money. Where would you put your money? If you place it in things like negative news or other people's idle gossip, you're only making more of it, like doubling down on a bet. So, why not put your focus where happiness is? Why? Because you want to double the joy. And you need to be very aware that you possess this powerful energy because many of you might not even know it.

很好的⼀个现象是为什么你们呢些⽹络流量关注量最⼤的⼈,就⽐如你们有很多⼈去关注的软件,为什么它们如此让⼈惊讶?因为突然很多⼈都去关注这个事情,你们很多⼈都把能量去给了他.那他的能量就变的很强⼤了,他的影响⼒就很强⼤了.那这是什么? 这就是市值了,明⽩吗? 那你还想把你的能量放在哪⾥? 所以只去放在你觉得它对你是特别重要的.不然的话就不要去浪费它.因为你们头脑⾥⾯的思想和念头,它这些都是在消耗你.

A wonderful phenomenon is why those who attract the most network traffic, such as software you have many people following, are so surprising? Because suddenly, a lot of people are paying attention to this matter, and many of you are giving your energy to it. As a result, his/her energy becomes very strong, and their influence grows significantly. This is what we call the "market value," right? So where do you want to put your energy? Therefore, only place it where you think it's particularly important for you. Otherwise, don't waste it because the thoughts and notions in your mind are consuming you.

# **2023/02/17 - 婴⼉的哭声 Baby Cries**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 婴⼉⼤哭不⽌的时候我们可以做什么?

Questioner: What can we do when a baby cries continuously?

JO: 你⾸先你要去了解的是婴⼉的哭只是像你们在说话⼀样.你们可以⽤你们的语⾔去表达,然后婴⼉需要⽤哭声来表达.那如果你⾃⼰你⼀说话你⼀表达你⾃⼰,别⼈就要你 stop,就是对⽅他就想要把你控制住不要你表达.或者是你为什么这么烦? 你表达的就是噪⾳.因为对你们来说婴⼉的哭声就是噪⾳.你们就想赶快的⽌住,让婴⼉停⽌下来,明⽩吗?那你想象⼀下你现在说话的声⾳,你想告诉对⽅你现在⼜渴你想喝⼀杯⽔.你话还没说完,⼈家就说:⽌住,⽌住,你这个声⾳太吵了.然后就⼀脸不耐烦.如果你要被这样对待你会怎么感受?所以你如果把婴⼉的哭声当成是他想要告诉你,我的尿布湿了,我需要换尿布.

Firstly, you need to understand that an infant's cry is like your own way of speaking – you can express yourself through language, and similarly, the baby needs to communicate using cries. If you were to speak and express yourself, others would tell you to stop, wanting to control your expression or asking why you're being so bothersome. They view it as noise because to them, an infant's cry is just that – noise. You want to quickly silence it, making the baby stop. Can you imagine what it'd be like if someone were to interrupt you while telling them you're thirsty and need a glass of water? Your words aren't even finished, they say, "Stop, stop! Your voice is too loud." Then with an annoyed expression. If this happened to you, how would you feel? So if you consider the baby's cries as it trying to tell you that its diaper needs changing – that it's wet and requires a change.

你就很着急或者是很匆忙或者是很不耐烦就想要把它⽌住.明⽩吗?所以你要去⾸先有⼀个认知就是说婴⼉的哭声是正常的.因为他是通过哭声来表达⾃⼰,就是来告诉你,就好像来提醒你:我有⼀些需求或者我怎么样怎么样.然后当你⼀直把他的哭声当成是⼀个和你之间的沟通和提醒,那你就可以和婴⼉之间建⽴⼀个很好的⼀个沟通.就好像如果你⼀开始说话别⼈就打住你不让你说话,那你跟对⽅是不是就不可能建⽴起来你们之间的交流和沟通,对吧? 那如果你并没有去(⽌住它),⽽是去允许它,那你们之间的沟通就建⽴好了.

You might feel anxious, rushed, or impatient and want to stop it immediately. Understand that? Therefore, the first cognitive shift you need is recognizing that an infant's cry is normal. They use their cries to communicate their needs to you - essentially, as reminders of what they require or how they're feeling. When you view his crying as a form of communication rather than merely a disturbance, it becomes easier to establish a good connection with the infant. If someone interrupted your speech right when you began talking, would you be able to properly communicate with that person? So if you didn't interrupt their cries but instead allowed them, then your interaction with the infant would naturally improve.

问: 婴⼉为什么⽣下来就会喝奶?

Why do infants know how to drink milk right after birth?

JO: 你说,如果你造⼀个东西你却不给它创造让它活下去的机会,就是让它活下去的程序.就⽐如说你造了这个程序,但是你却没有给这个程序去维持它.它能叫⽣命吗? ⽣命是什么? 明⽩吗? ⽣命它就是活的.那婴⼉他⽣下来过后,他就具备了他在这个世界上需要存活下来的⼀切,不只是哺乳.⼀切,⼀切⽀持.所以为了让这个⽣命能在这个物质世界存活下去.它已经具备了⽀持这个⽣命在这个物质世界存活下去的⼀切.你也是⼀条⽣命,那你并不需要为你⾃⼰担⼼你不能存活下去,明⽩吗? 因为这个不是你来操⼼的.已经为你安排好了.如果你要操⼼的话,那你是不是应该操⼼你⽣下来你都没有学过吃奶,你怎么知道怎么吃奶啊,对不对?

JO: You ask if creating something without giving it the opportunity to survive and live is actually making a life. It's like you create this system, but you don't provide any support for it to sustain itself. Can we call that a life? What is life? Understand? Life means being alive. So when an infant comes into the world, they have all the necessities to survive in this world, not just from breastfeeding. Everything, every support. Therefore, if this life needs to survive in the material world, it already has everything it requires to sustain itself in that environment. You are also a living thing, so you don't need to worry about your own survival. Understand? This is not something you have to think about because it's already been arranged for you. If you're worrying, then shouldn't you be worried about whether you were born without knowing how to feed yourself, how do you know how to feed yourself when you didn't learn it, right?

那你要⽣下来你妈妈要是没有奶⽔怎么办? 那你是不是又活不下去了? 你想⼀下如果你真的要担⼼的话你还能活到现在吗? 你想⼀下你们曾经中国经历过多少就是物质匮乏的阶段,那⽣命不也是照样的存活下去,活的好好的吗? 那为什么现在物质如此的丰富你们还会担⼼你们不能存活下去呢,明⽩吗?

If your mother doesn't produce milk when you are born, what will happen to you? Wouldn't that mean you can't survive? If you were really worried about this, would you still be alive until now? Think about how many times China has experienced periods of scarce resources in the past. Life did carry on and people lived well during those times, didn't it? So why are you so concerned about not being able to survive today when there is such abundance available? Can you understand this?

问: 那中国闹⼤饥荒的时候不是也死了很多⼈吗?

Questioner: Didn't many people also die when there was a severe famine in China?

JO: 所以你的问题是什么呢? 死亡是⼀直在发⽣的,并不是闹不闹⼤饥荒,明⽩吗? 难道如果不闹⼤饥荒呢些⼈就不会死吗? 他们现在还活着吗? 明⽩吗? 因为你说的活的死的都只是⼀个物质⾁体.物质⾁体它就算这个…OK,这么说吧,这个道具,我⽤了这个道具,然后这个道具跟我不是很合⾝.那我放开这个道具,我去重新拿⼀个道具.那你能说呢个道具死了吗?明⽩吗?因为道具它本⾝就是死的,它是有了⽣命进去它才活的.就好像⼀个东西有电池.你的⼀个玩具或者⼀个器材,⼀个装电池⼀个不装电池.那你不装电池就运⾏不了,运作不了.看上去就是… 那你装上电池,你的功能就能使⽤了.所以并不是说这个道具不死,明⽩吗?

So, what's your question? Death is always happening, whether there's a great famine or not, do you understand? Would those people still die if there wasn't a great famine? Are they alive now? Do you get it? Because when you talk about life and death, you're just referring to a physical body. The physical body lives because of the energy that goes into it. Like an object, when I use this object, but it doesn't fit me very well. If I let go of this object, I'll take another one. Can we say that the other object is dead? Do you get it? Because the object itself is already dead; it becomes alive because of the energy that goes into it. Imagine a toy or an equipment with a battery and without a battery. Without the battery, they don't function properly, so they can't operate. It looks like... When you put in the battery, your functions are usable. So just because this object doesn't die, do you get it?

因为道具⽆论它死了多少遍或者是损坏了多少遍,它都不能去阻碍呢个想要去探索和体验的呢个灵魂.因为你这个道具不⾏,我在另外⼀个上⾯.你这个不好⽤了,我重新拿另外⼀个.你永远都有道具可以选择.

Because no matter how many times the prop dies or gets damaged, it cannot hinder that soul's desire to explore and experience. You can't use this prop because you're unable to, I have another one on the side. This one is not working for me, so I'll take a different one. There will always be props available for you to choose from.

问: 请问有什么信息可以帮助到产后抑郁的⼈?

Questioner: Could you provide any information that might be helpful for postpartum depression?

JO:⾸先产后抑郁的⼈他本⾝就会有很多,这么说吧,本⾝就埋的有雷所以会爆炸掉.就好像我就算有⼀根引⽕线,那如果你内在没有⼀个炸弹的话,你也不会炸,对不对?那你内在有炸弹的话,那产后就加速了它爆炸的呢个过程,明⽩吗?因为什么?因为你产前产后是⼀个转变,是⼀个变化.那你如果不能去很好的接受这个变化,就是不适应的话.你就会觉得… 呢些都是你的⼀些负⾯的信念,它就会像刚才说通过这个把它内在埋的呢些炸弹给爆炸出来.所以说呢个时候也是很好的⼀个拆除炸弹的机会.因为就算不是因为产后,那其实还会因为其他事情终究会爆炸的.因为你的炸弹就在呢⾥,你并没有拆除它呀.

JO: Firstly, there are many people who experience postpartum depression already, so let me explain this way: they essentially have mines planted within them that will eventually explode. Imagine if I had a fuse; but without an explosive inside you wouldn't blow up, right? But when there is indeed an explosive inside you, childbirth accelerates the process of its explosion. Do you understand why? Because before and after childbirth, it's a transformation, a change. If you can't adapt well to this change, if you're not comfortable with it, then you might feel... These are your negative beliefs that they will explode from within as just mentioned. This is also a great opportunity for removing those bombs because even without postpartum depression, eventually these bombs would still explode due to other circumstances. Because the bomb exists inside you and has not been removed yet.

只是是看谁来把你引爆⽽已,看你什么时候被呢个导⽕线给引爆⽽已.然后你问有什么信息给她们是吗?就好像像刚刚说的⼀样.你⾸先要明⽩你是已经有很多需要被拆除的炸弹,就是有很多需要被你看到的负⾯信念吧.那正好通过产后来带你看到.那你是不是就可以把这些炸弹拆除?所以它也是⼀次来帮助你清理你⾃⼰或者是探索、认识你⾃⼰的⼀次很好很好的机会.因为产后它会把你的,就好像⽤放⼤镜⼀样.你可能平时的疼痛感可能是⼀⼆.那在呢个时候你变的特别敏感,那碰你⼀下你的感受可能就是七⼋了.外在的碰是⼀样的,只是你⾃⼰变的特别的特别的敏感,灵敏度特别的强.所以你会,就是如果你有很多恐惧的话,你的恐惧会加倍.

It's just about who will set off the bomb in you and when that trigger will explode you. Then, are you asking for information to be given to them? Like what I mentioned earlier, you first need to understand that there are many bombs that need to be defused within you, meaning there are numerous negative beliefs that require your attention. This process unfolds through pregnancy. Can you then defuse these bombs? Therefore, it serves as a wonderful opportunity for you to clean up yourself or delve deeper into self-discovery and understanding. Postpartum, everything magnifies like a magnifying glass. Your usual pain might be rated one or two; however, at that moment of heightened sensitivity, even the slightest touch could feel like a seven or eight on your scale of sensation. The external touch is similar, but it's because you've become extraordinarily sensitive and responsive. You'll realize that if you have many fears, they will amplify.

如果你有很多幸福的话,你的幸福也会加倍.如果你有很多分裂的话,你的分裂也会加倍.就好像是这样⼦的⼀个状态.

If you have plenty of happiness, your happiness will be multiplied. If you have plenty of division, your division will also be multiplied. It's like being in such a state.

问: 那为什么产后会很敏感呢?

Questioner: Why is one very sensitive after giving birth?

JO: 产后为什么会敏感? ⾸先就是,你去看⼀下你们动物.它⽣了孩⼦过后,⽐如说猫猫或者狗狗,它⽣了孩⼦过后它的警惕⼼也特别强.这是它⾝体本能会产⽣⼀种对它的幼崽的⼀种保护欲.它需要竖着⽿朵,有没有什么危险? 有没有什么东西砸下来砸到我的宝宝? 因为你们知道呢个婴⼉是⾮常脆弱的阶段.如果母亲的反应不是如此的敏感,她可能会因为她的不敏感⽽没有保护好宝宝,使宝宝受伤或者宝宝失去⽣命,对不对? 所以那她整个⼈敏感起来了,那她对所有都敏感呀.她的⽪肤就变得风⼀吹… 那她就知道现在冷,我需要给宝宝加⾐服了.这也是你们⼈体阶段性的⼀个反应.

JO: Why is postpartum sensitivity? First of all, when you look at your animals, for example, a cat or a dog, after it has given birth, its alertness becomes very strong. This is part of the instinctive response to protect her younglings. She needs to listen with her ears upright, is there any danger? Is anything falling and hitting my baby? You see, infants are in a very vulnerable stage. If the mother's reaction is not as sensitive, she might fail to protect her child properly, causing harm or even loss of life, right? Therefore, she becomes overly sensitive, sensitive to everything around her. Her skin feels the breeze... This means that now it's cold and I need to add clothes for my baby. It's also a phase-specific human response.

问: 如何更轻松的渡过产后阶段带宝宝的⾟苦期?

Questioner: How can one more easily cope with the exhausting phase of caring for a baby after childbirth?

JO: ⾸先你应该是说如何适应这个阶段.因为这个阶段对你们来说就好像你之前你只需要去满⾜你这⼀个⾁体,是吧? 你的吃喝拉撒或者需求.那⽣完宝宝过后,你需要满⾜两个⾁体.因为婴⼉的⾁体完全是依附于你.只是说你需要很好的去平衡和适应这个阶段.如果你把它归位很累,那你体验到的什么你都会觉得累.如果你告诉你⾃⼰带婴⼉并不累,它充满了幸福充满了挑战充满了惊喜充满了感动充满了爱充满了给与.因为在这个过程当中你就好像⼀直在跟神打交道⼀样.因为纯洁的能量,婴⼉是⾮常纯洁的能量.那这个纯洁的能量是⼀直,就好像你现在是在传递⾼维信息,你就是在跟⼀股纯洁的能量交流.那你跟婴⼉⼀起也是.

JO: First of all, you should be referring to how to adapt to this phase because for you and your partner, it's like going back to just satisfying the needs of your own bodies before you had children – eating, drinking, using the bathroom, or anything else. But after having a baby, you need to cater to two bodies because the baby body is entirely dependent on yours. It's all about needing to balance and adapt very well during this period. If you find it exhausting, everything will feel like too much. However, if you say caring for an infant doesn't tire you out, it's filled with happiness, challenges, surprises, emotions, love, giving, and a sense of connection to the divine. Because throughout this process, you're interacting with pure energy that is being passed through you like a medium between dimensions or levels of consciousness. You are in constant exchange with this pure energy while also engaging with your infant.

所以你很需要注意的是你到底给你的头脑⾥⾯植⼊的是什么? 因为你们社会有⼀个概念就是带孩⼦都好累.那你们都会觉得好累.那当你告诉你的头脑带孩⼦好累的后,⽆论你

So what you really need to pay attention to is what you are planting in your mind? Because your society has a concept that taking care of children is too exhausting. Everyone feels like it's too much work. When you tell your mind that taking care of children is hard, no matter

做什么事情,你都会把它归为是累⽽不是说是⼀次净化你⾃⼰和⽆限的爱⽆限的像跟神接触的过程,明⽩吗? 所以是你头脑⾥⾯的定义导致了你会觉得累.因为你们的⾝体它的适应能⼒⾮常强.它可以很快的适应,就是你需要去照顾两个物质⾁体.还有问题吗?

Whatever you do, you categorize it as tiring rather than seeing it as a purifying process that involves connecting with your infinite love and divine essence. Do you understand? So, it is your mind's definition that leads to the sensation of tiredness. Given the adaptability of your bodies, they can quickly adjust because you are attending to two physical forms. Any questions?

问: 如何让物质⾁体更好的运作?

Questioner: How can we make a physical body function better?

JO: 就像刚刚前⾯说的⼀样,你们会就是,别⼈都说带婴⼉累,你也说带婴⼉累.你就感受到累了.所以说如何让你的⾝体很好的运作? 那就是说你到底告诉你的⾝体是什么? 你暗⽰它的是什么? 带婴⼉累.OK,累死了,累的不⾏了,越来越累.明⽩吗? 如果你告诉你的⾝体我好幸福,然后婴⼉如此的纯洁像天使⼀样,我跟天使在⼀起.他的哭闹不是噪⾳,他的哭闹只是在跟我表达,只是来让我知道来让我看到他的需求,然后我们之间会很好的建⽴连接.所以你到底给你的⾝体,给你的⼀个事件如何的定义? 你如何定义它,你如何赋予它意义,然后直接导致了你⾝体会产⽣的反应.所以你就知道如何去运⽤你的⾝体了吧?

Just as was mentioned earlier, you are feeling the burden of being with an infant. You sense that it is tiring. So, how do you ensure your body operates efficiently? It's about what message you're conveying to your body and what implications you're attaching to a situation. Saying infants are exhausting. When you say they are, you feel exhausted. Do you understand? If you tell yourself I'm so blessed, the baby is pure like an angel; being with him/her is a divine experience. His cries aren't noise but are his way of expressing and connecting with me, letting me know his needs. This fosters a strong bond between us. So, how do you define this event for your body? How you perceive it determines the meaning you assign to it and directly impacts your physical reaction. Hence, you understand how to utilize your body effectively, right?

问: 那当我赋予⼀件事情很好的定义,我的⾝体还是有相反的反应是为什么?

Questioner: But why does my body have an opposing response when I give something a good definition?

JO:那就说明你其实在骗你⾃⼰呀.你根本没有完全的相信呀,你觉得呢是假的.这么说吧,我说你明天会中⼀个亿的彩票.然后你也告诉你⾃⼰我明天会中⼀个亿.但是你⼼⾥呢?你根本不相信.为什么?怎么可能,中⼀个亿你知道只有⼗⼏亿分之⼀的机会,我怎么可能拿到? 这种机会怎么可能在我⾝上? 这种事情怎么可能发⽣? 打死我都不相信.所以不管你⾃⼰说多少遍,你不相信你就是不相信.你相信,你即使不⽤告诉你⾃⼰的头脑不⽤说什么,你本⾝就是在⼀个全然信任的状态.你不需要给⾃⼰去喊⼜号或者是定义什么的.你本⾝就是在这样⼦的⼀个状态⾥⾯.

JO: That means you're actually deceiving yourself. You simply don't fully believe it, you think it's a lie. Let me put it this way: I tell you that you will win the lottery and strike it rich with a billion dollars tomorrow. Then you also tell yourself that you'll win a billion dollars the next day. However, what's going on in your mind? You don't believe it at all. Why? How could such a thing happen to someone when winning a billion dollars is only about one chance out of several billions? I couldn't possibly get it! How can such an opportunity fall into my hands? This kind of thing simply cannot happen! Even if you were beaten up, you wouldn't believe it. So regardless of how many times you say it to yourself, even if you don't fully believe it at first, you just won't because you don't. You have to believe in yourself and be in a state of complete trust. You don't need to shout slogans or define things for yourself; you're already there in that state of pure belief.

问: 如何让物质⾁体更具有活⼒?

Questioner: How can we make the physical body more lively?

JO: ⾸先你的物质⾁体它本⾝就是充满活⼒的.你看孩⼦,你看你们⼏岁的孩⼦他们的呢个⾁体.他们会玩到精疲⼒尽,⼀睡醒马上又活⼒⼗⾜,明⽩吗? 所以你们的⾁体本⾝就是在这样⼦的状态.因为这就是⽣命的状态.那是什么导致了你奄奄⼀息的感觉? 你⾃⼰想⼀下是什么导致你不想动? 因为你觉得没有意义啊,动呢个有什么⽤? 呢个有什么好动的,去楼下散步有什么好散步的,去逛商场有什么好逛的,去公园,公园有什么好去的.明⽩吗? 因为你的头脑⾥⾯⼀直有⼀个声⾳,这个事情没有意义.因为你觉得,因为你的头脑它觉得它知道⼀切.因为它说我以前体验过呀,就是恨⽆聊呀.那通过这句话你又看到了什么? 陷阱.

JO: First, your physical body itself is full of vitality. Just look at children, see how energetic the bodies of your kids are. They can play until they're exhausted, and as soon as they wake up, they're full of energy again, do you understand? So your body naturally operates in this state because that's the essence of life. What causes you to feel so lethargic? Try thinking about what makes you not want to move. It feels meaningless, right? Why would there be any point in moving around when it doesn't seem like anything matters? Going for a walk downstairs seems pointless, shopping at the mall is boring, visiting the park doesn't serve any purpose either. Understand? There's always this inner voice in your mind telling you that everything is meaningless because your brain believes it knows everything from past experiences and boredom.

The trap lies here...

也就是说你是活在你的记忆⾥⾯的.你活在你的记忆⾥⾯,然后你给事情的⼀个记忆导致你不想去尝试.它导致你在还没有⾏动之前就放弃了.

In other words, you're living in your memories. You live within your memories, and then that memory of an event leads you not to try. It leads you to give up before you've even acted.

问: ⼥⼈如何可以更性感?

Questioner: How can women be more seductive?

JO: 你们的性感是什么? 你们所谓的性感就是让男⼈对你们产⽣欲望? 是这样⼦的性感吗? 你稍等.⾸先⼥性她本⾝就具有,就是好像性感是她天⽣具有的.为什么会给⼥性植⼊⼀个她性感的⼀个特征? 是为了什么? 是为了繁殖.所以⼥⽣她天⽣的⼀个荷尔蒙会对异性产⽣吸引⼒,会被她吸引住.你这么想吧,你们⼈就是造的⼀个东西,是吧? 那我要让你具有这个特征,你才会去繁殖,对吧? 所以说⼥⽣性感它是与⽣俱来的.那你的问题是如何可以更性感? ⾸先,⽆论是什么,平衡就是最好的.如果你想超出呢个平衡更加突出.就好像是⼀个⼑,它的⼑锋刚好可以帮你达到你的需求,就是割⾁.你却偏偏要把你的⼑磨的特别特别的锋利.

JO: What is your sensuality? Your so-called sensuality is about creating desire in men towards you? Is this the kind of sensuality? Wait a minute. Firstly, women inherently possess it; sensuality seems to be part of their natural makeup. Why would one attribute a feature of being sexy to women? For what purpose? To facilitate reproduction. So, it's innate for females because they naturally produce hormones that attract males and keep them interested. Think about this: humans created something, right? And I want you to have this characteristic so that you can reproduce, don't you? Therefore, women's sensuality is inherent. Now, how can one become more sensuous? Firstly, anything beyond balance is the best. If you aim for an imbalance that stands out too much. Imagine a knife; its blade precisely meets your needs by cutting through flesh. Yet, you insist on making your knife particularly sharp.

那它帮你切⾁的时候,你可能⼀不⼩⼼把你整个⼿指头就切掉了.如果你不把它磨的特别锋利,它可能只是切掉你的⼀点点⽪,它并不会把你的⼿指头给切掉.那当你们在追求特别性感的时候.你本⾝就性感,对吧?那你要特别性感,那你就好像是在磨⼑⼀样.那你这个⼑磨的特别锋利,OK,它虽然可以切⾁特别快或者是特别什么.但它同样可以切掉你的⼿指,对吧?所以我们想说的是什么?就是你在追求特别性感的时候,它会给你带来⼀些有利,就⽐如说变的锋利.但是它也会给你⾃⾝带来⼀些不利,明⽩吗?所以过于的去追求任何都会让你失去平衡.那⽐如说这个⼥孩⼦头脑⾥⾯她想着那玛丽莲梦露如此的性感.

When it slices your meat for you, you might accidentally cut off your entire finger if you're not careful. If you don't sharpen it to a very fine point, it might just nick the skin on your fingers instead of slicing them clean. When you are striving for extreme sexiness and you already possess that sexiness, right? In order to become even more so, you would be like sharpening knives. You've honed it extremely well, okay, allowing you to slice meat very fast or whatever else. However, the same sharpness can also cut off your finger, right? What we're trying to convey is this: when you're striving for extreme sexiness, it brings advantages such as becoming sharper. But it also comes with disadvantages for yourself, do you understand? Overly pursuing anything will lead to imbalance. For instance, this girl in her mind thinks Marilyn Monroe was so sexy.

你们都看到的是她在切菜切的特别快的呢⼀⾯,你们却看不到她伤了⾃⼰多少次,明⽩吗?就是她切掉⾃⼰多少根⼿指头.所以你们往往就会忽略掉,就是⼀件事情给你带来的⼀些便利,但是却没有注意到呢个事情带来的⼀些其它负⾯影响.所以这么说就是告诉你们不要⼀味的去追求任何的失衡,平衡就是最好的.那如果你就是对性感特别感兴趣,你就想要去磨⼑,你就想要去呢个什么.那你⾃⼰就知道了如何最性感.为什么呢? 因为呢是你⾃⼰最激情的.如果是你⾃⼰最激情的,你内在都会有答案.所以你便不需要去跟外寻找.因为你是

What you've all seen is her efficiency in chopping vegetables, right? But what you don't see are the times when she has injured herself, understand? I mean, how many fingers has she chopped off by mistake. That's why often people overlook the negative impacts of something that brings them convenience, and they fail to notice its drawbacks. So, this is just a reminder not to blindly pursue any imbalance; balance is what's best. If you're particularly interested in being seductive, you might want to sharpen your tools or try certain methods. You would then know how to be the most enticing for yourself. Why is that? Because it's fueled by your own intense passion. When something comes from your deepest passions within, it naturally gives you answers. So, you don't need to seek outside validation; because what truly matters comes from within you.

⼀个知晓的状态.

A state of awareness.

问: 如何更加的有吸引⼒?

Questioner: How can one become more attractive?

JO: ⾸先,这么说,能量越强⼤的就越有吸引⼒,能量越微弱的就越没有吸引⼒.所以这是⼀个能量的⾼低之分.⽐如说吸尘器,如果它有⼀个调吸⼒⼤和⼩的.那吸⼒强⼤的就⼀下⼦把东西全部吸进去了,吸⼒⼩的吸了半天吸不动,对吧?那它来⾃于什么?它不同的⼀个能量的⼤⼩.那你们⼈也是⼀个拥有能量的.那你有没有吸引⼒也来⾃于你的⼀个能量状态,你的能量的强弱.为什么你们⼈没有吸引⼒啊?为什么没有⼈会想要去跟死⼈发⽣关系,就是死掉的⼫体? 你们都是害怕的,你们都是避开的,是吧?那为什么你们会对年轻⼈,就是年轻⼈呢么的有吸引⼒啊? 因为他们的⽣命⼒最旺盛.就好像⼀朵花正盛开,开的正旺的时候,开的最艳丽的时候.

JO: Firstly, the stronger the energy, the more attractive it is; the weaker the energy, the less attractive it becomes. This is a distinction of energy levels. For example, with a vacuum cleaner that has adjustable suction power, the one with strong suction can immediately suck everything in, while the weak suction struggles for hours without making much progress. It's due to differences in their energy magnitudes. You humans are also beings that possess energy. Your attractiveness also stems from your energy state—your strength of energy. Why don't you have an attractive presence? Why wouldn't people want to engage with a dead body, the corpse of someone who is deceased? You're all scared and avoid it, right? But why do you find young people, those in their prime years, particularly attractive? Because they're at the peak of their vitality. Imagine a flower in full bloom; its beauty and energy are at their most intense during this period.

那你们年轻⼈他呢个是⽣命⼒最强的时候.然后随着年龄的增⼤,⽣命⼒渐渐的衰弱,然后就失去了吸引⼒.所以这个就是所谓的吸引⼒.那你就知道了,以前我们就讲过为什么衰⽼就没有魅⼒没有吸引⼒了.所以你们好好看看呢⼀张,你就知道如何可以变的更有吸引⼒.总之呢,如何可以变得更有吸引⼒就是说你的⽣命活⼒,你越是有活⼒你的吸引⼒就越强.

That's when you young people have the strongest vitality. As age increases, vitality gradually weakens, and then it loses its charm. This is what we mean by 'charm'. You'll understand this better now that we've discussed why aging takes away charm. So observe carefully; this helps in understanding how to become more attractive. To summarize, how to become more attractive involves your life force – the stronger you are, the greater your charm becomes.

问: ⼈类最⼤的幻觉是什么?

The largest illusion for humans is what?

JO: ⼈类最⼤的幻觉就是你们不知道物质世界只是⼀个投射,只是你内在投射出去的.你们会觉得它是真实存在,它是客观存在.这么说吧,你的⾁体只要是死掉了.这个物质世界对你来说它便消失了,它便不存在了,它便没有了,明⽩吗? 只有他们有⾁体的他们才能继续去投射出来给他们体验.你的物质⾁体消失你便体验不到了.

Human beings' greatest illusion is that they don't realize the material world is merely a projection, something projected outwards from within themselves. They believe it exists in reality, objectively. To put it simply, once your physical body dies, this material world ceases to exist for you—it vanishes and no longer has any reality for you. Understand? Only those with physical bodies can continue to project experiences that they can then enjoy. When your physical body is gone, so too are the experiences it provided.

问: ⼈类最⼤的恐惧是什么?

Questioner: What is humanity's greatest fear?

JO: ⾸先你们来到这个物质世界你们的⾁体就携带了很多恐惧.这么说吧,⽐如说整个地⽅都是⿊暗的,就好像你们都是在粪坑⾥⾯.那你们都掉进粪坑⾥⾯,你们⾝上都⾃然⽽然的占满了粪坑的臭味.所以说,那你既然来到这个地球上,这么说吧,你们有⼀句话叫初⽣⽜犊不怕虎,是不是? 你可能刚掉进这个粪坑⾥⾯,你的⾝体的味道还没有呢么强烈,对不对? 如果你在这个粪坑⾥⾯呆了⼆三⼗年过后,你的味道是不是就越来越强了? 那如果你呆了五六⼗年过后七⼋⼗年过后,它就成了你的⼀部分了,明⽩吗? 所以你们地球的恐惧的能量状态它基本上所有⼈都具有.就好像刚才给你说的这个⽐喻,因为你们已经在这个粪坑⾥⾯呆了⼏⼗年.

JO: First of all, when you come to this material world with your physical bodies, you carry a lot of fear. Let me put it this way; imagine the whole place is dark, as if you are in a dung pit. So, you end up falling into that pit, and naturally fill yourselves with the stench of the dung pit. Therefore, since you have arrived on this Earth, let me say it this way: there's a phrase among you called "cattle calves don't fear tigers," right? You might just be plunged into this dung pit at first, and your body's smell hasn't become very strong yet, right? If you were to spend two or thirty years in that dung pit, wouldn't your stench grow stronger over time? And if you stayed there for fifty or sixty years, by the time it reaches seventy years later, it would have become a part of you, right? Therefore, fear is an energy state that virtually all humans on Earth possess. This is akin to the analogy I just gave you because you have already been in that dung pit for several decades.

所以呢个臭味已⾛到哪都有.

So the stench has reached everywhere.

问: 那每个⼈都携带恐惧的能量吗?

Questioner: Does every person carry the energy of fear?

JO: 你们刚⽣下来就好像呢句话,初⽣⽜犊不怕虎,是吧? 为什么很多⼈他们年轻的时候都敢想敢做,年龄越⼤越是什么都不敢? 然后都有很⼤的报复远⼤的理想,然后渐渐渐渐就被磨的没有了.

JO: You sound like you just came out with that saying, "a young bull is not afraid of tigers," right? Why do many people dare to dream and act when they are young, but as they get older, they become hesitant about everything? They have great aspirations and ideals, but gradually lose them over time.

问: 那我们要如何利⽤恐惧的能量?

Questioner: How do we utilize the energy of fear?

JO: 你⾸先要知道,这么说吧,你要知道你掉进粪坑⾝上沾的呢个屎味它并不是你的⼀部分.只是你掉进去了过后,它沾在你⾝上的,是吧? 因为你如果把呢个味道当成是你的体味,是你⾝体散发出来的,你就没有办法.因为你觉得呢就是你嘛.所以你要认清楚那是因为你掉进粪坑⾥⾯你才会沾上这个味道.你要沾上这个味道,然后呢? 你也可以把这个味道洗去,把它清理掉.那如果当你找到了清理这个屎的味道过后,你就让别⼈看到了可能.原来我们⼈不是天⽣就有屎味的.你就让他们看到你们并不是⽣下来就有屎臭味的.这就是你们对⽣命⾃我发现的⼀个过程.原来⼈天⽣带的味道是⾹的.你就改变了⼈的认知了.

JO: First, you need to understand that when I say this, there's a smell on your body that comes from being in the shit pile isn't part of you. It's just attached to you after you've been inside, right? Because if you consider this smell as your own body odor - something your body naturally produces - you can't do anything about it, because you'd feel like it is you. So you have to realize that the reason why you smell like shit is because you were in there. And once you smell like shit, then you could wash away that smell and clean yourself off. Then when you've cleaned this smell away, others might see that humans are not born with a stench of feces. You can show them that humans don't have an innate stink from birth. This is part of your process of self-discovery about life. Humans naturally carry a pleasant scent, changing perceptions of humanity.

他们便不会觉得呢个屎味是他们与⽣俱来的,明⽩吗? 还有⼀点就是如何清理恐惧能量? ⾸先这个恐惧能量它是你来到这个物质世界需要突破的⼀个点,就是需要⾯临的⼀个挑战.所以你如果把这个当成你⾃⼰的⼀个事,就是我想要去清理⾃⼰⾝上的⼀个恐惧能量.为什么? 因为我想做⼀个⽆畏的⼈,就是⼀个没有恐惧的⼈.那么你便⾛上呢条路了.因为⽆论你想要做什么,你⾸先要埋下这个种⼦它才会⽣长出来,对吧? 所以你⾸先要有这个念头,就是你想要做这个事情.那么你便朝上了这条路.当你⾛上这条路过后,外在⼀切都是你的影⼦.就是所有的事件,所有的⼀切,你只需要把你的觉知放在你的⽣活当中,就是你是清醒的.

They would not feel that the stench is inherent to them, right? And there's also a point about how to clear fear energy. First of all, this fear energy is a hurdle you need to overcome when entering the material world; it's a challenge you face. So if you treat this as your own matter, wanting to cleanse yourself of fear energy, why do that? Because I want to be fearless, someone without fear. Then you set out on this path. Regardless of what you wish to do, you must first plant the seed for it to grow; right? Thus, you need to have the notion that you want to undertake this task and thereby begin your journey. Once you start down this road, everything external becomes a reflection of yourself. All events and circumstances are merely your reflections in life, requiring only your awareness within your own existence; you simply need to be aware.

那你就可以很好的看到,我刚刚恐惧,我现在在恐惧,我在恐惧什么? 你便可以通过你的恐惧的呢个感受来带领你去认清你⾃⼰,去看到你⾃⼰.

That way, you can see very well, I was scared just now, and I'm scared now, what am I scared of? You can lead yourself to understand yourself through your feelings of fear, to see yourself.

问: 那恐惧的能量是来⾃于哪⾥呢?

Questioner: Where does the energy of fear come from?

JO: 刚才说了,就是呢个集体意识.因为你们地球本⾝,你来到这个物质世界它本⾝就有这个味道,对不对? 那地球本⾝就是⼀个充满很多恐惧能量的⼀个星球.

JO: Just now mentioned, that collective consciousness. Because of your Earth itself, you come to this material world it self has this flavor, right? That the Earth itself is a planet filled with a lot of fear energy.

问: 我最近⽼会感觉到腹胀是为什么呢?

Questioner: Lately, I often feel bloated in my stomach. Why is that?

JO: ⾸先你这个腹胀它只是最近才有的,是吗?问: 是的,这段时间.

JO: First, this feeling of bloating is new, right? Questioner: Yes, it's been like this for a while.

JO: 它以前没有对不对?

JO: It didn't have it before, right?

问: 我以前没这个⽑病.

Questioner: I never had this problem before.

JO: 那你相信过⼀段时间马上就会恢复到以前吗?问: 我相信.

JO: Or do you believe that things will return to normal after a short time? JO: I do believe.

JO: 所以那你就不⽤去管它.

So you don't have to worry about it.

问: 我们如何可以⼼想事成,好运连连?

Questioner: How can we manifest our thoughts and have good luck in succession?

JO: 你们其实所有的事情都是你们⼼想事成的.当然也包括了你们想的呢些恐惧的,想的呢些灾难的,想的呢些不好的.就是你害怕的或者是你觉得很⽆⼒的.包括呢些你觉得你很穷的.你觉得哎呀,这个太贵了我买不起.

JO: Everything you do is what you think will come true for you. Of course, this includes your fears, the imagined disasters, and the things that are not good for you. It's about the things you're afraid of or feel powerless about, including those feelings where you think you're poor. You might say, 'It's too expensive; I can't afford it.'

问: 到底是什么是激情? 是任何事情我们只要激情的去做它就是激情还是跟你的灵魂主题相关的特定的事才叫激情?

Questioner: What is passion exactly? Is it anything we do with passion, or only specific things that are related to our soul's themes that can be considered passion?

JO: 你⾃⼰就是⼀个感受体.因为你有⾁体你能感受到.就好像你问我什么是苦的味道? 然后我跟你说你的⾆头它已经具备了去辨别苦的呢个功能.你说什么是甜的? 那你也具备了,明⽩吗?所以说对于激情也⼀样,你的⾝体,你的⾁体它已经具备了什么是你激情的,什么是你不激情的.就是什么事情你愿意去做,什么事情你不愿意去做.就这么简单.如果你愿意去做,你的动机是什么?如果你是为了钱才愿意去做,那便不是激情.为什么?你是有动机,你是因为钱才去做的.呢不是激情.所以你⼀定要去审视你⾃⼰,去做到底是为了什么?

JO: You are a perceiving entity because you have a body and can feel things. It's like when I ask you what bitterness tastes like, then explain to you that your tongue has the capability to distinguish it. When you inquire about sweetness, you similarly possess this ability - do you understand? In the same way, with passion, your body and flesh already have the capacity to differentiate between what excites you and what doesn't. Essentially, it's about distinguishing between what you're willing to do and what you're not. It's straightforward: if there's something you're willing to do, why are you doing it? If you're driven by money, that is not passion. Why? Because you have a motive - you're pursuing it for financial gain. That isn't passion. Therefore, you must introspect yourself and question the true purpose behind your actions.

问: 那如果⼀个⼈在受到限制,他当下能做的事情不是他的激情.他要怎么做呢?

Questioner: If a person is restricted and what they can do in that moment isn't their passion, how should they proceed?

JO: 前⾯我们有⼀个信息是说怎么样让⾝体保持活⼒,是吧? 那我们的信息怎么说的? 你在还没有做⼀个事情,头脑已经下了定义.这个事情很⽆聊、这个事情很难、这个事情我上次做过,太⽆聊了.这些问题是你⾃⼰头脑不断地在提取呢些记忆,提取⾃⼰对事件的定义.但是你要知道你们头脑它并不知道.它以为它知道⼀切,它其实它并不知道.那就是你们把你们的信任给了头脑,就是给了⼀个它并不知道⾃⼰是谁的⼀个东西.

JO: We had an information before about how to keep the body vibrant, right? And what does our information say about this? You're defining a task already without even doing it - that this thing is boring, that thing is hard, I did this one last time, too boring. These are memories and definitions of events extracted by your mind about yourself. But you have to understand that your mind doesn't know. It thinks it knows everything, but in reality, it doesn't. This is where you're giving your trust to the mind, to something that doesn't actually know who it is.

问: 我们⼀直都在说造物主.那如果这个造物主是⼀个⼀切万有的意识,那我们可以直接跟这个⼀切万有的意识沟通吗?

Questioner: We've been talking about the Creator. If this Creator is an all-encompassing consciousness, can we directly communicate with this all-encompassing consciousness?

JO: 你就是⼀切万有啊.然后你的沟通⽆处不在.你⾃⼰跟⾃⼰对话,你跟这个⼥孩⼦对话,或者你在传递信息,或者你跟⼀个婴⼉对话,你跟⼀个⼩狗对话.这不都是沟通吗?

JO: You are everything and you. Then your communication is everywhere. You talk to yourself, you talk to this girl, or you convey messages, or you talk to an infant, or you talk to a puppy. Isn't all of that communication?

问: 我们能不能邀请⼀下中国神话中的龙的能量来跟我们交流⼀下?

Questioner: Can we invite the energy of the dragon from Chinese mythology to communicate with us?

JO: 你稍等.

Jo: Wait a moment.

龙: 你说吧,什么问题?

Dragon: Speak up, what's your question?

问: 为什么我们中国⼈会说⾃⼰是龙的传⼈呢?

Why do we Chinese people say we are descendants of the dragon?

龙:⾸先中国⼈也就是说你们的祖先他们也有能传递⾼维信息的.他们也有传讯⾼维信息的这⽅⾯的经验和经历和体验.然后他们⽤⾃⼰对能量的⼀个理解给了名字,命了名.就好像你现在在跟我沟通,然后你给我取了⼀个名字再给了我⼀个形象.因为带出来的信息影响了你,所以你就会觉得…你们所有⼈都在⽤你们⾃⼰的见解来描述⼀切.没有哪⼀个是标准的,没有哪⼀个是对的,没有哪⼀个是错的.因为你们讲述的都是你们⾃⼰独⼀⽆⼆的故事.你只是说这个故事到底有多少⼈相信.那相信的⼈多了,那它的知名度越⾼,那它流传的就越久.

Dragon: First of all, the Chinese or your ancestors also had the ability to transmit high-dimensional information. They have experience and experiences in this aspect. Then they gave names based on their understanding of energy, naming themselves. Just like you are communicating with me now, you give me a name and an image, as if I am giving you mine. Because the information that comes out affects you, so you would feel... all of you use your own insights to describe everything. There is no standard, there is no right or wrong; because what you tell is your unique story. You just say how many people believe in this story. The more they believe, the higher its popularity and the longer it lasts.

问: 我以前做梦的时候有过⾮常真实的很龙接触的经历,我妈妈做的胎梦也是龙.那我们之间有什么连接吗?

Questioner: I had very real experiences of interacting with dragons in my dreams before, and my mother also experienced a dream pregnancy involving a dragon. Is there any connection between us?

龙: 你稍等.刚跟你说龙是⼀股能量对不对? 然后你说你做梦梦见过龙对吧? 然后你妈妈胎梦也是龙对吧? 那这也说,就好像道⽣⼀,⼀⽣⼆,⼆⽣三,三⽣万物.那你能明⽩这层意思吗? 因为龙本⾝就是能量.只是被你们的⼈感知⽤他的⽅式来诠释它是条龙,对吧? 就好像你去进⽔⾥⾯舀了⼀盆⽔,然后你在⽤你对⽔的⼀个认知你给它命名给它怎样,然后你说这是你的母亲,是它把你养⼤的.但是你要知道源头所有的⽔都是⼀样的呀.也就是说你取出来的这⼀瓢⽔,可能和其他地区的⽔喝起来⼜味有⼀点点不⼀样.但是你们是不是同⼀个源头的? 那你能理解对龙的诠释吗? 这么说吧,你们各种菩萨,这个菩萨呢个菩萨呢个耶稣,其实它都是⼀个能量.

Dragon: Just hold on for a moment. Didn't I just tell you that the dragon is an energy, correct? Then you mentioned that you dreamt of dragons, right? Your mother experienced a prenatal vision of a dragon, right? So this brings to mind the concept of Dao giving birth to one, and then one leading to two, and two leading to three, which ultimately leads to all things. Can you understand this meaning? Because the dragon itself is energy. It's just that your human perception interprets it through its own lens as a dragon, right? Like when you dip water into a container, naming and attributing characteristics to it based on your understanding of water, saying this represents your mother who nurtured you. However, remember that all sources of water are essentially the same. This means that while the water in your container might taste slightly different from water sourced elsewhere, does this imply that they originate from the same source? Similarly, can you grasp the interpretation of dragons? Put simply, all the various deities like Avalokitesvara and Jesus, are fundamentally energies.

⽐如说你们有各种⼜味的饮料吧? 又是汽⽔,又是纯净⽔,又是橙汁,各种饮料.但是它最主要的还是什么? 是⽔.⽔再加了不同的味道它就变成橙汁了,再加点黄⾖就变成⾖浆了.你说它完全不⼀样啊.你怎么能把⾖浆和⽔说的⼀样的呢?

For example, you have all sorts of drinks, like soda, pure water, orange juice, and various other beverages. But what's the main thing? It's water. Water becomes orange juice when you add different flavors to it, or it becomes soy milk with a little bit of yellow beans added. You say they are completely different things, right? How can you compare soy milk to water?

问: 请问平⾏世界的我是做什么的,有什么信息想要带给我吗?

Questioner: Could you tell me what my counterpart in the parallel world does? Is there any information they want to convey to me?

JO: 你可以说未来的你,就是你还没有⾛到呢⼀步.问: 好的.

JO: You could say the future you is a step that you haven't reached yet. Questioner: Alright.

JO: 你稍等.放⼿.并不是所有的东西必须要你去紧紧的抓住它才不会流⾛.就是你有⼀种觉得你需要很努⼒你才不会掉到⽔⾥⾯去.但是你只要放松你就不会掉进⽔⾥⾯去,你就不会沉下去,应该是.就好像你去学游泳⼀样.你觉得你要⽤尽全⾝⼒量让⾃⼰浮起来.但是你只需要放松,然后信任和允许,你就会浮起来了.

JO: Wait a moment. Let go. Not everything needs to be clutched tightly in order to prevent it from slipping away. It's as if you think you need to make great efforts so as not to fall into the water. However, by just relaxing, you won't fall into the water; you won't sink down. You should understand this like learning how to swim. You feel that you have to use all your strength to keep yourself afloat. But what you actually need is to relax, trust and allow, and then you will float up.

问: 那我离放⼿的呢⼀步近了吗?

Questioner: Am I getting closer to letting go?

JO: 你不需要去着急.近和远或者快和慢.因为就算你现在抓的紧紧的,那也是你需要紧的呢个过程,明⽩吗? 你不能把这个过程拿⾛.如果你把这个过程拿⾛的话,那你还没有从紧当中学到东西,你后⾯还会再抓紧的呀.所以你不需要去强迫⾃⼰马上要变的轻松起来,放松起来,明⽩吗? 因为当你是在允许它这个紧的过程发⽣的时候,你其实就是放松.

JO: You don't need to rush. Whether near or far, fast or slow. Because even though you're holding on tightly now, that's the process you need to hold onto, understand? You can't take away this process. If you were to take it away, then you haven't learned anything from being tight yet; you'll just tighten up again later on. So there's no need for you to force yourself to instantly feel more relaxed and at ease, understand? Because when you allow this feeling of tightness to occur, that's when you're actually relaxing.

# **2023/02/17 - ⾼维信息传讯集会(如何疗愈弥留之际的⽗亲) High Wisdom Information Gathering (Healing the Dying Father)**

第⼀个⼈JO: 你问吧,什么问题?

First person JO: Ask away, what's your question?

问: 我想问我的⼯作,就是我找不到爱做的事让我可以创造物质的事情.

Questioner: I want to ask about my job; I'm looking for something that would allow me to create through things I love.

JO: 就是你找不到你喜欢的事情赚钱对吧?问: 对对对JO: 你给你喜欢做的事情是怎么定义的呢?

JO: It's just that you can't make money from what you love, right? Questioner: Yes, yes, yes. JO: How do you define the things you love doing?

问: 就是我⾮常的热爱,我喜欢然后全⾝⼼愿意做的事情.

Questioner: It's something I'm extremely passionate about, something I like to do wholeheartedly.

JO: 那你现在是不是找了很多都没有找到?问: 对,是的.

Yes, you're saying that you've looked around but haven't found anything, correct?

Chinese: 等到他们真的想要采取行动的时候，你就能看到他们的真面目。

英文翻译：When they finally decide to act, that's when you'll see their true colors.

JO: 那你觉得找不到的原因是什么呢? 是你不知道你到底爱什么呢?

JO: What do you think could be the reason for not finding something? Is it because you don't know what you truly love?

问: 我觉得是因为我之前觉得⽣活没有意义,然后不想好好做呢些⼯作.

Questioner: I feel it's because I once thought life was meaningless and didn't want to do things properly.

JO: 然后呢? 你的问题是想要我们来告诉你你热爱什么吗?问: 对,我想知道.

Then what? Your question is if we should tell you what you love? Questioner: Yes, I want to know.

JO: 你稍等.先连接⼀下你今⽣来到这个世界上… 你叫什么名字?问: XXJO: ⾸先你是⼀个特别特别敏感的体质.你是⼀个特别敏感的体质呢,你就很容易受到… 这么说吧,⽐如说你是⽩⾊,你就很容易被其他颜⾊污染上.⼀点点颜⾊就在你⾝上就看的很明显,是吧? 因为如果是⿊⾊染上其它颜⾊就不会呢么明显.但是因为你是⽩⾊,你就特别明显.那如果你是⼀个特别容易受到外界⼲扰和影响,⼀下⼦就被染上了.那你是不是可以很好的利⽤这⼀点.就如果是充满了积极或者是激情或者是欢乐的能量场,那你是不是⼀直处于呢种状态? 为什么? 因为你被他们的能量感染着,明⽩吗? 所以那你知道你去寻找是什么⽅向吗?

JO: Wait a moment. First connect to the world you've been born into... What's your name?

XXJO: You're an especially sensitive being, extremely so. As someone with such sensitivity, it's easy for you to be influenced by other things... Imagine that you're white; it's straightforward to see how easily you might become contaminated by other colors. Even the slightest color change shows up clearly on you, right? Contrast this with black coloring; changes in other colors wouldn't be as noticeable. However, since you are white, they stand out more prominently. If you're very susceptible to external influences and can quickly pick up these changes, then you should take advantage of this trait. If the environment is filled with positive, passionate, or joyful energies, would you remain in a constant state of experiencing those energies? Why is that so? It's because their energy affects you, right? So do you understand what direction to seek?

问: ⽐较欢乐的能量场,积极的地⽅.

Questioner: Compared with a joyful energy field, positive places.

JO: 是的.因为这样你会就好像他们是浪,然后把你带起来.所以你就可以知道你如何去选择.你不需要去问外界.为什么呢? 因为你⾃⼰的敏感度超过于任何⼈,就是你⼀下⼦就能感受到,明⽩吗? 就⽐如说你不需要别⼈来告诉你这个⽔是热的还是冷的.为什么呢? 因为你⼀碰到呢个⽔,你全⾝就好像要跳起来呢个感觉,就好像baby⼀样,明⽩吗?

JO: Yes, because then you treat them like waves that will carry you up. So you can understand how to choose. You don't need to ask the outside world. Why? Because your sensitivity is higher than anyone else; you immediately sense and understand it. For example, you don't need someone to tell you if the water is hot or cold. Why not? Because when you touch that water, your whole body feels like jumping into it, just like a baby, do you understand?

问: 那我就是要选择⽐较欢乐⽐较向上的能量场?

Questioner: So I am choosing a more joyful and uplifting energy field?

JO: 你⾃⼰就是个探测器.⾃⼰就知道,OK,这个⽔温合适吗? 你不需要别⼈来告诉你这个⽔温到底是too hot or too cold.你⾃⼰就知道,你把你的⼿⼀放进去就知道.因为你⾮常敏感灵敏.那如果⽐较不敏感的⼈他可能来告诉你: 这个⽔温很好啊.那你⼀去,你可能觉得不好.为什么呢? 因为就好像⼀个⼈是⽼⼈的⼿,他经常摸烫的东西.所以呢点烫对他来说已经不烫了.那你还是baby的skin,你像baby⼀样.你⼀碰就⾮常烫.那呢个⽼⼈告诉你的话,你就觉得是真的吗? 明⽩吗? 所以你不能去从外界寻找,⽽是你⾃⼰.因为你才知道什么样的⽔温是最适合你的.下⼀个问题.

JO: You yourself are the detector. You know best, okay, is this water temperature suitable? You don't need someone else to tell you whether it's too hot or too cold. You know by yourself; just put your hand in and see. Because you are very sensitive. If someone who isn't as sensitive tells you that the water temperature is great, when you go in, you might find it uncomfortable. Why? Because for an elderly person whose hands often touch hot things, what they consider comfortable heat might not be so hot for them. But for your baby skin, like a baby's, even a slight touch can feel extremely hot. If the old person tells you this, would you believe it is true? Can you understand? Therefore, you cannot rely on external sources; it's up to you yourself because you know what temperature is most suitable for you. The next question.

问: 我想知道我还有没有可能创造财富跟物质?

To create wealth and material possessions?

JO: 如果你⼀直这么就是觉得需要外界来告诉你你有没有可能,或者你⾃⼰犹豫不决的话,那你当然也会创造这样的状态给你体验啊,明⽩吗? 所以你到底是就是什么样的状态? 你到底是什么样的状态? 不是别⼈来给你命名⼀个,明⽩吗? 别⼈告诉你的,然后你就变真了? 然后还有⼀句话就是说你们每⼀个⼈都是…. 你这么想,我们经常说的希特勒想要毁灭⼀个种族,想要毁灭⼈类,他觉得这个族类不好他想要毁灭它.他的这个想法都受到了⽆数⼈的⽀持,包括呢些死者也在⽀持他.所以他们顺从了,OK,如果这是你想做的,那我来⽀持你.我们变成受害者来⽀持你.明⽩吗? 所以他们的⽆⼒也是来⽀持希特勒去达到他想要达到的.

JO: If you keep feeling like you need others to tell you whether it's possible or not, and if you're hesitating on your own, then of course you'll create this state for yourself to experience. Understand? So what kind of state are you in? What kind of state are you in? Not letting someone else name it for you, understand? Having others tell you and then making it real for you? And there's another phrase that goes like everyone... If you think about it, we often say that Hitler wanted to destroy a race, wanted to destroy humanity, thinking this species was bad and wanting to wipe it out. His thoughts were supported by countless people, including the dead supporting him. So they acquiesced, okay? If this is what you want to do, I'll support you. We become victims to support you. Understand? So their helplessness also supports Hitler in achieving what he wants.

那如果是像这样⼦的⼀个⼈他在这个物质世界的想法都是受到⽀持的.为什么你觉得你创造⼀点物质是不受⽀持的呢? 为什么你会有这种想法呢? 就是因为你被你的现实经历、物质,就是你经历的这些事情、被你的记忆捆绑了.你觉得我曾经没有钱,那我这⼀辈⼦都会没有钱.你觉得我曾经被拒绝了,那我这⼀辈⼦都会被拒绝.你觉得你曾经没有享受到丰盛,你这⼀辈⼦都享受不到丰盛.所以你知道是什么在阻碍你吗? 不是这个物质在阻碍你,不是这个物质世界在阻碍你.因为物质世界它只是⼀个像镜⼦⾥的画⾯⼀样,它映射出你的内在状态.那你说它有选择吗? 它没有选择.所以决定权在哪⾥? 在你⾃⼰.那是什么阻碍了你?

If someone thinks like this in the material world, their ideas are supported. Why do you think creating a little bit of material is not being supported? Why would you have such an idea? It's because your reality experiences and physical things, those experiences and memories that bind you together. You thought I didn't have money before, so throughout your life, you believed you wouldn't have it either. You thought I was rejected once, so you anticipated rejection for the rest of your life. You felt you weren't able to enjoy abundance before, thus thinking you'd never reach it in this lifetime. So, do you know what's holding you back? It isn't the material or the material world; because the material world is just like a picture in a mirror, reflecting your internal state. Do you think it has choices? No choice at all. So, where does the decision lie? It lies within yourself. What is holding you back?

是你把所有的事情都当真了,然后把它记到你的脑海⾥⾯.你来这么去告诉⾃⼰,就是你暗⽰你⾃⼰我曾经都失败了,我上次都失败了.你想⼀下,如果你们呢些发明家他们都抱着这种我已经失败了九⼗九次就不尝试了.你们这个物质世界会创造出这么多东西吗? 明⽩吗? 那你们最典型的⼀个,马云.他如果被⼗个⼈拒绝,他就放弃了.他有今天吗? 明⽩吗? 如果你过了三⼗年都是⼀些你不想要的⽣活,那你就放弃了.那你就真的如你的愿了,物质世界也在⽀持你放弃呀.明⽩吗? 还有问题吗?

You took everything seriously and then stored it in your mind. You come here to tell yourself that you've been implying to yourself that I failed all the time, that I have already failed last time. Think about it, if those inventors all held on to the belief that they had already failed 99 times and decided not to try, would this material world have produced so many things? Do you understand? That's the most typical example, Ma Yun. If he were rejected by ten people, he would give up. Would he have what he has today? Do you understand? If your life for thirty years was unwanted, then you gave up. Then you truly got what you wished for; the material world is also supporting you to give up. Do you understand? Still any questions?

问: 我想问⼀下我适不适合做灵性类的⼯作,⽐如说疗愈师?

Questioner: I want to know if I am suitable for spiritual work, such as being a healer?

JO: 你不需要再问这个问题.因为你⾃⼰,刚才说了你别任何⼈都敏感.所以你需要别⼈来告诉你呢个⽔温吗? ⼀个经常在烫⽔⾥⾯他接触烫⽔,他的敏感度⾮常低.为什么? 因为烫⽔对他来说不烫了.那他告诉你,OK,这个可以,不烫.然后你⼀碰就跳起来了.你说这个太烫了.那你要听呢个⽪⽐较厚的⼈吗?明⽩吗?所以你现在继续再问这些问题,就好像是你⾃⼰不去碰呢个⽔,然后让别⼈来告诉你呢个⽔温温度你能不能下去.今天的信息,你任何想要去做的你都可以去做.因为你⾃⼰内在就有指南针.下⼀个

JO: You don't need to ask this question anymore because you yourself just said a moment ago that everyone is sensitive. So do you need others to tell you the water temperature? Someone who often gets their hands in hot water and touches it frequently becomes very insensitive to heat. Why is that? Because hot water no longer feels too hot for them. Then they tell you, "Yes, this can be done, not too hot." And when you touch it, you jump up saying it's too hot. You say it's too hot. So should you listen to someone with thicker skin? Do you understand? Therefore, when you ask these questions again, it seems as if you are not touching the water yourself but letting others tell you about its temperature. Today's message is that whatever you want to do, you can go ahead and do it because you have your inner compass. Next...

第⼆个⼈问: 请你帮我感受⼀下我⽬前这个存有可以做些什么让我可以更好的跟随我的兴奋喜悦?

Second person asks: Could you help me experience what I can do with this current entity to better align with my excitement and joy?

JO: 你应该放弃这个念头,就是放弃你去追求⼀个更好的更喜悦的.因为外在没有没有任何区别,区别在于你给这个事件赋予什么意义.为什么? 这么说吧,我们以前传讯最经常给你们说的例⼦是什么? 你们门⼜有⼀堆粪.然后呢,⼀个状态就是说,哇⽼天今天给我送⼤礼了.你看有了这堆粪,我花园⾥的西红柿可以结的又⼤又多.没有这堆粪,我的西红柿可能只能结两三颗,有了我可以结⼆⼗颗.你就把呢个粪放到花园⾥⾯,然后你就丰收了很多很多西红柿.那另外⼀个状态就是,你看到⼀堆粪,你说⽼天怎么这样⼦? 是谁这么恶⼼给我⼀堆粪,他们是想害我吗? 然后你就开始骂骂咧咧的.明⽩吗? 你说呢⼀堆粪有改变吗? 没有改变.那改变的是什么?

JO: You should give up this notion - the pursuit of a better, happier external reality. The difference lies in what meaning you ascribe to an event; why? Well then let me Questioner: What was our most repeated message to you before? "You have a big pile of poop at your doorstep." Then comes one state where you think, "Oh my gosh! God has blessed me today!" You see the poop and realize that my tomato plants in the garden will be producing far more tomatoes than usual. Without this pile of poop, there would only be two or three tomatoes on my plants; with it I can harvest twenty. You place this dung into your garden and there is a bumper crop of tomatoes. Then comes another state where you see a pile of poop and say, "Oh my god! How could this happen? Who has given me such disgusting stuff? Are they trying to harm me?" And then starts the cursing. Do you understand? The question is: Does the pile of dung change? No. What changes?

改变的是你去如何利⽤这个粪.因为如果你⼀开始你把这堆粪定义成它是来加害我的.那么头脑就会⽀持你这个想法,它会相应的去搜索这些信息来肯定你的这个说法.如果你⼀开始给它定义,哇⽼天给我这么⼤的礼物.你的头脑也会找到来⽀持你的这些.所以你⼀定要注意你对⼀个事件呈现在你⾯前,你⾸先是如何的去赋予它意义.这个就是你们⼈与机器⼈最强⼤的⼀个区别.就是你有⾃由意识去赋予它意义.

The change lies in how you utilize this feces. If at the outset you define it as a threat to me, your mind will back up that notion and seek out information to affirm that perspective. But if you start by seeing it as a great gift bestowed upon you, your mind will also find justification for supporting such thoughts. Therefore, it's crucial to be mindful of how you first interpret an event presented to you. This is where humans significantly differ from robots – we have the freedom to imbue events with meaning.

问: 我最近经常看见天使数字.它想告诉我什么?

Questioner: I've been seeing angel numbers a lot recently. What does it want to tell me?

JO: 这么说吧,OK,那你可以通过这个去发现你们物质世界的⼀个秘密.⽐如说出现这个数字,那它也会出现其它数字,就是不是天使数字⽽是其它数字.但是天使数字它可以引起你的注意,⼀旦引起你的注意,然后它就反复出现,明⽩吗? 这么说,你想象⼀下你们物质世界呢些能赚很多钱的⼈,你再想象⼀下你们物质世界天天惹是⽣⾮的⼈,他们不断地惹出⼀些事件给他体验.所以说你就知道你的关注,它就像是⼀个磁铁⼀样.它会把你锁定的东西不断地呈现在你的眼前.为什么? 因为你发出⼀个信号.

JO: Let me put it this way, okay, then you can use this to uncover a secret about your material world. For example, if this number appears, other numbers will also appear as well; not angelic numbers but just any other numbers. However, angelic numbers can catch your attention, once they do, they start appearing repeatedly, got it? So imagine the wealthy people in your material world and the troublemakers who constantly create events for themselves to experience. This shows that your focus acts like a magnet; it keeps presenting you with what you are paying attention to. Why is that so? Because you have sent out a signal.

问: 所以这个就相当于是你⾃⼰吸引来的,对吧?

So it's essentially something you attract yourself, right?

JO: 你就好像你的眼睛是⼀个搜索引擎.然后呢个数字就是你放在百度⾥⾯.你就把这⼏个数字放在百度⾥⾯,那你⼀搜出来,哇,全是这个呀.这不是很正常嘛.你们⼀直⽤的⼀个⼯具.那你搜索西红柿,你放进西红柿.你说怎么跳出来的全是西红柿呀? 为什么? 因为你输⼊搜索栏的信息是西红柿.那如果你搜索⼩狗狗,你不会问你⾃⼰为什么跳出的全是⼩狗狗啊. 明⽩吗?

JO: You're like a search engine with your eyes. Then the number is what you put into Baidu. Just put those few numbers into Baidu and when you search, oh, everything comes up as that. Isn't that normal? It's just the tool you've been using all along. If you search for tomatoes, you type in "tomatoes." You wonder how it only shows tomatoes? Why is that? Because what you input into the search bar is tomatoes. But if you search for little puppies, you wouldn't ask yourself why it only shows little puppies. Can you understand this?

问: 那我还是有⼀点疑惑这个想告诉我啥呢?

Questioner: I'm still a bit confused, what does this want to tell me?

JO: 想告诉你啥,你去定义.你⾃⼰可以告诉⾃⼰,它是来让我知道我⾃⼰有多强⼤.⽆论我关注什么就呈现什么.那你可以就把它当成是天使在跟我连接.为什么? 因为⽆论你怎么去命名它和怎么去定义它,你都不会错.这⾥没有⼀个对的,没有⼀个只能有这种解释.为什么? 因为你体验什么是你来决定.

JO: Think of what I want to tell you; define it yourself. You can tell yourself that it's meant to show me how powerful I am. Whatever I focus on is what will be presented to me. So, you might consider this as a connection with an angel speaking to me. Why? Because no matter how you name it or define it, you won't go wrong. There is no right here; there's no one way of interpreting it. Why? Because what you experience is decided by you.

问: 那我今⽣最应该学习的东西是什么?

Questioner: So, what should I learn most in my life?

JO: 所以你要别⼈来告诉你你最应该做什么? 刚才的信息就告诉你这⾥没有什么对和错.因为你的对和错是你⾃⼰的物质头脑它会给⼀些事情定义这个是错的,这个是对的,这个是好的,这个是坏的.但是这⾥没有任何这些分别.因为⽆论有多坏的事情,就是你们头脑⾥⾯觉得有多坏的事情,你都可以去正⾯的去利⽤它运⽤它.就好像刚才说的⼀堆粪在你门前.你们都会觉得恶⼼吧.在你们的物质头脑你们都会觉得这是什么?是不好的事情,是不是?那如果你的西红柿就是⾦币就是钱.那如果它来让你家⾥的钱变成两千块钱变成两万块钱变成两千万.你还会觉得不好吗? 明⽩吗? 所以你就看到了限制你们的是什么.

JO: So you're letting others tell you what's best for you? The information just now told you there is no right or wrong here. Because your right and wrong are from your material mind, it will define some things as wrong, some as right, some as good, some as bad. But there's no such distinction here. Because no matter how bad a thing is, however badly your material mind perceives it, you can still use it positively, apply it. Like the pile of manure at your door that would make everyone feel nauseous. Your material minds would all see this as what? As something bad, right? But if your tomatoes were gold coins, money, and they came to make the money in your house turn into two thousand dollars, then two ten thousand, then twenty million. Would you still find that bad? Understand? So you've seen what limits you.

问: 但是我觉得每个⼈⽣命的主题是不⼀样的,那每个⼈最应该学习的东西也是不⼀样的.

Questioner: But I feel that each person's life theme is different, and hence, what each person should learn is also different.

JO: 你不需要外⼈来告诉你,JO也好还是其他导师也好来告诉你如何去定义如何去体验你的⼈⽣.你才是呢个知道你想要什么⼈⽣的.如果JO来告诉你,⼈⽣没有意义,全部是虚幻的.那你是不是觉得OK,我可以放弃我的⾁体了.因为JO说的没意义,全是虚幻的.

JO: You don't need outsiders, whether it's JO or any other mentor, to tell you how to define and experience your life. Only you know what kind of life you want. If JO tells you that life has no meaning, everything is illusory, would you then agree that I can let go of my physical body because what JO says is meaningless and all is illusion?

第三个⼈问: 我的房间⾮常混乱,我每次都不是很想整理.那它反映了什么? 这种混乱对⼈的影响是什么?

The third person asks: My room is very messy and I don't really feel like tidying it up every time. What does this reflect? What impact does this chaos have on people?

JO: 这么说吧,你们会有风⽔,对不对? 然后你们还有什么? 还有你们都喜欢去旅游,对不对? 你们⼈类都喜欢去旅游看美好的景⾊.你们都喜欢美⼥对不对?

JO: Alright, you have the wind beneath your sails, right? Then what else do you have? And also, you all like to travel, don't you? Humans like to travel and appreciate beautiful scenery. Don't you all like pretty women too?

问: 我插⼀句嘴.为什么⼈都喜欢⽐较有序的东西? ⽐较不喜欢混乱的东西?

Questioner: May I add something? Why do people prefer more ordered things over chaotic ones?

JO: ⾸先,你们为什么会喜欢? 是因为这样⼦的东西它在给你的物质⾁体创造⼀个美好的感觉.当你们看到美丽的鲜花美丽的动物,你会被它们吸引住.当然包括美丽的⼈类.美丽的景⾊,那当然也包括美丽的房间.如果它是充满阳光,如果它在你眼⾥看上去是和谐的.那混乱是什么? 混乱它是不和谐.然后⽐如说你没有打扫的话还会产⽣异味.那如果有异味它会让你的⾝体产⽣什么? 在很臭的厕所⾥⾯,你们是⼀分钟都不想呆下去,对不对? 那如果你的房间就像⼀个很臭的厕所,你能让你这个物质⾁体好好的呆下去吗?

Jo: Firstly, why do you like it? Because these things create a pleasant sensation for your physical body. When you see beautiful flowers or lovely animals, they attract you. Of course, beautiful humans and scenic views are included as well. Beautiful rooms also fall into this category. If it's filled with sunlight, if it looks harmonious in your eyes. What is chaos? Chaos is the lack of harmony. Then, for example, not cleaning it can produce odors. If there are unpleasant smells, how does that affect you? You don't want to stay in a stinky bathroom, do you? Similarly, if your room smells like a very stinky toilet, could you allow your physical body to comfortably stay there?

问: 这个可能就反应了我内⼼的⼀些问题.就是我每次都逃避不想去做.

Questioner: This might reflect some issues within me, where I always avoid wanting to do it.

JO: 你可以这样,如果这不是你热爱的,你可以不断地去相信⼀个事情.相信什么事情? 任何你不愿意去做的事情,都会有⼀个愿意做的⼈出现来帮助你.如果你对这句话深信不疑的话,它就会发⽣在你的⽣命当中.有可能你会吸引⼀个另⼀半她就特别喜欢打扫.但是你⾃⼰必须发出这个念,就是埋下这个种⼦.这么说吧,你想吃苹果.你需要⼲什么? 你需要种下苹果树,埋下呢颗苹果树的种⼦,对不对? 那你想收获⼀个她可以帮你做你不喜欢做的事情的对象出现,那你是不是先需要埋下⼀颗种⼦,埋下这个⼼念,明⽩吗?

You could try this approach: if this isn't something you're passionate about, you can constantly believe in a concept. What concept? That there will always be someone willing to take on tasks that you are not inclined to do. If you firmly believe in this concept, it might manifest in your life. It's possible that you'll attract a partner who loves cleaning, but you need to cultivate the idea within yourself first. Let me explain it like this: suppose you want an apple. What would you have to do? You'd need to plant an apple tree and sow the seed of the apple tree, right? Similarly, if you wish for a partner who can help with things you dislike doing, don't you first need to plant that idea, or sow the thought, into your mind?

问: 没理解JO: 那你可以就是说我只想做我⾃⼰热爱的事情,轻松的事情.其它事情我动都不想动.但是我相信任何我需要⽀持的,它都会出现在我的⽣命⾥来⽀持我,解决掉呢些我不想解决的事情,就是你不想花费时间的.

Questioner: I don't understand JO: Well, you could say that I just want to do the things I love, easy tasks. I wouldn't even consider other tasks. But I believe anything that needs my support will find its way into my life to assist me, addressing those issues I don't wish to handle; that is, not wanting to spend time on them.

问: ⾃⼰做其实也是可以的.

Questioner: Doing it yourself is also possible.

JO: 这些都是你⾃由的权⼒,你要如何去… 如果你想要⾃⼰去解决这个问题的话,你可以就是说先把你⾝体调到⼀个,⽐如说听⼀个你⾃⼰喜欢的⾳乐.喜欢听节奏感特别强,把你调到⼀个很嗨的状态,就是你现在wow.或者你刚健⾝完… 你把你⾃⼰提到呢个频率过后你再处理这些问题,你的状态是不是不⼀样? ⽐如说你⼀看着烦死了,⼀屋⼦乱乱的,你动都不想动.然后你听到⼀些很嗨的歌很想跳舞,你觉得你很有活⼒,你的精⼒特别充⾜.然后你再去⼲活,这两个状态是不⼀样的.为什么呢? 因为你已经转变了你的⼀个频率.当你转变了频率,它外在没有变.但是你对待它的⽅式⽅法变了,那结果也就变了,明⽩吗?

These are all your freedom's powers. How you should go about... If you want to solve this issue yourself, you can start by adjusting your body to a certain state, for example, listening to music you like. Preferably something with strong rhythm that gets you in a very excited state, like 'wow.' Or after working out... When you adjust yourself to a higher frequency level, does it change the way you handle these problems? For instance, if you're dealing with a chaotic room and feel too exhausted to move, but then hear an upbeat song wanting to dance, you might suddenly find yourself full of energy, with your vitality exceptionally high. Then when you go back to work in this new state, everything feels different. Why is that so? Because you have already changed your frequency. When you change the frequency internally, the external environment hasn't altered; however, how you approach it has changed, leading to a different outcome. Can you understand this?

所以你们的过程和结果才是最重要的.⽽不是说前⾯有个什么事情是重要的.明⽩我意思吗? 因为你的呢个过程你会很喜悦的去,然后呢个结果也会让你很喜悦.那另外⼀个过程是你很 miserable,你很痛苦,你很抗拒.那你的结果就是越来越不想去碰这个又脏又乱的房⼦了.所以这是两种不同的结果.

So what matters most are your process and the outcome. Not that some preceding event is crucial. Do you understand me? Because if you enjoy going through this process, then you'll also find joy in the result. Contrastingly, if you're miserable, suffering, and resistant throughout, your result will only make you even less inclined to deal with that messy, dirty house. This illustrates two distinct outcomes.

问: 就是⾃⼰状态很重要?

Questioner: Is it important to focus on one's own state?

JO: 你的状态决定了你这个事情的过程和结果.不是事情的本⾝,明⽩吗? 事情的本⾝它不会有什么改变,但是你在体验它的过程和结果都会变了.

JO: Your state determines the process and outcome of this matter. Do you understand that it's not about the thing itself? The thing itself won't change, but your experience of it and its outcomes will be different.

问: 我没有耐⼼在这个世界上做⼩事,就是我不能活在当下吧,应该这样讲.我不知道什么是当下的⼒量.

Questioner: I don't have patience for small things in this world; it's just that I can't live in the moment, which is what I should say. I don't know what the power of living in the moment means.

JO: 你不能更好的活在当下是吗?问: 🗎JO: 那你就先不⽤逼你⾃⼰进⼊这种状态呀.你有这种念头是因为你看到很多其他信息在告诉你你⼀定要活在当下,你⼀定要怎样怎样,是吗? 别⼈达到了这个程度… 这么说吧,你还是⼀个刚刚出⽣不久的⼀个⼩猫,你对外界⼀切充满了好奇.你这个想看看呢个想尝尝,看到⽔想摸摸.那别⼈说要活在当下,别⼈是⼀只⽼猫.为什么? 它⽔也尝过了,树也尝过了,果⼦也尝过了,它都尝过了.所以它就在呢享受⽣命.它告诉你,⽣命是享受的,不是跳来跳去的.它已经过了呢种跳来跳去的阶段.所以难道⼩猫也跟⽼猫⼀样躺在呢吗?

JO: You can't live better in the present moment, right? Questioner: JO: So you don't need to force yourself into this state first. Is it because you see a lot of other information telling you that you must live in the present moment, and that you must do this and that, is that why? When others have reached this level... Let me put it this way, you're still a little kitten that has just been born不久, everything around you is filled with curiosity. You want to see, you want to taste; you want to touch water. But when others say you need to live in the present moment, they are like old cats. Why? They have tasted water, trees, fruits and so on; they have tried it all. So they are just enjoying life now. They tell you that life is for enjoyment, not running around. They've already gone through that jumping phase. Does this mean a kitten also lies down like an old cat too?

所以你不要去… 因为头脑收到了什么信息,你就要去按照呢些信息,就好像是个⼩⼤⼈⼀样.那你还是个⼩孩,那你探索有探索欲,这个想尝试⼀下呢个想尝试⼀下是正常的,明⽩吗?

So don't go... because your mind receives information, you should follow that information, like a little person. If you're still a child, then exploring and having curiosity to try is normal, do you understand?

问: 但是他们说专注很重要,聚焦很重要.

Questioner: But they say that focus matters, concentration matters.

JO: 那不专注也很重要.为什么? 因为你只有体验了什么叫不专注,你才知道什么叫专注.所以不要因为头脑⾥⾯吸收⼀点什么信息,九⼗九个⼈都说呢个信息好,你也说好.明⽩吗?但是你要知道呢九⼗九个⼈他们已经过了你这个阶段.你没过,你才刚刚开始.所以不要拿任何⼈的⼀个东西来衡量你⾃⼰.为什么? 因为你是独⼀⽆⼆的.每⼀朵花盛开的时间不⼀样,每⼀颗种⼦发芽的时间不⼀样.你们像⼀个⼤森林,有的已经是参天⼤树,有的是还没有发芽的种⼦,有的是刚刚发芽,有的还是⼩树苗.你们每⼀个状态都不⼀样.但是每⼀步都是⾮常⾮常,就像⼀个盛宴⼀样,都是⾮常珍贵的.

JO: Focusing is also crucial, why? Because you need to experience what it means not to be focused in order to understand what focusing truly is. So don't just accept information that ninety-nine people say is good because they say so. Understand this - those ninety-nine people have already surpassed where you are; you're just beginning. Therefore, don't measure yourself against anyone else's achievements or experiences. Why? Because each individual is unique like no other. Every flower blooms at different times and every seed germinates at distinct stages. You're part of a great forest - some trees have reached great heights, while others are seeds yet to germinate; some are just beginning to sprout; some are still saplings. Each one of you is in a unique state. Yet each step along the way is incredibly valuable like a grand feast.

所以不要你现在还是⼀个刚刚长了⼏⽚叶⼦的⼀个⼩树苗,看着呢个参天⼤树,我要跟呢个参天⼤树⼀样.我要学它安定,风⼀吹连动都不动.你看风⼀吹,我马上倒在地上了.怎么这么脆弱呀.你这是在否定⽣命,你在否定⽣命这个过程,明⽩吗? 有朝⼀⽇你也会成为像呢种⼤树⼀样.

So don't be like a young sapling with just a few leaves that's looking up at the towering tree; I want to become as stable and unwavering as that towering tree. When the wind blows, it doesn't even move a bit. But when the wind blows, I immediately fall over onto the ground. How fragile you are! You're denying life, you're denying this process of life, do you understand? Someday you will also become like such a mighty tree.

问: 可能是下辈⼦下下辈⼦.

Questioner: Perhaps it's their grandchildren's children.

JO: 这⾥没有所谓的时间,你们是永恒的存在.所以live your life,去enjoy你的⽣命,不管你是怎么样的状态,不管你是发脾⽓⼤吼⼤叫,不管你是怎么样怎么样.你破坏不了任何.因为你会通过你发脾⽓的过程发现其实发脾⽓没有⽤,伤害⾃⼰也伤害别⼈.那你可能就不会去使⽤这个⼿段了.因为你⼀旦,你在这个体验和学习的过程你们都是想要去尝试不同的⼿段,然后你们的头脑会⾃然⽽然的去采取⼀个⼿段到底是有效还是⽆效,明⽩吗?所以这个过程也很重要.就好像你要去砍柴,你有不同的⼯具.你最后才知道呢个斧头才是最好⽤的,明⽩吗?

JO: There is no notion of time here; you are eternal beings. So live your life and enjoy it regardless of whatever state you're in - whether you're yelling or in a tantrum, behaving however you wish to behave. You can't destroy anything because through the process of expressing anger, you'll realize that anger is useless; it hurts both yourself and others. Thus, you may not use such means again because once you've experienced and learned through this process, you want to try different methods. Your mind will naturally determine which approach is effective or ineffective. This journey is crucial. Like choosing tools for chopping wood, you'll discover which axe is the most suitable only after trying them out, understanding?

问: 我联想到佛陀说的开悟前砍柴烧⽔,开悟后砍柴烧⽔.我也不知道想问什么.

Questioner: I'm reminded of what Buddha said about chopping wood and boiling water before enlightenment and after enlightenment. I don't really know what question to ask.

JO: 没有关系,你带出来的信息也⾮常好.所以你不需要去头脑去定义我的问题有没有意义?我带出来的信息有没有呢个什么? 为什么呢? 因为⾮常多的⼈都跟你有同样的问题.你不知道你的信息可以帮助多少⼈,让他们完完全全的可以接受⾃⼰的状态.当他完完全全接受⾃⼰的状态,他也会完完全全的接受其他⼈的状态.因为物质世界它们⽀持你们所有你们想体验的,你破坏不了任何.记住这句话.因为什么? 你想象⼀下你在梦⾥⾯打打杀杀或者跳来跳去.你在梦⾥⾯能破坏掉你的⾝体吗? 明⽩吗? 那你在梦⾥⾯的房⼦你把它砸碎了… 明⽩吗? 所以当你醒来你才会发现,我还呢么紧张呢,原来只是做梦⽽已.明⽩吗?

JO: It's fine, the information you brought out is very good as well. So you don't need to question whether my problem makes sense or not? And if there was something in your information? Why is that so? Because many people share similar issues with you. You don't know how much your information can help others and make them fully accept their state. When they fully accept their state, they will also fully accept other people's states. Because the material world supports all experiences you want to have, you cannot ruin anything. Remember this phrase. Why? Imagine fighting or jumping around in a dream. Can you break your body in a dream? Do you understand? Then if you smashed a house in a dream… Do you understand? So when you wake up, you realize it was just a dream, and that's why I'm so relieved. Do you get it?

问: 怎么找到⾃⼰的信念,然后改变⾃⼰的信念?

Questioner: How do you find your beliefs and then change them?

JO: 如何去发现你⾃⼰持有的信念? 这么说,你就好像你是个程序⼀样,如何去发现你⾃⼰运⽤的什么程序,对不对?你⾸先要明⽩的⼀个事情就是说你到底知不知道你产⽣的⼀个反应是因为程序⽽已,⽽不是真实的你? 你到底知不知道? 为什么呢? 因为很多⼈他把他产⽣的⼀些情绪或者是⾏为或者是任何当成是他⾃⼰.他并不知道这只是他持有的⼀个程序⽽已.就好像⼯程师给你植⼊了这个程序,你就按照他这个去⾛.为什么?因为他调的只是向左.那你⼀直在向左的时候你觉得这个就是你想要做的,这个本⾝就是你,明⽩吗?所以你要分清楚这个.那当你⼀开始知道了其实你的所有反应他都是因为你⾃⼰持有的信念.

JO: How do you discover the beliefs that you hold? In this way, you are like a program, how do you find out which program you are using? First, you need to understand whether you realize that your reactions are due to programs rather than your true self. Do you know that? Why is it so? Because many people take their emotions or behaviors as themselves without realizing that they are just holding onto certain programs. It's like an engineer implanted this program in you and you follow it accordingly, because the engineer only turned it towards the left. When you keep moving to the left, you think that's what you want to do; that is who you are. Understand? So you need to distinguish between these. And when you start to realize that all your reactions stem from your own beliefs.

⽐如说你⾮常的⽣⽓,OK,那是因为你持有的信念.你⾮常的愤怒,是因为你有个信念.你⾮常的怎么样怎么样,它背后⼀定有相应的信念才会产⽣这样的情绪.你的外在的⼀切就好像是镜⼦⼀样,它就是来帮你看到.如果你还觉得外在是真实的,你要觉得外界是真实的跟你信念没有关系的话,那你就是在程序⾥⾯.在程序⾥⾯你是不知道你是因为植⼊⼀些程序才会出现这种反应.你会觉得你的反应是理所当然的.他本⾝就是个asshole,他本⾝就是和坏蛋啊.

For instance, if you're very angry, okay, that's because of the belief you hold. You being extremely furious is due to a belief. If you are very something something, there must be corresponding beliefs that generate such emotions. Your outer world acts like a mirror, reflecting back to you. If you still believe that the external world is real and not related to your beliefs, then you're still within the program. In the program, you don't realize that you react as you do because of certain programs being implanted. You would think that your reactions are natural. They themselves are just an asshole, they themselves are inherently bad guys.

他本⾝他的做法就很恶⼼啊,明⽩吗? 你就会觉得你的愤怒或者杀死⼀个⼈是正常的,是应该的,他是应得的.

He himself is doing something very disgusting, do you understand? You would then feel that your anger or killing someone is normal and justified, it's what he deserves.

问: 那也就是说我把外⾯当成是⼀个镜⼦的话,我就可以通过它或者某种渠道去…JO: 外在本⾝是镜⼦.镜⼦⾥的幻像它会出发你的⼀些感受.通过这些感受你就可以去抓到,⽐如说你产⽣的恐惧,那你就可以通过这个恐惧去抓到我到底是拥有什么样⼦的,就是我相信什么,它才能让我如此的恐惧.那你是不是就可以找到了. ‘我原来相信⽣命是需要保护的,⽣命是⼀碰它就会碎掉的’ 明⽩吗? 所以你才会产⽣恐惧.那当你知道你这只是⼀个信念,就是它只是⼀个你植⼊的程序.那你是不是就可以把这个植⼊的程序替换掉或者拿掉,明⽩吗?

Questioner: So if I think of the outside as a mirror, can I use it or some channel to... JO: The external is itself like a mirror. The illusory images within the mirror trigger your feelings. By experiencing these feelings, you could grasp something, for example when you experience fear. That way, you can understand that I possess certain beliefs and values that cause me to feel this extreme fear. Can't you see? So if you believe life needs protection, and that it will shatter upon contact, that's why you experience fear. And once you realize that these are just your beliefs, mere programming implanted into your mind, can't you replace or remove this program?

问: 我感觉我这辈⼦不能跨越这个恐惧,我⾮常怕猫狗.

Questioner: I feel that I can't transcend this fear in my life; I'm extremely afraid of cats and dogs.

JO: 你们产⽣的⼀些恐惧,你可能说会是这个⼈或者是这个猫这个狗让我产⽣恐惧.但是最深层的恐惧它其实只有⼀个.这么说吧,你觉得外界是可以伤害到你.如果你拥有这⼀个恐惧,它就会出现在很多⽅⾯.它会出现在你的⾝体,你的⾝体可能会出现疾病.它可能会出现在你去开车,你会出现意外.那你可能看到⼀个猫狗,你觉得它会给你传染病.它会化成很多很多来让你感受到.但是你深层次的⼀个你就觉得是什么? 你觉得你的物质⾁体是脆⾁的,它是需要保护的,它是没有受到⽀持的.因为当你在⼀个状态就是说: 我受到宇宙⼀切的⽀持.当你真正的是在这样⼦的状态,你别说猫狗,哪怕是⼀个⼈拿着⼑在你⾯前,你也不会产⽣恐惧.明⽩吗?

JO: The fears you generate might be that it's this person or this cat or dog causing your fear. But the deepest fear is actually just one. To put it simply, you feel that the outside world can harm you. If you have this fear, it will manifest in many ways. It could appear in your body, leading to illnesses. You might experience accidents while driving. You might think a cat or dog would infect you with disease. It manifests itself in various forms. But what is the deepest fear that you feel? Do you believe that your physical body is fragile and needs protection, without support? Because when you're in a state where you feel supported by everything in the universe, not even a person holding a knife in front of you would cause fear for you. Get it?

问: 但是不会恐惧,但是呢个⼑看在⾝上,呢个⼈还是会死啊.

But even if one is not afraid, the person would still die with that knife on their body.

JO: 那就是因为你还相信你的⽣命是受别⼈影响控制的.

That's because you still believe that your life is controlled by others.

问: 那你刚刚的意思就是说只要你相信,呢把⼑就不会插到呢个⼈的⾝上,对吧?

Questioner: So your meaning is that as long as you believe, the knife won't reach that person, right?

JO: 除⾮你需要呢个的经历.不然你是不会遇到呢样⼦的经历的.那除⾮你需要这个经历,你也是可以转化它的.为什么? 当他看到了你的眼睛,他看到了爱.他从你的眼睛⾥⾯看到了爱,他觉得被看到了,他的所有愤怒它就马上…. 就好像你在⼀个频率,你散发的呢个频率全是爱.当他来接触你的时候,他也进⼊了爱中.

JO: Unless you need that experience. Otherwise, you wouldn't encounter such an experience. That is, unless you need this experience, you can also transform it. Why? When he saw your eyes, he saw love. He saw love in your eyes and felt seen, causing all his anger to immediately... It was as if you were on the same frequency, emitting love. When he came into contact with you, he also entered into love.

第四个⼈问: 我的爸爸他现在⾝体可能不⾏了,他连话都不能说了.您能治疗⼀下他吗? JO: 你稍等.你爸爸叫什么名字?

The fourth person asked: My father's body might not be able to function anymore; he can't even speak. Can you treat him? Meow: Wait a moment. What's your father's name?

问: 我爸爸叫XX.

Questioner: My father's name is XX.

JO: ⾸先,你们⾝边的⼈要完完全全的去陪伴他在这个转变和转换的过程.然后他⾝边有很多像你们所谓的天使.他感受到最最强烈的情绪或者是感受不是因为他即将⾯临的⼀些转变的或者是转换的.⽽是说你们的⼀个能量场,你们⾝边的⼈的⼀个能量场.因为你们都充满了就是压⼒和悲痛或者是绝望或者是⽆望这样⼦的情绪会导致他的痛苦.所以他的痛苦不是来⾃于他本⾝.为什么? 因为他已经被看护好.⽽是来⾃于和他有连接的⾝边的亲⼈们.因为你想象⼀下,你们所有⼈都好像跟你爸爸扯了⼀条线.他⾝上有⼀条线,这条线连着你他⼉⼦,这跟线连着他妈妈或者连着他⽼婆或者是他的亲⼈.那这条线就好像在给他输⼊能量.

Firstly, those around him must completely accompany him through this transition and transformation process. Then, he has many beings around him like what you call angels. The most intense emotions or feelings he experiences are not due to the changes or transformations he is about to face. Instead, it's from your energy field, the energy surrounding his loved ones. Your pressure, sorrow, despair, or hopelessness can cause his suffering. So, his pain doesn't come from himself. Why? Because he has been well taken care of. It comes from those closely connected family members around him. Imagine that all of you are connected to your father by a line. He carries this line, which connects him to his son, the line to his mother or wife or his relatives. This line seems to be infusing energy into him.

那你给他输⼊的能量是悲痛是痛苦是绝望的,那他感受和体验到的是什么?所以你就想,你时时刻刻你们之间是连着⼀条线.你时时刻刻都在给他输⼊能量.那如果你给他输⼊的是⽆条件的爱呢? 就只是爱呢? 明⽩吗? 然后你知道你爸爸的每⼀个体验都有意义,每⼀个过程都有价值.因为你们⽣命是⼀个完整的阶段,那所有⽣命… 这么说吧,你们⽣命它就像

Then what does he experience and feel when you input sorrow, pain, or hopelessness into him? So you imagine that there is a continuous connection between you at all times. You are constantly supplying energy to him. But if the energy you're feeding him is unconditional love - just pure love - do you see how it would be different?

Understand this: Every experience your father has, every process he goes through, holds significance and value because your lives together form a complete phase. And when we talk about life, think of it as...

So, the essence of life is like...

⼀个台阶,从⼀到⼗的台阶.⼀是baby的阶段,对吧? 那呢个⼗是⾁体离开,就是死亡结束的⼀个阶段.你说哪⼀个⼈可以去离开这⼏步台阶? 只要⼀,不要⼗,可能吗? 明⽩吗? 那⽣命既然是⼀个完整的阶段,那你们每⼀个⼈都会去步⼊都会去拥有这每⼀个体验.

A step, a step from one to ten. One is the stage of a baby, right? Then number ten is when the physical body leaves, which is the end stage of death. Can you tell me which person can go through these steps? Just one, not ten, possible? Understand? Since life is a complete phase, each and every one of you will experience and possess all of these experiences.

问: 那我爸爸他有没有什么话要跟我们说的? 他现在都不能说话了.

Questioner: But does my father have anything to say to us? He can't speak now.

JO: 你稍等.这个⼥孩⼦刚刚的信息说的⾮常好.她说我更多的是对你们的牵挂.然后你们的⼀个状态影响到我,给我产⽣⼀些痛苦.你需要好好的利⽤这个阶段,因为这个阶段是⽣命当中收获最⼤和最能让你们去,就好像你的⽣命最开始它是播种,然后最后是到你收获的时候丰收的时候.所以这个阶段是你们丰收的时候,所以你们是时间丰收,⽽不是是时间在阻碍.因为你阻碍不了任何.

JO: Wait a moment. The girl's message just now was very good. She said that I'm more concerned about you guys. Then your state affects me and brings me some pain. You need to好好 utilize this stage because this is the period of maximum收获 in life, where it allows you guys to do what you're supposed to be doing, like at the beginning of your life when you sow seeds, then later comes the harvest season. So this stage is for you to reap, meaning you are harvesting time rather than letting time hold you back. Because no one can hinder you in any way.

问: 那你对我奶奶和我妈妈还有什么想要说的吗?

Questioner: Alright, what do you have to say about my grandmother and my mother?

JO: 已经没有信息了,刚刚的能量已经⾛了.然后他的信息是想要告诉你,这个阶段就好像是丰收的阶段.你需要好好的丰收,⽽不是过多于的去沉浸在抗拒.因为你们在⾯对这样⼦的⼀个情况下都会有⼀个抗拒,都不愿意去接受.但是你不去接受就好像是你到了秋天你需要收获果⼦的时候,你不要去收获,明⽩吗?

JO: There's no more information; the energy has already left just now. And then his message is that he wants to tell you this phase feels like a harvest period. You need to properly reap and harvest instead of being too immersed in resistance. Because when faced with such situations, there would be an inherent resistance or unwillingness to accept it. But not accepting it is akin to needing to gather fruits during autumn and choosing not to do so, understand?

问: 那您可以治疗⼀下我的爸爸吗?

Questioner: Can you treat my father?

JO: 他没有什么需要治疗的.他是被很多天使围绕着,他是被看护的好好的.他唯⼀感受到痛苦的能量,就好像刚刚说的呢个信息,你们所有⼈就是他爱的⼈牵挂的⼈,你们之间所有⼈都存在着⼀条线,就好像呢条管⼦是通的.有⼀个管⼦,那他呢个管⼦⾥⾯你给它注⼊的是什么,明⽩吗? 那如果你注⼊的是爱呢? 你注⼊的是⽆条件的允许、信任.那他接收到的就是什么,明⽩吗?这个需要你好好的听信息,然后对⽣命有⼀个理解.⽽且你们的信息也带出来了很多让你们⼈类对亲⼈的离去,让你们⼈类对⽣命的每⼀个阶段都有⼀个接纳的过程.因为⽆论你们如何的去阻挡阻碍阻拦,这些它都是属于完整⽣命的⼀个步骤.你没有办法.

JO: He has nothing to be treated for. He is surrounded by many angels and is well cared for. The only energy he feels pain from is the information just mentioned - that all of you are the ones he loves and cares about, and that there is a line connecting all of you, like a pipe that's open. There is one pipe through which you are inserting something, do you understand? If you insert love into it, then what does he receive? Do you understand? This requires careful listening to the information and understanding life. Your information also brings about a process for humanity in accepting the departure of loved ones, as well as each stage of life. Regardless of how much you try to block or hinder this process, these are steps that belong to the complete process of life, which you cannot avoid.

因为你们阻碍是你们还对有⼀些东西的⽆知.就⽐如你们会觉得你们的爱⼈是因为⾁体的分离就会分离的.如果是这样⼦的话,那你跟你爸爸跟你们爱的⼈就不会在⼀起.为什么? 因为你们早就分离了.也就不可能有现在这⼀⽣的体验了.为什么? 因为你这⼀⽣的体验是来⾃于曾经⽆数次的分离,明⽩吗?

Because you are hindering it due to your lack of knowledge about certain things; for example, you might think that your loved ones would separate because of the physical separation. If that were the case, then neither you nor your father would be together with the people you love. Why? Because you have already been separated long ago, which means you wouldn't have had this life's experience now. Why? Because this life's experience comes from countless previous separations, understand?

问: 那我爸爸为什么这个时候⾝体就突然不⾏了呢?

Questioner: But why does my dad's body suddenly fail at this time?

JO: 如果你们所有通过管⼦输⼊他体内的都是⽆条件的爱,他会好转.明⽩吗?问: 他现在还可以好转是吧?

JO: If all that is being administered through the tube to his body is unconditional love, he will improve. Understand? Questioner: Can he still improve now, right?

JO: 如果你们插⼊他⾝体的管⼦,你、你妈妈、其他他爱的⼈他牵挂的⼈,你们之间有管⼦连着的⼈,明⽩吗? 这就是你们会有⼀种⼿段,就是所有⼈坐在⼀起祈祷.⽽不是所有⼈坐在⼀起哭天喊地的,然后骂骂咧咧的.

JO: If you insert tubes into his body, you and your mother, the people he loved and cared about, the ones connected to him through these tubes, do you understand? This is what you will have a method for - all sitting together in prayer. Not all sitting together crying and wailing, then cursing each other.

问: 那为什么我爸爸有肝硬化这种病呢?

Why does my dad have liver cirrhosis?

JO: 你们⾝体的⼀些肿瘤或者是硬,硬就说明什么? 它失去灵活,它不柔软.那你想象⼀下,在你们的⼀些观念当中你们灵活吗? 为什么很多⽼年⼈都开始得癌症或者是各种⾝体变异、僵硬,⾎管僵硬? 明⽩吗? 所以是你们的思想上的僵化,导致你们会投射出这样⼦的⼀个⾁体.

JO: Some tumors or hardness in your body; when it's hard, what does that signify? It means a loss of flexibility and lack of softness. Now imagine, within your prevailing thoughts, are you flexible? Why do many elderly people start experiencing cancer or various bodily transformations, stiffness including hardened blood vessels? Understand? So, it's due to the rigidity in your thinking that leads you to project such physical manifestations onto yourself.

问: 那您可以帮⼀下我爸爸吗?

Questioner: Can you help my dad?

JO: 他已经在被帮助.他已经是被帮助的状态,明⽩吗? 他已经被看护的⾮常好.他唯⼀的就是他感受的⼀些痛是来⾃于牵挂,就是你们牵在他⾝上的呢条线.你们输⼊的能量.明⽩吗?

JO: He is already being helped. He's in a state of being helped, understand? He's been cared for very well. The only thing is that the pain he feels comes from牵挂, which are the threads you've attached to him - the energy you're inputting. Understand?

第五个⼈问: 我想问⼀下我的⾼我和指导灵有什么信息带给我的? JO: 你稍等.你叫什么名字?

The fifth person asks: I want to know what information does my high self and guide spirit have for me? JO: Wait a moment. What is your name?

问: XXJO: 全⾝⼼的投⼊到物质世界去.全⾝⼼的投⼊到这个物质世界去.不要去⽤头脑定义任何.为什么? 因为你们是为了这些幻像⽽来的.体验才是最宝贵的.所以创造更多的体验给⾃⼰.

Questioner: XX. JO: Devote yourself entirely to the material world. Fully immerse yourself in this material world. Do not define anything with your mind. Why? Because you are here for these illusions. Experience is the most valuable thing. So create more experiences for yourselves.

问: 还有吗?

Questioner: Is that it?

JO: 就这些信息.

JO: That's it for this information.

问: 那未来的我有什么信息?

Questioner: What information does my future self have?

JO:如果⽐如说⼈⽣就好像是你拒绝了跟另外⼀个⼈发⽣连接.然后你拒绝了⼀次体验.所以前⾯的信息让你完全的投⼊到物质当中去,就是你要相信你⾃⼰,因为外界不会影响到你.因为你并不是在⼀种⽆明的状态.所以体验对你和对别⼈都⾮常的珍贵和宝贵.

JO: If life is like rejecting a connection with another person or refusing an experience. So the information in front of you allows you to fully immerse yourself in materiality, trusting only yourself because the outside world doesn't affect you. You're not in a state of ignorance. Therefore, experiences are incredibly valuable and precious both for you and others.

# **2023/02/17 - ⽣活的⽬的The Purpose of Life**

JO: 你问吧,什么问题?问: ⽣活的⽬的是什么?

You ask, what question? Questioner: What is the purpose of life?

JO: 你们选择来到这个物质世界上都有你们各⾃不同的⽬的.这么说吧,地球就好像是个商场,你问呢些逛商场的⼈你的⽬的是什么? 明⽩吗? 那有的⼈可能是我来就是为了买⼀个电视机,那有的⼈可能就是我来就是瞎逛逛,有的⼈是我来就是为了看看花花绿绿的东西.所以你们每⼀个⼈个体都是不⼀样的.那有可能他们⼏个⼈都是为了买电视来.呢⼀群⼥的都是为了买化妆品⽽来,明⽩吗? 所以这就是你们的⽬的.但是这些是在你们的灵魂层⾯,就是它不是⾁体决定的.⽽是说进⼊呢个道具呢个⾁体⾥⾯的(灵魂)决定的.它决定OK,我需要⽤这个来做什么.下⼀个问题.

JO: You each have your own unique reasons for choosing to come into this material world. Imagine the Earth is like a department store; you ask people what their purpose is when they're shopping there? Do you understand? Some might be here just to buy a TV, others may just be browsing around aimlessly, while some are here to see all the colorful things. Therefore, each individual is unique. It's possible that several of them might come for the same reason, like buying TVs. A group of women might all come here for makeup. Do you get it? This is your purpose. However, these reasons stem from a soul level, not determined by the physical body. The soul entering this particular avatar (body) decides what purpose you have. It decides that it needs to use this form for something specific. Next question.

问: 灵魂个体知道⾁体⽣命的情况吗?

Questioner: Does a soul individual know about bodily life?

JO: 就是你⾁体是个什么状态,灵魂知不知道? ⾸先你的⾁体它有⾃由的⼀个权⼒.就是你有⾃由意志,呢个灵魂它不是拴住你要你这样呢样.你有⾃由的权⼒去体验去体验你想体验的,尝试你想尝试的.所以说⽆论你是不好好的珍惜这个⾁体还是好好的珍惜这个⾁体,你想好好的运⽤它让它这个⾁体展现到了极致,还是让这个⾁体任由它发展.你都是有选择,就是去做决定,明⽩吗?因为永远你都可以去做另外⼀个选择.就是你这个体验完了,我们去体验另外的.所以你要知道它们这层联系.就是说你并不是被操控的,我要往这边,你要往呢边.是的,你永远都有⾃由的意愿去体验你想体验的.

JO: Is it the state of your physical body that your soul is aware of? Firstly, your physical body has a power of freedom. You have free will, and that soul does not bind you to do things in such ways. You have the power to experience what you want to experience and try what you want to try. Therefore, whether you cherish this body badly or well, you wish to use it optimally to bring out its maximum potential, or let it develop freely on its own, you always have a choice - that is, to make decisions. You understand? Because at all times you can always choose another option. That is, after experiencing something, we experience the other thing. Therefore, you need to know about this connection between them. In other words, you are not being controlled; I want to go this way and you want to go that way. Indeed, you always have the freedom of will to experience what you wish to experience.

只是说,就⽐如说你穿了⼀个道具服,穿了⼀个像公园⾥⾯的⼤公仔的道具服.然后呢,呢个道具它最开始它是有⾃我意识的,它不断地去打⼈打⼈.但是在呢⾥⾯的呢个,这并不是它想要去做的事情.它就会产⽣什么? 它就会觉得我不开⼼啊,我不想去做这样的事情. 我会抵触.所以你内在你就会有⼀种就是它跟你的⼀个,就是不⼀致的… 你就会有这样⼦的⼀个感受给你,体验给你.然后你说⾁体的情况灵魂知道吗?灵魂当然知道.但是灵魂没有觉得这是个事.因为它知道你这个⾁体,就好像我们前⾯信息说的,你这个⾁体要不要继续我这个⼯作没有关系.就好像我是个⽼板,我请员⼯.你这个员⼯要不要跟我⼀起去达到⽬的地没有关系.为什么?

Just to clarify, for instance, if you were wearing a prop costume, like one of those oversized cartoon characters in the park. The prop initially has self-awareness and keeps hitting people repeatedly. However, that's not what it's supposed to do inside. What does this lead to? It makes the prop feel unhappy; it doesn't want to behave that way. It resists. Therefore, you'd experience an inconsistency internally… a feeling of dissonance given off by the prop to you. You'd have such experiences. And then, does your soul know about physical situations? Of course, the soul is aware. But it sees this situation as insignificant because it understands that whether your body continues its work or not doesn't matter. It's akin to me being an employer hiring employees; if my employee decides not to reach our destination together, it wouldn’t be a concern for me. Why is that so?

我聘请另外⼀个员⼯达到我的⽬的地不就⾏了? 明⽩吗? 这个活你不⼲,你辞职,你⾛开.那还有其他员⼯要⼲呀.难道⽼板他就不去达到他的⽬的地了? ⽼板因为你不⼲他就放弃他⾃⼰的⽬标了? 明⽩吗?

Can't I just hire another employee to get us where we want to go? Understand? If you won't do this job, resign and leave. There are other employees who need to work too. Does the boss not have a destination he wants to reach? Would the boss give up his own goals because you don't do it? Understand?

问: ⾝体和灵魂的关系是什么?

Questioner: What is the relationship between body and soul?

JO: ⾸先你要知道你是⼀个具有⾃由意志的,然后就算⽆论你如何去选择,因为你的⾃由意志去选择你这个⾁体是要达到极致还是让它摆烂到极致都没有关系,明⽩吗? 但是当你去没有朝你的⽬的地⾛的时候,你可能会产⽣⼀种抑郁或者⼈⽣没意义,就会产⽣这样的⼀个…问: 精神健康最好的⽅法是什么?

JO: First, you need to understand that you are a being with free will. So, no matter how you choose, whether you aim for the ultimate fulfillment or simply let your physical body deteriorate without regard, it doesn't matter because of your free will. Do you see? But when you don't move towards your destination, you might develop feelings of depression or purposelessness, leading to such inquiries: What is the best way to maintain mental health?

JO: 那就连着你前⾯的信息说,精神健康最好的⽅法是什么? 就是你这个道具可以很好的配合呢个灵魂来展现这个灵魂想要在这个物质世界展现的,这就是最好的.就是你不把你⾃⼰当成是⼀具⾁体,只是满⾜你这个⾁体,只是让你的⾁体的各种恐惧… 这么说吧,你其实你们都是通灵体质.你通灵体质要么通的是你们地球的⼀个分裂的能量恐惧的能量⽆⼒的能量.那这个⼥孩⼦现在带出来的信息,你们通的是什么? 你们通的是更⾼的⼀个能量.所以说有些能量它会让你更加恐惧,让你更加⽆⼒.那这些能量呢? 我们的信息的这些能量让你产⽣什么? 让你看到你⾃⼰的⼒量和可能性.就好像你是⼀个⽔管,你们都是⽔管.

JO: Then, along with your previous message, what is the best way to maintain mental health? It's that you use this tool well to complement and express the soul's desire to manifest within the physical world. This is the best method because you don't see yourself as just a body; instead, you satisfy its needs, allowing your body's various fears... To summarize, all of you possess psychokinetic abilities. You either connect with the energy of fear or division in Earth's energy field. The information being presented by this girl now: What are you connecting with? You're connecting with a higher energetic frequency. Hence, certain energies may amplify fear and make you feel powerless. These energies manifest within us as experiences that highlight our strength and potential. As if we were pipes, all of us function like pipes.

你是接通的是纯净的井⽔,你可以滋养任何来找你喝⽔的. 还是说你接的是污沟⾥⾯的⽔,是发臭腐烂的.那⼈是不是都避开你,明⽩吗? 所以你想你的这个⽔管是接到哪⼀头.因为你反正都是有畅通的能⼒嘛.那你想接到哪⼀头啊? 两个⽔管你都可以选择,明⽩吗?

You have the option of connecting to pure well water that nourishes any who seek it for drinking, or you could be connecting to a polluted ditch with stinking, decaying water where everyone avoids it. Do you understand that this decision defines which end of the tap you are choosing? Since you do possess the capability to ensure a clear flow anyway. Which side of the faucet would you prefer to connect to? You have the choice between both options.

问: 到底什么是真理?

Questioner: What exactly is truth?

JO: 你们所谓的真理是什么? 因为⽆论你们在⽤什么,你们都是在⽤你们⾃⼰的⽂字.你们赋予了呢个⽂字意义,然后⽤你们⾃⼰的理解.你们所谓的真理是什么? 真理就是说某⼀个事情是真的,其他都是假的? 或者某⼀个法则某⼀个定义? OK,你们的真理就会觉得就这个是真的,其他都是假的.其实你就在否定⼀切.所以你们在追求真理的路上,你们也是在否定⽣命.⽣命它存在就是存在.它存在的所有它都是有意义的,有价值的.所以说不管是在你们的历史上或者是⼈类经历了多少分裂多少战争多少惨烈的事件,它也有它的价值.那如果你告诉我说,战争不是真理,和平才是真理.但是如果离开战争,你们是不会达到和平.

JO: What is your notion of truth? Because whatever you are using, you are using your own language. You give meaning to that language and then interpret it based on your understanding. What is your notion of truth? Is truth simply saying that something is true while everything else is false? Or a particular law or definition? Okay, your notion of truth would consider this as the only thing that is true, and everything else false. Essentially, you are denying everything. So in your quest for truth, you are also denying life. Life exists because it exists, and all its existence carries meaning and value. Therefore, regardless of history or human experiences with division, wars, and devastating events, they have their own value. If you tell me that war is not the truth but peace is, then if you remove war from your equation, you will never reach peace.

所以你们是通过战争这条路去达到和平.为什么? 因为当你⾛路这条路你才知道: 我们不需要战争.为什么我们需要战争啊?我们战争不就是在⾃⼰杀⾃⼰吗?那如果你并没有悟到这个点,你只是去听从不能战争,要和平.那你其实就是⼀个假象啊.你内在到底相信什么,你就投射什么,对不对?所以其实你内在并没有相信这个,就是战争和平的这个事情.那你投射出来的也是这个呀.所以你们需要弄清楚的是每⼀件事情它发⽣它都可以正⾯的⽀持你们.只是你们⾃⼰要知道是你们导致了战争的发⽣,⽽不是说是什么其他导致了战争的发⽣,是敌⼈,是对⽅,是什么什么的.你们需要这个过程去领悟去感悟去体会到,就是去成长.因为成长是发⽣在内在的.

So you are on the path of war to achieve peace. Why? Because when you walk this path, you realize: We don't need war. Why do we need war? Isn't war just killing ourselves? If you haven't realized this point, and you're only complying with no war, wanting peace, then you're essentially creating a facade. What you believe internally is what you project outward, right? So in fact, you don't truly believe in the matter of war and peace within yourself. Therefore, what you project outwards is also that. So what you need to understand clearly is that every event can support you positively. It's just that you yourselves must realize that you are causing wars to happen, not that there's something else causing them—like enemies or others. You need this process of understanding and contemplating to experience growth because growth happens internally.

⽆论有多少⽼师或者导师⽆论多少经验丰富的⼈来告诉你,他都代替不了你成长.就好像你是⼀颗种⼦,你在成长的呢个过程.你说你外在你可以帮助这颗种⼦去发芽吗? 你可以帮助它去突破吗? 开出枝叶吗? 它必须是内在的.但是你可以像阳光⼀样让它的叶⼦变得更绿.你可以像⽢露⼀样,露⽔⼀样,让它长的更快,明⽩吗? 但是成长它必须发⽣在你的内在.你外在没有办法去,像你们有⼀句话叫拔苗助长.

Regardless of how many teachers or mentors tell you, no one can replace your growth. It's like you're a seed growing through the process. If you ask whether you can help this seed sprout externally, could you assist it in breaking through and developing branches? The answer is that these things must happen internally. You can make its leaves greener by being like sunlight for it, or water like dew to accelerate its growth. However, the actual process of growing must occur within you. Your external actions cannot force this process as there's a saying here goes "to助长 rice shoots," meaning to forcefully push something to grow beyond its natural pace.

问: 什么是爱?

Questioner: What is love?

JO: 爱就是允许.允许⽆论什么.你如果不允许其实你就是在加⼊你⾃⼰的⼀个意愿在给别⼈.就⽐如说对⽅需要去⽤分裂的⼿段去学习,那你不允许这个分裂出现.然后你要去阻⽌他分裂.那你其实就是把⾃⼰的⼀个意愿加到对⽅⾝上去.这样⼦导致对⽅更加分裂,因为他还没有达到,他还没有长成呢个参天⼤树,他需要呢个过程呀.你把呢个过程直接拿⾛的话… 那你可以做成什么? 你可以像刚才说的太阳,太阳就是爱嘛,太阳就是允许嘛.太阳有没有说你今天你必须给我发芽,明天你必须给我开花,后天你必须给我结果.没有.你有你⾃⼰的⼀个速度,你有你⾃⼰成长的⼀个速度.那我只是… 你⾃⼰去提取.那你受到我的阳光,太阳笼罩着你.

JO: Love is permission. Permission of whatever it may be. If you don't allow, then you are actually adding your own will onto others. For example, if the other party needs to use divisive means to learn, not allowing this division means you're trying to stop them from being divided. Essentially, you are imposing your will upon them. This results in the other person becoming even more divided because they haven't reached their full potential; they need that process. By taking away that process, what can you achieve? You can be like the sun, which is love, and allows for growth. The sun doesn't demand that something must sprout today, bloom tomorrow, and bear fruit the day after. It respects its own pace of growth and development. I'm simply allowing you to find your way by yourself. When you receive my sunlight, it envelops you as well.

你⾃然⽽然会让你的叶⼦,就是这个能量会在你的体内转化让你的叶⼦更绿,让你的花更鲜艳,让你的枝叶更加的饱满.明⽩吗?

You naturally enable your leaves, this energy transforms within you to make your leaves greener, your flowers more vibrant, and your branches fuller, do you understand?

问: 那为什么我们都需要爱?

Why do we all need love?

JO: 那你说种⼦需不需要太阳? 那如果离开太阳它是不是就黄黄的? 它就发育不良.那如果你们⼈类没有爱的话,你是不是也是发育不良? 没有觉得你是有⼒量的.你从来都没有接受过阳光就是接受过爱,明⽩吗? 还有⼀个是,你们并不是说没有爱.只是你们没有允许.只是你有没有⼒量去撑开你的叶⼦,就是你的叶⼦要不要舒展起来去接受阳光? 还是说你因为恐惧,你说外⾯呢么⿊,我不要把我的枝叶给拿出去,明⽩吗? 所以说只要你允许和伸展出来你就能感受到爱.你永远永远永远,就是爱就像阳光⼀样,它并不是说只给你这朵花不给另外⼀朵花.

JO: Then you say do seeds need the sun? If they were to be away from the sun, would they turn yellow and fail to develop? Wouldn't the same thing happen if humans lacked love - wouldn't you also fail to develop, lacking a sense of power? You've never accepted sunlight, which is akin to accepting love. Do you understand this concept? Another point is that it's not so much that humans don't have love; rather, they haven't allowed themselves to experience it. Can your leaves spread out and receive the sun, or are you too afraid of what lies outside, fearing that it might be dark, hence choosing not to expose your branches? Don't you understand that allowing yourself to stretch and embrace life is akin to accepting love? Regardless of how many times I tell this story, love behaves much like sunlight - it's never exclusive; it's for everyone.

问: 为什么要创造⼈类?

Questioner: Why create humans?

JO: ⾸先你要知道意识体就像空⽓⼀样它是⼀个,就好像是⼀个⽆的状态.那它是⼀个⽆的状态下… 这么说吧,你们⼈类为什么要设计这么多玩具呢? 你虽然你头脑⾥⾯会有想要做⼀些什么,你是不是要创造⼀些玩具出来来让你的游戏更加的逼真? 来让你们更加的沉浸在游戏⾥⾯.所以说你们会打造各种的场景.然后来让这个体验变的真,对吧? 那你说我们打造⼈类的⾁体是为了什么? 是为了你们的体验更加的真实.因为如果你的体验不够真实的话,你⼀下就知道这是⼀场骗局.它不会给你带来很深刻的体验.那这样⼦的信息当中你就知道最最最最重要的是什么? 最重要的是体验.体验才是你们最宝贵的.

JO: First of all, you need to understand that consciousness is like air - it's a state of nothingness, just like being in a void. In this state... let me put it this way, why do humans create so many toys? Although your mind might want to do something, isn't the reason for creating toys to make your play more realistic and immersive? To enable you to be fully immersed in the game. This leads to the creation of various scenarios to make the experience feel real, right? So when we design human bodies, what are we aiming for? We're designing them for your enhanced experience. Because if your experience isn't convincing enough, you'd immediately recognize it as a trick and wouldn't get a profound experience. In this context, what's most important? The most crucial thing is the experience - that experience is what you cherish the most.

问: ⼈类存在的意义何在?

Questioner: What is the meaning of human existence?

JO: 这么说吧,你们⼈类存在就好像这些道具,就是有很多道具.那道具存在的意义是什么?那就是供你们去使⽤啊,供你们去创造,供你们去体验啊,是吧? 但是你如何把⼀个道具⽤好你把它运⽤到极致了,还是说这个道具就⼀直在呢摆烂让它⾃⾝⾃灭.那就是你们⾃⼰能做的事情了.那你既然已经有⼀个道具在这个世界上,那么你就⼀定有你存在的价值结和意义.就是你⼀定可以创造出独特的价值,呢个价值是没有谁可以代替的.为什么呢? 因为所有的道具它只有⼀个.它没有完完全全相同的⼀个道具.那你到底是想要这个独⼀⽆⼆的道具呈现它原本的样⼦呢? 还是摆在呢让它发霉? 那就是你⾃⼰去选择.那就是你的意念的强和若,那是你的⾃由意愿.

JO: In other words, human existence is like these items – there are numerous items. What's the purpose of these items existing? It's to be used by you humans, to create with them, and to experience through them, right? But how you use an item well, utilizing it to its fullest extent, or just letting it deteriorate and eventually perish on its own - that is up to your actions. Since you already have an item in this world, there must be a value and meaning associated with your existence. You can create unique value, which no one else can replace. Why? Because each item is unique; there's no completely identical item. Do you want the singular, unique item to manifest its original form, or allow it to deteriorate? That decision lies in your hands. It depends on the strength and weakness of your thoughts, your free will.

你有⾃由的意愿去选择.所以说,没有哪⼀个道具天⽣就会淋漓尽致的,它必定是呢个道具背后的呢⼀股⼒量呢⼀股能量到底有多强⼤.

You have the freedom to choose your own will. Therefore, no item is naturally perfect; it must be that the power and energy behind the item is how strong it truly is.

问: 有⼈命中注定就要经历苦难吗?

Questioner: Is there someone destined to endure suffering?

JO: 你看吧,你们有么有发现实际上你所有的问题实际上都是连接好的.OK,那就到了这个问题,有没有⼈命中注定要经历苦难? ⾸先如果你们所有成长的挑战你们把它当成是苦难的话,那你们注定每个⼈都要经历呀.只是你要注意你的头脑给它定义成什么了.你没有给它定义成是你来成长的机会,你把它定义成苦难呀.这么说吧,你说所有⼈去健⾝房,你说我可不可以不⽤重量来长肌⾁? 明⽩吗? 那你就好像说,⼈世间我可不可以没有挑战然后就成长? 还有⼀个需要你们注意到的是你们需要放下苦难的⼀个定义.没有苦难.为什么? 因为所有的挑战它都是来让你体验,让你进化,让你成长.呢个是苦难吗? 呢个不是,呢个是⼒量.

JO: Look, have you noticed that all your problems are actually connected? Okay, then we're getting to the question of whether there is a destiny for suffering. If you see all your growth challenges as hardships, then each one of you is destined to experience them. But it's crucial how your mind defines these experiences. You don't view them as opportunities for growth; instead, you define them as hardships. Let me explain this with an example: if someone says going to the gym means I can gain muscle without using weights, would that imply in life you can grow without facing challenges? Another thing you need to consider is letting go of the definition of suffering. There's no such thing as suffering. Why? Because all challenges are meant for you to experience, evolve, and grow; they're not about suffering; they represent strength instead.

呢个是来让你的⼒量越来越强⼤的.你可能看着有⼀些⼈他好像⼀辈⼦都没有经历什么苦难,对不对? 这么说吧,呢个⼈他迟早会去世,那他也会经历⾝体的疼痛.那这个算苦难吗? 如果你说他这是⾃然衰⽼的⼀部分,那他就没有苦难.那如果你给他说这是苦难的话,那他必定要经历苦难.所以说你如何去定义苦难的含义? 如果你说你经历物质的匮乏没有⼈帮你,这是苦难的话.那你要知道你的这段经历只有没有⼈帮你,你才能让⾃⼰的⼒量越来越强⼤,明⽩吗? 如果今天别⼈帮你挑粪,明天别⼈帮你挑⽔,后天其他⼈帮你砍柴.你会拥有⼒⽓吗? 你的⼒量没有了呀.你⾃⾝的⼒量是不可能被开发出来,被锻炼出来.

That is to make your power increasingly stronger. You might have observed that some people seem to never experience much hardship, right? So let me put it this way; everyone will eventually die and they will endure physical pain along the way. Does that count as suffering? If you say that's just a part of natural aging, then they don't suffer. But if you tell them it's suffering, they have to go through it. So how do you define what suffering means? If you say experiencing lack of resources without help is suffering, then realize this: only when you are helpless and unable to get assistance can your power grow stronger. Can you understand that? If others carry dung for you today, fetch water for you tomorrow, and someone else cuts firewood for you the next day, will you have strength? Your strength disappears! It's impossible for your own strength to be developed or improved on its own.

所以每⼀次挑⽔,每⼀次砍柴,它都是让你⾃⼰变得越来越强⼤的.那每⼀次所谓的苦难它都是来让你变得强⼤的,它并不是苦难.因为你们怎么去定义它,这个很重要.如果说⼈世间最⼤的苦难或者是苦的话,是什么? 就只有⼀个,⽆明.⽆明就是说你不清楚,你不清楚你现在经历的外在的⼀切它实际上都是虚幻的.你觉得它是不可更改的,你觉得它是没有办法的.那就是⽆明.为什么? 因为当你是在有智慧的时候,你看到的⼀切…. 明⽩吗? 所以唯⼀的就是⽆明阻碍了你.没有其他,没有真正的所谓的痛苦或者是苦难或者是什么.

So with each trip to fetch water and each time you cut firewood, it is making you stronger. Each supposed hardship comes to make you strong; it isn't actually a hardship. How you define it matters greatly. If the greatest suffering or 'karma' in this life were one thing, what would it be? It's just one: ignorance. Ignorance means you don't know. You don't know that everything you experience externally is actually illusory. You believe it cannot change and see no solution. That's ignorance. Why? Because when you have wisdom, you see all... Do you understand? So the only thing blocking you is ignorance. Nothing else, there is truly no pain or hardship or anything like that.

问: 如何让⽣命更充实?

Questioner: How can one make life more fulfilling?

JO: 那我们刚才⽤到了你呢个道具.你这个道具你是⼀只想放在呢⾥呢? 就是不怎么⽤它呢?还是想不断地使⽤它,让它的灵活度越来越好? (断开)

JO: Then we just used your gadget. Is this gadget something you want to keep for yourself, not using it much? Or do you want to continuously use it and improve its flexibility over time?

# **2023/02/18 - 疗愈婴幼⼉时期的创伤Healing childhood traumas**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 她和⽼公分离的时候产⽣的焦虑情绪是什么原因导致的?

Questioner: What causes her anxiety when she separates from her husband?

JO: 这是她在童年的经历,也就是她在婴幼⼉就是⼩时候的呢种不安全感.因为她没有⼀个安全的环境,然后没有⼀个她固定的依恋对象导致的不安全感.这么说吧,你们每⼀个年龄阶段它都有不同的环境.不同的环境就⽐如说你⼀到五岁是⼀个环境,六到⼋岁是个环境,⼗到⼆⼗五岁是个环境.每⼀个环境都是⼀个不同的⼈格,你都是不同的⼈.为什么? 你拥有不同的经历,你有不同的记忆,你有不同的呢个什么… 就好像你是⼀根棍⼦,你有七⼗岁呢个棍⼦就分成了七⼗节.每⼀节都有不同的颜⾊.呢个颜⾊就来⾃于你当时处于的环境,明⽩吗? ⽐如说她婴幼⼉时期她处于的颜⾊是⿊暗的.那你说这个⿊暗的颜⾊对她整体的颜⾊有没有影响?

JO: This refers to her experiences in childhood, specifically the feelings of insecurity she experienced as an infant and toddler due to lacking a secure environment and having no stable attachment figure. Essentially, at every age stage, there's a different context or environment. These environments might be different for each stage, such as from birth to five years old being one phase, from six to eight being another, and so on up until adulthood by twenty-five years of age. Each of these environments fosters a distinct personality, with you embodying various aspects depending on your experiences, memories, and other factors. It's like dividing an individual into segments throughout their life: each segment is colored differently according to the environment they experienced at that time. For instance, during her early childhood phase, she was exposed to dark surroundings which might influence all areas of her personality.

So, does this mean that the darkness in her early years has impacted the overall color of her personality?

多少都会有影响的,明⽩吗? 因为她呢个⿊⾊是⼀直存在的.所以她的这种没有安全感的感受,就好像她呢会⼉是个⼩宝宝,然后呢个⼩宝宝她还是个⼩宝宝.就是环境导致她成了⿊⾊,她还是⿊⾊,明⽩吗? 但是这些就是你们所谓的它是在潜意识⾥⾯,但是它还是影响着你的情绪、感受、反应.就好像你的⾝体如果留了⼀个疤,呢个疤还在呢⾥,你看上去还是⼀个疤的.然后这种情况也就是你们所谓的⼩时候,那你们没有办法去控制外界.你就会有⼀种外在你是没有办法控制的感觉.然后你这种感受、感觉还是在呢⾥.那你们可以如何正⾯的来利⽤它或者使⽤它让它来服务于你呢?就是让你对所有的众⽣所有的⼈,所有的其他⼈格充满了谅解和理解.为什么呢?

There will be an impact, right? Because her blackness exists constantly. So her feeling of insecurity is like she's a baby and still acting like a baby. The environment has made her black, but she remains black, do you understand? But these are what you call the effects that exist in the subconscious, yet they still influence your emotions, feelings, and reactions. Imagine if your body had a scar, it's there inside, yet you can see it as a scar on the surface. Similarly, this situation is akin to when you were young, where you couldn't control external factors. You would feel like there's an uncontrollable aspect of yourself in the outside world. And these feelings are still within you. How can you use or benefit from this positively? By fostering empathy and understanding for all beings, everyone else, and other personalities towards you. Why is that so?

因为他们都曾经有过呢个阶段,都是处于没有办法控制外界,都是⽆助的⼀个状态,都是没有安全感的状态,明⽩吗?那有的⼩孩⼦他可能⼩时候建⽴了这种安全感.但是他⼈⽣的其他阶段他可能会经历.也就是说你可能⼈⽣的前⼀阶段你没有经历⿊⾊,但是到了另外⼀个阶段你经历⿊⾊.这样同样会给你留下印记来影响着你的情绪和感受和看待事情的⽅式和⽅法.但是刚才说像这样⼦的经历可以如何正⾯的服务于你?就是你可以去看到你产⽣的这些情绪是因为你怎样怎样.⽐如说你⼩时候没有⼀个监护⼈没有⼀个依恋的对象.那它会导致你现在还处于⼀种恐惧或者担⼼的状态,对吧? 那对于其他呢些还在恐惧当中的⼈你是不是就可以抱有同理⼼? 为什么?

Because they've all been through that phase where they couldn't control the outside world, felt helpless, and lacked a sense of security. Do you understand? Some children may have established安全感in their early years, but this experience might come later in life for others. This means that while one person might not have experienced 恐色 in their early stages, they could encounter it at a later point. Such experiences leave lasting impressions that influence their emotions, feelings, and the way they perceive situations and approach them.

But how can such experiences serve you positively? You can learn to see your reactions as a result of certain actions or conditions from your past. For instance, if a child had no guardian figure during their formative years, it could lead to ongoing fear or anxiety in their current state. Could this understanding allow you to empathize with others who are still in the midst of such feelings? Why is that significant?

因为你能理解他的感受,你能明⽩他的感受,他也是⼀个充满恐惧的孩⼦.这是其⼀你可以⽤这样⼦的⼀个⾓度去来让你变得赋予同情⼼.你想,⼀个⼈有同情⼼好还是没有同情⼼好?所以说这样⼦的经历它可以让你变的更具有同情⼼.然后它还可以怎么样的服务于你?⾸先任何东西它只要存在你都可以去让它正⾯的服务于你,⽽不是你去受它的影响,明⽩吗?你有两个选择.你让它来服务于你,要么选择受它的影响.那你到底是要选择哪⼀个?你如果是要选择受它的影响,你是受它影响的.如果你想要它来正⾯的服务于你,它也会来正⾯的服务于你.所以你必须要去看到你可以去做这个选择.因为在你们只是去恐惧或怎样的时候,你会觉得你没有选择.

Because you can understand his feelings, you can comprehend his emotions; he is also a scared child. This perspective allows you to cultivate empathy. The question arises: is it better to have empathy or not? This experience can make you more empathetic. But how does this serve you beyond that? First of all, any situation can be used positively for your benefit instead of letting it negatively impact you; do you understand? You have two options. You can leverage the situation for your advantage, or allow it to affect you. Which one will you choose? If you opt to let it affect you, it will indeed influence you. But if you desire for it to serve you positively, it will similarly contribute positively to your life. You must recognize that you have this choice. This becomes particularly evident when you're merely fearing or reacting to something rather than having a choice in the matter.

你只是受它的影响,你会觉得你没有选择.那现在告诉你当你看到的时候,你可以让它正⾯的服务于你,你是有选择的,你不是没有选择的.因为当你看到你是有选择的时候…这么说吧,前⾯有只⽼虎,你看到它就吓得要死.怎么办?呢个⽼虎要吃掉我.你⾮常的恐惧.然后呢?现在通过我们的⾼维信息,就好像你知道⽼虎和驯兽师,原来你是个驯兽师,原来你可以让⽼虎变的像⼩猫⼀样乖乖的听你的话,是不是?那当你可以去让⼀个你害怕的东西去顺从你去听你的去服务于你,你是不是就不会对它产⽣恐惧了?那当你去⾯对这个⽼虎的时候,你要如何成为驯兽师,你是不是需要去学习?你们现在在做的事情就是这样.

You were just influenced by it, making you feel like you had no choice. Now, I'm going to tell you that when you see this, you do have a choice; you are not without any options. Because once you realize that you do have choices... imagine there's a tiger in front of you, and you're terrified just seeing it, right? What can you do when the tiger wants to eat you? You're extremely scared. Then what happens now with our high-dimensional information? It's like realizing you're actually the驯兽师 (tamer), that you could make the tiger behave nicely and listen to your commands. Wouldn't that eliminate your fear? When faced with this tiger, how do you become the驯兽师 (tamer)? Don't you need to learn something for this role? This is exactly what you're doing now.

你们现在就是在学习如何让这些经历正⾯的服务于你,⽽不是受其影响.那你

You are now learning how to let these experiences positively serve you instead of letting them affect you.

们要怎么样做你们才可以做到? ⾸先就是你得明⽩你的恐惧来⾃于哪⾥? 就是你需要去⾃我探索.这么说吧,你的脑⼦⾥⾯或者你的记忆⾥⾯储存了很多记忆⽚段,就是呢⾥⾯有很多你对事件的定义.就是你把这个写上你的定义然后放到格⼦⾥⾯,明⽩吗? 你把呢个写上⼀个定义… 那OK,呢个定义写上后你⼀触碰它就会有呢样⼦的感受.那如果我们把写上的呢个抹掉重新写呢? 你的感受也就变化了.所以我们现在来帮她重写她⼩时候的感受.你稍等.现在我已经把她充满了⽆⼒感(哭泣中)… 呢个充满了⽆⼒感充满了恐惧… 她需要⼀个温暖的怀抱,⼀个安定的环境… 我们现在让她知道当她的⾁体来到这个世界上⾸先是充满恐惧的.

We need to know how you can do it. First of all, you have to understand where your fear comes from? You need self-exploration. Imagine there are many memory fragments in your mind or memories, which contain various definitions of events. You write down one of these definitions and place it in a box, got it? You write the definition... Then when you touch it, you feel this way. Now, if we erase that definition and write something else, your feelings change. So now let's help her rewrite her childhood experiences. Wait. I've already filled her with a sense of powerlessness (sobs)… This sense of powerlessness is full of fear… She needs a warm embrace, a stable environment… Now let her know that when her body came into this world, it was initially filled with fear.

所有的环境对她来说都是陌⽣的.我们现在邀请⽆条件的爱去笼罩着她.她现在在婴幼⼉阶段的呢种恐惧感还有⽆⼒感还有悲痛的呢种能量已经被释放掉了.就好像你们⾝体⽐如说有⼀个地⽅长脓了,⼀直没有被处理掉.然后刚才已经被处理掉了.然后通过这次她⾃⼰深刻的感受,她就体验到了baby的感受.她更好的作为⼀个母亲,因为她体验了她的宝宝在哭喊的时候.因为她有时候她会觉得宝宝的哭声是不重要的,她不能感受到宝宝的需求.但是对婴⼉来说,他需要更多的拥抱更多的肌肤的接触,就是妈妈的怀抱.让他处于⼀种有安全感的⼀个状态.这样⼦可以帮助他在今后的⼈⽣⾥⾯都充满了安全感.所以接触对婴⼉来说⾮常的重要.

All of her surroundings are alien to her. We now invite unconditional love to envelop her. The fear, powerlessness, and sorrow that she experienced during the infant stage has been released. It's like a sore spot in your body that was left untreated, but it has now been addressed. Through this experience, she is able to empathize with a baby's feelings. She can better understand how to be a mother because she experiences her baby crying. Sometimes, she might not feel the importance of her baby's cries and fail to understand their needs. However, for an infant, more physical contact and hugs from the mother are crucial. This helps them feel secure, which is essential for establishing a sense of safety throughout their life. Thus, touch is extremely important for infants.

# **2023/02/20 - 总是感到很郁闷怎么办How do you deal with always feeling very depressed?**

JO: 你问吧,什么问题?

JO: Ask away, what question?

问: 我觉得我还不是很适应我的⼯作,虽然它很轻松放松.但是我坐久了就会很闷.我这段时间有时候⼯作我就很郁闷.我不知道是什么造成了我这种状态.

Questioner: I feel that I'm not fully accustomed to my job although it's easy and relaxing. However, I get quite bored after sitting for a long time. I've been feeling gloomy during this period when I work. I don't know what is causing me to be in such a state.

JO: ⾸先你要知道外⾯没有真正的所谓的完美的⼯作存在.你唯⼀需要去利⽤的是,即使是通过⼯作的这个平台,你认识的还是你⾃⼰.这么说吧,你的⽣活你的⼈⽣就是⼀⾯镜⼦.那你的⼯作也是⼀⾯镜⼦.那你真正真正最⼤的⼈⽣的⼯作就是know yourself,就是认识你⾃⼰.因为如果你都不认识你⾃⼰,就是说如果你只是⽼虎,但是你⼀直觉得你是只⽼⿏.那如果你连你是⼀只⽼虎你都不知道,你说你能去…你还⼀天躲着猫.你还说:呀,这个猫来了,我好害怕呀,我要躲起来.你觉得⼀只⽼虎看到⼀只猫它吓的哆嗦,然后往洞⾥⾯钻,这是正常的吗?

JO: First you need to know that there's no such thing as a real perfect job outside. The only thing you need to utilize is that even through this platform of work, it's still you. Let me put it this way, your life and your life span are like mirrors. Your job is also like a mirror. Your true biggest job in life is knowing yourself, which means recognizing who you are. Because if you don't know yourself, say if you're just a tiger but always feel like a mouse. And if you don't even know that you're a tiger, how can you say... You still hide from the cat. You say: Oh, the cat came, I'm so scared, I have to hide. Do you think it's normal for a tiger to tremble in fear when it sees a cat and runs into its den?

所以说,你最重要的就是通过外界的⼀切,不管是什么,不管你是在⼯作的场所还是在家⾥的场所还是在任何场所,这些场所都是来帮你认识你⾃⼰.你只有认识你⾃⼰,知道你是谁.你才能成为你⾃⼰.然后成为你⾃⼰才是你们这⼀⽣最重要的⼯作,明⽩吗?

So, the most important thing is to understand yourself through everything in your surroundings, regardless of where you are, whether at work or at home or anywhere else. These environments are there to help you know who you are. Only when you recognize yourself and know what you are can you truly be yourself. And making that realization that becoming oneself is the most significant task throughout one's lifetime is the essence of your journey, do you see?

问: 这些话我都听过,我也知道.但是我就不知道为什么我坐久了我就很郁闷.这是为什么? JO: OK,那你就通过你在这个⼯作的场所产⽣的郁闷的⼼情,然后通过这个情绪去认识你⾃⼰,明⽩吗? 因为你们很多⼈他郁闷了,他可能找很多朋友去聊聊天,打打⿇将,打打牌.

Questioner: I've heard these explanations before, and I understand them. But I still don't know why I feel depressed after sitting for a long time. Why is that?

JO: Alright, so you should try to understand yourself by recognizing the mood of depression you experience in your work environment, and then use this emotional state to gain insight into yourself. Do you see what I mean? Many people who are depressed might seek comfort from friends by chatting or playing mahjong or cards.

然后就把这个郁闷的情绪给躲过去了.然后再等他郁闷了,就看看电视,购购物,买买东西,他又把这个郁闷的情绪给躲过去了.他们就不断地这样⼦把⼀次⼀次摆在你眼前来让你认识你⾃⼰的机会给pass掉了,让它溜⾛了.就是说每⼀次你产⽣的情绪都是来帮你让你认识你⾃⼰.然后你每⼀次都不要去认识你⾃⼰.为什么呢?你要去找⼀些外在的刺激把你流露出来的情绪给掩盖起来.那你就觉得没事了.那你这次没事了,可能今天不郁闷了.明⽩又会郁闷,后天又会郁闷,明⽩吗?

Then they successfully avoided this gloomy emotion. Then, when he became depressed again, they would watch TV, shop online, and buy things, thus avoiding that depression once more. They continuously let such opportunities to recognize themselves pass them by, letting them slip away. Each time you feel an emotion is meant to help you understand yourself better. But every time you choose not to do so. Why? You seek external stimulation to hide the emotions you naturally have. Then you think everything's fine. That way, today you might be fine; but tomorrow or the next day, you'll feel gloomy again. Do you see that?

问: 我就是不是很明⽩啊.我郁闷我就会去锻炼或者游泳啊.

Questioner: I just don't understand really. When I'm depressed, I would go exercise or swim.

JO: 你⾸先要知道你所产⽣的情绪,你需要回到当下跟你的情绪呆在⼀起.为什么呢? 它就是你当下去通过这根线去拉扯出来你内在的⼀些,⽐如说你内在有很多垃圾吧,有很多头发或者⽑线头,是吧? 那你发现漏出来⼀点,漏出来⼀点你去把它剪断就好了,再漏出来⼀点再剪断就好了.但是你内在的呢些垃圾呢些⽑发呀呢些堵塞的东西它⼀直在,明⽩吗? 那你是不是可以通过这个点,然后去把你⾥⾯的垃圾全部清理出来,明⽩吗? 就是你发现漏出来了⼀些⽑发,然后你就不断地往⾥⾯去探索,不断地打开.然后把⾥⾯全部清理掉,明⽩吗?

Japanese Owl (JO): The first thing you need to understand is your emotions. You should remain in the present and be with them. Why? They are essentially pulling out what's inside of you through this line, like there being a lot of trash, hair, or yarn in it, right? When you find something leaking out, just cut it off; when it leaks out again, cut it off again. However, that trash, hair, and all the blockages within you are constantly present. Do you understand? Can you then use this point to clear out all the trash inside of you? You keep finding hair leaking out and continuously exploring deeper, opening up, cleaning everything out from within.

问: 但是我⾃⼰就不知道怎么去做? 你能不能帮助我?

Questioner: But I don't know how to do it myself? Can you help me?

JO: 我们现在就是在往呢个⽅向⾛.为什么呢? 第⼀你要让你知道并不是给你吃⼀个⽌痛药或者⿇痹你或者是让你有什么替代,⽐如说: 你要是不开⼼你就找⼈聊聊天或者运动两下,⼼情就好了.但是实际上你这样⼦你还是在不断地放弃你去⾃我认识⾃我探索⾃我认知的⼀个机会,明⽩吗? 所以你要知道外在的东西它是像镜⼦⼀样把你映射出来.所以你要抓住这次机会.你⾸先要愿意去抓住这次机会来⾃我认识.

JO: Right now we are moving in that direction. Why is that? First, you need to understand that it's not about giving you a painkiller or numbing you or providing you with alternatives like talking to someone or exercising when you're unhappy and your mood improves. However, by doing so, you're still missing out on opportunities for self-awareness, self-exploration, and self-understanding. Do you get that? So, you need to realize that external factors reflect back on you like a mirror. This is why you should seize this opportunity. You have to be willing to grasp this chance for self-discovery.

问: 我是愿意,但是我就不知道是什么.

Questioner: I am willing, but I just don't know what it is.

JO: NO NO NO NO.你⾸先要知道你要做什么.我们这个步骤是⼀步⼀步的,明⽩吗? 你⾸先要有这个认识.是认识到我不是说去换其他⼯作或者换其他场地把这个东西给拿⾛.拿⾛的话你就失去了⼀次这样的机会,那你下次还会⾯对同样的情况.OK,那我们接下来要怎么做呢?就是你认识到这是你内在的东西.那我们就会向内看,你就不会再向外了,对不对?你就不会说:哎呀,我要换个⼯作或者怎样怎样.你就不会再对外做功课了,那你就会朝内做功课了.那你就可以去看到到底是什么念头,就是你产⽣的什么恐惧或者什么担⼼,就是到底是什么导致你会产⽣如此的⼀个情绪?你就会发现原来⾃⼰之前是⼀直忙,是通过忙碌来逃避⾃⼰的⼀些烦躁.

JO: NO NO NO NO. You first need to understand what you want to do. This process is step by step, got it? You need this understanding first. It's not about changing jobs or moving to another location to take something away. If you take it away, you lose an opportunity, and you'll face the same situation next time. Okay, then what should we do next? We need you to recognize that this is something within you. We will look inward from there, not outward anymore, right? You won't say things like, "Oh, I should find a new job or whatever," anymore. Instead of focusing outward, you'll focus inward. Then you can see what thoughts are causing your fears and concerns, the root cause of such emotions. You'll discover that previously, you were just busy to avoid your restlessness.

因为当我忙的时候我就忘了我烦,当我不忙的时候我又回到了烦的状态了,明⽩吗?你就会去继续看.那我到底在烦什么呢?那我们现在坐下来好好的来看⼀下⾃⼰到底在烦什么或者在害怕什么,明⽩吗?

Because when I'm busy, I forget my worries, but as soon as I'm not busy, I slip back into that state of worry. Do you understand? You'll continue reading. And the question is, what exactly am I worried about? So let's sit down and really look at ourselves to see what we're actually worrying or scared about. Do you understand?

问: 但是我不知道我在烦什么? JO: 你稍等.你叫什么名字? 问: XXXJO: 唯⼀困扰你的让你产⽣烦躁的就是你头脑⾥⾯不断地念头,就是你不断地受到物质世界外在的相,你没有办法ignore them,就是没有办法去把这些东西看淡.就好像外在所有的⼀切,⼀举⼀动、风吹草动,多有的东西对你来说都是很强烈的.明⽩我意思吗? 这么说吧,如果你是个⼤⼈,按⼀下喇叭,你不会怎么样,对不对? 那如果你是⼀个婴⼉呢? 按⼀下喇叭,你可能会跳起来,你可能会哭,你可能会慌张,你可能会恐惧.因为你不知道发⽣什么了,明⽩吗?

Questioner: But I don't know what it is that's bothering me?

JO: Wait a moment. What is your name?

Questioner: XXX

JO: The only thing that bothers you and causes irritation is the constant thoughts in your mind, which are constantly influenced by the external appearances of the material world; you can't ignore them, so you find it hard to dismiss these things easily. It's as if everything outside affects you strongly, whether it's someone's actions or even a gentle breeze. Do you understand what I mean? Let me put it this way: If you were an adult and honked your horn, nothing would happen, right? But if you were an infant? Honking the horn might make you jump, cry, panic, or feel fear because you wouldn't know what was happening. Do you get it?

所以你现在的状态就是说只要外在有⼀些事件,你都会有⼀些⾼度敏感或者⾼度紧张的状态,明⽩吗? 不管是什么事,⼤事⼩事或者什么事.就是所有的事情它都会让你进⼊⼀种要战时备战的状态.所以你全⾝就好像要警惕起来,像⼀只猫⼀样,⼀听到声⾳马上就全⾝供起来进⼊紧急的待战状态.

So your current state is that with any external events, you'll have a heightened sense of sensitivity or tension, right? No matter what the event is, big or small, or whatever it may be. Every single thing can make you enter into a wartime readiness state. Therefore, your whole body seems to be on alert, like a cat, ready to spring up immediately upon hearing any sound and enter a state of emergency combat readiness.

问: 那这种是⼀种不安全感吗?

Questioner: Is that a feeling of insecurity?

JO: 这种是你成长的⼀个过程.这么说吧,刚才我形容像⼩baby⼀样,⼀听到噪⾳马上就会哭,会害怕,会恐惧,是吧? 那随着你慢慢慢慢的年龄增长,你长⼤.你听到这些噪⾳不会对你造成任何影响.你知道只是按了⼀下喇叭,对不对? 那么你现在也是需要去知道这是你成长的⼀个过程.那你需要去允许它、相信它和看到它,明⽩吗? 但是你可以怎么样更好的去协助你⽬前的这个阶段呢? 因为⽬前的这个阶段已经在困扰你.就是说你是有觉察⼼的.

JO: This is a process of your growth. To put it simply, just now I described you as a little baby who would cry and be afraid at the sound of noise right? As you grow older and mature, with time, you would no longer be affected by such noises. You understand that honking a horn, for instance, wouldn't have any impact on you, right? Similarly, this is now something you need to realize as part of your growth process. You need to accept it, trust in it, and observe it. But how can you better assist yourself at this current stage which is troubling you, knowing that you are aware of your inner self?

⽆知的反义词是什么? 清明⼼.也就是说如果你拥有⼀颗清明⼼.清明⼼就是你⼼⾥明明⽩⽩,清清楚楚,什么都知道,对吧? 如果你在再同样体验这样⼦的东西,你就能完完全全知道这只是你成长的⼀个过程.这么说吧,最开始你是⼀个⼩孩⼦,你⾛路摔跤,对不对? 你就只能感受到摔跤的疼和⾛路怎么这么难,对吧? 那如果你是⽗母呢? 你知道孩⼦摔跤只是他的⼀个过程,他多⾛⼏步就好了,是吗? 所以你,同样你是孩⼦在摔跤,同样你也有⼀双像是⽗母的眼睛在盯着⾃⼰,明⽩吗? 这样⼦的话,你就不会太过于的去认同物质世界的⼀

What is the antonym of ignorance? Clarity of mind. That means if you possess a clear mind, clarity of mind refers to having everything within your heart be clearly understood and comprehensible, right? If you continue experiencing something in this manner, you can fully comprehend that it's simply part of your growth process. Let me explain: initially, you are a child, stumbling around as you learn how to walk, do you agree? You could only feel the pain from falling and wondering why walking is so difficult, right? But if you were your parent, wouldn't you understand that the child's falls are merely part of their process, they'll just need to take a few more steps? So even if you're both experiencing this as the child and as the parent watching over yourself, does this mean you don't overly identify with the material world in the sense of just accepting it for what it is without questioning or exploring deeper meanings behind things?

切,也不会去过度的去想要去掉这个感觉.去掉什么感觉呢? 去掉你⾛路还是⼩宝宝⾛路会摔跤或者听到噪⾳会恐惧.你不会想要去掉这种感觉.因为你知道这是⼀个正常的过程.但是你也可以安抚他.⽐如说你听到⼀个噪⾳,你把孩⼦抱的紧紧的说: 妈妈在,妈妈在,我们不怕.刚才呢个是警车.或者是刚才宝宝摔跤了,你安抚他: 没事,没事.我们每个⼈都有这个阶段.⾛路摔跤是正常的.

Cut it out and don't overthink trying to rid yourself of this sensation. What sensation are you trying to get rid of? Not the feeling that as a baby walking might result in falling or becoming fearful at loud noises. You wouldn't want to eliminate these sensations because you know they're part of a normal process. However, you can comfort them. For example, when you hear a loud noise, you would tightly hold your child and say, "Mommy's here, Mommy's here, we're not afraid. It was the police car just now." Or if your baby fell down, you could reassure them, "Don't worry, don't worry. We all go through this stage. Falling while walking is normal."

问: 哦,⾃⼰扮演⼀个⽗母的⾓⾊.

Questioner: Oh, play the role of a parent.

JO: 对.所以你就不会去因为⾃⼰处于⼀种烦躁的状态,你就想要把它排斥掉或者质疑你⾃⼰: 你怎么这样.这么说吧,你们的灵魂你们的⼈格它也是分年龄阶段的,明⽩吗? 那有⼀些呢,它可能它已经体验过这个阶段了,它就不需要再体验这个阶段了.就好像你已经上过幼⼉园了,你还需要再上吗? 你不需要上幼⼉园,你只需要去专注于你⼤学的课程.因为你们每⼀个⼈都是不⼀样的,明⽩吗?

Jo: Yes. So you wouldn't judge yourself or reject your feelings because you're in a烦躁 state, thinking to yourself, "Why am I like this?" Let me put it this way - think of your soul and personality; they also have stages throughout their development, right? Some may have already experienced certain stages and don't need to revisit them. Imagine you've already been to kindergarten; do you really need to go back again? You don't need to attend kindergarten; just focus on your university studies instead. Understand that everyone is unique in this process.

问: 那我⽣活中我就扮演⽗母的⾓⾊安抚我⾃⼰?

Questioner: Then in my life, I play the role of comforting myself as if they were my parents?

JO: 你需要去拥有觉察,就是你知道你是因为什么.就是刚才前⾯的信息,你可以反复的去听.

JO: You need to have awareness, which means you know why you are. It's like the information we just heard at the beginning; you can keep listening to it repeatedly.

问: 那我就是慢慢的让⾃⼰渡过这个阶段?

Questioner: So I am slowly going through this phase?

JO: 陪伴你⾃⼰成长.

Grow with yourself.

问: 我想请你给我释放我⾝体的⼀些负⾯情绪和能量.

Questioner: I want you to help me release some negative emotions and energy in my body.

JO: 你稍等.你想要做能量疗愈是吗? 那你先说⽬前让你感受到痛苦或者阻碍的问题.问: 我⾃⼰安静久了会⼼⾥郁闷.还有我和⽼公争执,我也会难受.胸部会觉得堵.

JO: Wait a moment. Are you looking for energy healing? If so, please tell me about the issues causing you pain or hindrance currently. Questioner: I feel gloomy when I'm quiet for long periods. Additionally, arguments with my husband cause me distress, and I feel blocked in my chest area.

JO: ⾸先,你如果回去听刚才的信息.你就会发现你所有这些反应就是跟刚才说的⼀样.这是你成长的⼀个过程.这是你成长带来的⼀些正常的⼀些反应.然后你只需要去觉察到你并不是被困在⾥⾯.为什么呢? 你觉得你会困在婴⼉的⾝体⾥⾯永远都长不⼤吗? 明⽩吗? 你是会成长的.那婴⼉的呢些反应,你就好像你现在来疗愈,让外界有响声的时候⾃⼰不要哭,不要害怕,明⽩吗? 这如果只是⾃然的⼀个反应的话,你如何把⾃然的反应给拿⾛?

JO: Firstly, if you go back and listen to the information just given, you will find that all of your responses are exactly the same as what was said. This is part of your growth process; these are normal reactions brought about by your development. The only thing you need to realize is that you're not stuck inside. Why would you think you'd be trapped in a baby's body forever, unable to grow? Do you understand? You will grow. As for the baby-like responses, imagine if you heal them now, so when there are external noises, you don't cry or fear them. If this is just a natural reaction, how can you take away such a natural response?

问: 还有就是我腹痛.好像⼀点都不能吃辣.

Questioner: And I'm experiencing stomach pain. It seems like nothing spicy can be eaten at all.

JO: 就好像前⾯说你想象你是⼀个婴⼉的状态.那如果你是婴⼉的状态,你是不是有很多⾷物你都吃不了? 那如果你有⼀些东西你不能吃,你就慢慢慢慢的⽤你的⾝体去尝试,选择⼀些跟你的⾝体很友好的⼀些⾷物,明⽩吗?

JO: It's like the state you imagine being an infant. If you were an infant, would there be a lot of food that you couldn't consume? And if there are things you can't eat, you gradually try them with your body, choosing foods that are friendly to your body, right?

问: 因为我觉得我也太脆弱了.

Questioner: Because I feel too vulnerable.

JO: 这么说吧,你就好像是现在要逼着⼀个⼩婴⼉让他去吃辣,然后让他觉得不辣.你要知道你们的⾝体是你们整个灵魂投射的⼀个状态.如果当你们不断地长⼤,那婴⼉的⾝体也会长的呀.你的思想,你的⽣理也会改变的呀.那你说婴⼉他不能吃辣,那他长⼤了他还不能吃吗? 也就是说你⽬前是⼀个阶段性的,它让你的⾝体是呈现这样⼦的反应.但是你也要知道你的这个阶段性它也只是属于阶段性.它也会改变,它改变了,你的⾝体就改变.你唯⼀要做的就是允许你这个过程,⽽不去强迫它快点长⼤呀,明⽩吗?

JO: Let me put it this way, you're essentially forcing a baby to eat spicy food and expecting them to think it's not spicy. You need to understand that your body is the state of projection for your entire soul. If you keep growing, so does the baby's body. Your thoughts, your physiology will change as well. If you say babies can't handle spice, then are they still immune when they grow up? Essentially, what you're experiencing is a transitional phase, making your body react in this way. But remember, this phase is only temporary; it will change, and when it does, your body will adapt accordingly. The only thing you should do is to accept this process without forcing it to grow faster, got that?

问: ⼀直以来我觉得⾃⼰的体质⽐较寒凉.

Questioner: I've always felt my constitution was somewhat cool and cold.

JO:这么说吧,你现在就把你当成⼀个婴⼉,就是⼀个baby的状态.你的所有都是baby的状态.那你现在所有的问题都是对你baby的状态产⽣质疑.然后你想要去让别⼈给你改变.那你说如果让你去改变⼀个baby,让他听到噪⾳不烦躁不害怕.然后让他接纳,让他怎么怎样.你会去做什么?如果我来说:你看这个⼏个⽉⼤的婴⼉他⼀听到噪⾳就哭,没⼈理他就烦,他总是要⼈抱还这个也吃不了呢个也吃不了.你说你会说什么?

JO: Let's put you in the position of being a baby, in that baby-like state where everything is new and unfamiliar. You're experiencing everything as if for the first time. Your current issues are a reflection of questioning your own baby-like self, seeking external validation or changes to improve that state. Imagine I asked you, what would you do if you had to change how a few-month-old baby reacts to noises? If they get upset at loud sounds and crave attention, needing to be held constantly without being able to eat properly. What advice would you give?

问: 那就只需要给我⾃⼰关爱和耐⼼.

Questioner: So I only need to care for and be patient with myself.

JO: 你只是要知道这是你成长的⼀个过程.它这只是⼀个阶段性的.它不是⼀成不变的.你的思想每天都在发⽣转变.为什么呢? 因为你每天都在长⼤.你的⾝体它也会随着你每天长⼤⽽发⽣转变.所以它不是⼀成不变的.但是这些信息对你来说也是⼀个⾮常巨⼤的帮助.为什么呢? 就好像以前你没有头绪或者是⼀直在⿊暗当中或者是不知道怎么办.那你现在看清楚了.你会⼲什么呢? 你会允许你存在的各种反应.以后你要是⼀个不允许你⾃⼰的⼀个状态,你看⼀下婴⼉.你会逼着他快点长⼤吗? 还有就是说,在你这个成长的阶段怎么样可以让你⽬前烦躁的⼀些东西来正⾯的服务于你.你可以问这样的问题.

JO: Just know that this is a process of your growth. It's just a transitional phase; it doesn't remain constant. Your thoughts change every day. Why is that? Because you're growing every day, and your body changes along with you as you grow. So it's not stagnant, but these pieces of information are also a massive help to you. Why? As if you were lost or in darkness or didn't know what to do before, now you have clarity. What would you do then? You would allow all the reactions that exist within your being. If you don't want to be in a state where you disallow yourself, look at infants—would you force them to grow faster? And how can you use the current disturbances serving you positively during this phase of your growth? You could ask such questions.

问: 对,我就是在这种反复郁闷的循环的状态.我怎么可以不反复的⾯对这样的问题?

Questioner: Yes, I'm stuck in this repetitive melancholic cycle. How can I avoid constantly facing such issues?

JO: 那就是允许你⾃⼰成长,明⽩吗? 你现在就好像是⼀个⼩婴⼉早烦恼我怎么还不长⼤呀?你想⼀下你刚才呢个⼥孩⼦,你看着她的baby.然后呢个baby在呢⾥说,我怎么还不长⼤呀?

JO: That's about allowing you to grow and understand, alright? You're like a baby worrying when I won't grow up yet? Think about the girl who just did this, as she watched her baby. And then the baby inside says, why am I not growing up yet?

问: 但是我特别难受的时候怎么办呢? JO: 婴⼉也会有特别难受也会哭,是吧?问: 我哭不出来.

Questioner: But what should I do when I'm really suffering?

JO: Infants also experience severe discomfort and cry, right?

Questioner: I can't cry.

JO: 减轻这种特别难受的⽅法就是说你允许它存在这个难受的过程.因为如果你越是想要去把这个难受的过程给打消掉,那你就越在⾥⾯挣扎.当你去完完全全的允许…. 你就这么告诉你⾃⼰,我现在就是⼀个baby.我哭我就⼤声的哭.你只有压抑它说你不要哭,成天哭哭啼啼的像什么.然后你头脑⾥⾯有⼀些定义你觉得你不应该哭.哭是⼀种很弱的表现.

JO: The way to alleviate this particularly uncomfortable situation is by acknowledging its existence in the process of discomfort. The more you try to eliminate this discomfort, the more you struggle with it. When you fully allow... you tell yourself, "I am a baby now. I will cry loudly." You only suppress your feelings saying don't cry, always crying like that. Then there are definitions in your mind about what you shouldn't be feeling. Crying is seen as a weak manifestation.

问: 我倒是想哭,我哭不出来.我怎么排解呢?

Questioner: I want to cry but can't. How do I cope with this?

JO: ⽆论是什么,产⽣的是什么,那⽆论你产⽣的是什么,你都不去阻碍它.⽐如说你哭不出来,那就哭不出来喽.⼲嘛⼀定要逼⾃⼰哭呢,明⽩吗?

JO: Whatever it is and whatever comes out of it, you're not going to block it anyway. For example, if you can't cry, then don't force yourself to cry. Understand?

问: 但是我⼼⾥就难受啊.

But I just feel uncomfortable inside.

JO: 那⼼⾥难受你就让它难受⼀会啊.⽆论你产⽣的是什么情绪什么感受.你这么想,你们会下⾬吧? 你们会打雷吧? 你会不停的说⾬怎么这么烦,怎么还不⾛? 雷你怎么这么烦? 雷打⼀下,过⼀阵就没有了呀.明⽩吗? 你知道⾬会停的,太阳会出来的.

JO: If your heart feels bad, let it be bad for a while. Regardless of what emotions or feelings you experience. You think, will they rain? Will they thunder? Wouldn't you keep saying how annoying the rain is and why isn't it gone yet? How frustrating are you, thunder? Thunder only strikes once and then stops after a while. Do you understand? You know the rain will stop and the sun will come out.

问: 有时候我就会觉得⾃⼰会被郁闷压垮.

Sometimes I feel like depression might overwhelm me.

JO:不是郁闷压垮你.⽽是你头脑⾥⾯… 郁闷,就是对你产⽣的情绪的⼀些排斥和抵触和抵抗.因为你想要你⼀直保持在⼀个特别完好或者特别什么的⼀个状态下.但是,并不是的.对你们最重要的是什么?你们⼈⽣当中最重要的就是感悟,⽽不是说来让你只是快乐.因为凡是⼀件事情给了你很深层次的⼀些感悟,那你就是赢家.如果⼀个事情没有给你任何感悟,那你就好像是⽵篮⼦打⽔,明⽩吗?那你去打⽔你⽩打了.你路也⾛了,⼒也⽤了,什么都做了,但是你没有收获.所以说你们的⼀些感悟才是真正真正最重要的,⽽不是快乐是最重要的,明⽩吗?这么说吧,感悟就好像是学习功课.当你学习完了所有的功课,呢就是完全另外⼀个状态了.

JO: It's not depression that crushes you; it's your mind... Depression is the emotion of rejection and resistance to what has happened to you because you want to maintain a perfect or exceptional state indefinitely. However, this isn't always true. What matters most in your lives? The most important aspect of life for you is understanding and insight, not just happiness. Because when something provides profound insights, that's where the victory lies. If something doesn't give you any insight at all, it's like trying to fill a bamboo basket with water; do you understand? You're wasting your time going through the motions because there's no reward for your effort. Therefore, your experiences of understanding and insight are what truly matter most, not happiness, do you see? To put it another way, insights are akin to studying coursework. When you've completed all your studies, that's when you enter a completely different state.

当你学习完了过后,你就要去⼲什么?你就要去运⽤了.你毕业了,你也可以去教别⼈了.

When you finish learning, what are you going to do next? You will apply it. After you graduate, you can also teach others.

问: 我有时候遇见⼀些事情,我没有处理好.我的脑⼦⾥就会⼀直想⼀直想.我就不知道这是为什么?

Questioner: Sometimes I encounter situations where I haven't handled them well. My mind keeps going over and over it. I just don't understand why this happens.

JO: 你头脑⾥⾯的⼀些想法,就好像是⼀些强迫式的念头,你为什么会⼀直想?问: 我这种是因为我没有学到这件事情的功课吗?

JO: Some thoughts in your mind are like compulsion ideas; why do you always want to think about them? Questioner: Is this because I haven't learned the lesson for this issue?

JO: 这么说吧,刚才拿婴⼉来举例.⼀个婴⼉、⼩朋友.别⼈说,你知道你妈妈要把你抛弃掉,把你丢掉.这句话⼀直在他⼼⽬中,他⼀直很害怕.每天晚上睡觉都会呢个什么.他就很害怕.他就想为什么爸爸没有因为这句话⽣⽓呀? 为什么妈妈没有因为这句话⽣⽓呀? 为什么他们哈哈⼀笑就过来呀? 为什么? 因为他们知道这是玩笑话呀,明⽩吗? 为什么你被吓的要死? 你把它当真了呀.因为在你的认知⾥⾯你觉得这些就是真实的呀.你说⼤⼈和孩⼦他们是同⼀个世界吗? 他们在同⼀个世界但是又不是同⼀个世界.所以你现在就好像呢些⼤⼈为什么会有这个反应,我却没有这个反应? 你现在能明⽩这个⽐喻了吗?

JO: Let me put it this way, using the example of an infant or a child. If someone tells them that they know their mother is going to abandon them and leave them behind, this thought haunts him throughout his mind, causing him constant fear. Every night before sleeping, he would be scared. He wonders why his father did not get angry over those words? Why didn't his mother get upset as well? Why were they laughing when they came over? Why? Because they understood it was a joke, right? Why are you so frightened? You took it seriously. You see these things as real because that's what your understanding tells you. Do adults and children live in the same world? They do exist together but not entirely alike. Now you might be asking yourself why certain reactions from adults confuse you when you don't have similar feelings. Can you understand this analogy now?

问: 但是我还是需要从⾥⾯学到我的功课看到我的状态吗?

But do I still need to learn my lessons and see my status from within?

JO: 你现在学到了呀.你现在通过这些,你能理解到你们每⼀个⼈都在不同的阶段.那你是不是就能接受你⾃⼰处在什么阶段,是不是? 你说⼀个婴⼉跟⼀个⽼⼈有可⽐性吗? ⽼⼈都快死了,婴⼉才刚刚开始.明⽩吗? 婴⼉充满了⼀切可能.

JO: You've learned this now. Through these, you can understand that each of you is at a different stage. So, can you accept where you are at, right? Is it comparable to say, an infant versus an old person? The old ones are almost dead while the infants just start; get it? Infancy is full of possibilities.

问: 那发⽣的呢些事情也是要让我学习的呀.

The things that happen are also lessons for me to learn.

JO: 你现在是不是通过你所有的这些反应和情绪来看到了? 更了解⽣命? 更了解⽣命了,你便就会对其他⼈所有的反应允许了? 你想,你如果对其他⼈所有的反应、⾏为还有他们所有的⾏为模式理解了.你是在⼀个什么状态? 你就是造物主的状态呀.明⽩吗? 还有问题吗?

JO: Are you now seeing and understanding life through all of these reactions and emotions, gaining more insight into it? If you understand others' reactions, will you allow them better? Do you think if you could comprehend everyone's reactions, behaviors, and their patterns, what state would you be in? You would be in the state of the Creator. Do you get it? Any other questions?

问: 你能给我⼀点适合我⾃⼰学习英⽂的⽅法的建议吗?

Questioner: Could you give me some advice on methods suitable for my own English learning?

JO: 适合你⾃⼰的,那你⾃⼰找.⽐如说你喜欢看书,那你就看.你看不懂的,你就翻译.如果你喜欢看电视,你就看.如果你喜欢听歌,你就听.⼀⾸⼀⾸的把每⼀⾸歌… 你要喜欢有⼈交流的话,那你就找⼈跟你交流,明⽩吗? 你⾃⼰去发现,通过你⾃⼰的⽅式.如果你什么都喜欢,你什么都可以尝试.你会找到⼀个你会孜孜不倦的.

JO: Find something that suits you, and then do it yourself. For example, if you like reading books, read them. If you don't understand, translate them. If you enjoy watching TV, watch it. If you like listening to music, listen to it. One song at a time, through your own songs... If you prefer to communicate with others, find someone to communicate with. Understand? Discover things by yourself, using your own methods. If you like everything, try everything; you will find something that you are passionate about continuously.

问: 你不能看⼀下就我来说哪⼀⽅⾯更好呢?

Questioner: Can you tell me which aspect is better just by looking at it?

JO: 你稍等.你的敏感度特别⾼.敏感度⾼它就包括了,⽐如说在⽣意场上,别⼈都没发现这个是可以赚钱的,但是你⼀下就可以嗅到,明⽩吗? 那你是不是就可以去赚到钱,别⼈还转不到.那如果这个⽣意马上要倒闭了,你是不是就可以嗅到? 你是不是就收⼿了? 那你的这个⾼敏感度是不是⽆论从哪些⽅⾯都可以给你带来正⾯的服务? 它让你不会后知后觉.就好像击⿎还没有开始,你就知道敌⼈从呢边来了.就躲起来了.那呢些还在呢吊⼉郎当还不知道发⽣什么事的,就先死了.不是吗? 明⽩吗? 所以你可以很好的让⾼敏感度正⾯的服务于你.⽐如嗅觉,你能⼀下就闻到这个东西好的,呢个东西坏的.明⽩吗?

JO: Wait a moment. Your sensitivity is extremely high. High sensitivity means that you can detect opportunities that others might not see, like how you instantly perceive the potential for profit in business situations where others don't recognize it. Does this mean you can seize profits while others struggle to do so? Or if a business is about to fail, can you identify this and withdraw? Can your high sensitivity benefit you from all angles, ensuring that you're not caught off guard like those who are still unaware of the situation until it's too late for them? In essence, you can effectively leverage your high sensitivity to serve you positively. Whether through your sense of smell or any other senses, if you can discern what is good and what is bad instantly, this ability allows you to navigate better than others who remain oblivious to their circumstances.

问: 那在我学习英⽂⽅⾯的特长也是⾃⼰去发现?

Questioner: And in terms of my strengths in learning English, am I supposed to discover that on my own?

JO: 这没有什么特长不特长的.看你花多少时间进去.任何⼈他们去学东西,他们都要花上⾃⼰的时间跟精⼒,就是你的专注⼒.你只要投⼊你的专注⼒你都可以达到,明⽩吗? 这是属于你的专注⼒投⼊了多少,⽽不属于你刚刚说的呢些.

JO: There's no question of expertise or lack thereof. It depends on how much time you put into it. Anyone who learns something has to dedicate their own time and energy, which is your focus. You can achieve this as long as you invest your focus, understand? This refers to the amount of focus you've invested, not what you mentioned just now.

问: 我想请你帮我看⼀下在我依照疗愈密码呢本书做疗愈的时候,我在灵性层⾯上发⽣了什么?

Questioner: I would like you to help me understand what spiritual changes occurred for me as I was following the instructions in The Healing Code book for my healing process?

JO: 就是说你觉得好就好了,就这么简单.因为你的⾝体它是受你的思想影响的.你的思想好了,那⾃然⽽然就好了呀.

JO: It's just that you feel good about it, and that's all there is to it. Your body is influenced by your thoughts. If your thoughts are good, then naturally everything will be well.

问: 但是我觉得像会是像书⾥⾯说的,负⾯的东西会被清理掉.

Questioner: But I feel that negative things will be cleared out as described in the book.

JO: 这么说吧,如果在我们传讯信息之前,你会觉得你⾝上产⽣的这些是负⾯情绪.那传讯了过后,你会觉得这些是负⾯情绪吗? 你知道这是你成长的⼀个过程,这是你在婴⼉这个阶段应该有的正常的反应.它不是负⾯的.⽽且为什么会加⼤呢? 就是为什么别⼈觉得没多⼤的事,你却觉得⼤呢? 因为就好像⼤⼈吃辣没事,婴⼉吃⼀点点辣就开始哭了.你要这样⼦去⽐吗? 明⽩吗? 那你是不是想把婴⼉变的跟⼤⼈⼀样很能吃辣,明⽩吗? 那等婴⼉⼀天⼀天的长⼤,等它的⾝体⼀天⼀天的变⼤.他就能接受辣的呢个程度了.那你还想去处理他现在对辣很敏感的呢个东西吗? 你不会想去处理了,除⾮你有病.你不会去拿这个做对⽐.

JO: Alright, let's say that before we relay this message to you, you feel like these are negative emotions on your part. Would you continue to think they're negative emotions after receiving the message? You understand that it is a process of growth; this is a normal response for someone at this stage as an infant. It's not necessarily negative. And why does it escalate? Why do others perceive it differently from how you feel about it? Because it's like adults being able to handle spicy food without issue, whereas infants start crying with just a little bit of spice. Would you compare them in such a manner? Do you want to make the infant as tolerant of spicy food as an adult is? And would you still seek to address this sensitivity towards spiciness when the child grows older and can handle it more easily? Unless you have issues, there's no need to try comparing or dealing with it.

你不会说你看这个婴⼉什么话都不会说,你看这个⼤⼈什么话都会说.你会这样对⽐吗? 所以以后你再去质问你⾃⼰觉得你⾃⼰有问题的时候,你就拿着婴⼉去看.然后你⼼⾥就不会产⽣很多抗拒或者是想要去解决这个问题.因为⼀旦你产⽣了抗拒或者是试图解决问题,它才会让你更加的陷在其中了.你想⼀下,你如果是想要去试图解决婴⼉这些问题,想要他听到声⾳不要害怕不要哭,想要他可以吃辣.你就好像是在解决这样的问题⼀样,明⽩吗?

You wouldn't say that when you look at this infant they can't say anything, and when you look at an adult they can speak everything. Would you make such a comparison? So, the next time you question yourself about your own issues, take a baby into consideration. Then, you won't feel so much resistance or desire to solve the problem. Because if you start feeling resistance or trying to solve it, it will only make the situation worse for you. Think about it: If you are trying to resolve these infant issues like making them not afraid of sound or not cry, and wanting them to tolerate spicy food, wouldn't that be like actively working on solving such problems? Do you understand this analogy?

问: 怎么让我的头脑可以安静下来?

Questioner: How can I make my mind quiet?

JO: 你需要去明⽩的⼀件事情就是说,你头脑⾥的想法也好,念头也好⽆论是什么也好,它只是⼀个念头,它只是⼀个想法,它什么⼒量都没有,它也不是真的.只有你把这些画⾯或者是这些念头当成是真的,你想去做些什么.⽐如书你突然产⽣⼀个念头,然后你好怕这个念头真的变成真的了.所以你开始去做⼀些事情了.只有你开始做⼀些事情的时候,你才在受影响,就是才在受你的头脑的影响,明⽩吗? 如果(你知道)它只是⼀个念头,OK,它只是⼀个念头,它又不能伤害到我.除⾮我给了它⼒量让它来伤害我,除⾮我去害怕这个念头,然后我去做些什么去防备.它才有⼒量.呢个⼒量也不是来⾃于念头的,也不是来⾃于外界的,⽽是来⾃于你⾃⼰.

JO: What you need to understand is that the thoughts or ideas in your mind, regardless of what they are, are just thoughts and ideas. They have no power and they are not real until you start to perceive them as such and act upon them. For example, when you suddenly get a thought about a book, you might fear that this thought could materialize into reality. This is why you start taking actions. Only when you begin to take action do you become influenced by your mind, or to be more precise, affected by the thoughts within your mind. If you recognize it as just a thought and accept it as such, then it cannot harm you. It only has power if you give it that power through fear of the thought and subsequent actions to defend against it. This power does not come from the thoughts themselves or from external sources; rather, it comes from your own mind.

你如果能明⽩这个道理,你便不会受它的影响.就好像你旁边有鸟叫,对不对? 那你明⽩它只是鸟叫声.你不会说哎呀,这个⼩鸟刚才叫了,是不是要发⽣什么事了? 我要怎么样? 它只是单纯的鸟叫声⽽已.

If you understand this principle, you will not be influenced by it. Like when there's a bird chirping next to you, right? You should understand that it's just the sound of a bird. You wouldn't say, oh, that little bird just chirped; is something about to happen? What do I need to do? It's simply the sound of a bird.

问: 那什么是⼩我的,什么是灵魂的?

Questioner: What is the small self, and what is the soul?

JO:这么说,这个⼥孩⼦她头脑⾥⾯冒出来的,她说那为什么你们头脑⾥⾯会有这些念头?

JO: So, these thoughts that come up in her mind and she says why do you have such thoughts in your minds?

⾸先你要知道就是说你们有⼀个词⾮常好.叫什么? 叫脑海.你说脑海⾥⾯的念头,是吧?你想象⼀下,⼤海.你们脑海与脑海之间实际上也是通的呀.如果没通的话,那你们语⾔是怎么形成的,明⽩吗? 你们不⽤刻意的去学语⾔,你只是呆在呢个环境你就会讲呢个地⽅的话了,对不对? 那你就知道脑海其实就像⼤海⼀样.那⼤海⾥是不是有别⼈扔下的垃圾? 今天有⼈扔个矿泉⽔瓶⼦,明天有⼈扔朵花扔坨屎,对吧?

Firstly, you need to know that there is a very good word in Chinese. What is it called? It's called "mind ocean". You say thoughts in the mind ocean, right? Imagine a vast sea. The minds are interconnected actually between each other. If they weren't, how would language form, understand? You don't have to刻意learn the language; you just stay in that environment and will start speaking the local dialect automatically, isn't that so? That's why you can realize the mind ocean is like a vast sea itself. Isn't there litter being thrown into the sea from others? Someone might throw away a bottled spring water today, someone else might throw flowers or even shit tomorrow, right?

问: 那我怎么分辨什么是⾃⼰灵魂想去做的?

Questioner: How do I distinguish between what my soul wants to achieve?

JO: 那就不在脑海⾥⾯,明⽩吗? 它在你⾝体⾥的… 就像你内在的感知,你内在的感受.就⽐如说你好像去泡澡⼀样,你进到⼀个⽔⾥,你觉得很舒服.进到⼀个很冷的⽔,你觉得很冷.或者是⾮常烫的⽔,你觉得⾮常烫.这是什么? 这是感知能⼒.你能感知到哪个⽔是烫的温的或者是舒服的.那你同样也⼀样,对你于你真正想做的.你知道什么是你激情的、不激情的、热爱的、不热爱的.什么是让你开⼼和不开⼼的,明⽩吗?

JO: That's not in your mind, understand? It's within you... like an inner perception or inner feeling you have. For example, when you take a bath and feel comfortable when entering warm water, or cold water where you feel cold, or very hot water where you feel extremely hot. What is this? This is the ability of perception - your capability to sense that some water is hot, warm, or just right. Similarly, in regards to what you truly want to do, you understand what sparks passion versus lack thereof, love versus indifference, happiness versus dissatisfaction. Get it?

问: 就是内⼼深处去感觉?

Questioner: Is it about feeling deep inside?

JO: 你不需要内⼼深处.就像这个⼥孩⼦她在传递信息.传递⾼维就是她⾮常热爱的.难道她还不知道到底我热爱不热爱传递⾼维信息呀? 你说热爱不热爱.你推着⼩孩在外⾯公园去⾛路,你都想着传递信息.所以你也会⼀样.当出现⼀个你特别热爱的,你会毫不犹豫的.没有什么会阻挡你.

JO: You don't need to delve deep within yourself like this girl is sending out messages. She's very passionate about transmitting high-dimensional information. Does she not understand if I'm equally passionate about it? When you're pushing a child around in the park, thinking of conveying that message, you would do the same. When something truly interests you, you'll act without hesitation, nothing will stand in your way.

问: 我孩⼦近视的原因?

Questioner: What are the reasons for my child's nearsightedness?

JO: 你稍等.⾸先她是属于⼼⾥上.她对于外在的物质她不想要去看的特别的清楚.因为她觉得她看清楚她就会收到伤害.是⼀种⾃我保护,就好像是⼀种⾃我⿇痹,⾃我逃避.就我不看了.明⽩吗?

Jo: Wait a moment. Firstly, she belongs to the inner self. She doesn't want to see the outside world too clearly because she believes that by seeing it clearly, she will be hurt. This is a form of self-protection, akin to self-numbness or avoidance; as if saying 'I don't look'. Do you understand?

问: 不是我造成的吗? 我⽼公⼀直责怪我.

Questioner: Isn't it all my fault? My husband keeps blaming me.

JO: ⾸先没有任何事情是谁谁谁造成的.并不是谁谁谁造成的.有时候你们会觉得好像是你们来照顾孩⼦或者帮助孩⼦.实际上很多家庭都是孩⼦他是⽼灵魂,投⾝到你这个家庭是来帮助你这个⼩灵魂,明⽩吗? 如果你去转变这个观念去这么看的话,你不是去把⽣命只是看成是⼀个⾁体,他⾁体的年龄或者是怎么样.他是孩⼦,我是⼤⼈.不是的.就像你们的指导灵,有的他选择在灵界帮你.有的他选择化成物质⾁体来现实世界来帮你,明⽩吗?

JO: Firstly, there's nothing that anyone has caused. Nobody has caused anything. Sometimes you might feel like it's your responsibility to care for or assist a child. In reality, many families are where the child is a soul from another lifetime, having been sent into your family to help your little soul understand. Do you get it? If you change this perspective and see it that way, you're not just viewing life as a physical body, its age, or anything like that. He's a child, and I'm an adult. No. It's similar with your guiding spirits; some choose to assist in the spiritual realm, while others opt for a material body in the real world to help you understand. Do you get it?

# **2023/02/22 - 从如何和讨厌的⼯作同事和环境⾃处来看如何突破物质幻像How to Cope with Dislikable Work Colleagues and Environment, and Break through Material Illusions**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

JO:⾸先你的问题是说在⼯作场合和同事发⽣的⼀些不和谐,然后这些争吵、争论你需要怎么去处理?你⾸先你要知道你的外⾯没有别⼈,你觉得有别⼈,是别⼈怎么样怎么样的.但是实际上并没有.别⼈就好像实际上他是⼀个机器⼈或者他是⼀个⾃动反应,就是你内在的深层次的⼀些状态会让对⽅呈现出什么反应.这么说吧,如果你对⼀个⼈就算你对他不说⼀句话.但是你⼼⾥却对他各种不爽或者是不顺眼,你不需要说话,他⼀下就能感受到你对他的感觉,明⽩吗?所以你觉得你们⼈与⼈之间是需要交流需要⽤语⾔来沟通来让对⽅明⽩?不是.你们有时候⽤语⾔反⽽让彼此更不明⽩,反⽽还误导你们.

Firstly, your question concerns the issue of disharmony that arises in professional settings with colleagues. When these arguments and debates occur, how should one handle them? You must realize that you are alone on the outside; you might think there is someone else judging or reacting towards you. In reality, this isn't true. People around you behave as if they were robots, reacting based on your inner states. To put it simply, even if you do not speak to someone, merely harboring feelings of annoyance or disapproval internally can be sensed by them immediately. You might think that communication and language are necessary for people to understand each other? Not necessarily. Sometimes, the use of language only confuses both parties further and may even mislead them.

所以你们真实的⼀些,你内在是什么样的状况,是开⼼的不开⼼的,悲伤的或者是欢乐的或者是有意见还是没意见的,对⽅完完全全的能感受到,明⽩吗?所以说,你⾸先要明⽩的就是对⽅对你来说他并不是⼀个真实的存在.因为他会随着你的态度转变⽽转变.就⽐如你⼀直告诉你⾃⼰,哇,这个⼥孩⼦我好喜欢她.你就好像恋⼈⼀样,她的声⾳又好听,她的眼睛又好看,你看她什么都好看.你如果发出的是这样的频率,她会⾮常的喜欢你,明⽩吗?所以说你必须要明⽩的是你到底发出的是什么样的频率和状态.你其实只是在给你⾃⼰的情绪打交道⽽已,你只是在跟你⾃⼰打交道⽽已.那对⽅确实态度很恶劣,对不对? 你是想说这个是不是?

So your true feelings, whatever state you're in, whether happy or sad, joyful or critical, it's all completely evident to the other person. This means that you must understand that for them, you are not a real entity. They will mirror your attitude and change accordingly. Imagine if you always tell yourself how much you adore this girl; you act like she's your lover, finding her voice charming, her eyes beautiful, everything about her attractive. If your frequency is filled with such admiration, she'll show great affection towards you. Understand that it's crucial to know what kind of frequency and state you're emitting. Essentially, you're just engaging with your own emotions, dealing with yourself. Now, if the other person really behaves badly, isn't that correct? You want to ask about this, right?

JO: 因为你现在要明⽩,你现在所有的还是在他他他他,别⼈别⼈别⼈,他他他他.如果你⼀直还是要他他他他,我告诉你你⾃⼰就知道要怎么办.你换个地⽅.你逃开这个地⽅,躲开这个地⽅,不要在这⾥.但是我告诉你,你还会有同样的事情发⽣,明⽩吗? 因为你们都觉得你们是被害者,是环境影响你们.但是是你们影响环境.那呢个环境为什么像你说的这么卷这么烦躁? 因为呢就是你的内在状态.你⾃⼰⼼⾥就很不耐烦,那(你)遇到什么事情就是⼀个不耐烦的状态.当你⾃⼰达到了⼀个宁静、平和、喜悦或者看什么都顺眼,看什么都好像是发光⼀样.那你就是在不断地,哪怕它呢是⼀滩死⽔,你的活⽔进去,呢个死⽔也会慢慢的流⼲净,都变成活⽔了.

J: You need to understand that everything you have now belongs to him, others, others, and him. If you continue clinging to him, I'll tell you how to handle it yourself. Change your surroundings. Run away from this place, avoid this place, don't stay here. But let me tell you, the same issues will arise with someone else. Do you understand? Because you all feel like victims, blaming your environment for influencing you. It's actually you who are affecting the environment. Why is it so chaotic and stressful in that environment? That's because of your inner state. You're already impatient inside. Whenever something happens to you, it's an impatient situation. When you achieve a state of calmness, peace, happiness, or when everything seems to align, you're constantly in such a state. Even if there's stagnation, and you bring vitality into the stagnant pool, eventually, that still water becomes fresh and lively.

这就是你的能量.

This is your energy.

JO: 这个能量怎么释放出来? 你⾸先要知道它是要从你⾃⼰这个井⼜,从你这⼜井着⼿,⽽不是外⾯.因为如果你还⼀直是外⾯,我要⽤什么⼿段让他们变成怎么样怎么样.那你就是找错地⽅了,你的⽅向都是错误的.所以你⾸先是要看你⾃⼰,因为你通过这些外在你就可以看到你的情绪很容易烦躁,很不稳定.那你就会向内了.那既然是我⾃⼰情绪不稳定,我容易烦躁.那我跟我⾃⼰来看看到底是什么让我有烦躁的情绪? 这样你⾄少⽅向是对的,明⽩吗? 你便没有⼀味的去责备这个⼈,换呢个⼯作环境.⽽是说从你⾃⾝出发.

JO: How is this energy released? You need to understand that it starts from your own source, from the well within you, not from outside. If you are still looking outside, I don't know what methods to use to make them like this or like that. That means you're in the wrong place; your approach is incorrect. Therefore, you should first look at yourself because through these external factors, you can see how easily your emotions become agitated and unstable. This leads you inward. If your own emotions are unstable, making you easily agitated, then you examine yourself to find out what causes this agitation within you. At least, you're heading in the right direction, right? You wouldn't just blame someone else or change your work environment instead of addressing it from your own perspective.

JO: 是,刚才前⾯也是这么说.你觉得你是受环境影响的,还是说你想要去影响环境.因为你有选择啊.你想要去随波逐流,你也可以去.但是随波逐流你⼼⾥不爽,你肯定会产⽣不爽的呀.因为你⼀直是被动的.

JO: Yes, just now it was also said that way. You feel like you are influenced by the environment, or do you want to influence the environment? Because you have a choice. You could go with the flow, but you can also change it. However, if you go with the flow, you won't be satisfied, and you will definitely feel discontented because you've been in a passive position.

JO: 你不知道如何主动去改变⾃⼰是吗? 你说让你⾃⼰达到⼀种内在和谐? 你⾸先要知道是从你这出发.OK,那从你这出发,那你现在是不是就要停⽌指责外在的⼀切? 你不再去怪同事,怪⼯作环境,怪这个社会.因为你停⽌了过后,你⼼⾥不会在对⼈产⽣愤怒.因为如果你没有停⽌的话,你看到他⼼⾥还会⽕冒三丈: 你看,上次他怎么怎么对我. 你还活在你的记忆当中,你还是把外在的幻像当成是真的.那你就还是继续从外找原因.所以你第⼀步要明⽩是你内在的原因.回到内在的原因后,你就放弃你以前⼀切的看法、定义、记忆、所有的⼀切,呢个⼈怎么了怎么了.全部都好像是死掉了⼀样,你好像是重新升⼀级.

JO: Do you not know how to proactively change yourself? You say you want to achieve inner harmony within yourself? First, you need to understand that it starts from you. Alright, so starting from there, are you going to stop blaming everything external now? You're no longer blaming your colleagues, the work environment, or society as a whole. Because if you do stop, you won't harbor anger in your heart towards others. If you didn't stop, you'd still be fuming: Look at what he did to me last time. You're still living in your past memories and treating external illusions as real truths. So you continue finding reasons outside. Therefore, the first step is realizing that it's internal issues causing the problem. After returning to understanding the inner reasons, you let go of all your previous opinions, definitions, memories, everything about that person. It feels like they're dead; you're almost like starting a new level in life.

你重新去…OK,以前所有的事情它就好像是画画,画到纸上⾯.那你把这个纸全部扔掉,管它好的坏的,全部扔掉,不复存在了.你重新画,你想怎么样画?你想打造⼀个什么样的⼯作环境? 你想要所有同事都喜欢你? 那你⾸先要指导你想要什么.你想要跟所有同事成为朋友? 你⾸先要知道你想要什么样的关系.因为外在它就好像橡⽪泥⼀样,它是活的,它是软的,它是可以任意由你捏成你想要的样⼦.所以你⾸先要明⽩你想要什么样的样⼦.如果你只是想要不争吵.OK,那你就做到不争吵.如果你是想成为朋友⼀样或者成为家⼈⼀样.如果你只是想相互利⽤.这些都不⼀样的.但是这些都是选择,你可以选择.

You decide to... Alright, everything in the past was like painting on a canvas. Now you're throwing away the whole canvas, regardless of whether it's good or bad, and starting anew without anything existing anymore. You start over and decide how you want to paint? What kind of work environment do you want to create? Do you want all your colleagues to like you? Then you first need to understand what you desire. Do you want to become friends with all your colleagues? First, you must know the type of relationship you want. Because externally it's like rubber clay—it's alive, soft, and malleable, allowing you to shape it into any form you want. Thus, you need to be clear on what kind of form you desire. If you just want no arguments, then you achieve that. If your goal is to become friends or feel like family members instead. Or if mutual benefit is your aim. These are all different choices, and they are all options available for selection.

那你到底想跟你同事成为什么样⼦的关系,明⽩吗?

That is, what kind of relationship do you want to have with your colleague, understand?

JO: 那就是了,那就是你的状态了.你不喜欢你的⼯作,你对同事是应付.那你体验的就是这个呀.你有没有看到你⾃⼰连想要什么都不知道,那你怎么样投射⼀个你⾃⼰想体验的状态呀.那你就是随⼤众嘛,随波逐流嘛.那⼤众脾⽓都不好,他们都是在⼀个狂躁的状态,那你也是进⼊狂躁的状态嘛.OK,如果所有⼈流都朝左边⾛.你说我可不可以不要朝左边⾛.那你要朝哪边⾛? 你⾃⼰连⽅向都没有.要朝哪边⾛你⾃⼰连想都没想,那你肯定要被带⾛.你⾸先要知道你的⽅向在右边.那你⾄少要往右边⾛.⽽不是站在呢,⼈家把你推倒这边就是这边,推到呢边就是呢边.所以如果你不想随波逐流,不想随着⼤众的⼀个状态.

That's it, that's how you are. You don't like your job, and you deal with colleagues in a superficial manner. So, this is what you're experiencing. Have you realized that you don't even know what you want? How can you project the state you wish to experience then? You're just going along with the crowd, being swept away by the current. The majority are not well-tempered; they are in a chaotic state of mind. So, you too have entered this chaotic state. Alright, if everyone is moving left, can I ask if it's okay for me to not move left? Where would you suggest I go then? You don't even know your direction. If you don't decide which way to go, you'll definitely be swept away. First, you need to know that your direction is on the right side. At least try moving in that direction rather than just standing there, letting others push you this way or that. So, if you want to avoid being swept along by the crowd and not following the majority's state of mind.

那你必须要为你⾃⼰申明,申明你是谁.你说.

That means you have to claim who you are, state your identity. You say.

JO: 你刚才如果是看到对你的反问,你就能知道你⾃⼰到底是想要什么样的⽣活什么样的⼯作状态.你到底想要什么你其实都没有⼀个明确的⽬标.你只知道你不喜欢,不喜欢同事,不喜欢环境.那这就是你申明的.你申明的这个,那就是你体验的.所以没有错啊.那如果你不想要在体验这个.那你是不是要重新申明? 那你重新申明你要申明什么? 这个需要你⾃⼰问你⾃⼰,你到底想要什么样⼦的⼀个状态.这是你⾃⼰需要跟你⾃⼰去想的⼀个问题.不是说我们来告诉你要怎样怎样.

JO: If you had just seen the counter-question earlier, you would have realized what kind of life and work state you truly desire. You haven't set a clear goal for yourself. All you know is that you dislike your colleagues and the environment. This is what you've stated. What you state is what you experience. So there's nothing wrong with that. If you don't want to experience this, then do you need to restate your position? And what would you need to restate? That requires you to ask yourself what kind of state you truly want. This is a question you need to reflect on with yourself, not something we should dictate how you should act.

JO:你要⼩⼼你说的每⼀句话.你说怎样就是怎样.你刚才说这个太难了.那你说的就是对的,这个太难了.因为你体验的就是你认为的.这⾥没有什么复杂的.你认为这个太难了,那OK,这个就太难了.就好像你的世界你来规划,你来给它制定法律条规.你说怎样就怎样.

JO: You must be cautious with every word you speak. Whatever you say is true. When you said it's too hard earlier, then what you're saying stands; it's indeed too hard because that's your experience of reality. There's nothing complicated here. If you believe it's too hard for you, then yes, it is too hard. It's like designing your own world where the laws and regulations are set by you. Whatever you say goes.

JO: 你怎么才可以不再原地踏步对吧? 你说呢? 你现在就在原地踏步,你说怎么样才可以不再原地踏步呢? 你⾸先要有个⽅向,你知道你要去哪⾥.你连⽅向都没有,你连去哪⾥都不知道.那你肯定就是彷徨啊,明⽩吗?

JO: How can you break the cycle of standing still? You're asking me, right? You're currently standing still, so how do you stop standing in one spot? First, you need to have a goal; you know where you want to go. If you don't even know your direction, let alone where you are going, then it's understandable that you would be uncertain and confused.

JO: 那你好好提问.OK,我知道想去哪⾥.那我如何才能达到我想去的哪⾥? 明⽩吗?

JO: Alright, let's ask questions properly. Okay, I know where I want to go. How do I reach the place I want to go to? Understand?

JO: 因为你们所有⼈都觉得好像幸福的⽣活是你选这个选呢个,就是选外在的环境它可以让你幸福.就是选⼀个好的⼯作环境让你幸福.外在所有的⼀切它实际上就是来映射你⽬前的⼀个状态.如果你内在是⼀个安定、安稳、幸福的状态.不管你是去留学也好,去哪⾥上学上课上班,你都会是喜欢呢⾥的.呢个环境都是欢迎你的.因为你跟外在的⼀切是和谐的,

JO: Because all of you think that happiness in life is a choice – the choice of an external environment that can make you happy; a good work environment, for example, which makes you happy. The external aspects actually reflect your current state. If your inner self is stable, peaceful, and happy, you will enjoy any place you go to, whether it's studying abroad, attending school, working, or whatever. This environment welcomes you because you are in harmony with the external world.

因为你跟你⾃⼰是和谐的.当你跟你⾃⼰产⽣不和谐的时候.你的外在,哪怕是婚姻也好还是亲⼦关系也好同事关系也好,它都会有问题的.

Because you are in harmony with yourself. When there's disharmony between you and yourself, your externals, be it marriage or parent-child relationships or colleague relations, will all have issues.

JO: 不是外在,⽽是你内在.它决定了外在是⼀个什么样⼦的状态.到底是充满了⽭盾的还是充满了和谐的.

JO: Not external, but internal. It determines what kind of state the external is. Whether it's filled with contradictions or filled with harmony.

JO: 你总觉得你要逃到另外⼀个地⽅或者换⼀个更好的它就会改变或者换个⼈换个环境,它会改变,它会变好.但是⽣活并不是说依靠你外在不断地去变⽽去变好.当然,你可能会因为变⽽变好.因为什么? 因为你内在也产⽣了变化.你内在的认知也改变了.就⽐如说你最开始在⼀个全是⼩偷的地⽅.然后你换到了⼀个全部都是⾮常善良的⼀些⼈,他们都很公正公平.那你内在也发⽣了变化.因为你觉得这个世界上还是公正的⼈多.你有了这个想法.明⽩吗? 你的头脑它是需要看到证据的,它是需要看到⼀些真实的存在在这个社会上,它才会相信.

JO: You always feel that you need to escape to another place or change it, or if you meet a different person in a new environment, things will change and get better. But life isn't about depending on external changes to improve; of course, you might become better because of these changes. Why? Because there is an internal transformation taking place within you. Your inner perception changes. For example, when you first live among thieves, then you move to a place where everyone is incredibly kind and fair, treating each other justly. Your inner self also transforms because you start to believe that there are more just people in the world. You develop this idea. Understand? Your mind needs evidence; it requires seeing real manifestations of truth in society before it can trust.

JO:你⾸先要知道这⼀层关系.就是说你的物质世界到底是怎么样形成的.它其实就是来反应给你看你⾃⼰的⼀个状态.外在什么都不会有错,它只是去直接的反应了你当前的⼀个状态⽽已.为什么你们很多⼈都很难从物质世界脱离出来?就是不被这个幻像影响?是因为你们总觉得物质世界才是真实的,它是坚硬的,它是不可破的,它本⾝就是这样,它是不可更改的.但是即使你⾃⼰亲眼去看你的物质世界,它⼀直都在改.为什么呢?东西会越来越破,越来越旧.如果⼀个公司它没有⼈的能量的注⼊,公司也会慢慢的⽡解.⼀栋再漂亮的房⼦,如果没有⼈去住,它也会慢慢慢慢的变旧、变破、倒塌,明⽩吗?为什么会这样呢?

JO: You must first understand this layer of relationship - how your material world is formed and how it reflects your own state. The outer world will never be wrong; it simply reflects your current state directly. Why do many of you find it so hard to break free from the material world? It's not about being influenced by illusions, but because you often perceive the material world as real - something tangible, unbreakable, and immutable in nature. However, even if you personally observe your own material world, you'll see that it is constantly changing. Why does this happen when things tend to deteriorate over time? Even without people's energy input, a company can slowly disintegrate. A beautifully built house will gradually become old, worn out, and eventually collapse if no one lives in it. Do you understand why this happens?

因为如果没有能量的注⼊,外在的物质它会⾃⼰消失,它会坍塌的.那你看到如此坚不可摧的外在它都是在⼀个变化当中.那你为什么还会觉得外在是不可变的呢?当你觉得外在是可变的,是可塑性强的,就是它是按照你⾃⼰的意愿⽽变的话.你便不会觉得你没有办法,或者导致你很⼤的压⼒.就好像⼀个⼩朋友⽤橡⽪泥捏⼩狗没有捏好,他就使劲哭.你⾛过去说:宝贝,我们再重新捏⼀下就好了.你看,我们把这个橡⽪泥再搓回原形.你现在再重新开始.你们物质世界就是这个样⼦.如果你跟你同事的关系或者是你现在的⼯作环境你已经把它弄得很不像样了.你可以在当下决定你要换⼀种状态.

Because without the input of energy, external matter would naturally dissipate and collapse on itself. You see that which is seemingly indestructible in the external world is undergoing constant change. Why do you still perceive the external as immutable? When you view the external as mutable, as easily moldable to your will, you do not feel helpless or experience great pressure, just like a child who's frustrated because they haven't successfully sculpted a dog out of clay and cries. I come over and say, "Dear, let's try again." Look how we can reshape this clay back to its original form. Now start anew. Your material world operates in the same manner. If you've messed up your relationship with colleagues or your current work environment, you have the power to change it right now by making a different decision.

你就可以跟你的同事真诚的道歉:对不起,我最近压⼒太⼤了,因为什么什么.然后说清楚你⾃⼰的处境.然后第⼆天你见到他满脸笑容打招呼.就好像对待你的爱⼈⼀样,给出你的赞美,给出你的有好的语⾔,给出你真诚的关⼼.

You can sincerely apologize to your colleague: Sorry, I've been under too much stress lately due to various reasons. Then clarify your own situation. The next day, greet them with a smile as if you were treating your loved one, offer compliments, use kind words, and show genuine concern.

JO: 没有逼你做这种.只是来让你知道外界是可塑性的,它是可让你来改变的.你可以选择不改变.但是它是可以改变的.因为如果你的头脑⼀直告诉你你没有办法改变.你就会越来越感到⽆⼒.你就会越来越把你的⼒量给了外在,明⽩吗? 我现在告诉你就是让你记住⼀个概念就是,你只要想改变你随时可以改变.你拥有这个能⼒,你也有这个强⼤的能量.但是改不改,呢是看你⾃⼰.因为总有⼀天,你会想要改.

JO: I'm not forcing you to do this; I just want you to understand that the outside world is malleable and can be changed by you. You have the choice not to change, but it's possible for you to do so because if your mind constantly tells you there's no way to change, you'll feel increasingly powerless. You'll give more of your power to the external world. Understand? I'm telling you this to remind you that at any moment, you can choose to make a change; you possess the ability and the powerful energy to do so. But whether or not you choose to change is ultimately up to you because someday, you will want to change.

JO: 你不需要继续去强调你有没有这个动⼒或者想不想去做.为什么呢? 因为此刻的你跟明天的你,⼀会⼉的你就是跟我们交流完的你,是不⼀样的.所以你也没必要去加强你⾃⼰怎样怎样.但是你永远都有选择.就好像你⾃⼰⼿上铐了⼀副⼿铐.我把钥匙塞到你⼿上了.你说你不想打开.你不想打开没有关系.总有⼀天你会尿急,你会需要上厕所,你必须要把⾃⼰打开了,明⽩吗? 你现在不尿急不代表你等会⼉不尿急.你可以⼀直不尿尿?

JO: You don't need to continue emphasizing whether you have the drive or desire to do something. Why is that? Because the current version of you and the version of you tomorrow, a few moments from now after we've communicated with you, are different. So there's no need for you to bolster your own capabilities. However, you always have a choice. Imagine you're handcuffed with a pair of handcuffs on your hands. I give you the key. You say you don't want to open it. It doesn't matter if you don't want to open it. Eventually, you will feel the urge to urinate and need to use the restroom; you must free yourself. Understand? Just because you're not feeling the urge now doesn't mean you won't later. You can choose to never relieve yourself.

JO: 那如果你⼀直要继续这么想,他们没有善意你也不要释放你的善意.你可以继续这样啊.你可以继续选择这个.因为这⾥没有快和慢,这个体验没有你必须要怎样怎样.这些体验对你来说都是有意义的.你可以怀恨到死都可以的,明⽩吗? 但是只是告诉你,你有这个选择.那如果你要选择怀恨在⼼⼀辈⼦的话,也可以.没有对和错,没有好和坏.

JO: If you continue to think like this, even if they don't show any goodwill towards you, don't reciprocate with your own kindness either. You can keep going like this, choosing this option because there's no notion of speed or slowness here. This experience doesn't dictate that you must do anything specific. All these experiences carry meaning for you. You could harbor resentment until the end of your life and understand that? But just know that you have this choice available to you. If you choose to bear a grudge for an entire lifetime, that's fine too. There is no right or wrong, no good or bad.

JO: 你已经厌恶这个环境了,你要怎么样更好的去⾯对这个环境? 我前⾯就给你说了你要么你换环境,因为你有这个选择.你还持续的觉得是因为外在.那要么你告诉你⾃⼰,你是有能⼒去改变这个环境.所有都是在你⼿上.明⽩吗? 你的所有抉择权和⾏动权都是在你⾝上.没有在外在.你才是呢个导演.你决定你的剧情要往哪边发展.还有问题吗?

JO: You've grown weary of this setting, so how can you better adapt to it? As I mentioned earlier, you have the option to change environments since that's within your power. If you continue to attribute this to external factors, perhaps consider acknowledging your capability to alter this situation. Everything is in your hands. Do you understand? All your choices and actions are yours alone. There's no external influence; you're the director of your own narrative. Is there anything else you need help with?

JO: ⼈到底是⼀个什么样的存在? 你看你⾃⼰就知道了.你的头脑⾥⾯的⼀些想法、观念、你的⾏为、你的反应、你的情绪.你看你就可以了.

JO: What kind of being is a person? Just look at yourself, and you'll know. The thoughts, ideas, actions, reactions, and emotions within your mind. You can see what you are by looking at yourself.

JO: 你⾃⼰看你⾃⼰的状态,因为你外界显现的就是你.你的想法,你的情绪,你的思想,你的⼀个状态,你的⼀个能量形成的你所问出的问题.

JO: Look at your own state, because what you project externally is you - your thoughts, emotions, ideas, and the energy that forms the questions you ask.

JO: 没有什么叫我觉不觉得.你现在就是要让我们来赞同你.这⾥每⼀个⼈他都投射出独⼀⽆⼆的世界.你的世界是真实不虚的.你不需要外在来赞同你的世界,明⽩吗? 但是你也不需要去否定别⼈的世界,因为别⼈也是独⼀⽆⼆的世界.明⽩吗? 这个⼥孩⼦她体验的世界跟你就是完全不⼀样的.她今天去买菜看到⼀个售货员,是⼀个⽼⼈.她都会觉得这个⽼⼈是如此的绅⼠,坐在这⾥为她服务.她感受到被尊重感受到爱.明⽩吗? 所以说,她并没有觉得像你说的整个世界是烦躁的或者是怎样的.她觉得整个世界都是温馨充满爱的,处处都是爱,所有⼈都像家⼈.

JO: There's nothing that bothers me or how I feel about it. You're essentially asking us to agree with you right now. Each person here projects their unique world. Your world is real and true. You don't need the external validation of your world, do you understand? But you also don't need to negate others' worlds because everyone's world is unique as well. Do you understand? This girl experiences a completely different world from yours. Today when she went shopping and saw a store attendant, an elderly man, she would feel that this old man was so gentlemanly, sitting there serving her. She feels respected and loved. Do you understand? Therefore, she doesn't perceive the whole world to be chaotic or as you described it. She perceives the entire world to be warm with love, filled with love everywhere, everyone is like family.

JO: 你觉得⼤家都很⾃私很负⾯是吗? 你知道如果你⾃⼰没有⾃私的呢⼀⾯,你认不出⾃私的.呢个⾃私它会先在你的⼼⾥⾯有了,你才会认出它来.就好像有⼀头⽼虎,如果在你的脑海⾥⾯没有⽼虎的形象,⽼虎的名字,⽼虎的声⾳什么的,你辨别不出来它是⽼虎.如果现在出现⼀个你从来没见过的东西,我要让你给它命名,你会知道吗? 你会说这是啥呀? 我从来没见过这个东西.所以你从外界你只能认出来你拥有的.如果你觉得外界充满了⾃私,那是因为你先有了,你才能看到.如果你觉得外⾯的⼈很恶,那也是你先有了,你才能看到的.明⽩吗? 你说如果⼀个刚刚出⽣的婴⼉,他看着前⾯呢个⼈.他⼼⾥会想着: 你这个⾃私⿁.会吗?

JO: Do you think that everyone is selfish and negative? You see, if you don't have a self-interested aspect of yourself, you wouldn't recognize the selfishness in others. That selfishness exists first within your own heart before it's recognized. It's like a tiger; if there is no image of a tiger, no name for a tiger, or any sound associated with a tiger in your mind, you won't be able to identify it as a tiger. If something unfamiliar suddenly appears and I ask you to name it, would you recognize what it is? You might say, "What's this?" because you've never seen anything like that before. Thus, you can only recognize things based on what you possess. If you believe the world is full of selfishness, it's because you already have it within you first. The same goes for seeing people as evil; if you find them that way, it's because you perceive them through your own negative lens. Do you understand? Would a newborn baby look at someone and think, "This creature is self-centered," before even having the concept of selfishness in their mind?

JO: 那你的问题就是说如何去⾯对如果同事不断地去让你做某些事情是吗?

Your question is about how to deal with colleagues constantly asking you to do certain things, right?

JO: 那你提问的是什么? 你来这⾥你不是来做咨询的.你不是⼀股脑的讲,你不是来讲你遇到了什么,你不是来抱怨的.你是来解决问题的.那你提的问题是什么? 你不是来指责哪个⼈的错,然后让我们来赞同.

JO: So, what is your question? You're here not for consultation; you're not just spilling out your problems or complaining. You're here to address an issue and find a solution. What is the specific problem you are bringing forward? And you're not seeking validation of someone else's fault.

JO: 那你提问的话你就问,我如何去拒绝不是我分内的⼯作?

JO: So if you're asking questions, ask how I should refuse tasks that are not within my responsibilities?

JO: 这么说吧,他们的暴躁情绪,他们的负能量,他们的⽆端指责,这么说吧,好吧.怎么样才可以拒绝? 那就是从你这⾥开始.因为你就是他们.你现在问的是怎么样排除你⾃⼰.

JO: To put it this way, their short-temperedness, their negative energy, and their unjust accusations – to put it this way, okay. How do you reject them? It starts with you because they are you. You're asking how to exclude yourself now.

你就好像指着⼀堆粪说我怎么样可以去清理呢⼀堆粪? 你⾝上跟他们⼀样,都沾满了粪,明⽩吗? 所以你不能只是说都指责别⼈,别⼈怎样怎样.所以那你说我如何才能让⾃⼰达到⼀个peaceful,达到⼀个宁静的⼼⾥状态? 达到⼀个充满爱的⼼⾥状态? 那你⾸先要知道你需要停⽌指责外在.为什么? 因为他们都是机器⼈,他们都在梦游,他们也都是受害者,任何.你可以把他们都当成傻⼦.他们都是⽆意识当中的.为什么呢? 这样你就不会去指望他们怎么样怎么样.⽽是说你把⼒量拿回到你⼿上.如果你还是觉得是他们的话,那你其实就是把你的⼒量给出去.你永远都不知道你⾃⼰是拥有⼒量和能⼒和选择,就是你能决定怎么样.

You're pointing at a pile of dung asking how I can clean it? You and they are covered in dung, right? So you can't just blame others, saying how others behave. Therefore, when you ask how to achieve peace and tranquility within yourself, or love, what you need to understand first is that you must stop blaming the outside world. Why? Because they're all robots, walking in their dreams, victims like them; you can see them as fools. They are unconscious beings. Why is this so? By doing this, you won't expect others to change in any specific way. Instead, you should reclaim your power back into your hands. If you still think it's about them, then essentially you're giving away your power. You never know that you possess the power, capability, and choice; ultimately, you determine everything yourself.

你⾸先要把决定权拿到你⼿上来.拿到你⼿上来,那你就要从你开始,从你这⾥出发了,从你⾃⾝出发.如果你还在就是说,他都不改那我也不改.就是说你还继续在受他们的影响,就是你还继续受幻像的影响,因为所有的⼀切都是幻像.你如果还在受幻像的影响,你不可能脱离的了幻像.你现在的⽬的就是要脱离这个幻像.那你要脱离这个幻像,你⾸先要知道这是个幻像.你还把它当成是真实的,那你就又在给它注⼊能量.那它就继续在真实的给你体验了.

You first need to take control of the decision-making process into your hands. When you have this in your hands, then you must start from yourself and from where you are, because everything is an illusion. If you continue to be influenced by illusions, you cannot escape them. Your current goal is to escape from this illusion. To escape this illusion, you first need to recognize that it is an illusion. You still treat it as real, so you are continuously feeding it energy. As a result, you continue to experience reality through this illusion.

JO: 是呀.因为你把它当成是真实的.他们是在陷害你,你是受害者.那你就感觉⽆⼒.为什么呢? 你把⼒量给他们了呀.你的⼒量在哪⾥? ⼒量在他们呢.为什么? 你给他们的.他们很强⼤,你很弱⼩.你没有办法改变,你受他们影响.你的都是负能量啊.

JO: Yeah, because you perceive it as real. They are persecuting you; you're the victim. So you feel helpless. Why? You gave them power. Where is your power? Their power lies with them. Why? You gave it to them. They are strong, and you are weak. There's no way for you to change, as you're influenced by them. Your energy is all negative.

JO: 别⼈能接受到能量吗? 别⼈如果没有受你影响的话,你们之间就不会有冲突了.

JO: Can others receive energy? There would be no conflict between us if they were not influenced by you.

JO: 你怎么样才能把能量抓到你⼿上? 你⾸先要知道你是具有能量的,只是说你把它交给了呢些影响你的⼈,你允许他们来影响你,对不对? 你⾸先要明⽩这层道理.那当你明⽩了过后,OK,那我现在要收回我的能量.收回我的能量是什么? 他们就好像全是泄了⽓的,之前就好像每⼀个都是⽣龙活虎的每⼀个都跟你来演对⼿戏.那现在你把能量收回来,他们是不是像泄了⽓的⽓球⼀样? 他便不具有能量了,明⽩吗?

JO: How do you manage to grasp energy in your hands? You first need to know that you possess energy; it's just that you have given it over to those who influence you, allowing them to affect you, right? You must understand this principle. Once you understand this, then I'm going to take back my energy. What does taking back my energy mean? It's like they all lose their bounce before, each one of them lively and engaging with you as your counterpart. Now that you're reclaiming your energy, do they become like deflated balloons - losing their energy? They are no longer energized, understand?

JO:因为你⾸先要知道当你把呢个收回来过后你就可以去决定我⾯前这只⽼虎,我到底是要让它来吃我呢?还是我变成⼀个驯兽师让它来听我的?你想要创造⼀个什么样的状态你⾸先要清楚.OK,你想要创造⼀个更好的更和谐的状态,你⾸先要发出这个念头,⽽不是看到他,就觉得你他妈的昨天怎么我怎么我.就是对他⼼⾥充满了愤怒,然后不停的在播放前⼏次他怎么样对待你的镜头.因为你的念头它都是有影响⼒的.那你就可以播放⼀些美好的画⾯,我跟他⼀起去吃放,⼀起去逛街,⼀起聊天,多好.

JO: Because you first need to understand that after you take back whatever it is that you gave or allowed, you can then decide what kind of relationship I am going to have with this tiger in front of me - whether I want it to eat me, or if I want to become a tamer and train it to listen to me. You must first know how you want to create your state. OK, if you want to create a better, more harmonious state, you need to start by thinking about it, not just reacting with anger at the situation that happened yesterday and before that, which fills your heart with hatred. Don't keep replaying in your mind all those past incidents where they mistreated you. Your thoughts do have influence. So instead of dwelling on negative memories, try imagining positive scenes: eating together, going shopping together, having conversations – how much better it would be if that was the reality.

JO: 你愤怒的时候你也是在把能量交出去吗? 你是想要弄清楚你愤怒是怎样产⽣的⼀个状态?你有没有发现你从头到尾都是你⾃⼰到底想要解决什么问题你⾃⼰都不知道.

JO: When you're angry, are you also giving out energy? Do you want to understand how your anger comes about and the state it occurs in? Have you noticed that throughout this process, you yourself don't even know what problem you're trying to solve?

JO: 这么说吧,如果你⼼⾥⾯没有炸弹,他们就算是引⽕的,你也不会炸.所以说你⼼⾥肯定是有炸弹.那你就又要把视⾓转向到你⾃⼰,从你⾃⾝出发.⽽不是从外在去开⼑.这是你们物质世界的⼈最容易犯的错.就是你们总是从外⾯去解决问题.外⾯实际上没有任何问题.所有的问题都出现在你的脑海⾥⾯.为什么? 你的记忆不断不断地去播放呢些不好的,就是曾经跟他发⽣的呢些⽭盾.那如果你播放曾经跟他友好的呢? 你⾝体就会产⽣⼀些对他友好的⼀些情绪反应了,明⽩吗?

JO: Let me put it this way, if you don't have a bomb inside your heart, even if they set the fire, you won't explode. Therefore, it's certain that there is a bomb inside you. You should then turn your perspective inward, focusing on yourself, rather than attacking from the outside. This is a common mistake in our material world: people tend to solve problems externally when actually, no problem exists externally. All issues are within your mind. Why? Your memory repeatedly plays back those bad moments, the conflicts that occurred between you and him. If instead, you replayed moments of friendly interaction with him, your body would generate positive emotions towards him, do you understand?

JO: 你怎么知道你埋的呢个炸弹是什么,是吗? 就⽐如说,你在任何⼀次你觉得你要炸或者是愤怒的时候,然后你都有机会给你看到你的炸弹是什么.因为你的所有情绪它都是因为有⼀个东西在呢⾥.那如果你如果不去看到你⾃⼰的炸弹,你可能就会怪前⾯呢个⼈把你惹⽣⽓了,是他让你炸的.那如果你问你⾃⼰,OK,我现在跟我的情绪呆⼦⼀起,跟我愤怒的情绪呆在⼀起.现在是我拆炸弹的时候.我来看看我到底持有什么信念?我到底相信什么我才会如此的疯狂如此的愤怒?哦,是因为他刚刚说我我是个⼩⼈.我⾮常的⽣⽓.为什么?因为我相信我是个⼩⼈.明⽩吗?我⼼⾥在否定我⾃⼰.

JO: How do you know what bomb you've planted, right? Like, whenever you feel like blowing up or being angry, you have the opportunity to see what your bomb is because all of your emotions are due to something there. If you don't see your own bomb, you might blame someone else for making you angry, saying it was them that set you off. If you ask yourself, okay, right now I'm with my emotional fool, being together with my anger. Now is the time to defuse the bomb. Let me see what beliefs I actually hold? What do I truly believe could lead to such extreme anger? Oh, because he just said I was a little person and that made me very angry. Why? Because I believe I am a little person. Understand? I'm rejecting myself in my mind.

我觉得要别⼈说我是个厉害的⼈我才是厉害的⼈,别⼈说我是个⼩⼈,我就⽣⽓.因为我不能接受别⼈说我是⼩⼈.因为如果你⾃⼰没有去否定你⾃⼰或者是怎样.别⼈⽆论怎么说你都不会如此的愤怒.只有你⾃⼰是这么去认为你⾃⼰,他们的话语才会对你造成很⼤的⼀个刺激.所以你需要放开的就是你⾃⼰或者是改变的是你⾃⼰对你⾃⼰的定义.我们刚才只是举⼀个例⼦.但是你可以去通过和这个,因为这是关于你⾃⼰内在的⼀个东西.就好像你⾃⼰有属于你⾃⼰独⼀⽆⼆的地图,你才清楚到底是怎么样⼦的.

I feel that I am only considered great when others say so; if someone calls me a scoundrel, it makes me angry because I cannot accept such an accusation. One does not become so enraged by others' words unless they align with one's self-perception. It is only when others echo what you believe about yourself that their remarks significantly impact you. Thus, the key lies in either accepting or transforming your self-definition rather than solely relying on external perceptions. We've just discussed an example of this phenomenon, which involves understanding your internal self, akin to having a unique map for navigating yourself through life.

JO: 别⼈⼜⽓很差? 那你可能会觉得他没有尊重你.他没有尊重你,然后你就会觉得你到底是谁? 我是说的你这个⾁体吗? 你这个⾁体再过⼏⼗年就消失了,还有你吗? 那既然是⼀个消失的东西,他在对着⼀个消失的东西⼜⽓很差.那我⼲嘛要⽣⽓呀.你看到呢前⾯有⼀堆泥.呢⼀堆泥其实跟你没有什么区别呀.再过⼏⼗年你也是⼀堆泥呀.那他对⼀堆泥发脾⽓或者⼜⽓很差,你觉得你需要⽣⽓吗? 明⽩吗?

JO: Are they really that angry with others? Then you might feel like they don't respect you. If they lack respect for you, then you might question who you are, I mean your physical self. Will your physical body be gone in a few decades? And what about you? Since it's something that will eventually disappear, why should he get so upset at this disappearing thing? Why would I bother getting angry? You see there is a pile of mud in front. That pile of mud isn't much different from you either. In another few decades, you'll be just like that pile of mud too. If someone directs their anger towards a pile of mud or gets upset over it, do you think you need to get angry as well? Can you understand this?

JO: 你⾃⼰? 因为你们⼀直有⼀个… 那你就知道实际上是你的呢个⼩我.你的呢个⼩我它要认同或者要求尊重.但是呢个物质⼩我它其实只是你这么⼤,整个你的⼀部分.就好像你有⼿有脚,它可能只是你其中的⼀根⼿指头⽽已,明⽩吗? 它不是整个你.

JO: Yourself? Because you've always had one... So you know it's actually your little self. Your little self wants recognition or respect. But that material little self is just a part of you as big as yourself, like having hands and feet; it could merely be one of your fingers instead, understand? It isn't the whole you.

JO: 真正的你还需要你⾃⼰去探索,进⼀步的去连接,进⼀步的去允许.你们很多问题就出于你只是把你⾃⼰当成是这个物质⾁体.

JO: The real you needs to be explored by yourself, further connected with, and further allowed. Many of your problems arise because you see yourself merely as this physical body.

JO: 因为如果你把你只当成是这个物质⾁体的⼀个⾝份,我是什么⾝份,我是什么头衔什么什么的.就是你只是焦距于呢⼀点的话,那你肯定是要⼀直维护它,受它影响.这个⼈有没有对这个⾁体怎么样?

JO: Because if you see yourself only as an identity bound to this physical body, what's my title, what am I, and all that sort of thing. If your focus is on just one aspect, then you have to always maintain it and be affected by it. How does this person relate to the body?

JO: 这⾥没有我们来告诉你就是这个有没有意义.就是你要不要去维护你的尊重或者声誉名誉或者任何.因为这是你们在乎的事情.但是如果你这些在乎你⾃⼰都产⽣了疑问.为什么我这么在乎? 为什么我的⼈⽣不能平静不能充满爱,总是发⽣冲突呢? 这个你才需要来找到更多的答案,明⽩吗? 就是当你的⼀些信念或者⼀些观念⼀些⾏为在你的物质世界,你已经没有办法去处理或者去解决,你想要找到更好的.你现在来找我们的信息,就是你觉得你⾃⼰并不赞同你⾃⼰的呢⼀套,你想要找到更好的解决⽅式你才会来的.不然的话,你就会⾃⼰去,就是呢个⼩我⾃⼰就会去解决.你已经是不赞同⼩我去解决事情的⽅式⽅法.

JO: There's no us telling you if this has meaning or not - whether you should uphold your respect or reputation or any concern that matters to you because these are things you care about. But when you start questioning yourself why you care so much, why can't your life be peaceful and filled with love instead of always being in conflict? This is when you need to find more answers for understanding. You're seeking better solutions because you doubt your own values or behaviors that impact your material world are no longer enough to handle or solve. You come looking for our information when you feel disaligned with your current approach and seek a better way out of it; otherwise, you'd rely on the small self to find its own solution, which you already know isn't effective in resolving matters.

所以你才会去⽤更⾼的⾓度更⾼的视线去看待…JO: 尊重并不是只针对⼩我的.并没有说这⾥只针对什么什么.但是你可以从这⼀刻当中去学习到,通过别⼈对你的⼀些不尊重去学习到…

So you would view it from a higher angle, with a higher perspective…JO: Respect is not just for the small self. It's not that this only applies to something specific. But you can learn from this moment by understanding how others' lack of respect towards you can teach you...

JO: (重新连接) 你刚刚谈到⼀个尊重的问题,然后你完全可以去从别⼈的⼀些⾏为当中来让它正⾯的服务于你.你感受到⽐如说你没有被尊重或者别⼈没有听你在说话的⼀个重要性.为什么? 你没有被重视.那么你以后便不会⽤这种⽅式去对待别⼈.也就是说任何⼈的⼀些⾏为他都可以是让你来变的更加的美丽,充满⽣⽓.这么说吧,你就好像是⼀个没有颜⾊或者是没有味道的⼀朵花.每⼀个⼈他都可以来让你… 哪怕是⼀堆粪,你都可以让呢个鲜花更艳.那对⽅对你不尊重的⼀个⾏为就好像是⼀堆粪⼀样来让你这个颜⾊更艳.为什么? 你会去重视每⼀个⼈,就是不会在他们说话的时候⾛开.你不会不尊重他们.那他们是不是就让你变的越来越美好?

JO: (Reconnecting) You just mentioned the issue of respect, and then you can completely use other people's actions to serve you positively. You feel the importance of not being respected or others not listening to what you are saying. Why? Because you were not valued. So, you will not treat others in this manner. In other words, anyone's behavior can be used by you to make it more beautiful and full of vitality. Let me put it this way; you are like a colorless or flavorless flower. Everyone can help you... even if it's a pile of dung, you can still make the flowers more vibrant. The disrespectful action towards you from that person is like dung making your color more vivid. Why? You will value everyone and not walk away when they speak. You won't disrespect them either. Then, don't they make you better in return?

那当你越来越美好的时候,你吸引到的⽬光吸引到的关注是不是就越来越多,对不对? 所以他们就在间接的让你变的更美好,明⽩吗?

When you become increasingly beautiful, are the gazes and attention you attract not also increasing, right? So they are indirectly making you more beautiful, do you understand?

JO: 也就是说外在的所有⼀切你都可以让它正⾯的服务于你.哪怕它是⼀坨屎它都可以来让你这朵花开的更艳,让你的颜⾊更艳,让你的味道更⾹.因为你可以转化它,你拥有转变它的能量.⽽不是随着它变臭.你说呢个⼤便浇到鲜花上,鲜花会变臭吗? 不会的.鲜花会吸收它的养分,转化它,让⾃⼰的⾹味更⾹,颜⾊更艳,明⽩吗? 你也有这样⼦的能⼒.所以你就不⽤去在乎它是⼀堆粪还是什么.因为你有转化它的能⼒.

JO: In other words, all external things can be used to serve you positively; even something as unpleasant as a pile of excrement can enhance your beauty and aroma in some way. You have the power to transform it into something beneficial instead of letting it make everything around stink. Imagine if someone dumps their poop onto a flower - does that make the flower rot? No, because the flower absorbs the nutrients, transforms them, and enhances its own fragrance and color. Similarly, you possess this ability to turn negative circumstances into positives. Therefore, whether it's dung or anything else doesn't matter; your capability to transform it is what truly counts.

JO: 这么说吧,你是拥有强⼤的能量的,你本⾝是拥有的.并不是说你没有,我这⾥来教你怎么样拥有,对不对?你是有的.那它到底消耗在哪⾥去了呢? 就⽐如说刚才你就把呢个⼈,他不尊重你,他就是⼀坨臭屎.然后呢你并没有去转化它,你没有转化它,它就是⼀坨屎.它在你⽣命中的发⽣就是⼀坨屎⽽已.那如果你能去转变它,把它变成你的养分,明⽩吗? 所以你需要去转化⼀切,你⾯前的任何.⽐如说你⽼公对你的关⼼和关爱,你把它转化成奋⽃.就好像你这台车没有,你去加油,是吧? ⽐如说别⼈对你说: 我就知道你不会成功,你这⼀辈⼦都赚不到钱.你就把他的这句话当成什么?

So, let me put it this way: you possess powerful energy that is inherent within you. It's not about lacking it; I'm here to teach you how to cultivate it, correct? You do have it. So, where exactly is it being utilized or depleted? For instance, just now when you referred to someone who didn't respect you as "nothing but a pile of shit." You didn't convert that negativity into something positive. As it stands, that person remains insignificant and unproductive in your life. But if you could transform that energy, turning it into a source of nourishment for yourself, would you understand? Therefore, the key is to transform everything before you – any situation or circumstance. For example, let's say your husband expresses concern and love towards you; you channel that energy into motivation to strive harder. Imagine filling up your car with gasoline when it's empty, right? Or when someone tells you: "I knew you wouldn't succeed, you'll never earn money in this lifetime." How would you interpret their statement?

当成好像是鞭笞⼀样,你⼀想起他的这句话你就会发愤图强,就有动⼒,明⽩吗? 所以不管是… ⽐如说同事对你不尊重.他对你不尊重是因为什么? 你想,如果你是巴菲特的⾝份呢? 你掌握着世界上⼤部分的财富呢? 他还会对你不尊重吗? 明⽩吗? 那你把他对你的不尊重当成是你朝你的⽬标成为你⾃⼰的⼀个动⼒.所以外在的⽆论什么,你都可以把它转化成能量.但是你也要知道你不消耗你的能量.因为你现在就是不断地在消耗你的能量.当你在指责外在的时候,你在消耗你的能量.当你在指责这个是恶⼈呢个是⾃私⿁,你在消耗你的能量.当你在不断地去停留别⼈曾经怎么对你,你是在消耗你的能量.明⽩吗?

Imagine it as a kind of鞭策. When you recall his words, they motivate you to work harder and find your drive. Do you understand? Hence, regardless of circumstances like when a colleague disrespects you - why does he show such disrespect? Consider this: if you were Warren Buffett, the owner of most global wealth, would he still look down on you? Get it? You should view his disrespect as fuel that propels you towards your goal and self-fulfillment. Therefore, no matter what external factors are at play, you can transform them into energy. But remember, don't drain your energy; you're already using up yours continuously. When you blame the outside world, you're draining it out. When you categorize someone as evil or selfish, you're draining your energy. When you keep dwelling on how others treated you in the past, you're also depleting your energy. Got it?

当你拥有巨⼤的能量的时候,你就可以把它转化成⾦钱了.

When you have immense power, you can convert it into money.

JO: 不会呀.当你拥有强⼤的能量,你⾃⾝就充满了吸引⼒.呢些明星也好伟⼈也好.明星的能量是从哪⾥来的? 是从你们这些关注,你们对他的关注就是在给与他能量.你们对他的谈论,你们对他的讨论,明⽩吗?

JO: No problem. When you have powerful energy, you are full of attraction yourself. These celebrities or great figures as well. Where does the star's energy come from? It comes from you guys; your attention to them is actually giving him energy. Your discussions about him and your conversations about him, do you understand?

JO: 那你说他们的钱哪⾥来的? 你们所有⼈都拥有能量,要看你们放在哪⾥了.你今天去关注⼀下⼋卦新闻,这个明星.明天去关注⼀下呢个⽹红,呢个直播.然后七⼤姑⼋⼤姨,呢个邻居家的什么事.你就到处分散在呢⾥了.你便不具有集中的巨⼤的能量去创造你想要创造的.

JO: So where do they get their money from? All of you have energy, it depends on where you put it. You spend your time today following gossip news about a celebrity, tomorrow following another influencer and live streams. Then there are your relatives, the neighbors, what's going on with them. You disperse your energy everywhere, lacking the concentration to create what you want to create.

JO: 你怎么样才能不通不过⽣活中的琐事去消耗你的能量,然后储存起来,是吗? 这个需要你从⽣活当中⼀步⼀步的,这么说吧,能量就好像是⼀根绳⼦.那这根绳⼦要被你⽤的很好,你就需要不断地去运⽤它,明⽩吗? 这么说吧,双节棍吧.那你说我怎么样才能把这个双节棍打的像别⼈⼀样好呢? 你需不需要练习? 你需不需要去运⽤? 你需不需要去学习?

JO: How do you manage to not waste your energy on trivial matters of life and instead store it, right? This requires step-by-step action in daily life. To put it another way, think of energy as a rope - for you to use it well, you need to constantly apply it, understand? Like with double sticks, how do I practice so that I can wield these double sticks just as effectively as others? Do I need to train? Do I need to apply myself? Do I need to learn something?

JO: 你⾃⼰⾸先要知道你的问题在哪⾥.你既然知道你的问题在哪⾥.你想要知道如何去解决这些问题? 然后你要下定决⼼去解决这些问题,这都是你⾃⼰来决定的.因为为什么呢?就算你刚才说的所有的这些问题,实际上当你在梦醒的呢⼀刻,醒来的呢⼀刻,你都可以运⽤好.这些都是你的题材.这些你都是可以去正⾯运⽤它,使⽤它.这些都是可以正⾯服务到你的.所以说你不要去否定你的任何体验.你说.

JO: You must first know where your problem lies. Since you already know where the problem is, do you want to find out how to solve these issues? Then you need to make up your mind and decide to address these problems on your own. Why is this so? Because even though all those issues you just mentioned can actually be handled when you wake up from a dream, they are still part of your experience. You can positively utilize them and use them for good, benefiting yourself. Therefore, don't undermine any of your experiences.

JO: 你就算要踏上⼀条路.你需要去决定你要⾛上这条路吧?

JO: If you're going to embark on a path, you need to decide that you will walk down this path?

# **2023/02/23 — 能量平衡Energy Balance**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我今⽣来到地球的预本是什么? 我的灵魂想要成长为什么样⼦? JO: 你稍等.你叫什么名字?

Questioner: What is my predestined purpose for this life on Earth? What kind of person does my soul want to grow into? JO: Wait a moment, what's your name?

问: 我叫XXX.

Questioner: I am called XXX.

JO: 稳定你⾃⼰的能量.因为你的能量经常处于⼀种忽⾼忽低两种极端.要么就是特别亢奋,要么就是特别低落,就是总是像过⼭车⼀样的变化.所以说你⾃⼰的⼀些喜好也是.可能⼀个特别喜欢的最后也会变成特别不喜欢的.就好像你在体验两种完全不⼀样的⼈格,它们是完全相反的两种.所以说你这⼀⽣最主要探索的就是你会像跷跷板⼀样,从这⼀边到呢⼀边,从左到右这样来回的直到你找到⼀个平衡点,让你能很好地平衡融合这两股不同的状态.所以它就会体现在你各个⽅⾯,⽐如你⾃⾝的情绪,或者是你的关系、⼯作、事业,各⽅⾯.你就能感受到这种冷热相间的这种.

Stabilize your energy, JO. Your energy is often fluctuating between two extremes, either being extremely hyper or very down, experiencing rollercoaster-like changes. This also applies to your preferences; what you initially like might later become disliked. It seems as if you're alternating between completely different personas that are opposite of each other. Therefore, throughout your lifetime, the primary exploration is to understand how you will oscillate from one end to the other, like a seesaw going back and forth until you find a balance point that allows for harmonious integration of these contrasting states. This manifests in various aspects of your life, such as your emotions, relationships, work, career, and more, allowing you to feel the alternating coldness and warmth.

然后(通过)逐渐逐渐的⼀个过程,你想要达到⼀个恒温的效果,就是不那么冷也不那么烫.

Then, through a gradual process, you aim to achieve a constant temperature that is neither too cold nor too hot.

问: 那我今⽣有没有什么使命,就是为⼈类做出贡献还是我这⼀辈⼦就只为⾃⼰⽽活?

Questioner: Or does that mean I have a mission in this life to contribute to humanity or am I just living for myself in this lifetime?

JO: 你们⾸先⼀个误导就是你们觉得你们要是为⾃⼰⽽活,你就对⼈类没有贡献.你就好像你是⼀朵花,你盛开了.你觉得你的⾹味和美丽不会来美丽这个世界吗? 不会让⼈们看到⼼⾥就开⼼吗? 进⼊到⼀种美好的状态吗? 明⽩吗? 所以说当你⾃⼰达到了⼀种平衡的状态,那很多呢种能量失衡的⼈,他们都能在你这⾥感受到平衡的美好从⽽跟你对齐.

JO: Your first misconception is that you believe if you live for yourself, you don't contribute to humanity. You're like a flower blooming, thinking your fragrance and beauty won't make this world more beautiful? Wouldn't it brighten people's hearts and bring them into a state of happiness and的美好? Understand? So when you achieve a balanced state, many individuals experiencing energy imbalances can feel the harmony and beauty emanating from you, aligning with you.

问: 我的⽗母在我的⼈⽣中扮演的是什么⾓⾊? 我需要借由和他们的相处学习到什么? JO: 你稍等.你⽗母叫什么名字?

Questioner: What role do my parents play in my life? What can I learn from interacting with them?

J: Wait a moment. What are your parents' names?

问: 我爸爸叫XX,我妈妈叫XXX.

Questioner: My father's name is XX and my mother's name is XXX.

JO: ⾸先你的母亲呢边她也有⼀点,就是在别⼈眼⾥可能就是摸不透,就好像有⼀点点所谓的神经质,应该说是⾼度敏感、容易失控,或者是她连⾃⼰都不清楚⾃⼰到底是想要什么,这样的⼀个状态.也就是说能量不是如此的稳定的⼀个状态.所以呢,你从她呢⾥,就好像是你受到了她的影响继⽽加深了你此⽣的⼀个… 这么说吧,你这个灵魂来到这⾥本⾝就是受到束缚的.你⾝上有了⼀根绳⼦.那加⼊到她当中,就好像把你的绳⼦更加加固了⼀样.然后加固的原因就是什么呢? 就是让你体验到了⾮常受限制的⼀个状态,然后来让你达到我必须要挣脱出来.就好像⼀种: 我受不了了,我⼀定要挣脱出来.就好像我已经冷到了极限,那我就必须要往温暖的地⽅⾛.

First of your mother, there's something in her that others might find difficult to understand - perhaps akin to a touch of neurosis or extreme sensitivity, which could lead to instability and loss of control, not knowing what she wants even within herself. In essence, this means her energy isn't a steady state. From observing her, you've felt influenced by her, deepening the sense that you are already bound here in life - as if there's a rope on your soul when it arrives. Joining with her adds to that bondage like strengthening the rope around you. The reason for this reinforcement is to make you experience a highly restricted state, so you can understand the necessity of breaking free: "I can't take it anymore, I must escape." This feeling mirrors being at the coldest point and needing to move towards warmth, desperately seeking freedom from confinement.

然后呢,你已经就是各种束缚已经让你难以呼吸了.然后你就必须要给⾃⼰松绑.她就是来加剧你的体验来让你达到⼀种从内⼆外的突破.你突破了这个捆绑,就把你内在的⼒⽓全部给激发出来,让你想要挣脱出来.

And then, you're suffocating under all sorts of constraints. Then you have to free yourself. She's here to intensify your experience so that you can achieve an inner breakthrough outwardly. By breaking free from these restraints, you unleash all your inner strength, driving you to strive for liberation.

问: OK,那我⽗亲呢?

Questioner: Alright, what about my father?

JO: 你⽗亲正好给了你⼀个相反的例⼦⼀样.他好像也给你做了⼀个榜样,让你看到你可以达到的⼀个状态.所以说他的⼀个平衡的状态可以帮助你知道你想要去往哪⾥.

JO: Your father provided you with an opposite example just the same. He seemed to have set a precedent for you, showing you what level you could attain. So his balanced state helped you understand where you wanted to go.

问: 我总是会有⼀种深深的不配感.这个是由什么原因造成的? 以及我要怎么去解决呢?

Questioner: I always feel deeply inadequate. What causes this feeling, and how can I address it?

JO: 你不能说你的不值得感⼀直存在的,它只是偶尔.就好像你们的天⽓中的雷暴⾬,但是也有天晴,也有其他晴天的时候,明⽩吗? 所以它的这种对你的影响不⼤,除⾮你把它⼤化.就是你总是把这个事拿出来,就是你怎么样怎么样.你⼤多数时间你并没有觉得你不值得,你反⽽还会觉得你值得拥有⼀切.

JO: You can't say that your sense of unworthiness always exists; it's just occasional. Like the thunderstorms in your weather, but also there are sunny days and other clear skies, do you understand? So its impact on you is not significant unless you amplify it. That means you constantly bring this issue up, like how you were or how you should be. Most of the time, you don't feel unworthy; instead, you might even feel that you deserve everything.

问: 确实是像跷跷板⼀样两极分化特别严重.

Questioner: Indeed, there is severe polarization like a seesaw.

JO: 所以说你不需要把这个好像来⼀直在⾃我催眠这个状态,然后来告诉我⾃⼰不配得.因为就算你有时候出现这种声⾳,你其实也会说我值得拥有任何⼀切.如果别⼈来告诉你,你就不值得.你还会去强烈的反驳他,你说哪怕把全世界给你你都是值得的.

So you don't have to keep yourself in this self-hypnosis state and convince yourself that you don't deserve anything. Even if you sometimes hear that inner voice, you still say that you are worthy of everything. If someone else tells you that you're not worthy, you would strongly argue against them, stating that even if they gave you the world, it wouldn't change your worth.

问: 我每次在显化⼤额⾦钱的时候,总是会觉得⼼轮的地⽅堵堵的,反⽽会觉得不安.那我显化这种⼤额⾦钱的卡点是什么呢?

Questioner: Whenever I manifest large sums of money, I always feel a blockage in the heart chakra area and become uneasy instead. What is my sticking point in manifesting such large amounts of money?

JO: 因为在你的灵魂深处你知道⾦钱它并不是你真正需要focus on的地⽅.你更多的是⼩我就觉得: 哎呀,你看我有能⼒显化很多钱.别⼈都有钱,我也要很多钱.但是在你的灵魂深处,你真正需要的⽅向并不是在这⾥.所以它跟你真我的⽅向是有⼀些冲突的.

JO: Because deep down in your soul you know that money is not what you really need to focus on. You're more preoccupied with the little self thinking: Oh, look at me manifesting lots of money. Everyone has money, so I need a lot too. But deep within you, the direction you truly need is not here. So it conflicts with the path of your true self.

问: 那我真我的⽅向是什么?

Questioner: Then, what is the direction of my true self?

JO: 你真我的⽅向就是说就像刚才给你带来的信息,你⾸先是要达到能量平衡,这是你的⽅向.所以说,外在物质的⼀切事件或者是所有东西它都是来帮助你⾃我认识.就好像你⼀边是在这个⾓⾊⾥演戏也好在⽣活体验也好,那你⼀边也需要有⼀个像冷眼旁观,就是像⼀个观察者的⾝份来看着你所有的.然后来清楚的知道你并不是要完完全全的沉浸在戏⾥⾯⽽忘记⼀切.⽽是说你是清醒的看着你做的⼀切,它都好像只是单纯的体验⽽已.这么说吧,就好像你是个演员,然后你在看你演的呢些戏.你是在⼀个冷静的状态,然后你知道你现在是情绪失控,你知道你现在是特别冷静的时候.就是你好像把⾃⼰抽离出来,然后你去找到到底是什么信念导致你疯狂或者极端?

JO: Your true direction is to achieve energy balance, as was the information provided earlier, you first need to attain this equilibrium state. Thus, all external material events and things are designed to help you recognize yourself. It's like being an actor in a role or experiencing life, on one hand, while also having the perspective of an observer, analyzing your actions clearly. You're not meant to fully immerse yourself in the role and forget everything; instead, you remain aware and conscious of your actions as mere experiences. Imagine yourself as an actor watching your own performances in a calm state, knowing that you're experiencing intense emotions yet are still very composed. Essentially, it's about finding out what beliefs drive you towards chaos or extremism by stepping back and observing.

到底是什么…原来是因为我冷漠了,我看上去好像很平静的样⼦,但是我内⼼根本就不平静.然后为什么我会冷漠呢? 我冷漠可能是因为我觉得⼈性是没有希望的.那⼈性没有希望这件事它其实就是⼀个假象,它其实就是⼀个负⾯定义.那可能就是因为我曾经经历过呢个,我就⼀直把呢件事放在我的脑海⾥⾯,然后我就这么去认为.OK,我需要让它消失掉,就是不再让它对我的⽣命存在影响,明⽩吗? 当你这样⼦的话,你便没有了⼈性是没有希望的…问: 我最近连续遇到⾦钱⽅⾯的问题.⾸先就是帮我写论⽂的⼈,我找了不同的⼈帮我写,他们都写不好.然后就导致我的钱⽩⽩的花掉.

What is it...? It turns out that I was being cold towards them, seeming calm on the outside, yet my inner self was anything but. And why would I be so cold? Perhaps because I felt that humanity had no hope. That idea of humanity having no hope is actually a fiction, a negative definition. Maybe it's because I once experienced something and have kept that memory in my mind ever since, leading me to believe this way. Alright, I need for it to vanish, not allowing it to affect my life anymore, do you understand? When you think like that, you don't consider the lack of hope in humanity... Questioner: Lately, I've been encountering financial issues continuously. First was when I hired different people to help write my papers, but they all did a terrible job. This led to me wasting money unnecessarily.

然后包括像我前段时间的房⼦,但是住进去后发现不合适,但是房租和押⾦已经交了.也没有办法退还.然后我换了另外⼀个房⼦,同样的问题,我住进去开始⾝体不适,我交了⼋天的钱,但我只住了四天.钱也不会退给我.然后我最近投资的钱提现也出现了延迟的情况.这⼀系列的和⾦钱相关的.我总是觉得我的钱是不安全的,会流失掉.这样的信念是什么导致的呢?

Then there was my previous house, for example, but after moving in I found it unsuitable. However, the rent and deposit were already paid and could not be refunded. Afterwards, I switched to another house, facing the same issue; after moving in, I experienced physical discomfort. I had already paid for eight days, yet stayed there only four days, with no money being returned to me. Additionally, I encountered delays when trying to withdraw my recent investments. This series of financial issues always leaves me feeling that my money is not secure and may be lost. What could be causing this belief?

JO:⾸先这么说吧,刚才信息告诉你就是你体验的总是两个极端.所以说,那你这种体验它也是属于你能量没有平稳或者是⼀个平衡的状态.就好像你现在在踩钢丝,你⾛在钢丝线上.你说我⼿上的⽔它不停的往外洒.因为你⾃⾝就是失去平衡的,所以你的钱就像是⽔⼀样,往外撒也是⼀个不平衡的表现,明⽩吗?

JO: First of all, let me say that what the information just told you is that you've experienced two extremes constantly. Therefore, your experience falls under a state where your energy is not stable or balanced. It's like walking on a tightrope; you're balancing on it right now. You said the water in my hands keeps spilling out uncontrollably. Because you are inherently unbalanced, just as water spills from an unstable container, so too does money slip away for you, illustrating an imbalance. Do you understand?

问: 居住环境是不是真的对我影响⽐较⼤?

Questioner: Does my living environment really affect me a lot?

JO: 你⽆论什么都对你影响⼤,就是外在的⼀切,⼈也好,事情也好.所以你会喜欢在⼀些特别⼲净舒服,就是能量场⾼,就是没有呢么混杂的地⽅.这些地⽅就会让你感受到美好.

Japanese: JO: Whatever affects you is everything around you externally - people, situations, etc., so you prefer places that are particularly clean and comfortable with high energy fields, free of confusion. These environments allow you to feel the beauty.

问: 这么说来的话,国外是更适合我的对吧? 因为国外的频率会⽐较⾼⼀些? JO: 国外国内什么意思?

JO: What does "国内外" mean?

问:就是我如果定居在国外的话,是不是会更加适合我呢?

Questioner: If I were to settle abroad, would it be more suitable for me?

JO: 你是说的中国和英国是吧? 应该是说⼀切景⾊或者是环境⽐较美好的地⽅⽐较适合你.因为它会让你进⼊⼀种美好的状态.然后你⼼⾥感受到很好的状态.

JO: You're referring to China and the UK, right? It should be said that places with scenery or environments that are more pleasing are better suited for you because they can lead you into a state of pleasantness. Then your heart will feel a good sense of well-being.

问: 在我上⼩学的时候,我有过⼀次童年阴影.就是有⼀次我考试考了60多分被我妈妈罚跪,导致我现在想起来都会⽐较悲伤.我为什么要创造出这样⼀件事情? 然后我要通过这件事情学习的课题是什么?

Questioner: When I was in primary school, I experienced a traumatic childhood event. One time, after scoring over 60 points on an exam and being punished by my mother to kneel, this incident has left me feeling saddened whenever I recall it. Why did I create such an experience? And what lessons can be learned from this situation?

JO: ⾸先你要知道不是说所有的事件都是你去创造.⽐如说你选择加⼊到你妈妈的⽣命当中去.那么你就好像给她提供⼀个让她去转化去学习的,就好像你默认了你去配合她演戏,你是个配⾓.所以有⼀些事情你只是在给她提供⼀次让她去成长的机会,明⽩吗?

JO: First of all, you need to understand that not every event is something you create. For example, when you choose to be a part of your mother's life, it's like providing her with an opportunity for transformation and learning - kind of like playing a supporting role where you're agreeing to cooperate in her drama. So some things are just chances for her to grow, do you understand?

问: 那这件事情对我造成的影响我要怎么去恢复呢?

Questioner: How should I recover from the impact of this matter?

JO: 那你⾸先要知道就是⽆论它是以前发⽣的事情还是多久发⽣的事情,你都可以在当下,当下是什么? 就是在现在,在此刻去重新连接它.因为呢个画⾯还是在的,所以它还会产⽣影响.那么它既然可以对你产⽣影响,就说明你是有能⼒将这个影响变成正⾯影响.所以说如果⼀个事情它还在对你产⽣影响,那你就可以把⼀个事情转化成正⾯的影响,⽽不是负⾯的影响.

JO: The first thing you need to understand is that regardless of whether it happened in the past or how long ago it occurred, you can reconnect with it right now. It's about being present in the moment, meaning in this very instant. Since the image still exists, it continues to have an impact on you. If a situation still affects you, it means you possess the capability to transform that effect into a positive one. Therefore, if something is still influencing you, you can convert it into a positive influence rather than a negative one.

问: 那这件事情它正⾯的影响是什么呢? JO: 你说⼩时候被你妈妈罚跪是吧?

Questioner: What are the positive impacts of this issue? JO: Are you talking about being made to kneel as a punishment by your mother when you were young?

问: 对,我觉得我的⾃尊⼼有受到剥夺.

Questioner: Yes, I feel like my self-esteem has been taken away.

JO: 然后可以怎么样让这个事件来正⾯的服务于你? 那你从呢⼀次体验让你深刻的意识到当⼀个⼈充满好⼼的想要去纠正你,想要去push你,想要去让你做的更好,她⽤了⼀个激烈的⼿段.那你知道这个⼿段是⾏不通的.那你⾃⼰是不是就不会⽤如此激烈的⼿段去对待其他⼈?你的另⼀半也好,你的下⼀代,你的任何亲密关系.你是不是便不会这么去做了?那是不是就把你变成⼀个更好的⼈了?因为如果你没有⽤这个,你也可能会⽤⼀种极端的⽅式去为了达到某种⽬的或者效果.那说到这⾥既然你知道⽤这种极端的⼿段根本达不到这种效果,反⽽会起反作⽤.那怎么样才是⼀个更好的⼿段去达到你想要的⼀个效果呢?

Then how can this event serve you positively? Have you realized from your experience that when someone sincerely wants to correct you, push you, and make you better, they use a harsh approach? Do you understand that such methods do not work? Therefore, are you likely to avoid using such intense means in dealing with others, be it your partner, the next generation, or any close relationships? Would this change you into a better person because if you did not use this method, you might have employed an extreme way for achieving certain goals or outcomes instead? Given that you now know such extreme methods do not achieve the desired effect and can actually have adverse effects, how would you employ a better approach to reach your intended outcome?

然后你需要知道的就是这⾥永远没有以⽛还⽛,以恶制恶,以暴制暴.这⾥永远都是⽆条件的爱和接纳.也就是说你的爱就好像是⼀个⾮常⾼浓度的能量状态.所有东西⽆论它是什么,碰到你这,它都被融化掉了.nothing,就是全部被融化掉了.就好像你是⼀个⿊洞,所有东西进来全部被吸掉了,明⽩吗?

The essence you need to understand is that here there's never an eye for an eye, a tooth for a tooth; no retaliation or revenge. It's always unconditional love and acceptance. Your love operates as a highly concentrated energy field where everything, whatever it may be, gets dissolved upon contact with you -- literally nothing remains. You're like a black hole, sucking in everything that comes your way, getting rid of all else, do you see?

问: 那我要怎么样做到这种⽆条件的爱的状态呢?

Questioner: How do I achieve a state of unconditional love?

JO:所有你体验的所有东西它都是来让你明⽩你这个是没效果的.你直接体验和间接体验,所有体验,那你⾃⼰体验了这种⼿段是没有效果的,对不对?那你便不会去⽤这种⽅法再去对待任何⼈了.那当你不再使⽤这种极端的⽅法对待其他⼈,那你是不是就只有爱和允许了?因为很多⼈他们采取这种⽅式⽅法和⼿段,因为他觉得只有这个才有效果.所以妈妈也是,因为她觉得让你从这样⼀个⾏为当中让你去反省到让你去认识到.她觉得可以达到某⼀种效果,明⽩吗?

All the experiences you have are meant to show you that this is ineffective. Both direct and indirect experiences, no matter what you personally experience through these means is ineffective, right? Therefore, you wouldn't use such methods to deal with anyone else. If you stop using such extreme methods to treat others, would you only be left with love and acceptance? Because many people adopt this method because they believe it's the only one that works. So does Mother as well, as she feels it can lead to a certain outcome of reflection and realization for you, understand?

问: 那我要怎么释放掉这些悲痛的感觉?

Questioner: How do I let go of these feelings of sadness?

JO:你稍等.我们可以邀请你再⼀次去⾯对呢个受满委屈的⼩孩.然后⽬前在你眼前她是⼀个满是委屈的⼩孩.因为她唯⼀依赖的、依恋的和相信的,就是她唯⼀寄托的⼈是她的妈妈.然后当她唯⼀寄托、托付的对象对她做出这样⼦的⼀个⾏为.她充满了不解,她不理解妈妈为什么要这样⼦.所以在她⼼⽬中她感受到⾃⼰不被接纳,不被爱,不被关注,也不被尊重.她感受到深深的挫败感.我们想让这个⼩孩知道她所有的感受都是正常的.然后她想要妈妈的关爱和被看到也是正常的.然后,在这⾥在妈妈的更⾼层⾯,也就是妈妈的灵魂层⾯,妈妈给她了⽆条件的爱和⽆条件的允许.

JO: Wait a moment. We can invite you to face this little one who has suffered greatly again. At the present moment in front of your eyes, she is a little one suffering greatly because her only source of support, attachment, and belief, the only person she relies on, is her mother. And when the sole person she trusts does such actions towards her, she is filled with confusion; she doesn't understand why her mom would do this. So in her mind, she feels that she isn't accepted, loved, noticed, or respected. She experiences a deep sense of failure. We want to let this child know that all her feelings are normal. And she wants the love and recognition from her mother is also normal. Then, at a higher level for the mother, which would be the soul层面 of the mother, the mother gives unconditional love and unlimited permission to this little one.

因为当你们脱离这个焦距的点,你们的⾁体就是你们的焦距物和焦距点,你们永远都是连在⼀起的.允许这股能量.现在你能感受到当这股⽆条件的爱的能量进⼊到孩⼦的⾝体,所有的⼀切都只是在爱中.

Because when you step away from this point of focus, your physical bodies become the object and the focal point for that energy, and you are always connected. Allow this energy. Now you can feel as this unconditional love energy enters into a child's body, everything is just in love.

问: 我觉得我好像感受到了⽆条件的爱.我觉得她的⾼我层⾯是爱我的.

Questioner: I feel like I've experienced unconditional love. I feel that her higher self loves me.

JO: 是的.因为这是能量层⾯的.这也是你的⾼我的能量层⾯的.然后它们本⾝就没有分离过.

JO: Yes, because it's on the energetic level, and it is also in your High Self's energy realm. Then they have never been separated from each other.

问: 前段时间我住了⼀个民宿.我⼀下⼦就给了他⼋天的钱,但是因为我⽣病,我住了四天就搬出去了.但是钱也没有退给我.这件事情我觉得我没有维护到⾃⼰的权益.我想知道这件事情让我学习到的课题是什么? 我应该要怎么处理这件事情?

Questioner: I recently stayed at a homestay for an extended period. I paid him for eight days upfront, but due to my illness, I had to leave after only four days. However, he did not refund me the money. I feel that I have not protected my rights in this situation. I want to know what lesson can be learned from this issue and how should I handle it?

JO: 也就是说你在⽣活中遇到了⼀些你觉得不公平的事件,然后你应该如何去⾯对? ⾸先你站在你的⾓度你会觉得不公平.为什么? 因为你觉得是他们的民宿导致你不舒服,然后你想要中途退出.然后对⽅觉得你⾃⼰做了这个决定,你会导致他后⾯找不到客⼈.所以从你们俩个各⾃的观点来说你们都会觉得这是不公平的事件,⼼⾥都会觉得不公平.然后,在这样⼦的情况下你们应该如何处理好这之间产⽣的冲突? 你稍等.⾸先这些存在的只是你们⼈与⼈之间沟通的问题.然后这件事情可以让你很好的体会到就是⾸先你⾃⼰做的决定,你要为你的决定付充分地责任.因为是你决定你要付多少然后住多长时间.然后中途你改变你的决定.

JO: That means you've encountered some events in your life that you consider unfair. How should you deal with this? Firstly, from your perspective, it feels unfair because their Airbnb accommodations have made you uncomfortable. You want to withdraw midway. However, the other party feels that you are causing issues for them since they might lose guests as a result of your decision. Therefore, both of you would consider this situation unfair based on your individual viewpoints. Each person feels that it's an unfair event and perceives unfairness internally.

Then, in such circumstances, how should you properly handle the conflict generated between you? Wait. The existence here is merely a problem related to communication among individuals. This incident can provide you with a good opportunity to understand that you must take full responsibility for your decisions. Your decision determines how much you pay and for how long you stay. Then, you alter your decision midway.

那你改变你的决定,你需要为你⾃⼰改变决定付出代价.⽐如说就好像你决定你买⼀块巧克⼒,你吃了⼀半不想吃了.那你扔掉它.那你把它扔掉是你⾃⼰决定你要扔掉它.那你就要为你这个决定,就是你想要扔掉它浪费⼀半的巧克⼒,承担你⾃⼰做出的这个决定.然后就是说在这样⼦的⼀个情况下如何去更好的处理你们之间的⼀些问题?沟通.沟通永远都是最好的解决问题的⽅法.然后你可以很真诚的告诉他你⽬前⾯临的是什么.因为对⽅可以感受到你的真诚,明⽩吗?如果你⼀开始就是理直⽓壮的要求别⼈或者是强迫别⼈的话,你接受到的肯定也是⼀种强硬的态度.因为你给出去的就是强硬.

If you change your mind, you need to pay the price for changing it yourself. For example, if you decide to buy a piece of chocolate and eat half but don't want to continue eating it, then you can throw it away. You make the decision to discard it because that's what you choose to do. Therefore, you are responsible for this choice, meaning you need to bear the consequence of wasting half of the chocolate. In such situations, how should one better handle issues between them? Communication. Always, communication is the best way to solve problems. You can then communicate sincerely about what you're currently facing. The other party can sense your sincerity and understand this clearly. If you start by being forceful or demanding from others or trying to force their compliance at the beginning, you will receive a strong response in return because that's the tone you set for communication.

所以你想要得到的是理解或者是退步或者是对⽅对你的⽀持的话,那你⾸先你要去理解别⼈.你就说我理解你,我的⼀些决定给你带来不便,是吧? (断开)JO: 刚才说你⾸先要注意到你对于这⼀件事情你给出去的是什么? 因为你头脑⾥⾯的意念或者你的思想你的想法或者你的态度,对⽅也是能接受到的.因为你要记住⼀句话,在更⾼层⾯你们是通的.你永远都要记住你们在更⾼层⾯你们是通的.所以为什么你们会有祈祷之类的,就是这种.你会对这个层⾯很清楚.因为你曾经不是有⼀世是修⼥吗?那你对这⽅⾯,就是在你的意念你的思想层⾯到底散发出的是什么这⼀点,就是对⽅他能收到的.也就是说你要整理好你⾃⼰的情绪,⽽不是假装.

So if what you want is understanding, or concession, or support from the other person, then you first need to understand others. You say, "I understand you," right? My decisions are causing you inconvenience, don't they?

JO: As I just mentioned, you should pay attention to what you are sending out about this matter. Your thoughts, ideas, attitudes, and even your subconscious mind sends signals that the other person can receive because at a higher level, connections exist between you.

You must remember this: at a higher level of being, there is a connection between you. That's why you have prayers or similar practices - to be aware of this aspect deeply. You've had an incarnation as a nun, right? So in your mental and thought sphere, what you're projecting affects the other person.

In essence, it means you should focus on managing your emotions properly rather than pretending.

你整理好你⾃⼰的情绪,OK,那你真的是对他觉得感到挺抱歉的.因为什么?因为我⾃⼰的⼀个决定给对⽅造成了⼀些不便.因为当你发出这个念想,然后再去⽤语⾔表达出来,对⽅能接受到你的真诚.因为你们永远都要记住,你跟对⽅打交道的不只是他这个⾁体.因为在更⾼的层⾯,你们都是连在⼀起.所以你的思想直接会进⼊他的思想.这就是你们⼈与⼈之间并不是说需要语⾔.即使没有语⾔,对⽅可以感受到你到底是友好的还是充满敌意的.你还有问题吗?

You've sorted out your feelings, okay? If you feel truly sorry for him. Because why? Because my decision has caused some inconvenience to the other party. As when you have this thought and then express it through language, the other person can receive the sincerity of your apology. Always remember that you are dealing with more than just his physical body; at a higher level, you are connected. So, your thoughts directly enter his mind. This means that you don't necessarily need words to communicate between people. Even without language, the other party can sense whether you are friendly or full of hostility. Do you have any questions yet?

问: 如何不在乎3D⼀些不好的结果呢? 因为我明知道这些是我⾃⼰的显化,我应该去源头解决问题,但是我还是会在实相上去纠结⽽陷在这样的局⾯中没有办法跳出来.

Questioner: How do you not care about some bad results of 3D life? Because I know very well that these are my own manifestations, I should solve the problem at its source, but I still get caught up in this situation and can't find a way out.

JO: 你⾸先要知道你们来到这个物质世界你们最主要的功课是什么? 你们不是来这⾥享受的.因为你们的⼩我你们会觉得你们是来享受轻松或者是快乐或者是⾦钱.并不是的.你们是来什么? 你们是来学习的.然后学习的每⼀个点它都可以让你学习到.就⽐如说刚才,如果不是因为你和给你租房的⼈发⽣冲突,那如果不是因为你们的冲突,那你就会少了宝贵的⼀堂课.呢堂课是什么? 是让你知道你跟对⽅不只是语⾔的交流,你的思想更重要.为什么? 因为在你们更⾼的层⾯你们是连接在⼀起的.所以你到底发出什么念想,对⽅是能接收到的.那这个事件是不是就给了你⾮常宝贵的⼀课.为什么呢? 因为基本上的⼈他都不知道这⼀层关系.所以他们会虚假.

JO: The first thing you need to know about why you are here in this physical world is that it's not for enjoyment. Although your ego might think you're coming to enjoy ease, happiness, or money, that's not the main lesson. You're here to learn. And every lesson you learn through these experiences allows you to grow. For instance, if there wasn't a conflict between you and the person who rents to you, which is what would have happened without your interaction, you would miss out on a precious lesson. What lesson is that? It's about realizing that communication goes beyond just words; it's also through thoughts. Why is this significant? Because at higher levels of consciousness, you're connected with others. So the thoughts you generate are received by the other person. This event thus provides you with an invaluable lesson because most people don't understand these connections on a basic level. They tend to act in false ways.

为什么你们会说这个⼈太假了? 为什么你知道他假? 因为你知道他想的跟他说的不⼀致.所以你既然能辨别出来别⼈假,那别⼈也知道你到底假不假.所以你们是有这个⾮常⼤的影响的.那这⼀点被你注意到了意识到了.那你以后你是不是会⾮常留意你的思想层⾯意念层⾯,你发出的是什么对对⽅?! 那这个对你的成长是不是⼀个⾮常⼤的⼀个改变? 你想⼀下,你注意到了意念层⾯思想层⾯的⼀些,但是别⼈都没有.那你是不是⽐别⼈厉害好⼏百倍? 那这个对你来说是不是⾮常宝贵? 这不是⽤钱能买到的.那可能别⼈表⾯上存款⽐你多⼏倍对吧? 但是实际上呢? 你的意识程度⽐他⾼⽆数倍.你的意识程度越⾼的话,对你来说物质世界它就没有任何凝固了.

Why would you say that person is too fake? Why do you know they're fake? Because you can tell that what they think doesn't match what they say. Since you can discern when others are being fake, it means others also understand if you're actually fake or not. Thus, your influence is significant, and this realization has been acknowledged by you. This insight should lead you to be more mindful of your thoughts and intentions moving forward, considering the effect on the other person! Will this awareness greatly impact your personal growth? Reflecting upon noticing your mental processes while others don't might make you seem thousands times better than them. Wouldn't that level of self-awareness be incredibly valuable to you? It isn't something you can buy with money. Perhaps someone else has several times more savings, right? Yet, in reality, your level of consciousness is vastly higher than theirs. The higher your awareness, the more fluid your relationship with the material world becomes for you.

也就是说,你们的世界,意识程度越低的,他就越觉得物质世界是不可更改的,他是没有办法更改的,就好像在泥潭⾥他拔不出来.那意识程度越⾼的,看⼀切都是虚幻的,对他⽽⾔就根本没有物质世界.他可以投射任

In other words, the lower the level of consciousness in your world, the more he perceives the material world as unchangeable, something that he cannot alter; it's like being stuck in quicksand and unable to escape. For those with higher levels of consciousness, everything appears illusory; for them, there is no such thing as a material world. They can project anything they desire into existence.

何他想投射的,明⽩吗? 所以到底是谁富有啊?! 是⼀个他可以把所有东西点⽯成⾦的⼈呢?还是说抱着呢⼀⼩颗⾦⼦不放的⼈?你想成为什么样的⼈?那你既然想成为点⽯成⾦的⼈,那⽣活中的每⼀堂课它都是来给你让你拥有这个技术让你拥有这个技能让你拥有这个能⼒的.你为什么要拒绝它呢,对吧?所以说你就不会去在乎物质世界它到底显化的是⼀个好的事情还是⼀个不好的事情.任何不好的事情你都可以转化它,让它来正⾯的服务于你.因为这⾥没有好与不好,只是你们头脑⾥⾯的观念.你们的观念⾥植⼊了这个事件是好的,呢个事件是不好的.你需要改变的是这个观念.

Do you understand what he is projecting? So who is rich?! Is it a person who can turn everything into gold with a wave of his hand, or someone who holds onto that single golden coin? Which kind of person do you aspire to be? If you desire to become the one who turns everything into gold, then every lesson in your life is meant to equip you with this skill. Why would you reject it when presented with an opportunity to gain mastery over it?

Therefore, you should not concern yourself with whether the manifestation in the physical world brings positive or negative outcomes. You can transform any negative situations to serve you positively because there is no right or wrong here; it's merely a matter of personal perspective that your mind has implanted onto each situation.

You need to change this perspective in your mind.

你把呢个观念改变成所有的⼀切没有好与不好,我都可以让它来服务于我,我都可以来转化它,把它变成我想要的样⼦.就好像是⼀个橡⽪泥,你捏的形状你不喜欢.你把它重新揉⼀下捏⼀下就好了.

You transform the notion that everything, whether good or bad, can be used to serve me and turned into what I want, like playdough you reshape until it becomes the form you desire.

问: 我会担⼼⾃⼰做不好,然后会⽐较难以⾯对脆弱的⾃⼰.我想问我要怎么样去⾯对和接纳脆弱的⾃⼰?

Questioner: I'm afraid that I won't do well and will find it difficult to confront my vulnerable self. I would like to know how I should face and accept my vulnerable self?

JO: ⾸先你第⼀就是要知道哪个是你? 到底哪个是你? 你说你的思想昨天跟今天就不⼀样.你的样⼦它也会发⽣变化,你过个⼏个⽉你可能样⼦就稍稍有些变化.你还会长胖呢,胖了你还会瘦呢.那你说哪个你? 你如果说是形象上的你,形象上的你⼀直在变.如果是思想上的你,思想上你的⼀直在变.如果你要是再继续说的,你的⾎液任何,⾥⾯都在变的.那你到底想说哪个你,明⽩吗?

JO: Firstly, you need to know which one is the real you? The actual you or your thoughts change from yesterday to today. You said that your mind changes every day. Your appearance also evolves; it might subtly shift over a few months or years. Additionally, you can gain weight and then lose it too. So, which 'you' are you referring to? If by 'you', you mean the physical manifestation of yourself, it's constantly transforming. If it's your thoughts that change, those have been evolving all along as well. If you were to go even further, suggesting that everything within you is changing - from your cells upwards - then which aspect of 'you' are you trying to articulate? Can you clarify?

问: 所以就是不要给⾃⼰设限?

So, just don't limit yourself?

JO:呢个不是你.呢个只是你曾经呈现的⼀个相⽽已,已经变化了.就好像你指着⼀朵云说,你之前不是⼀只鸡的形状吗?你怎么现在又变成⼀头猪的形状了?呢个云本⾝就是千变万化的,它⼀直在变化当中.然后你的脑海⾥⾯还停留在呢个形象.它已经千变万化了,你还停留在呢个形象.还在对它做功夫,还想要解决它的问题.这问题是不存在的.明⽩吗?但是任意的呢个相,你可以从中让它来正⾯的服务于你.怎么正⾯的服务于你? OK,你有脆弱的⼀⾯是吧?那所有⼈他都会有他脆弱的⼀⾯.那当你见到脆弱的⼈,你是不是对他抱有同情⼼? 你就不会去评判他这个⼈怎么这么弱啊? 这个⼈怎么这么嘬啊? 你不会.那你便是⼀个富有同情⼼的⼈.

JO: This isn't you. It's just a manifestation that you once presented, which has already changed. Imagine pointing at a cloud and asking, "Didn't you look like a chicken before? How can you now be shaped like a pig?" That cloud is inherently fluid and ever-changing; it constantly evolves, yet your mind still clings to its original form. It has transformed, but you remain fixated on that image, trying to manage or resolve issues with it - an issue that doesn't exist. Do you understand? But any given manifestation can be utilized positively for your benefit. How does this positivity manifest? Alright, everyone has a vulnerable side, don't they? When you encounter vulnerability in others, do you extend empathy and compassion instead of criticizing them for being weak or pathetic? If not, then you are capable of cultivating empathy.

⾸先你要知道没有⼀个固定的你.你⽆论是想要从物质⾁体还是想要从思想还是想要从什么层⾯,它这⾥没有⼀个固定的你.那你便不会去说我怎样怎样我怎样怎样.明⽩吗?

First, you need to understand that there is no fixed 'you'. You don't exist in any form whether it's physical matter or thought, or at any level here. So you wouldn't say things like how I am this or how I am that. Do you get it?

问: 怎么样变得更加的爱⾃⼰?

Questioner: How can I love myself more?

JO: 你要知道你⾸先你就是爱的化⾝.你只是受到⼀些思想,就是外在的物质的⼀个相,就⽐如说你看到这些现象,看到这些结果,看到这些世界上的⼀些事情,看到这些你经历的事情.你受这些相的影响.然后导致你就好像觉得这个是你呢个是你.但是实际上呢? 你就是爱的化⾝.也就是说你受了外界的影响,你觉得呢个脆弱的是你,你觉得呢个抓狂的是你,你觉得呢个充满恐惧⼼的是你.但是呢,呢些你它都是受了外界的影响⽽变成呢样⼦的,创造的⼀个假象.但是真正的你就是爱的化⾝.

JO: You must understand that you are the embodiment of love. You're just influenced by certain ideas - a manifestation of external matter. When you observe phenomena, results, events in this world or your experiences, these manifestations affect you and make you feel like they define who you are. However, truly speaking, you are the embodiment of love. This means that you perceive vulnerability, insanity, fear as part of yourself because of the influence from outside. You create an illusion based on what's happening around you. Yet, deep down, you are the embodiment of love.

问: 爱的化⾝是⼀种怎么样的状态呢?

Questioner: What kind of state is the embodiment of love?

JO: 当你不再被呢些外在的相困住或者把它当成是真的,那你就是爱的化⾝呀.那你就是你本来的样⼦呀.

JO: When you are no longer entangled by those external appearances or take them as real, then you embody love. You are in your true form.

问: 在⾯对⼀些⽐较优秀的异性的时候,总是会觉得⾃⼰配不上对⽅.这是怎么样的情况呢?

Questioner: When facing someone of the opposite sex who is relatively excellent, I always feel like I am not good enough for them. What is going on here?

JO: ⾸先你要认清楚的⼀点是这⾥并没有谁⽐谁优秀.为什么呢? 因为你们来到这个世界上,你们想要体验的主题或者你们拥有的天赋都是不⼀样的.⽽且你们每⼀个⼈都是独⼀⽆⼆的存在的.这么说吧,优秀,就⽐如说你现在还是⼀颗⼩树苗,那对⽅已经是⼀棵参天⼤树.对⽅已经有⼀百年了,你现在才⼀年不到.那你看到它你就觉得: 哇,你好强壮啊,风吹你你连动都不动.我这边风⼀吹,我的根都要快要被拔掉了.你看你的根遍布地球,我的根才呢么短.你们种⼦是⼀样的呀.

JO: The first thing you need to understand is that there's no one who is better than the other here. Why is that? Because each of you has come into this world with different themes to experience or with unique talents, and every individual is a singular existence. Imagine it this way, being excellent would be like comparing yourself as a young sapling while the other person is already a towering tree that's been standing for centuries. They've been around for over a hundred years, but you're barely a year old. So when you see them, you might think: Wow, how strong you are! A breeze blows and doesn't even move you. Compared to this, my roots are about to be pulled out with just a slight gust of wind, while yours seem to spread across the entire globe. Despite that, our seeds are identical.

问: 所以应该要学习对⽅⾝上的呢些点,对吗?

The question asks about what aspects one should learn from another person, indeed?

JO: 你不需要学习呀.你们⼀样的呀.OK,那它五百岁它都快要死掉了,那你的⽣命才刚刚开始.那它还羡慕你还有如此长的⼈⽣呢,明⽩吗? 所以你其实你要知道的⼀个,越是⼀个什么都有的状态,就是你说它这个果树都已经开花结果了,好丰盛啊,到处都是果⼦.⾯临着什么你知道吗? 它就快没了.那你现在什么都没有.那就代表你将拥有⼀切了.明⽩吗?所以说你还会觉得⼈家什么都有的时候,你还会觉得你⾃⼰不够优秀不够好吗? ⼈家都快要死掉了,⼈家都快要什么都要结束了.⽽你,拥有⼀切的可能性.

JO: You don't need to study. You're the same. Okay, then it's about 500 years old and close to death, while your life is just beginning. It envies you for having such a long life, do you understand? So what you should know is that the more you have, the better off you might think you are - like when you say the tree has bloomed and produced fruits, it's flourishing everywhere. But you see, it's almost gone. You, on the other hand, have nothing now, which means everything belongs to you. Do you get it? Therefore, even if others have everything, you still feel inadequate or not good enough compared to them? They're about to die, their lives are coming to an end. Yet, you stand at the possibility of having it all.

问: 所以这样⼦会让⾃⼰变得更加的⾃信笃定,对吗? JO: 你想选择哪个?

Questioner: So does that make you feel more confident and sure of yourself, right?

JO: Which one would you like to choose?

问: 我肯定是想要选择⾃信笃定的.

Questioner: I am definitely looking to choose confidence and assurance.

JO: 不是.如果对⽅马上就要结束了,要跟物质世界拜拜了,⽽你还刚刚开始.你想要选择哪个? 你肯定是想要选择呢个刚刚开始的呀,因为你拥有⼀切.明⽩吗?

JO: No. If the other person is about to end, bidding farewell to the material world, while you are just beginning, which would you choose? You would definitely prefer the one that's just starting because you have everything. Do you understand?

问: 那如何让⾃⼰变的更加的⾃信和笃定呢?

How can one become more confident and assured?

JO: 你知道你拥有⼀切,对⽅已经要离开了.那你不应该是觉得我才是森林之王这种感觉吗?明⽩吗?

JO: Do you know that you have everything, and the other party is already about to leave? Shouldn't you feel like I am the king of the forest instead? Understand?

问: 我在买彩票的时候是⽐较容易中奖的.但是只是⼩奖不是⼤奖.我想知道我卡在哪⾥? 为什么⼩额容易,⼤额难.

Questioner: When I buy lottery tickets, I tend to win, but only small prizes, not big ones. I wonder where I'm going wrong. Why is it easier for me to win small amounts and harder for the bigger ones?

JO: 你卡在你的记忆当中了.因为你是在从你过去的记忆当中来定义⾃⼰: 我中⼤奖难.但是你要知道你们并不是活在记忆当中的,明⽩吗? 所以你就被困在你的记忆当中,你便会继续的体验你记忆当中的事情.

JO: You are stuck in your mind. Because you define yourself based on your past memories: I can't win the lottery easily. But you have to understand that you don't live in the memory, do you? So you are trapped in your mind, and you will continue to experience what's in your memory.

问: 在中奖呢⽅⾯我好像没有⾮常强的笃定的呢种感觉.就是我找不到我就是可以中⼤奖的呢种状态.

Questioner: It seems that I don't have a strong sense of certainty when it comes to winning, like I can't find the state where I believe I can win big.

JO: 这种状态不是你去找的.⽽是当你到了,你⾃然⽽然就会拥有了.问: 我最近有在互联⽹平台做投资.这个平台还是有保障的.但是…JO: 你⾸先要记住的⼀点就是你是来帮他们赚钱,不是他们来帮你赚钱.所以⽆论你现在看上去表象你赚了多少钱,但是最终你是在⽀持他们,明⽩吗? 因为这是他们创造的⼀个相,你去加⼊.⽽不是你创造的⼀个相,让别⼈来加⼊你.所以说,如果你想要成为主⼈的话,你创造⼀个相让别⼈来加⼊你.这才是别⼈不断地给你能量,你永远都是赢家.你去加⼊别⼈创造的⼀个相,你永远都是在给别⼈注⼊能量,明⽩吗?

JO: This state is not something you seek; it's what naturally manifests when you arrive. Questioner: I've been making investments on the internet recently. The platform seems to be reliable. However... JO: What you need to remember first is that you're there to help them make money, not for them to help you. So even if it appears now that you've made a lot of money, ultimately, you're supporting them, understand? Because they are creating this image and you're joining in. It's not about you creating an image and having others join you. Thus, if you want to become the owner, you create an image for others to join. This is where others continually give you energy; you are always the winner. You join in by adding to what others have created, giving them energy, understand?

问: 那我要怎么样可以让我⾃⼰的提现可以变的更加的迅速到账呢?

Questioner: How can I make my withdrawals faster and more prompt?

JO: 因为他们是制定游戏规则的⼈啊,明⽩吗? 你要么你加⼊听从他们的游戏规则,要么你退出,你⾃⼰创造你的游戏别⼈来加⼊你,明⽩吗?

JO: Because they are the ones setting the rules, understand? You either join and play by their rules, or you exit, create your own game for others to join you, understand?

问: 也就是说在这个⽅⾯我是没有太⼤的⼀个话语权?

Questioner: That means I don't have much power in this regard?

JO: 你觉得呢? 你的所有话语权都是在他的规定当中.

JO: What do you think? All your power of speech is within his rules.

问:但是我会觉得说当我⾃⾝的能量状态好的时候,我的⾦钱的流动就会很顺畅.当我能量状态不稳定的时候就会导致我的⾦钱也不稳定.所以我不太确定它这个是不是我的⼀个显化?

Questioner: But I feel that when my own energy state is good, the flow of my money will be smooth. When my energy state is unstable, it leads to instability in my finances. So I'm not quite sure if this is how manifestation works for me?

JO: 就好像他把你关在⼀个猪圈⾥⾯,你是⼀只⼩猪.⽆论你怎么闹腾,你都在圈⾥⾯,明⽩吗? 他给你两种饲料选择,你还问我: 我要选择这个⼜味呢还是呢个⼜味呢? 你⽆论你做出什么选择,你都是在他们给你的选择之内,你都是不⾃由的,明⽩吗?

JO: It's like he has caged you in a pigsty, you're just a little pig. No matter how much you闹腾 (make noise or cause trouble), you remain within the boundaries of that space, do you understand? He provides you with two food options, and then you ask me: Should I choose this taste or that taste? Regardless of your choice, you are confined to the options given to you, thus bound in your freedom, do you understand?

问: 那从我⾃⾝⽅⾯我要怎么调整我⾃⼰的状态呢? 就是既满⾜他们的规则也保障我的利益?我对此要做出什么⼼态上⾯的调整?

Questioner: How should I adjust my own state from my side to satisfy their rules while also safeguarding my interests? What mindset adjustments do I need to make in this regard?

JO: ⼼态上⾯的调整就是说你如果加⼊别⼈的游戏,那你就要去遵守别⼈的游戏规则.那你就是随机的.那如果别⼈这个公司不垮掉,那你可能就会得到⼀些⼩利益.那如果垮掉了,那你就损失了.但是是你选择进⼊的,那你⾃⼰要去承担风险.但是从刚才的信息你就可以看到,赢家永远都是制定游戏规则的⼈.因为你们在把你们的能量,不只是思想上的能量,就是关注给了他们.⾦钱的能量也给了他们.你把你所有的能量都给了他们,那你就是来让他们变得强⼤呀.那他也消耗了你的能量啊.因为你想,你在把你的钱和你注意⼒放在他这⾥.那你是不是想要去显化你⾃⼰(想要的)能量就减弱了? 你想⼀下你的显化能⼒就好像是激光⼀样.

JO: Regarding the mindset adjustment, if you join someone else's game, you must adhere to their rules. You become random. If that company doesn't collapse, you might gain minor benefits. But if it does, you lose. It's a risk you choose to take. Yet, from this information, we see the winners are always those who set the rules because they receive your energy—more than just mental energy; attention is also given to them, as well as financial resources. When you pour all of your energy into them, you're essentially empowering them and potentially draining yourself in the process. You want to manifest your own (desired) energy? Imagine it like a laser beam.

你的激光,你的能量已经消耗⼀半了.那你的光是不是就已经少了? 你的能量减弱了过后,你怎么样把呢个墙给打穿呢? 还有你们要记住的⼀件事情就是说,⾦钱它只是副作⽤.它只是你们呈现出你这个⼈能量状态的副产品.但是你们真正的需要focus on就是你们来到这个世界上,⽐如说你最开始来到这个世界上你的灵魂主题就是让你平衡你的能量状态.那你可以通过外在的⼀切事件来去看到你哪⾥失衡来让你看到⾃我灵魂不断地历练和成长.这个才是最重要的.为什么呢? 因为当你成了意识程度特别⾼的状态的时候.你不只是⾦钱可以随意显化,所有的⼀切,因为外在的物质它不会困住你,你是随意的去移开它.就

Your laser, your energy has been expended by half. Does that mean the light from it is already diminished? How then will you penetrate that wall with weakened energy? And something else to remember is that money is only a side effect; it's merely the副product of presenting your state of being. But what you truly need to focus on is why you're here: for instance, when you first arrived in this world, your soul's theme was to balance your energy states. You can observe where you are out of alignment through external events to see constant self-mastery and growth of your soul. That is the most important part. Why? Because when you reach a high level of consciousness, you're not just limited by finances; you can manifest anything freely, as material obstacles won't bind you; you can move them at will.

是所有的⼀切就好像变成⼀个玩具⼀样,你可以玩转它.你可以这样摆呢样摆.它不再对你有束缚.只有你还没有突破你⾃⼰,就是还没有成为真正的你的时候.那你才会是受到外在的物质,你推也推不动.它不像是玩具,它像是⼀堵⼀堵的墙,你推不动它.那当你的意识程度提升提⾼过后,它这些强就变得像Lego⼀样,就是you can move them very easily.你可以两个⼿指头就把它加起来放在呢边.

Everything becomes like a toy that you can play with, something you can manipulate as you wish, no longer bound by constraints. You're limited only when you haven't transcended yourself, until you've become the true essence of your being. At such times, external material forces resist you, and you find them unmovable. It doesn't behave like a toy; it's akin to walls that push back against you. But once your consciousness rises and improves, these barriers transform into Legos - things you can easily manipulate with just two fingers, stacking them wherever you please.

问: 我总是会担⼼我的钱会流失掉.这是⼀种什么样的⼼⾥呢?

Questioner: I always worry that my money will disappear. What kind of mindset is this?

JO: 因为就像刚才说的⼀样,当你意识程度还低的时候,你会觉得你控制不了外界的.外界就好像是⼀堵⼀堵的墙在你⾯前.你没法推开它.然后当你的意识程度提⾼过后,你就觉得呢些墙都变成了想Lego⼀样的玩具,你可以两根⼿指就把它拿开了.所以你现在还是在⼀个你觉得你控制不了外在,所以你需要去担⼼,明⽩吗?

Japanese: YO: Because just like what I mentioned earlier, when your consciousness level is low, you feel that you can't control the external world. It feels like there are walls in front of you that you can't push away. But once your consciousness level rises, these walls become like Legos - things you can easily pick up with two fingers. So right now, you still feel like you can't control the outside world, which is why you need to worry, got it?

问: 那我要怎么去提升我⾃⼰的意识强度呢?

Questioner: How should I improve my own level of consciousness?

JO: 那就像我刚刚说的,你们最重要的不是说积攒⾦钱,⽽是说不断不断地去提⾼你的意识程度.那你的意识程度是如何提⾼的呢? 就好像刚才我们的所有信息它都是来提⾼你的意识程度.为什么呢? 你看事情的⾓度还有⾼度,所有东西都变了.那你的意识程度也就变了.明⽩吗?

JO: That's like what I just mentioned; it's not about accumulating wealth for you, but constantly upgrading your awareness level. How do you improve your awareness? Just like the information we've been sharing which is aimed at enhancing your awareness. Why is that so? Your perspective and altitude on things change, everything shifts. Consequently, your awareness changes too. Got it?

# **2023/02/23 — ⽼公上⼀世的⼈格Husband 's Previous Life's Characteristic**

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问: 能否邀请这个⼥孩⼦⽼公上⼀世的⼈格看看有没有什么信息要带给她?

Questioner: Can we invite this girl's husband from his previous life to see if there is any information he can bring for her?

JO: 你稍等,我先连接⼀下.她带出来的信息是: 我从来都是以你为主.⽽我的存在就好像是,你们有⼀句话叫鲜花和绿叶,就是绿叶是为了衬托出鲜花的美.⽽我的存在⼀直就好像是为了让你的光更加的耀眼.刚才呢个信息是她带出来的.

JO: Wait a moment, I'm connecting now. The message she brought was: I have always placed you at the center. And my existence is like when people say 'flowers and leaves', where leaves enhance the beauty of flowers. My presence has always been to make your light more radiant. That's what the message was about just now.

问: 如何让⾃⼰在关系中有安全感?

Questioner: How can one feel secure in a relationship?

JO: ⾸先你要知道你在关系中体验的不安全感不是来⾃于对⽅,不是对⽅做了什么或者没做什么导致你的不安全感.⽽是来⾃于你⾃⼰的内在.因为你们总会觉得是对⽅导致你的不安全感,⽽呢个不安全感是来⾃于你⾃⼰内在.那你⾃⼰内在为什么会产⽣不安全感呢? 然后每⼀个都不⼀样.就好像这个⼥孩⼦你们上次做了⼀次她婴幼⼉时期没有建⽴⼀个依附⼈没有建⽴⼀个稳定的关系,导致她产⽣了不安全感.所以说有的他可能是其他世带过来的,有的他可能是灵魂层⾯的,有的他可能是因为某⼀些经历.所以你们每⼀个个体都不⼀样.但是如果要具体的话,你就需要针对每⼀个⼈的能量去发现他的不安全感来⾃于哪⾥.你才可以去针对他去解决这样⼦的问题.

JO: First of all, you need to understand that the insecurity you experience in your relationship does not come from the other person or what they do or don't do. It comes from within yourself. You always feel like it's caused by the other person, but this insecurity is actually rooted in your inner self. Why would you feel insecure within yourself? And each one of you has different reasons for that sense of insecurity. Just like the girl we mentioned earlier who did not establish a secure attachment figure or stable relationship during her infancy, leading to feelings of insecurity. Thus, some of these insecurities might be from previous lifetimes, some might stem from spiritual levels, and others could result from certain experiences. Each individual is unique. However, if you want specifics, you need to explore the source of each person's insecurity based on their energy, which will help you address the problem accordingly.

但是普遍来说你们⼈类的不安全感来⾃于哪⾥? 来⾃于就是说,你们对你们⾃⾝的⼀个不知晓的⼀个状态,就是你们还不知道你们到底是谁.你们还不认识你们⾃⼰.当你们不认识你们⾃⼰,你明明是⼀个森林之王.你明明是⼀只⽼虎,但是你⼀直觉得你是⼀只⼩⽼⿏.因为你⼀直被别⼈当做⽼⿏对待,所以你看到猫你就会很害怕.然后你觉得你的⼒量真的很⼩,你觉得你很⽆助.所以说对你们⾃⼰⾃⾝的⾝份的不知晓也会导致你们的不安全感.那当你能通过我们的⼀些⾼维信息,你们不断不断地去发现真相,去认识你⾃⼰然后去发现你⾃⼰的⼒量,去发现你到底是多么的强⼤你到底是多么的坚不可摧,你到底是怎么样的⼀个永恒的存在.

But where does the general insecurity of humans come from? It comes from a lack of understanding of their own state, that they don't know who they are. They don't recognize themselves. When you don't know yourself, you're clearly the king of the forest. You're clearly a tiger, but you always feel like a little mouse. Because you've been treated as a mouse by others, so when you see a cat, you become very afraid. Then you think your strength is really small and you feel helpless. So not knowing your own identity also leads to your insecurity. And when you can gain access to some of our high-dimensional information and continuously discover the truth, recognize yourself, find out your power, and realize how strong you are, how indestructible you are, and what kind of eternal existence you are, that's when you overcome this general insecurity.

你所有的这些不安全感都会消失的.

All of your insecurities will disappear.

问: 这个传递信息的⼥孩⼦想问她为什么选择了这个⽗亲?

The girl who conveys this message wants to ask her why she chose this father?

JO: 你稍等.⾸先她⽗亲是⼀个,怎么说,如果她现在是⼤师级别的灵魂的话,那她⽗亲就好像是⼀个刚出⽣的灵魂.那她为什么选择了⼀个刚刚出⽣的灵魂成为她的⽗亲? 更多的就是说她需要去知道她⾯对的是什么? 这是什么意思呢? 也就是说如果她是⼤师级别的灵魂,那如果她⼈⽣当中接触的都是⼤师级别的灵魂.那她会不会觉得全世界的灵魂都是⼤师级别的? 她便不知道她接触的灵魂实际上都是痴迷于物质世界的.因为她觉得我是这样,我接触的也都是这样,那世界上所有的都是这样.那这样⼦的话,她怎么去带动这些⼩灵魂们? 所以说她需要这样⼦的过程让她知道她带领的这个班的学⽣的级别在哪⾥.

JO: Wait a moment. Firstly, her father is like a newborn soul if she is now at the master level of souls. Why did she choose a just-born soul as her father? Essentially, it means that she needs to understand what she is dealing with. What does this mean?

If she is at the master level of souls, and throughout her life she encounters only souls at the same or similar levels, could she assume that all souls worldwide are at the master level too? She wouldn't realize that she interacts with souls obsessed with material worlds because she perceives herself as such, and everything around her seems to be on the same wavelength. How would she inspire these younger souls if they perceive their surroundings in a similar way? Therefore, she needs this process to understand the level of students under her guidance.

问: 那她的⽗亲的存在如何可以正⾯的服务到她呢?

Questioner: How can her father's presence serve her positively?

JO: 本⾝就没有什么负⾯.如果她觉得有⼀些负⾯的影响的话,那是她⾃⼰的⼀些定义.因为你们所有事件你们会给它这么去定义呢么去定义.但是定义它并不是真是的.那如何可以正⾯的服务到她? 她现在就知道通过他你就知道what kind of people you deal with? 明⽩吗? 有⼀个叫知⼰知彼,对吧? 你说你带领⼀个班,班上的学⽣是什么⽔平你都不知道.你说你从哪⾥下⼿? 对吧? 那你现在知道你们这些学⽣⽔平在哪⾥呢.那你是不是就知道你需要从哪⾥开始.

JO: There's nothing inherently negative. If she perceives any negative impact, that's her own definition. Because you give all the events your own definition of how to define them. But defining it is not truly real. How can you serve positively towards her? She now knows through him that you know what kind of people you deal with? Understand? There's a concept called 'Know yourself and others' right? You say you lead a class, but don't know the level of your students. Where do you start from? Right? Now you know where your students stand in terms of ability. So wouldn't you know where to start from?

问: 她⼉时的记忆对于她现在的⽣活有什么影响?

Questioner: How do her childhood memories influence her current life?

JO: 如果在她还没有觉醒前,都是影响.如果她在觉醒后,所有的影响都消失了.如果光没有照到⿊暗当中,都是⿊的.如果光达到⿊暗当中,⿊暗就已经没了.不是说怎么还剩这点⿊暗呢,明⽩吗?所有的都是,你就好像⽩天⼀样.所以便不会有什么影响了.这么说吧,在你没有破幻,破幻就是说你还把物质世界所有的⼀切当成是真实的,是吧?当成是真实的事件发⽣,那你就是还在幻像当中了.那当你去破幻,你知道物质世界所有的都是幻像的话.它还存在这个是真幻像呢个是假幻像吗?不存在呀.因为所有的幻像就是幻像,它已经消失不见了.所以说当你觉得还有影响的话,那就说明你还没有破幻.那当你破幻过后,所有的影响就没有了.

JO: If there was an impact before she awakened, it would be present. But after awakening, all impacts disappear. If light doesn't reach the darkness, everything is dark. Once light reaches the darkness, the darkness already disappears. It's not about how a little bit of darkness remains; do you understand? Everything is like daytime for you; hence there can't be any impact anymore. Let me explain: when you haven't broken through illusion, breaking through means that you still consider everything in the material world to be real—that it happens as reality, so you're still within illusions. But when you break through illusion and realize that all in the material world is an illusion, does this mean there's a distinction between which illusions are true and which are false? No, because all illusions are already gone. Therefore, if you feel there are still impacts, it means you haven't broken through the illusion yet. Once you do break through, all impacts vanish.

所以不管是⼩时候也好少年也好青年也好是怎么样,发⽣的什么事.

So whether it's when you're young or a teenager or an adult, whatever happens.

问: 如何⾯对还没有发⽣的事情的恐惧?

Questioner: How do you deal with fear about things that have not yet happened?

JO: 还是像刚才说的呢个,当你还没有破幻之前,你会在乎这个像会怎么样呈现,对吧? 你会在乎它,如果变成这样你就好害怕好恐惧啊.如果变成呢样你就不恐惧不害怕了.为什么?因为这个是天使,呢个是恶魔.但是你要知道天使恶魔它都是个相.所以你要知道这⾥没有天使跟恶魔,多只是虚幻的相⽽已.那既然它不分天使和恶魔,都只是虚幻的相.你还会产⽣恐惧吗? 所以又回到呢边就是说,如果你还是被幻像影响的话,那你就还是… 你就好像现在你还在受幻像影响,我来告诉你我们要把这个恶魔的形象变成天使,就是让你看上去像个天使.但是你还在执着于这个相呀.你还是就好像是在吃⿇药⼀样,或者是⿇痹你⾃⼰或者是把头埋到沙⼦⾥⾯.

JO: It's still the same as what we discussed earlier; before you break through the illusion, you would care about how this manifestation might look. You'd be concerned because if it turns out like that, you'll feel terrified and full of fear. If it transforms into something else, you won't feel fearful or afraid anymore. Why is that? Because one side represents an angel, while the other is a demon. However, what you need to understand is that both angels and demons are mere appearances. Therefore, there's no such thing as angels or demons here; they're all illusions. If they aren't divided into angels and demons but are just illusory appearances, will you still generate fear? So we return to the point: if you're still being influenced by illusions, then you remain... It seems like you're still under the influence of illusions now. I'm going to tell you that we're transforming this demon's appearance into an angelic one, making it seem as though you resemble an angel. But you're still fixated on appearances. You're essentially just self-medicating or numbing yourself, or burying your head in the sand.

问: 如何处理头脑⾥的担⼼?

How do you deal with worries in your mind?

JO: 就跟你刚才呢个⽐较像吧,所以解答也是⼀样的.有⼀句话叫本来⽆⼀物,所以就可以回答刚刚你呢些问题.

Just like what you just compared, so the answer is the same. There's a saying that there was originally nothing, hence I can answer your previous questions.

问: 如何看待头脑⾥的妄想?

Questioner: How should one view delusions in their mind?

JO: 就你不给它⼒量,你如果给它⼒量使它来让你害怕,那是你⾃⼰的⼒量.因为它只是⼀个念头⽽已,它不具有任何伤害你的⼒量,它也不会真的发⽣.除⾮你开始⾏动,去做⼀些事情.那么你就在给它⼒量,让它来恐吓你,让它来影响你.但是你要知道影响你的不是呢个念头或者呢个妄想,⽽是你⾃⼰.

JO: If you don't give it power, if you empower it to scare you, that is your own power because it's just an idea; it doesn't have the power to harm you and nothing will happen unless you start acting on it. Then you're giving it power to intimidate you and influence you. But understand that what affects you isn't that idea or obsession; it's yourself.

问: 如何开展事业?

Questioner: How can one develop a career?

JO: 事业对你们来说是什么? 就是你们在物质世界去创造⼀番你想要去做的事情.这么说吧,事业就是你⽤你的意念或者你的想象⼒在物质世界展现出来.那如何开展? 开展的第⼀步就好像是你必须在你脑⼦⾥⾯有⼀个什么样⼦的东西你想要创造出来.那就是如何开展.开展就是在你脑⼦⾥⾯你知道你想要创造什么.那如果你都不知道你想要创造什么,你怎么去开展? 所以当你从你的脑海⾥⾯创造出来你想要做什么,想要呈现什么,那你就已经在开展了.那你就好像你脑海⾥⾯有⼀个⼤概的样⼦.你们⼈类会怎么做? 你们先做⼀个设计图,对吧? 然后你们就按照设计图去把它不断不断地在物质世界⾥呈现出来,对不对? 那所以就是这样⼦的⼀个步骤.

JO: What is事业for you? It's about creating something that you want to create in the physical world. In other words, 事业is what you bring out into the physical realm using your thoughts or imagination. How does this process begin? The first step involves having an image in your mind of what you wish to create. This is how it starts. You know in your mind what you want to create. But if you don't even know what you want to create, how can you start? So when you imagine and decide on what you want to do and what you want to present, you are already starting. It's like having a rough idea in your head about what you're going to create. How would humans proceed? They first make a design blueprint, right? Then they continuously manifest this creation into the physical world according to that blueprint, correct? That's how it works – through these steps.

但是你在做这些步骤的时候,你必须是要受到很多外界的⽀持.然后呢些来⽀持你的,就是你的⼀些合作伙伴了.其实你们的事业就是呈现出你们⾃⼰的状态,你们什么样⼦的状态,你跟他⼈的关系.你跟他⼈的关系到底是怎么样的⼀个状态.你们到底是互相⽀持还是产⽣冲突? 是和谐的关系还是产⽣冲突的关系? 这些都会呈现在你去创造的呢个相⾥⾯.

But when you go through these steps, you must have a lot of external support. Then the ones supporting you are your partners. Your business essentially reflects your own state, how you interact with others. It's about whether you support each other or create conflicts, if it's a harmonious relationship or one marked by conflict. All this gets reflected in the image that you create.

# **2023/02/28 — ⾼维信息传讯集会Communication Assembly**

第⼀个⼈JO: 你问吧,什么问题? 问: 我的灵魂课题是什么? JO: 你叫什么名字?

First person JO: Ask away, what question? Questioner: What is my soul's topic? JO: What is your name?

问: XXJO: 你稍等.你这⼀⽣来到这个世界上主要的体验是想要扩展.因为你曾经选择的都⽐较,这么说吧,⽐如说你以前只选择体验体育课,只选择体验数学课,只选择体验英语课,就是很专⼀的⼀个科⽬.那么这⼀⽣你选择想要去跨越很多不同的,就是多元性的⼀个体验.所以说你会发现你⾃⼰好像不会对⼀个东西长期的保持专注和热情.总是⼀个点可能过不了多久就到另外⼀个点.这是你⾃⼰想要去更加,就好像是调味品,不是单⼀的⼀个咸味,也不是单⼀的⼀个甜味.⽽是酸甜⿇辣什么各种⼜味参合在⼀起,丰富你的经验.

Questioner: XX. JO: Wait a moment. The main experience you've had in this life is the desire to expand because all the choices you have made were concentrated, let's say, like choosing only sports classes, only math classes, or only English classes, focusing on very specific subjects. Your entire life was about wanting to cross over and explore many different experiences with a diverse range of interests. Therefore, you might find it hard to maintain long-term focus and passion for one thing; your attention seems to move from one interest to another quickly. This is because you want more variety in your experience, akin to having a variety of flavors rather than just salty or sweet, including sour, spicy, and other tastes that enrich your life experiences.

问: 追求多元的时候,我也付出很多.⾼考3年才考上⼤学,然后读了四年⼤学也没有拿到毕业证.现在36岁了,好像什么都没有得到,也没有赚到什么钱.感觉我的⼈⽣很失败.

Questioner: When pursuing diversity, I have also sacrificed a lot. I didn't get into college until after three years of trying for the Gaokao, and then spent four years there without obtaining my degree. Now, at 36 years old, it feels like I haven't accomplished anything and certainly haven't amassed any wealth. I feel that my life has been a failure.

JO: 因为你们在以错误的⽅式去看待,就是你们觉得你们做⼀件事情要得到⼀个固定的结果才叫收获.但是体验的呢个过程才是你们最⼤的收获,是呢个过程⽽不是结果.因为当下你只要把你的觉知放进去,你在当下每⼀个都会有⼀个结果.如果你不放⼊你的觉知的话,那你都不会有什么结果,明⽩吗? 这么说吧,把觉知放下去就好像你拿了⼀个篮⼦在采⽔果,那你就可以采很多⽔果.(没放觉知)就好像你不拿篮⼦去采⽔果,那⽔果就会掉到地上然后⾃⼰烂掉,明⽩吗?

JO: Because you are judging in the wrong way, thinking that receiving a certain outcome from an action is what constitutes gain. But it's actually the process of experiencing this that is your greatest gain, not the result itself. Because at the moment, as long as you include your awareness, every instant will yield a result. If you don't include your awareness, then there won't be any results, do you understand? To put it simply, when you let your awareness down is like taking a basket to pick fruit; then you can gather many fruits. (Without letting the awareness down) It's like trying to pick fruit without using a basket; the fruits will fall on the ground and rot by themselves, do you get it?

问: 我36岁,我有很多⽩头发.怎么去疗愈这个?

Questioner: I'm 36 years old and have a lot of white hair. How can I address this issue?

JO:你稍等,我连接⼀下.因为每⼀个⼈的⽩发的起因是不⼀样的.你的⽩发就好像你什么事情你都快速地想要有⼀个结果,因为你不能去做⼀些只是进⼊当下⽽不在乎结果的事情.因为你会觉得这没有意义.你可能会更加倾向于我先知道了结果,然后我才更加的投⼊去做.那你的⽩发就好像让你看到你们的结果就是⽩发苍苍的,因为⽩发苍苍在你们的观念中就好像是⽣命的尽头.那你⾃⼰让你⾃⼰随时的看到你的⽣命的尽头在这⾥.那我的⽣命的尽头在这⾥,那我是不是应该更加的活出或者是珍惜或者是让我的⽣命更加的精彩或者多姿多彩⽽不去浪费我的⽣命.

JO: Wait a moment while I connect to you because the cause of gray hair is different for everyone. Your gray hair represents that you want quick results in everything, as you cannot engage in things where the process is more important than the outcome since it feels meaningless to you. You might prefer knowing the result beforehand before investing fully into something. Consequently, your gray hair seems like a reflection of seeing your own life's end—graying hair symbolizing the end of life in your perspective. It makes you constantly see the end of your life here. If my life ends here, should I then live more meaningfully, cherish life, or make my life even more vibrant without wasting it?

所以就好像是⼀个警⽰的作⽤,就好像是⼀个闹钟在你旁边,它不断地提醒你你需要去live your life,你去活出你的⼈⽣.如果当你真正的去忘记,就是进⼊到⼀种忘记时间的状态.就⽐如现在这个传讯的⼥孩⼦,当她进⼊到这种状态她就会忘记时间,她没有时间的概念.然后当你进⼊到这种状态,创造越多这样的状态的话.那⾃然⽽然你便不需要外在的东西来提醒你.所以像⽩发呀或者是其他突然的疾病呀,你不需要外界的警钟来提醒你.

So it's like a warning, like an alarm clock by your side constantly reminding you to live your life and make the most of your existence. If you truly manage to forget, to enter into a state where time is forgotten. Like this transmitting girl right now, when she enters that state, she loses all sense of time, oblivious to its passage. And if you delve deeper into these states of being, creating more of them naturally leads to the absence of needing external reminders. So with white hair or other sudden illnesses, there's no need for an external alarm clock to warn you.

问: 那像我⽬前的这种状况我如何活出⾃⼰的⼈⽣,我感觉很难找到快乐.

Questioner: How can I live my life with my current situation like mine, and find happiness when I feel it's hard to do so?

JO: ⾸先你们觉得只有快乐才是你们的⽬的地或者是追求.并不是这样⼦.并不在乎你体验的是快乐或者是纠结或者是痛苦或者是任何情绪.重要的是这些情绪有没有带领你… 这么说吧,你所有的烦恼痛苦快乐就好像是线头⼀样,那你有没有根据这个线头去找到去拉扯出来线头另外⼀段你种下的是什么你埋藏的是什么? 这个才是你们最重要,需要你们去notice注意到的,明⽩吗?

JO: First, you believe that happiness is your destination or pursuit. That's not the case. It doesn't matter whether you experience happiness, confusion, pain, or any emotion. What matters is whether these emotions guide you... To put it another way, all your烦恼, suffering, and happiness are like threads. Have you been able to trace back and find what kind of thread you have pulled out? That's what you've planted and buried - this is the most important aspect you need to be aware of, understand?

问: 我现在跟你说话的时候我全⾝发抖很紧张,不知道为什么.

Questioner: I am shaking all over and feeling very nervous when talking to you now, but I don't know why.

JO: 你稍等.你全⾝发抖是因为你感受到这股能量就好像是要把你全⾝的⽔换⼀遍,就好像是要清理,让你焕然⼀新.然后有⼀些你紧抓住不放的东西,⽐如说以前你⼀直关在笼⼦⾥⾯.呢个笼⼦是你唯⼀知道你可以依靠的东西,就是你在⾥⾯睡觉,你靠着它.呢是⽀撑着你的所有的⼀切.那我们现在要把这个笼⼦拿开,让你睡床垫.你的⾝体它还会产⽣⼀种转化就是不适应,虽然呢个床垫会更舒服,你可以睡的更舒展.但是你的⾝体它还会有⼀种对呢种转变带来的未知,明⽩吗? 所以呢个过程你要允许它,就是它是正常的⼀个现象.你也不⽤去担⼼,因为逐渐的你会发现你的呢种抖动或者是颤抖会越来越慢,然后觉得你好像更加轻松了的呢种状态.

JO: Wait a moment. You're shaking all over because you feel as if the energy is going to replace every drop of water in your body, purifying and rejuvenating you. Then there are things you cling to tightly, like a cage you've been confined in for years. That cage was the only thing you knew you could rely on; it was where you slept and leaned against. It supported everything about you. Now we're taking that cage away and replacing it with a mattress. Your body will also undergo a transformation due to this change, even though the mattress might be more comfortable and allow for better sleep. But your body will still experience unease at the unknown aspect of this transition. Understand? So, you need to let this process happen; it's a normal phenomenon. There's no need to worry because gradually, you'll notice that your shaking or trembling becomes less frequent, and you'll feel more at ease.

问: 那我跟呢些很漂亮的美⼥说话也感到很紧张,也是因为这种情况吗?

Questioner: But I feel very nervous talking to those beautiful women; is it because of this situation as well?

JO: 你稍等.你在交流的时候就好像是⼀种能量转换.就好像⽐如说你是啤酒,对⽅是纯净⽔.当交流发⽣的时候,你想象⼀下,就好像啤酒和纯净⽔勾兑⼀样.那当勾兑的这个过程要发⽣的时候,你会有⼀种就觉得怕新的东西.但是你的成长过程你又必须要往外长.就好像你是⼀棵植物,你必须要往外⽣枝发芽发展这个过程.但是你同样又有⼀种对未知的害怕,所以产⽣的这样⼦的⼀个过程.因为成长和扩展你⾃⼰的体验是必然的.因为这是来⾃你曾经有很多世选择的是单⼀熟悉的环境.就⽐如说你只选择体验数学课,那数学是你唯⼀知道的.所以你喜欢这种熟悉感.当你要产⽣⼀些你不熟悉的,对你来说会是⼀个不是呢么⾃然的过程.

JO: Wait a moment. You seem to transfer energy during communication. Like you're beer and the other person is pure water. When communication occurs, imagine mixing them like beer and pure water are being combined. There's a fear of the new during this process but growth means pushing outwards. It's like a plant needing to grow branches and leaves - it must expand. Yet, there's also an inherent fear of the unknown, creating this tension between exploration and comfort. Growth and broadening your experiences is inevitable because you've chosen familiar settings across many lives. You only experienced math classes; for you, math was the only known territory, so you're comfortable with that familiarity. Transitioning to unfamiliar territories feels natural, but it's not entirely smooth.

但是你这⼀⽣选择了丰富的体验就是来让你去对冷热酸甜,就好像你以前只是体验过热你从来没有体验过冷,明⽩吗?那当你把冷热酸甜⿇辣所有这些都体验过来,那这些对你来说就不会是⼀个shock,就不会是⼀个特别的事情⽽是⼀个正常的事情.它便不会对你产⽣任何的冲击⼒.

But the experiences you've chosen for your life are to feel hot and cold, sweet and sour, like you only ever experienced heat without ever feeling cold, right? When you go through all of those sensations of being hot and cold, sweet and sour,麻辣 and everything else, then these things won't be shocking or extraordinary for you. They will just be normal experiences that don't create any impact on you.

问: 在⼈际关系上⾯我⼀直封闭我⾃⼰,我应该如何去打破它?

Questioner: I've always kept myself closed off in personal relationships; how should I go about overcoming this?

JO:因为就像之前的信息你喜欢⼀些熟悉的.虽然你⼀直关在笼⼦⾥⾯,但是铁笼⼦的熟悉感它会给你带来⼀种安全感.但是呢,你的灵魂它又….就好像你的植物它必须要⽣根发芽,对不对?你必须不断地要往⾥⾯扩展,然后外⾯也要扩展.怎么打破它?你的扩展你是阻碍不了的.你想要更多的交流,这⼀点你掩盖不了它.你只是说你怎么样可以在这个过程当中可以更加的⾃如,⽽不是说产⽣⼀种⾝体的抗拒或者恐慌或者害怕.因为你会把产⽣的这些情绪当成是你在抗拒.⽐如说⼀个经常玩⽕的杂技演员,他的⽕会玩的特别好.那你从来没有玩过⽕,那你会怕,你会觉得⽕会烫着你烧到你.当然⽕也会烫着你烧着你,但是呢是因为你⾃⼰从来没有接触过,明⽩吗?

JO: Because just like the previous information you prefer some familiarity. Although you're always locked inside a cage, the familiarity of that iron cage brings you a sense of security. However, your soul… it's like your plant needs to grow roots and sprout, right? You have to continuously expand within and outside. How do you break it? Your expansion cannot be stopped. You want more communication, this desire can't be hidden. You just ask how you can be more at ease in the process, not about physical resistance or panic or fear. Because you see your emotions as a form of resistance. For example, an acrobat who frequently plays with fire will handle it exceptionally well. If you've never played with fire before, you might be afraid and think that fire would burn you. Of course, fire can burn you, but it's because you have no experience with it, understand?

所以当你去接触过后,允许呢个烫或者伤到你的过程发⽣,因为每⼀个学习玩⽕的过程他们都会有烧伤的过程.但是呢个烧伤只是前⾯的过程,逐渐的你就会跟它建⽴⼀种关系,然后熟练起来,然后到后⾯就不会有任何受伤的⾏为.所以当你⽐如说有⼀些不顺利的体验,⽐如说你在和别⼈交流或者是交往,你会有⼀些让你不愉快或者是紧张you cannot enjoy it,你不能完全的享受在其中.你想要逃或者是恐慌,然后这些都好像是你在学习⼀个新的技术,就好像你学习玩⽕的呢个过程.那你总需要呢个过程去适应,就是去熟悉起来.所以说不要因为你在学习的过程别⽕烫了两下,然后你就再也不碰⽕了,明⽩吗?

So when you engage with it, allow the process of being烫 (burned) or injured to occur, as every learning to play fire involves a period of burns. But those burns are merely the initial stages; gradually, you'll establish a relationship with it and become more adept. Eventually, there will be no more incidents of injury. When you have some unfavorable experiences, like in interactions or relationships with others, you might not enjoy them fully, feeling unhappy or anxious. You might want to escape or panic. These are akin to learning a new skill, like playing with fire. You need that period to adapt and get familiar with it. Therefore, don't stop engaging with fire because you got burned twice; understand?

因为你必须要成为⼀个玩⽕很熟练的⼀个杂技演员,因为你的灵魂它毕竟是不断地扩展扩展.

Because you have to be a very skilled tightrope walker when it comes to playing with fire, because your soul is fundamentally expanding constantly.

问: 我⼀直以来经常的做⽩⽇梦,⽐如我经常幻想⾃⼰是科学家或者是明星呀,就很难⾛出来.如何⾛出⾃⼰的幻想?

Questioner: I often daydream, for instance imagining myself as a scientist or a celebrity, finding it hard to come back to reality. How can one get out of their own fantasy?

JO: 幻想是可以很好地服务于你们.为什么你会觉得这是个困扰呢? 这是你们的⼀个天赋.问: 太假了,不现实.

JO: Fantasy can serve you well. Why would you think that's a problem? It's one of your gifts. Questioner: Too fake, not realistic.

JO: 你们本⾝⼈⽣就是⼀场梦,明⽩吗? ⽽且你们所有物质世界的东西全是先有了幻想,才有了实物,明⽩吗? 所以这是你最⼤最好的⼀个gift.你为什么觉得这个是困扰你的呢? 如果你觉得是困扰你的,那是因为你对幻想的⼀个定义.是它来让你觉得….

JO: Your very life is a dream, understand? And all the things in your material world came to be because of first a fantasy, then an actual object, understand? So this is the greatest gift you've received. Why do you feel it's bothering you? If you find it troubling, that's because of how you define fantasy, making you feel...

问: 永远实现不了.

Questioner: Can it ever be achieved permanently?

JO: 当你沉浸在呢个过程当中你就是在实现呀.怎么实现? 实现不就是有⽣动的体验吗? 那如果你已经产⽣了⽣动的体验,那你已经体验到了.别⼈可能需要花⼗年才能让这个体验成真,你只⽤花⼗秒你就可以让这个体验成真.那你不是别别⼈省了多少时间, 明⽩吗? 你们所有的⼀切不就是为了体验吗?你们即使是要很多很多钱,要了钱是⼲什么的?也是可以扩展你的体验.我可以去不同的地⽅旅游,我可以住很⾼档的酒店,我可以去不同的国家,我可以穿不同的⾐服.是为了什么? 就是体验.

JO: When you immerse yourself in this process, you are realizing it. How do you realize it? Realization is about having vivid experiences, isn't it? If you have already had vivid experiences, then you have experienced them. Others might need to spend ten years for their experience to become true, but you can make your experience come true in just ten seconds. Don't you see how much time you save compared to others? Aren't all of your efforts meant for experiencing things? Even if you are willing to spend a lot of money, what's the purpose of getting that money besides expanding your experiences? I can travel to different places, stay in luxurious hotels, visit various countries, and wear different clothes. It's all about experiencing new things.

问: 我现在是在⼀个⼯⼚打⼯,去幻想成为亿万富翁.这太不现实啦.

Questioner: I'm currently working in a factory, dreaming of becoming a billionaire. This is too unrealistic.

JO: 所以说你是要去不让你幻想? ⽽不是说你对你的幻想重新定义? 你现在还执着于… 就好像前⾯刚才给你带来的信息,如果你好好听,你会先肯定了结果你才会去做某件事情,明⽩吗?那你看你的这个幻想是不是已经卡在这个地⽅了?我要先确定我能成为佰亿富翁过后,我才能去幻想.不然我连幻想都不允许我⾃⼰.你能看到你⾃⼰卡在哪个点吗?明⽩吗?你不懂的话在反复去听录⾳.

So you're going to abandon your fantasies rather than redefine them? You're still stuck in... like the information given earlier, if you listen carefully, you would only act after accepting the outcome. Do you get it? Is it possible that your fantasy is stuck at this stage? I have to become a billionaire first before I can dream of it. Otherwise, I wouldn't even be allowed to dream by myself. Can you see where you're stuck? Do you understand? If you don't, please listen to the recording repeatedly.

问: 我去世的奶奶有什么跟我说的?

Questioner: What does my late grandmother have to say to me?

JO: 你稍等.你去世的奶奶想要带给你的信息就是多去做事,就是⾝体上的⾏动,⽽少去想就是东想西想.这是她带给你的信息.

JO: Wait a moment. The message your late grandmother wants to convey is that you should do more actions with your body, rather than just overthinking. This is the message she wishes to pass on to you.

问: 那我的⾼我还有什么要告诉我的? JO: 前⾯的信息你反复听你就知道了.

Questioner: Then, what does my higher self have to tell me? JO: The information you heard before, just listen again and you will know.

第⼆个⼈问: 我这⼀⽣的⼈⽣主题是什么? JO: 你稍等.你叫什么名字?

Second person asks: What is the theme of my life? JO: Please wait. What is your name?

问: XXXJO: 你这⼀⽣主要是有很多关系,就是亲密的关系来让你突破.通过亲密的关系不断地去扩展你⾃⼰的⼀个包容度.因为你在包容或者宽容或者允许的⽅⾯,是你的⼀个卡点.所以你会让很多,⽐如说你的爱⼈或者你的亲⼦或者你的⽗母就是你⾝边的这些关系,你会觉得你会有很多不能接受或者是不能忍受不能明⽩不能理解对⽅的⼀些,就是跟你发⽣冲突,⼀些⾏为,他们的⼀些⼈⽣课题或者⽬标就跟你有冲突.然后你通过这种⽅式让你⾃⼰达到你去理解每⼀个⼈他们的处境,就是让你⾃⼰成为⼀个好像是海纳百产,到⼀种特别⼤的包容度的这样⼦的状态.

Questioner: XXXJO: Throughout your life, you've mainly had many relationships, especially intimate ones that push you to grow. By constantly expanding through these close connections, you're able to increase your tolerance for others. Since there are points where you struggle with accepting, tolerating, or understanding others, it often leads to conflicts between you and your loved ones, such as your partner, family members, or parents. These might be behaviors that clash with their life challenges or goals compared to yours. Through this process, you aim to understand each person's situation better and develop a more inclusive mindset, akin to being able to accommodate all kinds of people and situations in your life.

问: 真的是这样⼦.那我选择我的⽗母,跟我⽗母的关系是要来告诉我什么?

Questioner: Is it really like that? Then I choose my parents; what relationship do I have with my parents to tell them something?

JO: 你会发现就是说你从下到⼤好像有很多,就好像你的⽗母的⼀些⾏为不是很顺眼不是很如你意,就是跟你好像不在⼀个频率.你们就好像是背驰⽽⾏,你们就好像是不在⼀个世界⾥⾯,就会有这样⼦的⼀个感觉.你为什么会选择他们这样⼦的⽗母? 也就是说跟你的灵魂主题有关系.因为你想要你⾃⼰成为⼀个允许的⼀个状态,就是允许众⽣,达到⼀种没有评判⼼,没有任何排斥的⼀种状态.因为呢是你⾃⼰前进的⼀个状态,就好像你⾃⼰想要成为这个样⼦的⼀个状态.那你⾃⼰就会给这些功课给⾃⼰.

JO: You would find that it seems like you are from down to high, as if your parents' behaviors are not appealing and do not suit your expectations, as if they are not on the same wavelength with you. It feels like they are going against each other, as if they are not in the same world, leading to this sensation. Why would you choose such parents? This relates to your soul's theme. You want to become a state of acceptance for everyone, reaching a place without judgment or any form of rejection. This is a state that aligns with your own progress, just as you desire to be this way. Therefore, you are giving yourself these lessons.

问: 感觉这些功课有点难.

Questioner: Feeling that these tasks are a bit difficult.

JO: 如果不难的话,你就不会为它来⼀趟了,明⽩吗?

If it weren't challenging, you wouldn't have made the effort to come here, right?

问: 我现在没有男朋友也没有结婚.在这⽅⾯有什么建议吗?

Questioner: I don't have a boyfriend and am not married. Any advice on this?

JO: 你要明⽩就是当你进⼊亲密关系就像你跟你⽗母的关系⼀样,它也会投射出来这个演练场,就是学习的地⽅来让你去练习让你去学习让你去看到.但是你要知道所有的纠结和烦恼都是让你⽣长智慧的地⽅.你记住这个就好了.它并不是真的来加害于你,或者是你的命不好,遇到这种⼈,明⽩吗?

JO: You need to understand that when you enter into a close relationship, like the one with your parents, it will also project onto this playing field - the place of learning where you practice and learn. But you have to realize that all the entanglements and frustrations are places for you to grow in wisdom. Just remember this: it's not really meant to harm you or that your luck is bad because you encounter such people. Get it?

问: 我现在感觉⾝体冷是什么原因?

Questioner: Why do I feel cold now?

JO: 你想⼀下你把所有的东西都排斥掉,就好像你⾃⼰孤⽴起来,把⾃⼰给⾃⼰孤⽴起来,你把靠近你的所有东西都排斥掉.那这样⼦就会让你感受到没有连接感.然后也感受不到温暖,感受不到⼀直在爱上的呢种状态.但是你要记住的就是这是你寻找的⼀个过程,这是你转变转化和突破的⼀个过程.它不是永久的,它不是⼀直是这样的状态,明⽩吗?

JO: Imagine isolating yourself by rejecting everything around you as if you were alone, creating a barrier between yourself and others. This would result in feeling disconnected. You won't experience warmth or the continuous state of being loved. But remember, this is part of your journey towards change, transformation, and突破. It's not meant to be permanent; it's a phase that will eventually pass. Understand?

问: 那我的胃轮和⼼轮也是因为这个原因?

Questioner: Does that mean my navel and heart wheels are also affected by this reason?

JO: 你⾸先你要知道你现在不需要去纠结你⾝体的任何反应.这么说,就好像你现在是个⽑⽑⾍,但是你是蝴蝶,明⽩吗?⽑⽑⾍只是你前⾯在蜕变的⼀个过程.所以⽑⽑⾍这⾥不舒服呢⾥不舒服是因为什么?是因为它要转变呀、转化呀.它本⾝就不是⽑⽑⾍,明⽩吗?所以你不需要太纠结于你⾃⼰的⾝体.因为它会随着你的转变和转化,这些所有东西都会消失.

In the beginning, you should know that you don't need to worry about your body's reactions right now. Imagine yourself as a caterpillar, but you are actually a butterfly – understand? The caterpillar is simply a phase before transformation. So why does the caterpillar feel uncomfortable? It feels this way because of its metamorphosis. It isn't a caterpillar fundamentally, do you see? Therefore, there's no need for excessive concern about your own body as it will change and these sensations will fade with your transformation.

问: 可以帮我疗愈⼀下我的眼睛吗?

Questioner: Can you help me heal my eyes?

JO: 为什么你想要疗愈你的眼睛? 为什么你觉得你需要去疗愈你的眼睛?问: 因为我的眼睛看东西有重影.

Why do you want to heal your eyes? Why do you feel the need to heal your eyes?

Because my eyes see double images.

JO: 你稍等.整合.看东西有重影是需要整合.为什么有重影? 为什么有两个影⼦? 两个影⼦是不是需要整合到⼀起成⼀个?所以你需要做的是整合.整合是什么呢?整合是把所有,就是众⽣还有你都整合在⼀起.⽽不是说对⽅是对⽅,你是你,他是他,我是我.因为都是你,都是你们,都是我们.所以当你能越把外在的整合到融⼊到你内在的话,那你便不会有任何这样⼦所谓的⼀些体验或者是困扰.

JO: Wait a moment. Integration is required when you see double images because of integration. Why are there two shadows? Two shadows require integration into one. Therefore, what you need to do is integration. What does integration mean? Integration means integrating everyone, including yourself and sentient beings, as one whole. It's not about being separate; you're you, I'm me, he's him. But in reality, we are all you, all of us. So when you can integrate the external and incorporate it into your inner self, you won't experience or be troubled by such sensations.

问: 还是跟关系有关吗?

Questioner: Is it still about relationships?

JO: 所有的⼀切都是关系呀,明⽩吗? 因为你没有办法把你⾃⼰给切断,你没有办法.这么说吧,你是⼀棵树上⾯的⼀个⼩树枝.你说如果你把你⾃⼰切断了,你还会有⽣命吗? 所以你没有办法切断.

JO: Everything is connected, you see? Because there's no way for you to disconnect yourself, you can't. Let me put it this way, you're a little branch on a tree. If you were to cut yourself off, would you still have life? So you simply cannot do that.

问: 就是要全部连接在⼀起?

Questioner: Is it about connecting everything together?

JO: 因为你如果切断你就没有⽣命了,你就不会存在了.你就不会有体验了.问: 那就是要把所有的众⽣、万事万物都变成⼀?

JO: Because if you cut it off, you wouldn't exist; you would have no life and no experiences at all.

Questioner: That means turning everything into one?

JO:这是⼀个逐渐的过程.这是你慢慢的去认识到其实我排斥的并不是对⽅真正有的,⽽是说它在我这⾥.我⾃⼰排斥我⾃⼰的⼀部分.因为这是⼀个逐渐你去认识去发现去感悟的⼀个过程.这不是我们告诉你怎样,然后你就能明⽩的事情.因为就好像我告诉你这是苦的,你从来没吃过苦的.你还需要⽤你的⾆头去尝⼀下,OK,这个原来是苦的,呢个是甜的.需要你⾃⼰去体验,需要你⾃⼰去探索.并不是靠外界的信息能够来让你接受了:我知道哭是什么味道.我告诉你苦是什么味道,你就能去描述苦是什么味道了?

JO: This is a gradual process, one that involves you gradually recognizing that what I'm resisting isn't actually what the other person possesses, but rather how it manifests within me. I'm rejecting a part of myself. Because it's a process of recognition, discovery, and insight - something that can't be simply told to you and then understood. It's akin to telling you something is bitter when you've never tasted bitterness before; you must taste it yourself: "Ah, this is bitter, while this is sweet." You need to experience and explore on your own, not just rely on external information to confirm that you know what crying tastes like or what bitterness tastes like. Simply being told the taste of something doesn't enable you to describe its flavor accurately unless you've tasted it yourself.

问: 就是要靠我⾃⼰去体验.

Questioner: It's up to me to experience it myself.

JO: 你本⾝就不断地在体验,所以你也不需要去过多于的纠结于这个.你只有记住⼀件是事情就是所有的事情它都是来正⾯的服务于你.你并不是会⼀直呆在同样的状态⾥⾯,你⼀直是可以去转变⼀切,转化⼀切.所有的⼀切最最最重要的是你的感悟,你的领悟,明⽩吗?

JO: You are experiencing it all the time, so there is no need to excessively worry about it. Remember only one thing - everything serves you in a positive way. You won't stay in the same state forever; you can always transform and change everything. The most important thing is your understanding and insight. Do you understand?

问: 那就是我现在没有在关系⾥⾯.那我什么时候会进⼊下⼀段亲密关系?

Questioner: That means I'm not in a relationship right now. When will I enter into the next intimate relationship?

JO: 你是说的恋爱关系是吗? 这⾥没有⼀个时候,明⽩吗? 它只跟你的⼀个意念有关系.这么说吧,跟你播不播种有关系.你说我什么时候才能吃到西红柿? 那你说你什么时候才能吃到西红柿? 你去播下西红柿的种⼦,然后你就知道你什么时候能吃到西红柿了.你问什么时候能出现亲密关系? 你⾸先你要知道你想进⼊亲密关系,你有这个念头.你要播下这个念头.那你播下这个念头过后, 然后就是⾃然⽽然的事情了.

JO: You're talking about a romantic relationship, right? There's never been a time when it wasn't clear, understand? It only has to do with your single thought. Let me put it this way, whether you sow or don't sow anything matters. When will I be able to eat tomatoes? Well, when will you be able to eat tomatoes? You go and plant the tomato seed, then you'll know when you can eat tomatoes. You ask when a close relationship will appear? First, you need to understand that you want to enter a close relationship, you have this thought. You sow this thought. Then after sowing this thought, it becomes natural.

问: 我看过⼀部电影,⾥⾯说⽐如我想象⼟⽿其,然后就可以瞬间穿越到呢⾥.那我们是不是也有这个天赋和功能?

Questioner: I watched a movie where it said something like if you imagine Turkey, you can instantly travel there. Do we have this ability and feature as well?

JO: 瞬间穿越的功能? ⾸先你们在物质世界的体验,有⼀些⼈能体验,有⼀些⼈不能体验.你们每⼀个⼈都是独⼀⽆⼆的.然后有⼀些⽐如说他真的能体验到这个.这是跟他⾃⼰的灵魂主题有关系.也就是说⽐如说这个传讯的⼥孩⼦是在⽤说话的⽅式在跟你们传递⾼维信息.那⽐如说你传讯⾼维信息的⽅式是⽤画画的⽅式.那为什么我不能说啊?那你的画画也是在表达啊,明⽩吗?你们只是每⼀个⼈的表达⽅式不⼀样.那你们看到的呢个就算他们能体验所谓的瞬间转移或者是出体,也跟他个⼈的主题,就是他来到这个世界上想要体验什么有关.并不是说所有⼈都能去跟他达到同样的体验.因为就算你们⽤了相同的技术,但是不⼀定你们都能进⼊⼀样的体验.

JO: The function of instantaneous teleportation? Firstly, your experiences in the material world vary; some can experience it while others cannot. Each one of you is unique. Then there are individuals who truly experience this ability; it's related to their own soul themes. That means, for example, a girl receiving messages communicates high-dimensional information through speaking. If another person receives such messages through painting, why can't I say that? Their painting also expresses something. You see, everyone has different ways of expression. Similarly, the fact that someone can experience what you call 'instantaneous transfer' or 'out-of-body experiences,' is tied to their personal themes; it's related to what they want to experience in this world. It doesn't mean that everyone will have the same experience even if they use the same technique. Even if people use identical technologies, it doesn't guarantee that they'll be able to enter into the same kind of experience.

也不是说存在他的是真的还是假的.

It's not about whether what exists is true or false.

问: 我不是说我们现在⾝体瞬移到呢⾥.⽽是说我现在想象我现在去到美国,是⼀样的吗? JO: 什么是⼀样的?

Questioner: Am I saying that we are instantaneously transported to somewhere else right now? Or am I just imagining going to America, is it the same thing?

JO: Is it the same thing?

问: 就是呢种感觉或者体验.

Questioner: It's that kind of feeling or experience.

JO: 你⾃⼰才是呢个体验体,你才是呢个独⼀⽆⼆的体验体.就是你给你的⾝体去创造什么感觉? 你不需要去问别⼈我可以创造什么样⼦的感觉吗? 这是你⾃⼰独⼀⽆⼆的.因为这又关系到你⾃⼰… 就⽐如说前⾯呢个⼈他的想象⼒很丰富,他想象这个想象呢个,明⽩吗? 那有的⼈他就想象不出来.所以你才是独⼀⽆⼆的体验者.

JO: You are the experience itself, you are this unique experience. It's about what you create for your body to feel. You don't need to ask others what kind of feelings I can create; it's all about you being uniquely yourself, because it has something to do with you. For instance, one person's imagination is very rich, they can imagine these things, right? But some people cannot imagine them. That's why you are the unique experiencer.

问: 那你刚才说我传递⾼维信息的⽅式是⽤画画的⽅式吗?

Questioner: So you were saying that I convey high-dimensional information through a way of drawing, right?

JO: 这只是⼀个⽐喻,打个⽐⽅,就是每⼀个⼈他表达的⽅式不⼀样,他体验的⽅式不⼀样.他来到这个世界上想要体验的东西不⼀样,明⽩吗?

JO: This is just a metaphor; to put it simply, everyone expresses themselves differently and experiences things differently. They come into this world wanting to experience different things, do you understand?

问: 那你能帮我看⼀下我⽤什么⽅式传递⾼维信息呢?

Questioner: Could you help me understand how I should transmit high-dimensional information?

JO: ⾸先你们都是⼀个通灵体.你所谓的像这个⼥孩⼦这样⼦的传递信息的⽅式,它不⼀定是你这⼀⽣来到这个物质世界上去体验的主题,明⽩吗? 因为你们每⼀个主题都不⼀样.

JO: You are all spirit first. The way that you transmit messages like this girl does might not be the theme of your lifetime experience in this physical world; understand that because each theme is different for every one of you.

问: 那就是说我传递⾼维信息的⽅式也是跟我的⼈⽣主题是有关系的?

Questioner: So, is the way I convey high-dimensional information related to my life's theme?

JO: 如果是想要去找到这些⽅⾯,那你只需要去做你⾃⼰让你忘我的事情.就好像你哪怕不吃饭你哪怕不睡觉你就想做,你朝这个⽅向去就能找到你⾃⼰.

JO: If you want to explore these aspects, just do the things that make you lose yourself. Even if you don't eat or sleep, you're still driven to do it, and by heading in this direction, you'll find yourself.

问: 那要是⽬前没找到呢?

Questioner: What if we haven't found it yet?

JO: 那看你⾃⼰了,你⾃⼰的决定.你可以有⽆数种选择,没有找我就继续找,或者我不找,或者我相信我⽣命到了哪⼀天 它⾃⼰就会春暖花开.这个看你⾃⼰,明⽩吗? 不是别⼈告诉你要怎样怎样,⽽是你.

JO: It's up to you, your own decision. You have countless options; if you don't find me, keep searching, or I may not look for you, or I believe my life will blossom when it reaches that day by itself. This is entirely up to you, do you understand? It's not about others telling you what to do, but rather yourself.

第三个⼈问: 之前JO说我们睡觉之前来疗愈我们的⾁体.这个有具体的⽅法吗? 还是说只要我们在⼼⾥⾯邀请我们的⾼我或者观世⾳菩萨来疗愈我们就可以了?

The third person asks: Previously, JO said we should heal our bodies before going to sleep. Is there a specific method for this? Or can we simply invite our Higher Self or the Bodhisattva Avalokitesvara to heal us just by thinking about it?

JO: 是任何时候,不是说是睡觉的时候.只是说你们在睡觉的时候你们会给⾃⼰创造⼀个属于你们⾃⼰的⼀个安静的环境.它更适合这样的事情发⽣,因为这样的状态你不会被其他的能量影响.⽐如说如果是⽩天的话,你可能不停的⼀会⼉这个⼈叫你⼀会⼉呢个⼈叫你或者旁边有噪⾳把你拉⼊到另外⼀个频率当中去,明⽩吗?

JO: It can be at any time, not necessarily when you're sleeping. Just that when you are asleep, you create an environment for yourselves that is quiet and peaceful. This setting is more conducive to such occurrences because your state of mind would not be influenced by other energies. For example, during the day, someone might call you one moment and another person immediately after or there might be noise around distracting you from your current frequency, do you understand?

问: 也就是说我们只要发出这个念就可以了是吗?

JO: In other words, all we need to do is to generate this thought, right?

JO: 你是说疗愈⾃⼰吗? 这么说吧,需要疗愈就好像你是⼀个⽔池,你⾥⾯的⽔都是死的,都是死⽔都是⾬⽔.那你就好像这边开了⼀个⼜⼦,你就好像允许这边的活⽔进⼊到你的⾝体⾥⾯.那之前的呢些污垢或者是死⽔呢些残留物是不是都被活⽔给冲淡了冲跑了,是不是?就是这样的⼀个过程,明⽩吗?

JO: You mean healing oneself? Imagine you're a pond with stagnant water, just rainwater that's dead and lifeless. Now, think of opening a new source here, allowing fresh, living water to enter your body. Would the previous dirt or stale water be diluted and washed away by this flowing water, right? It's like this process, do you get it?

问: 那我们是不是主要发出这个念头就可以了,就可以邀请疗愈师来疗愈它?

Questioner: So, are we just supposed to think this thought and invite a healer to heal it?

JO: 你允许⾃⼰,你⾸先你们从来没有跟源头断开连接,明⽩吗? 只是当你进⼊到⼀种⾃我封闭的状态,就⽐如说你头脑⾥⾯成天都是明天或者将来怎么办你怎么办,就是这些恐惧它就好像让你的⼈体收缩起来了.那你收缩起来,你没有在⼀个开放的状态,⽔是不是就进不来?所以你不需要去找⽔源,⽔⼀直在这⾥.你唯⼀的就是去打开⾃⼰,放开⾃⼰.⽽不是让⾃⼰进⼊到⼀种,就是在⼀种收缩的状态封闭的状态,明⽩吗?因为管你发不发念头,你只要放松下来,它⾃然⽔就进来了,明⽩吗?难道你放松下来,就是你没有进⼊呢种紧张的状态,⽔就不进来了? 你说我又没邀请你进来,你进来⼲啥?

JO: You allow yourself, you first of all, you have never disconnected from the source, understand? It's just when you enter into a self-closed state, like you're always thinking about what to do tomorrow or in the future, and how you'll handle it, these fears make your body shrink. When you shrink, you don't stay in an open state, right? Water can't come in, can it? So there's no need for you to search for a source of water; it's always here. The only thing you need to do is to open yourself up, to let go of yourself. Not to enter into a state of contraction and封闭ness, understand? Because whether or not you have thoughts, if you just relax, the water naturally comes in, right? Don't tell me that if you relax, you're not entering a tense state where water won't come in? You say I didn't invite you in, what are you doing coming here for?

问: 那⽐如说有些所谓的前世的创伤,我当下的⼈格并不知道的这种疗愈呢?

Questioner: What about healing from supposed past-life traumas that my current personality is unaware of?

JO: 那你需要特定的,那你是不是需要制定哪些呀.就好像你说我需要⽤我的意念打开⼀个箱⼦,那你⾸先是不是需要知道你要打开哪个箱⼦呀? 所以你就要有很明确的…问: 所以我们就要发出这个念邀请疗愈使者帮我们疗愈哪⼀个创伤,是这个意思吗?

JO: So you need a specific one, right? Do you need to define which one that is? Like when you say I need to use my intention to open a box, don't you first have to know which box you want to open? So you would need to be very clear... Questioner: So we are sending out this thought invitation asking the healing messenger to heal which particular wound, does that mean?

JO: 就好像我们说为什么觉察呢么重要.你在当下觉察,你觉察到了你有⼀个恐惧的情绪.然后呢个恐惧的情绪就好像是⼀个线索⼀样,然后你通过这个线索是不是就可以挖掘出来你到底⾥⾯是什么东西? 所以这也是需要你进⼊到⾃我认知⾃我觉察和⾃我探索的⼀个过程,明⽩吗?

In

JO: It's like when we discuss why mindfulness is so crucial. You are mindful in the present moment, noticing you have a fearful emotion. Then, that fear emotion serves as a clue. Can you follow this clue to uncover what is actually within? This requires stepping into a process of self-awareness, self-exploration, and understanding yourself more deeply, do you see?

问: 所以这⾥有个⽭盾,并不是说这个⼈只要敞开就可以疗愈,⽽是说他要⾃我觉察对吧?

Questioner: So there is a contradiction here; it's not that this person just needs to open up to be healed. It's more that they need self-awareness, right?

JO: 你要知道当你的⾁体再⼀次的焦距于这个物质世界当中,因为这是你必须有的⼀个功能.因为你需要有这个物质⾁体才能产⽣物质世界的体验,明⽩吗?

JO: You need to know that when your body focuses again in this material world, because it is a function you must have. You need the material body to create experiences in the material world, understand?

问: 我之前我有把⾃⼰交出去,后⾯就⼀直有指引.那是不是我只需要完全的把⾃⼰交出去完全不⽤头脑规划,还是说偶尔还是需要头脑规划呢?

Questioner: I previously surrendered myself and received guidance continuously afterward. Does this mean that all I need to do is completely surrender myself without any mental planning, or does it still require some form of mental planning occasionally?

JO: 你现在说的只是你独⼀⽆⼆的⼀个个⼈的体验.然后⽆论你觉得哪⼀种⽅式,它都是可⾏的,它都是有效的.这⾥并没有就是⾮⿊即⽩,明⽩吗? 没有就是说只能这样不能呢样.都是可⾏的.

JO: You are only talking about your singular personal experience here. Then, no matter which way you feel it is, it's doable and effective. There isn't a clear-cut right or wrong; it's understandable that both can be viable options.

问: 那到最后呢些真正的开悟的⼤师是完全不⽤头脑去思考,那我们在没有开悟之前是不是也可以⽤这种⽅式呢?

Questioner: Will genuine enlightened masters think without using their minds at all? Can we use this method before we become enlightened ourselves?

JO: 你的问题是你们可不可以去进⼊完全不⽤思考的状态?

Your question is whether you can go into a state of no thinking at all?

问: 对.因为我这⼀年来就是感觉完全就是我的⾼我在指引我,对我的帮助完全是我的头脑没法想象的.

Questioner: Yes, because I felt that my high self was guiding me throughout this year, and it was helping me in ways that my mind couldn't even imagine.

JO: 你们的⼈⽣本来就是这个样⼦.只是你觉得你好像在安排⼀样.就像之前的信息告诉你,你觉得地⾯上呢些草它是⽆缘⽆故长起来的? 地下没有根? 也就是说你觉得你们物质世界所有事件它都好像是凭空出来的,明⽩吗?

JO: Your life is like this. You just feel as if you're arranging it. Like the information that was given to you earlier, you wonder about those grasses growing randomly on the ground? No roots underground? Meaning you perceive all events in your physical world as if they come out of nowhere, understand?

问: 那是不是可以理解是之前不知道这些灵性的知识,但是这些东西⼀直都是更⾼的层⾯在规划的,头脑规划是没有⽤的.只是现在意识到了⽽已是吗?

Questioner: Is it that before we were unaware of this spiritual knowledge, but these things have always been planned at a higher level, where mental planning is useless? Is the realization happening only now?

JO: 你现在好像是要区别要么只有灵性世界,要么只有物质世界.这个你就好像是说要么只有草根,要么只有地⾯上的草.草和草根是⼀起的,明⽩吗? 你如果去听你以前的⾼维信息,之前说你这⼀⽣要突破的是什么? ⾮⿊即⽩.所以你现在卡住的呢个点就是在呢⾥了.既是这⾥也是呢⾥,既是这个也是呢个.

JO: It seems like you're distinguishing between either only the spiritual world or only the material world. You're likening it to either only the roots or only the grass on the ground. Roots and grass are together, right? If you listen to your previous high-dimensional information, what did it say about what you were supposed to transcend in this life? It's not black or white. So, the point where you're stuck now is here. Both here and there, both this and that.

问: 之前我认为我想去传播⾼维信息是我的最⼤的热情,但是你的意思又说这是因为我内在有伤痛,觉得别⼈都需要拯救.那我怎么去区别这俩者呢? 我感觉我是卡住的.

Questioner: Previously, I thought that spreading high-dimensional information was my greatest passion. However, you've mentioned it's because I have inner pain and feel that others need to be saved. How can I distinguish between these two perspectives? I feel stuck.

Questioner: Beforehand, I believed that disseminating high-dimensional knowledge was my most intense enthusiasm. Yet, your perspective suggests this is due to an inner hurt, feeling as if everyone needs rescuing. How do I differentiate between these viewpoints? I sense myself being trapped.

JO: 不⽤卡住.为什么? 我们之前告诉你这是你成长的⼀个过程.就好像你现在是花蕾,还在花苞的时候,是吧? 那我告诉你结果是⼀个苹果,难道你就拒绝不去成为花苞这个时候,也不去开花这个过程,直接结出果⼦吗,明⽩吗?

JO: Don't hold back. Why not? We've told you before that this is a part of your growth process. Like how you are now like a bud, still in the bud stage, right? If I tell you the result is an apple, would you refuse to become a bud at this stage and skip the blooming process altogether, just to immediately bear fruit, do you understand?

问: 那就是不⽤去考虑怎么去辨别,对吧?

Questioner: That means we don't have to consider how to distinguish, right?

JO: 你只是去允许这个过程就好了,你做你⾃⼰想做的事情.⽽不是外在去告诉你你做个有意义还是没意义.也不是说做这个好还是不好.为什么? 如果是你激情的事情,⼀万个⼈说不好你也去做呀.为什么? 这就是你呀,它就是你的⼀部分.就好像之前呢个信息告诉你,你就是光.不是说你⼿上有个煤油灯,你今天去点个煤油灯去照亮别⼈.明天你累了你不点煤油灯了,你不照亮别⼈了.你本⾝你都到哪⾥你就亮到哪⾥.因为它已经成为你⼈⽣的⼀部分了,你明⽩吗? 你明⽩这个different,这个不同吗? 所以说你不需要任何⼈来告诉你你需要不需要这样做或者这样做好不好? 这样做的定义是什么? 是因为我⾃⼰的伤痛我才去做这个事情?

JO: All you need to do is allow this process, doing what you want to do, instead of external forces dictating whether it's meaningful or not. It's not about good or bad for others either. Why? Because if something excites you, even if a thousand people say no, you should still do it. Why? That's just who you are; it's part of you. Previously, someone told you that you're light. It's not like you have a kerosene lamp and today you're lighting others with the flame. Tomorrow if you're tired, you stop lighting them; you don't need to shine anymore because your light follows wherever you go. Because it has become integrated into your life, do you understand this difference? Do you get that you don't need anyone telling you whether or not you should do something, and if so, is it good or bad? What defines doing something like this? Is it because of my own pain that I engage in such activities?

你这都只是头脑加给它的⼀个定义或者头脑给它⼀个归类.这不需要你去困进去的.为什么? 你困进去,你只会创造更多.⽆论你创造多少,这些都是虚幻的都是虚假的.

This is just an attribution or categorization that your mind imposes upon it - something you don't have to be trapped by. Why not? Trapping yourself only creates more illusions, no matter how many you create, they are all illusory and false.

⽽且这些虚假的也是真的,你说怎样就是怎样,你说不是怎样就不是怎样.所以没必要去把你的energy把你的能量消耗在这⾥.就是让你看到…问: 就是只要跟随当下⾃⼰最⼤的热情去做就好了.

And these falsehoods are also true; whatever you say goes, and whatever you deny is denied. Therefore, there's no need to expend your energy here. It's just about making you see... Questioner: Just follow your greatest passion in the moment, that's all.

JO: 你不需要外界来告诉你这些做是怎样怎样的.你也不⽤⾃⼰陷⼊到,我做是因为这个,我的出发点是这个.因为什么? 因为⾼维信息说了,因为JO说了.如果⼀件事情因为你听到⼀些信息你就改变了,呢就不是你了.呢只是你头脑⾥⾯的概念.没有什么能够change who you are,明⽩吗? 真正的你是不会因为任何外在的声⾳⽽改变的.

JO: You don't need the outside to tell you how it's done. You also don't have to be stuck in the mindset of doing something because this is why I did it, my starting point was this. Why? Because high-dimensional information says so, because JO said so. If a thing changes for you because you heard some information, then it's not you anymore. It's just a concept in your mind. Nothing can change who you are, understand? The real you won't be altered by any external voice.

第四个⼈问: 我的⾼我有什么话要跟我说? JO: 你有什么问题?

The fourth person asked: What message does my higher self have for me? JO: What questions do you have?

问: 就是我想要请问我的⾼我有什么话要跟我说嘛.

Questioner: I would like to ask my higher self if there is anything you wish to communicate to me.

JO: 你没有问题就没有话.因为你所有的体验都有意义,所以⾼我是不会限制你体验或者是把你拉扯到某⼀个⽅向.如果你有问题的话,你的⾼我随时都会出来跟你连接,明⽩吗?

JO: If you have no issues, then there's nothing to say. Since all your experiences are meaningful, the Higher Self won't limit or steer you in any particular direction. If you encounter problems, the Higher Self will always come out and connect with you, understand?

问: 那我想要请问我这⼀⽣的灵魂主题是什么? JO: 你稍等.你叫什么名字?

Questioner: Could I ask what is the soul theme of my entire life?

JO: Wait a moment. What's your name?

问: XXXJO: 你想要来到这个世界上找到呢种⽆条件的爱,找到归宿.就好像你⼀直想要去找到⼀个⽆条件的接纳包容允许,找到这样⼦的⼀个状态.你这⼀⽣会是⼀个就好像是⼀个寻找的过程.

Questioner: XXXJO: You seek to find unconditional love in this world and a sense of belonging. It's as if you've always been searching for an unconditional acceptance that embraces and allows, seeking such a state. Your entire life will be akin to a journey of discovery.

问: 那我接下来的⼈⽣⾛向有什么建议吗?

Questioner: What suggestions do you have for my future path in life?

JO: 你现在就好像是蒲公英⼀样,就好像是漫⽆⽬的,就好像是不知道哪⾥才是你扎根的地⽅,哪⾥才是你的家,哪⾥你才能定下来.就好像是在这种漂浮不定的状态.因为你觉得你好像是断开连接,所以你有⼀种深深的想要去找到家,找到呢种连接感.如果你没有找到,就好像你是⼀个没有插上电源的机器,然后你运作不了.你就会发现你在深层次的这种就是找到家或者是插上电源的呢种感觉的这种需求特别的强烈.

You are now like a dandelion, wandering aimlessly, unsure of where your roots belong, which is truly your home, and where you can settle down. It's akin to being in a state of instability, feeling as if you're disconnected, deeply longing for the sense of belonging and connection. Without finding it, you feel like an unplugged machine that cannot function properly, realizing how strongly you crave that feeling of settling or being connected.

第五个⼈问: 我这⼀⽣的灵魂主题是什么? JO: 你稍等.你叫什么名字?

The fifth person asks: What is the soul theme of my life? JO: Please wait. What is your name?

问: XXXJO: 你是⼀个⾮常纯洁纯净单纯的灵魂.就好像呢种没有⼀点⼼机没有害⼈之⼼,你来到这个世界上更多的是反射,作为⼀个像⼀张⽩纸⼀样的存在然后去反射出来你所处的不同的环境.就好像你是⼀个底⾊,⽩⾊嘛,那什么颜⾊都可以在你上⾯去显现出来,明⽩吗? 就好像是来做⼀个鲜明的对⽐.所以其实你看到你的⼈⽣当中你就会让很多⼈看到希望,让很多⼈看到⼈性美好.就是⼈性并不是复杂或者是⿊暗的,明⽩吗? 你只要记住⼀点的就是说,⽆论怎样你只要做你⾃⼰就够了.为什么? 因为你⾃⼰本⾝就是⼀张⽩板,本⾝就是⼀个像光⼀样.所以你只要像这样就⾏了.因为⽆论你怎样想要去学把你学的坏把你学的恶,你都做不到,明⽩吗?

Questioner: XXXJO: You are a very pure soul, like something without any ulterior motives or harm to others. You come into this world more as a reflection, existing like a blank sheet of paper and reflecting your surroundings. It's like you're the base color, white, where any other color can manifest itself. Do you understand? It's like setting up a clear contrast. So actually when you look at your life, many people will see hope and appreciate the goodness of human nature. Human nature isn't complex or dark; do you see that? Just remember this: no matter what, just be yourself is enough. Why? Because you're essentially a blank slate, like light itself. You simply have to be like that. No matter how much you try to learn and become corrupted or evil, you can't, understand?

问: 昨晚睡到半夜我的嘴唇莫名其妙肿了,然后今天它⾃⼰就好了.这是什么原因呢?

Questioner: Last night, my lips swelled up for no reason in the middle of the night, and then it recovered by itself today. What could be the reason?

JO: 如果你把这个拿出来了,就是你把这件事情当成是⼀个事情了.那你就可以让这个很好的正⾯服务于你.就好像刚才呢些信息告诉你的⼀样,就⽐如说你是张⽩纸,就算别⼈在你上⾯涂了各种颜料.过⼀段时间你又回到⼀张⽩纸.为什么呢? 因为⽩纸是你本来的样貌,明⽩吗? 因为呢个强加上的颜⾊它迟早会褪去的.因为它是强加上去的,它迟早会褪去的.所以说就算你有时候你会迷茫或者迷失或者是怎么样⼀下,你觉得你可能是不是跟别⼈学坏了,打⽐喻啊.但是你还会回到你原来的样⼦,明⽩吗?

JO: If you bring this out, it means you've taken the matter seriously as an issue. Then you can make use of this positive aspect for yourself effectively, just like the information we shared earlier. Imagine you're a blank sheet of paper; even if others paint various colors on you, eventually, you'll return to being a blank sheet again. Why is that? Because a blank sheet represents your original state, do you understand? The forcibly added color will fade over time because it's imposed upon you and will eventually fade away. Hence, even if sometimes you're confused or lost, feeling like you might have been influenced by others, it's just an analogy. But you'll still revert to your original self. Do you get it?

问: ⼈死后来到所谓的灵界也是⾃⼰意识创造的幻像吗? 包括呢些指导灵还有灵魂家族也是意识的投射吗?

Questioner: Does a person arrive in so-called spirit realm, created by their own consciousness as illusions after death? Are the guiding spirits and soul families also projections of consciousness?

JO: 它是根据他个⼈的需求.你们每⼀个⼈都是独⼀⽆⼆定制的,量⾝定做的.所以不管是你⾝边的指导灵或者是你⾝边的什么东西,都是独⼀⽆⼆为你定做的定制的,明⽩吗? 因为这⾥是⽆限.

JO: It's personalized based on your individual needs. You each have a unique tailored creation made just for you, so whether it's your guide or anything around you, it's uniquely designed for you. Got it? Because here, there is infinite possibility.

问: 那它们是真实存在的吗?

Questioner: Are they real then?

JO: 什么是真实? 这⾥没有所谓的真实,也没有所谓的虚假.所以你们没必要去分别什么是真的什么是假的.为什么? 因为对别⼈来说体验是真实的.就⽐如说你们所谓的精神病,他体验的世界是真实的.为什么你要把他当成是精神病? 为什么你要去治他的病呀? 为什么你要说⼈家是精神病呀? 为什么不去赞同⼈家? 但是别⼈体验的世界是真实不虚的呀.那你来告诉我他体验的是真的还是假的.如果是真的,为什么你们社会上还要治它,觉得这是个病,明⽩吗?

JO: What is truth? There is no such thing as truth or falsehood here. So there's no need for you to distinguish what is true and what is false. Why not? Because others' experiences are authentic. For example, the "insane" person experiencing a world that feels real to them – why would you consider them insane? Why treat their condition as a disease? Why label someone as insane when their experience seems genuine? Why not support their perspective? However, others' experiences are indeed genuine and not fictitious. Then tell me if what they're experiencing is true or false. If it's real, why does your society still consider it to be an illness that needs treatment – do you understand this paradox?

问: 那这⼀切都是我⾃⼰投射的幻像?

Questioner: That means all of this is just my own projection?

JO: 这都是独⼀⽆⼆的,你需要的体验.没所谓真的和假的.真的和假的是你们头脑⾥⾯的⼀个分别和区分.但是这⾥已经超越了真和假.⼀切都是真的⼀切也都是假的.⼀切都是虚幻的⼀切又是实实在在的.

JO: This is all unique, the experience you need. There's no notion of real or fake here. The concepts of real and fake are distinctions in your mind. But beyond that, there's nothing real and nothing fake; everything is real, and everything is false. Everything is illusory, yet it exists truly.

# **2023/02/28 — ⾮⿊即⽩的信念The Grey Between Binary Beliefs**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我这⼀世的灵魂使命是什么? 主要功课是什么? JO: 你叫什么名字?

Questioner: What is my soul mission in this lifetime? And what are my main lessons?

JO: What is your name?

问: 我叫XXXJO: 你这⼀⽣选择了就是前半⽣会经历很多⽆助,或者从你们的物质社会看到的就是很多挫折或者是困难后者是阻碍,也就是说前半⽣的体验会促使你想要⾛上⼀条解放的道路.然后你会去通过这些,就好像把你逼到了梁⼭,把你逼到了⾓落你必须要去突破.所以就是⼀种转换和突破的⼀个过程.

Questioner: I'm XXX.

JO: Throughout your life, you've chosen to experience a lot of helplessness in the first half, or from observing your material society, you see many setbacks or difficulties. Alternatively, there are obstacles that hinder you. This means that the experiences in the first half of your life motivate you to seek a path of liberation. Then, you go through these challenges as if being pushed into a corner where you have to break free. So it's a process of transformation and breakthrough.

问: 主要就是这个是吧? 那现在突破的怎么样了?

Questioner: That's essentially what it is, right? And how's the breakthrough going now?

JO: 它把你指引到这条路上,然后这不是说⼀天,就好像你们的植物你看到它不断不断地在突破.这是⼀个逐渐逐步的⼀个过程,明⽩吗? 那现在你就好像是⼀个刚发芽的阶段,刚萌⽣了就是说,觉得物质世界的⼀些你看到的你理解的已经不能帮助你去解决问题.所以你会导向灵性的世界,想要从… 这么说吧,就好像你之前⼀直困在物质世界,你现在就好像想要找到说明书,就是为什么会发⽣这样的事情? 怎么会这样? 为什么会这样?

JO: It guides you on this path, and it's not like a day; as in your plants where you see them continually breaking through. This is a gradual process – getting clearer and more understanding of things step by step, do you understand? You're now like at the stage of just beginning to grow, having just started emerging, meaning that what you observe and comprehend about the physical world can no longer assist in resolving issues. Hence, you'll be directed towards the spiritual realm, seeking answers such as: Why is this happening in the material world? How could it have happened? Why did it happen like this?

问: 那能看看和这⼀世的我有紧密联系的呢⼀世是怎样的⼈格呢?

Questioner: Could you tell me what kind of personality would be closely related to my current self in another lifetime?

JO:你稍等.你受的⽐较⼤的呢⼀世的⼈格,他是⼀个男性的⾝份.他的性格⽐较简单,就是⽐较不会拐弯.所以说他的⼈格对你这⼀世⽐较有影响,也就是说你看事情⽐较⿊⽩分明,⽐较就是很难模糊边界,⿊是⿊⽩是⽩.你很难理解⿊⽩融合在⼀起,它既是⽩又是⿊的.这种让你很难理解,因为在你的⼀些认知⾥⾯,你会觉得要么是⽩的要么是⿊的.所以他这样⼦的⼈格让你还是这样⼦的认知去看待事情.

JO: Wait a moment. The character you experienced in your previous life is male. He has a relatively straightforward personality; he doesn't bend easily. This means his character impacts you more significantly in this lifetime, implying that you perceive things as black and white very clearly, without much gray area. You find it hard to blur the boundaries; black stays black and white stays white. It's difficult for you to comprehend how something can be both white and black simultaneously—it is both at once. This is challenging to understand because in your mind-set, everything either has a clear white or black definition. Therefore, this kind of character causes you to view situations based on the same binary perspective that you have always had.

问: 所以这⼀世就是给它突破掉,对吧?

Questioner: So this lifetime is to break through it, right?

JO: 你可以利⽤好这⼀世去扩展你的认知,不局限于简单的⾮⿊即⽩的观念⾥⾯.

JO: You can utilize this life to expand your understanding beyond the simplistic binary views.

问: 我对婚姻爱情没有太⼤的渴望.这⼏年通过学习灵性感觉有疗愈到童年被性侵的创伤.这个创伤真的有被疗愈到吗?

Questioner: I don't have much longing for marriage and love. Over the past few years, through spiritual learning, I feel that I've healed from childhood trauma of being sexually abused. Has this trauma really been healed?

JO: 当你不去做任何转变或者处理的话,它就永远在呢⾥.就好像你之前⽣了⼀个疮,但是你却⼀直没有清理它.那它就⼀直是⼀个疤形成在呢⾥.

JO: When you don't make any change or deal with it, it stays there forever. Like if you had a pimple but didn't clean it, then it would always leave a scar there.

问: 但是我有去转变它.但是我不知道在底层是否已经被疗愈.不知道你们能不能看到?

Questioner: But I have tried to change it. But I don't know if it has been healed at a deeper level. Don't know if you can see it?

JO:这个是你⾃⼰能从你的⽣活当中看到.就⽐如说你在⽣活中有莫名的厌恶或者莫名的恐惧⼀种东西,或者是莫名的对⼈产⽣⼀种嫌弃或者是厌恶或者觉得⼈是不可信任的这种情绪.

JO: This is something you can observe in your own life. For example, if there are certain things you have an unexplained aversion to or fear towards, or a sudden disdain or dislike for people, or feelings of distrust towards others.

问: 对,但是我感觉内⼼是很平静喜悦的.偶尔有这种 不舒服的感觉我也能觉察到我⾃⼰内在有些什么.但是我又不确定.所以就想问你们能否看到?

Questioner: Yes, but I feel very calm and joyful inside. Sometimes, I can also perceive something discomfort in myself. But I'm not sure about it. That's why I would like to ask if you can see anything?

JO: 你⾃⼰可以通过⽣活中去看到.因为你才是最深层次的体验者和感受者.问: 那这辈⼦是否会结婚和⽣⼉育⼥呢?

JO: You can observe it in your own life because you are the deepest experimenter and feeler. Questioner: Will this lifetime involve marriage and having children?

JO: 这取决于你⾃⼰的⼀个⼼念、念想.那如果你能很好地让⾃⼰归零,就是说所有的⼀切归零,然后不活在过去的影响当中的话,你是会吸引到和你⼀样圆满状态的另⼀半的.

Japanese: You attract the other half of you in perfect condition when you can effectively reset yourself to zero, meaning wiping out everything and not living in the influence of the past.

问: 就是没有灵魂契约这⼀⽅⾯可以看到什么吗?

Questioner: Can anything be seen about lack of soul contract?

JO: 你⾸先你要知道你前⾯有⽆数条路.每⼀条路是你去决定你要选择哪⼀条路,明⽩吗? ⽽不是说你必须要⾛上这条路或者必须要⾛呢条路,明⽩吗?

JO: First of all, you need to understand that there are countless paths ahead of you. Each path is determined by the choice you make about which one to take, do you see? And it's not that you have to walk on this particular road or that specific road, do you understand?

问: 我有个⽼师他在中国也唤醒很多⼈.有⼀些⼈开了天眼说他就是紫微圣⼈.这个你怎么看?

Questioner: I have a teacher who has awakened many people in China. Some people with clairvoyance say he is the Sage of Purple micro. What's your opinion on this?

JO: 你们可以去相信可以去跟随任何你们想要去做的.不存在你们想要去问别⼈或者JO或者是其他怎么去看,明⽩吗? 因为这⾥没有对和错,没有好和坏.⼀切都是你们⾃⼰创造你们想要体验的,明⽩吗? 因为如果这是你们想要体验的,那你⾃然⽽然就会被这样⼦的⽼师给吸引住.那如果是这个⽼师他想要体验就是去唤醒别⼈的体验,那他也会去做这样的⼯作.他也会去体验到他想要体验的,明⽩吗? 所以都是你们彼此双⽅共同想要创造想要体验的.不存在这个好还是不好,这个对还是不对.任何体验你们都是可以去体验的.所以并不是说他是对的我跟随他,他是错的我不跟随他.这⾥没有对和错.因为你就好像你在做梦,你梦⾥⾯的体验⼀样.

JO: You can go and believe that you can follow whatever it is that you want to do. There's no need for you to ask someone else or JO or anyone else on how to see it, understand? Because there is no right and wrong here, no good and bad. Everything you create is what you desire to experience, understand? Because if this is what you want to experience, naturally you will be attracted by such a teacher. If the teacher wants to experience awakening in others, they would do this kind of work. They would also experience what they want to experience, understand? So it's about both parties creating and experiencing together. There's no concept of right or wrong; any experience is available for you. It's not that I follow him because he's right, or I don't follow him because he's wrong. There's no right or wrong here. Just like when you're dreaming, the experiences in your dream are what they are.

那你只是在做梦⽽已,明⽩吗? 因为呢些跟随者,如果他们没有跟随这个⽼师他们也会跟随其他⽼师.为什么呢? 因为他们觉得他们是需要另外⼀个⼈来把他们唤醒.所以他们就会创造这样的体验给他们.

That's just because you're dreaming, understand? Because those followers, even if they don't follow this teacher, they would follow other teachers too. Why is that? Because they feel like they need another person to awaken them. So they create such experiences for themselves.

问: 这个圈⼦⾥⾯也有些⼈依赖算命,数字能量或者超度这些.你怎么看这种现象呢?

Questioner: There are also some people in this circle who rely on fortune-telling, numerological energy, or exorcism. What is your view on this phenomenon?

JO: 你⾸先要知道你们物质世界⽆论它是所谓的任何现象,它都是你们⾃⼰⽤你们⾃⼰想要的呢颗⼼,你的欲望,你的意念,你们⾃⼰去创造给你们体验的,明⽩吗? 那⾄于你说这些准不准? 就是你说的呢些算命的还是什么,这些准还是不准? 这么说吧,⽆论这些算命的给你说了什么,你的潜意识都会去找关键词去对应它说的.然后你就会觉得好准啊,明⽩吗?

JO: You should understand that whatever phenomena exist in your physical world are created by you using the heart, desires, and intentions that you want for yourself, which you manifest for your experience. Do you understand this? Now, regarding their accuracy or correctness - whether it's about fortune-tellers or something else you mentioned - is what they say accurate or not? Let me explain it like this: regardless of what these fortune-tellers tell you, your subconscious will search for keywords to match what they say. Then, you would feel that the prediction is very accurate.

问: 我不是说准不准的问题.就是现在很多⼈都⾛在觉醒的路上,那这种也是⼀种外求.那这种对他个⼈的觉醒有帮助吗?

Questioner: I'm not asking about accuracy. Many people are on the path of awakening nowadays; this is also a form of seeking from outside. Does this help with their personal awakening?

JO: 你们呢些就算是觉醒的⼈,他们本⾝就是醒着.他们需要呢⼀段没有醒着的时间,然后去完完全全的体验.因为这个体验是⾮常宝贵的,明⽩吗?

JO: For those who are awakened, they are already awake. They need a period of not being fully awake to then fully experience it because this experience is very precious, understand?

问: 就是不管怎样都是他要⾛的路?

Questioner: After all, it's his path regardless of what happens?

JO: 他本⾝就是醒着的.这么说,觉醒就是⼤学毕业了的⼈.那这些⼈他已经是拿到⼤学毕业证的.那么他选择了向他没有拿到毕业证的呢些… 他会把以前的呢些都忘掉,他会有⼀些深刻的体验.因为如果你不忘记的话,你便体验不到.为什么? 因为你⽆论怎么体验你都知道你是个⼤学⽣啊.所以他需要呢⼀段深刻的体验,明⽩吗? 那当他呢⼀段体验结束过后,那在你们物质世界看上去他就好像醒了.因为他本⾝就是⼀个拥有⼤学⽂凭的⼈,明⽩吗?

JO: He himself is awake. This means that觉醒is someone who has graduated from college. So these people have already received their college degrees. Therefore, he decided to go with those who didn't graduate… He would forget everything from the past. Because if you don't forget, then you won't be able to experience it. Why? Because no matter how much you experience, you know that you are still a college student. So he needs a profound experience for this understanding. Can you understand? And after this period of experience ends, in your physical world, he seems to have awakened because he himself is someone with a college degree, can you understand?

问: 那在他没有觉醒之前他怎么知道⾃⼰是有⼤学⽂凭的⼈呢?

Questioner: How did he know before he awakened that he was a person with a university degree?

JO: 他⾃⼰就知道呀.因为他不会再陷⼊物质世界这个相⾥⾯.就好像他醒了,他就知道我没有在做梦了,明⽩吗? 如果你还沉浸在梦中的话,那你肯定就是还没有醒过来呀.

JO: He knows it himself because he won't be trapped in the realm of matter anymore. It's like when he wakes up and realizes that I'm not dreaming, do you understand? If you're still lost in the dream, then it means you haven't woken up yet.

问: 我的意思是说如果他已经醒了,他应该就不会依赖外求这样的状态吧?

Questioner: I mean, if he has already awakened, shouldn't he no longer be dependent on external pursuit like this?

JO: 如果他是醒的话,这⾥没有外和内.因为所有的东西对他来说都是在梦⾥⾯.他从梦中醒过来,你觉得他还会被梦中的呢些东西给困住吗? 或者是还要去求梦⾥⾯的东西吗? 明⽩吗? 所以梦⾥⾯的所有打打杀杀好好坏坏对他来说没有区别,只是梦中的场景⽽已,只是别⼈还需要这些体验⽽已.

JO: If he's awake, there is no distinction between outside and inside here. Because everything to him is in a dream. He wakes up from the dream, do you think he will still be trapped by the things within that dream? Or does he need to seek out what exists in his dreams again? Understand this point? So all of the fighting and killing, good or bad, are no different to him; it's just scenes in a dream. It's simply that others also require these experiences.

问: 那之前JO都说觉醒的⼈都不是这⼀世觉醒的,只是来到地球重新⾛这个过程,是吧?

Questioner: But before JO said that awakened people are not awakened in this lifetime; they just come to Earth to relive this process, right?

JO: ⾸先他们⾃⼰选择要来到这个物质世界上,就是来变成⾁⾝来帮助你们.我们是没有⾁体来帮助你们的,是吧? 那他们选择了⾁体来帮助你们,如果你⼼⾥的感受你的体验他都不能明⽩的话,他能帮助你们吗? 明⽩吗? 所以他们就会选择体验你们体验过的各种酸甜苦辣,明⽩吗? 但是这些酸甜苦辣只是他尝⼀下,OK,那我知道酸的味道了.但是这些 不是来困住他的,明⽩吗? 他只是说,就好像我尝了这个知道这个味道,尝了呢个知道呢个的味道.因为你们有的⼈他尝苦的话,他可能⼀辈⼦都困在呢个苦⾥⾯,对吧? 那呢些来到你们这个地球上的导师,他们不需要⼀辈⼦都困在呢个⾥⾯.

JO: Firstly, they chose to come into this material world and become physical bodies to help you. We cannot help you with our bodies, can we? If their emotional experiences cannot understand your feelings, how can they help you? Understand? Therefore, they choose to experience the various joys and sorrows that you have experienced, do you see? However, these joys and sorrows are merely tasted by them once, okay, I now know what it tastes like. These are not meant to trap him, understand? He simply says, akin to tasting this and understanding its flavor, or tasting that and understanding its taste. Because some of you who have experienced bitterness may be trapped in that bitterness for a lifetime, right? Then those mentors coming onto your Earth do not need to be trapped like that forever.

所以你们从物质世界上看出来的就是他们就有⼀个转变的呢个.

So what you see in the material world is that they have undergone a transformation.

问: 那这样说的话就没有灵魂是它来到地球之前是没有觉醒的,然后它来了之后才觉醒的这种情况吗?

Questioner: So there are no souls that were not awakened before they came to Earth, only becoming awakened after arriving here, right?

JO: 那你好像这么说,你们这个地⽅本⾝就是⼀个课堂,对吧? 那你们能不能从这个课堂当中毕业呢? 你就好像在问这个⼀样.呢些⽼师们,就是⽆论是在灵界帮助你们还是在现实⽣活中帮助你们,都是来帮助你们毕业的,明⽩吗?

JO: So it seems like you're saying that your place itself is a classroom, right? Can you graduate from this class? You seem to be asking something along those lines. Those teachers, whether they assist you in the spiritual realm or in your real life, are there to help you graduate, understand?

问: 所谓的毕业就是觉醒,它就在地球毕业了.是这个意思吗?

The term "graduation" refers to enlightenment, which occurred on Earth. Does this mean that's what it signifies?

JO: 这⾥就好像是⼀段⼀段,每⼀段都有⾃⼰,就是说每⼀个灵魂需要突破的点和东西.并不是所有的都是⼀样的,明⽩吗?

JO: It's like a series of segments, each with its own self, meaning that every soul has its unique breakthrough points and elements. Not all are the same; understand?

问: 就是在地球毕业每⼀个⼈的标准也是不⼀样的,是吗?

Questioner: Is it true that each person's standard for graduating from Earth is different?

JO: 每⼀个都是不⼀样的.因为你们不只是变成物质⾁体你才在学些,你才在体验.你就算是脱离了物质⾁体,你还是可以⼀样的去学习和体验的,明⽩吗? 只是它不再借助于这个⾁体.就好像你们现实⽣活中你们也有很多学习的⼿段.你们可能需要去做实验或者你们也可以去听书,明⽩吗? 所以有的想去动⼿,那有的想去看⽂字.你们都有选择.

JO: Each one is different because you're not just learning and experiencing when you become physical bodies; you can still learn and experience even if you are detached from your physical bodies. Understand? It's just that it no longer relies on this body. Like in your real lives, you have many ways to learn. You might need to conduct experiments or listen to books, understand? So some want to get hands-on while others prefer reading texts. You all have choices.

问: 那地球毕业有没有⼀些⽐较固定的标准呢?

Questioner: Is there a set of relatively fixed criteria for graduating from Earth?

JO: 是你⾃⼰决定你是否需要再去体验这个.就⽐如说如果我能理解被性侵是什么感受,那我就不会想要亲⾃去⽤⾁体体验⼀遍,明⽩吗? 所以灵魂⾃⼰觉醒是否需要⽤⾁体去体验,还是你⾃⼰就已经能领悟到这样⼦是什么样⼦的体验.

JO: It's up to you to decide whether or not you need to experience this again. For instance, if I could comprehend what it feels like to be sexually assaulted, I wouldn't want to go through that physically myself, understand? Therefore, whether the soul needs to experience things through physical bodies or not is something you would intuitively understand rather than needing a physical experience yourself.

问: 那你的意思是说这个是取决于这个灵魂它还有没有什么执念是吗? JO: 它有没有想要去体验? 它有没有想要去更多的体验?

Questioner: So, you mean it depends on whether this spirit still has any attachments or desires to experience more?

JO: Does it want to experience further?

问: 那⽐如说所谓的因果呢? 就⽐如说他可能在物质的相上伤害了⼈.但是他离开后,灵魂知道只是在演戏,它没有陷⼊.那这个是不是对这个灵魂是不产⽣影响的?

Questioner: What about the concept of cause and effect, for example? Suppose he may have harmed people on a physical level. But after he leaves, the soul realizes it was just acting out a role and didn't get trapped in it. Does this mean that this doesn't affect the soul's development?

JO: 如果说吧,如果他⽆意识的伤害了⼈,他⾃⼰都没有觉察到他伤害了⼈,是吧? 他会不会体验? 他当然会体验.为什么呢? 因为他是⽆意识的,那他就需要有意识的去体验这个,他才知道⾃⼰曾经是做了同样的事情,他以后便不会再⽆意识,明⽩吗? 就好像我⾛着⾛着我⽆意识的踩了别⼈⼀脚.那我也会经历别⼈来踩我.那我才会知道原来踩别⼈脚是这么痛,我当初竟然⼀点都没有察觉到.那他现在察觉到了,就好像他就又上升了⼀步了.为什么呢?因为他便会去注意⾃⼰,让⾃⼰不会去⽆意识的伤害别⼈.因为他体验过被别⼈⽆意识伤害的感受.但是这并不是⼀种惩罚,⽽是学习.

JO: If he accidentally harms someone without realizing it himself, would he experience that? Of course, he would. Why is that so? Because he was unconscious of it, he needs to become conscious of it in order to realize what he did, and only then will he not act unconsciously again, do you understand? It's like me walking along and unconsciously stepping on someone's foot. I would also experience having my own foot stepped on by others. Only then would I realize how painful it is to step on someone's foot; I didn't even notice it before. Now that he has realized it, it feels as though he has taken another step forward. Why? Because he will start paying attention to himself and ensure not to harm others unconsciously. He realizes this because he has experienced the feeling of being harmed by others without them realizing it. However, this isn't a form of punishment; it's more like an opportunity for learning.

因为你们所谓的因果,像你们的佛教或者是什么的,觉得好像是⼀种报应,是⼀种要惩罚你们.不是这样⼦的.⽽是让你们成为更⾼的… 就⽐如说⼩朋友他打⼈他不知道他的⼒⽓会把别⼈打疼,对吧? 等你慢慢慢慢慢长⼤了过后,你是个⽼⼈了过后.你就能理解这些所有的⼀切.为什么?因为这些都是你经历过的,都是你体验过的.你就⾃然⽽然就成了⼀个,就好像只是⼀个爱的存在.

Because what you call causality, like your Buddhism or whatever, seems to be a form of retribution, a punishment for you. That's not the case. Instead, it elevates you to a higher... say a child hits someone without understanding the strength behind their actions, right? When you grow up slowly over time into an old person, you can understand all these things. Why is that? Because these are experiences and sensations that you've been through, you've experienced them. You naturally become just this loving presence.

问: 我刚才说的这个圈⼦的粉丝量是很⼤的.那我就想怎样把JOJO⽼师这样的信息在这个圈⼦⾥更好的传播? 有没有什么建议?

Questioner: The fanbase for this circle is quite large. I was wondering how to better spread information about someone like JOJO teacher within this community? Are there any suggestions you might have?

JO: ⾸先你⾃⼰就是⼀个传播者,明⽩吗? 就好像你就是⼀个活着的⾏⾛的光,你⾛到哪⾥就照亮哪⾥.⽽不是说你是个⿊暗的,⼿上举着⼀个灯说看这⾥看这⾥.你嘴巴上如果不叫,那你就照亮不了别⼈.明⽩这两层不同的意思吗? 也就是说你嘴巴不⽤喊叫,你⾛到哪⾥就照亮哪⾥.⽽不是说你⼿上举着⼀个煤油灯,然后今天我想拿着煤油灯去照亮他们,那就去照亮他们.然后明天觉得好累了我不想照亮他们,那就没有煤油灯了.明⽩我意思吗? 我煤油灯都不点起来.

JO: You are the communicator yourself, understand? Just like you're a living, walking light source that illuminates wherever you go. It's not like being in the dark with a lamp held aloft saying 'look here, look there'. If your mouth doesn't call out, then you can't illuminate others. Do you understand this distinction of meanings? That is, you don't need to shout, you simply walk and light up where you go. It's not like holding an oil lamp in your hand - if today I want to use the oil lamp to illuminate them, then do it; but tomorrow if I'm too tired and don't want to illuminate them, there is no more oil lamp. Do you understand my meaning? I haven't even lit my oil lamp.

问: 把这个传讯⾃⼰活出来,是这个意思吧?

Questioner: Does this mean to embody this communication in one's own life?

JO: 你本⾝就是灯.⽽不需要我今天提灯,明天不提灯.不然的话如果你还是去传授的过程,那你可能就是说我今天⼼情好,我传⼀下,明天⼼情不好,我不传了.⽽是说⽆论你传不传还是你怎么样,你本⾝就是亮的.⾛到哪⾥就亮到哪⾥,明⽩吗?

JO: You are the light itself, and you don't need me to carry a lamp today or not tomorrow. Otherwise, if you're still imparting this knowledge, it's like saying I will teach when I'm in a good mood and not teach when I'm not. But whether you teach or not, regardless of your actions, you are the light inherent within yourself. You shine wherever you go, understand?

问: 我的眼睛⾼度近视是什么原因呢?

Questioner: Why do I have high myopia in my eyes?

JO: 你稍等.我们这⾥感受到有时候你⾃⼰会觉得你不想把所有的事情看的清清楚楚,你宁愿有⼀种就好像装糊涂装傻,就是不想要去弄清楚.因为你觉得弄清楚过后,背后会是⼀个伤害.所以像是⼀种⾃我的保护机制.就⽐如受别⼈⼿上本来是拿了⼀束花想要送给你.但是你看到的是上⾯的刺,你觉得别⼈想要刺伤你.所以你就不想去看清楚,就是你觉得这个真相会让你受伤.

JO: Wait a minute. Sometimes you might feel that you don't want to see everything clearly for fear of the hurt behind it. You'd rather pretend ignorance or innocence, wanting not to find out. Because once you know too much, you think it would cause harm, and this acts as a form of self-protection. Like when someone is holding flowers meant for you but you notice the thorns on them, sensing they might hurt you. So you don't want to look closely; you fear that knowing the truth would just wound you.

问: 那有什么⽅法可以恢复视⼒吗?

Questioner: Is there any way to restore vision?

JO: 你改变你的信念,就是你知道别⼈拿的⼀束花给你并没有伤害你,然后你并不害怕去看清楚.也就是说你不怕去考验⼈性,你不怕去看清楚.因为你的deep,就是最深层次你会觉得⼈性是经不起考验的,⼈性是可悲的.

JO: You alter your belief, meaning you understand that others' acquisition of a bouquet does not harm you, and then you are no longer afraid to look closely. That is, you are not afraid to test human nature, nor are you afraid to see clearly. Because at the deepest level, you believe that human nature cannot withstand testing and is pitiful.

问: 那这个信念是从哪来的呢? 平时我们觉察不到的信念是从哪来的呢?

Questioner: But where does this belief come from? Where do our unconscious beliefs come from?

JO:就⽐如说你有其他世的⼈格,他的⼀些体验和经验,就是他⾃⼰被欺骗被背叛或者是什么它还会继续残留着.就好像你现在是⽼⼈,你⼩时候经历过⼀些被欺骗被伤害的事件,对吧?那这些是不是还在你的⽼⼈的记忆⾥⾯,明⽩吗?那你的灵魂也是.那这个灵魂体验过这样⼦的感受,那它还会影响你⽤这样⼦的⼀个观念或者是感受去看待⼀切.

JO: For instance, you might have personalities from other lifetimes that still carry experiences and traumas of being deceived or betrayed, which continue to linger. Imagine you are an elder now, having experienced incidents like deception and harm during your childhood, right? Do these memories still reside in the consciousness of this elder, do you understand? Your soul is also involved in this way. This soul has undergone such feelings that it continues to influence how you perceive everything based on those kinds of ideas or sensations.

问: 我和我妈妈在其他世是什么关系? 然后我们来到彼此⾝边的原因是什么?

Questioner: What were my relationships with my mother in other lifetimes? And why did we come to each other's sides?

JO: 你稍等.你妈妈她就是⼀个睡的特别深沉的⼀个⼈.就是你想要去唤醒她都唤不醒的呢种.也就是说你⽆论怎么尝试想要去怎样,她好像都听不进去,她也不理解.就好像你在跟⼀个聋⼦讲话⼀样.所以你们之间就会出现像这样⼦的关系.然后为什么你会选择这样的关系来让你体验呢? 因为这是你⾃⼰需要学习的⼀堂课,也就是说你不执著于每个⼈都要醒着,也不执着于每个⼈都要像你⼀样去看待这个世界.因为他们有他们的⼀个成长速度.就好像⼀颗种⼦… 那你是⼀颗种⼦你都已经发芽了,那你就觉得别⼈也应该发芽呀.我都发芽了,你怎么还不发芽啊? 因为每⼀颗种⼦它发芽的时间都不⼀样.

JO: Wait a moment. Your mother is someone who sleeps very deeply; she's the kind that you can't wake up even if you try. It means that no matter how you attempt to communicate or persuade, it seems like she doesn't hear you nor understand. You feel like talking to her is like speaking to someone who is deaf. This creates a relationship between you both. Why would you choose such a relationship? Because it's a lesson you need to learn for yourself; not everyone has to be awake, and they don't have to perceive the world in the way that you do. Everyone has their own pace of growth, like seeds... You are a seed that has already sprouted, so you expect others to sprout too. I've already sprouted, why aren't you sprouting yet? Each seed has its own time to sprout.

因为在不同的时间发芽,那你们的这个世界是不是就有更多,⽐如说冬天的花,对吧? 那你春天的花都谢了,你冬天又有花,那冬天是不是也是充满了美丽和⾹⽓,对吧?

Because of the different times they sprout, isn't there more in your world, for example flowers that bloom in winter, right? Then when you're done with spring's flowers, in winter you have flowers again, so is winter also full of beauty and fragrance, right?

问: 但我感觉这⼀年我妈醒了很多啊.我还以为她这⼀世会有很⼤的突破呢?

Questioner: But I feel like my mom has woken up a lot this year. I even thought she would have a great breakthrough in this lifetime.

JO: 你看如果你对她没有抱有希望,你为什么会想要或者觉得她会怎样呢,明⽩吗? 你就会全然的允许她成为她⾃⼰.也就是说你需要放下你对她的任何期望,你期望她要怎么样怎么样.因为⽆论你是春天的花冬天的花,你们都会在⾃⼰的时间⾥绽放的.因为这样⼦就会让你放下你的所有负担.你想你如果你⼀朵花,如果你的上⾯堆的都是满满的,这⼀朵花呢⼀朵花.你如何绽放? 你不能轻松的绽放.所以就是来让你知道不要去太多的去牵连到别⼈的⽣长的过程当中去.⽽是去明⽩所有的⽣命都有⾃⼰突破的过程.这样⼦你便不会去产⽣失望感.

JO: If you don't harbor any expectations for her, why would you want or think that she would do something specific? You will fully accept her as who she is. This means letting go of any hopes or expectations you have about how she should behave. Remember, whether she blooms like a spring flower in winter or vice versa, she will绽放 at her own time because doing otherwise would relieve you of your burdens. Imagine if you were a flower, and every part of it was weighed down with expectations. How could that flower bloom freely? You couldn't. Therefore, the lesson is to avoid overly intertwining yourself in others' growth processes. Instead, recognize that all lives have their own unique process of overcoming challenges. This way, you won't feel disappointment.

问: 说到这⼀点,很多书说到地球现在是扬升期,现在觉醒⽐较容易.所以我可能就会有⼀点点想要去⼲涉别⼈.

Questioner: Speaking of this point, many books say that Earth is currently in the ascension period, where awakening is easier. So I might have a slight inclination to interfere with others.

JO: 这是你⾃⼰⾛上的⼀条道路,就像前⾯的信息说的,你⾃⼰去突破的,这是属于你⾃⼰独⼀⽆⼆的.你不需要去做功课去帮助别⼈.为什么呢? 像前⾯的信息⼀样,当你⾃⾝亮了起来过后,你没有办法不去照亮别⼈,明⽩吗? 你⾛到哪⾥就亮到哪⾥.你没有办法让⾃⼰不亮.所以你不需要打着⼀个,就像你⾃⼰说的我要去帮助别⼈觉醒,就好像我刚刚做的⽐喻你要打着⼀个煤油灯.你不需要打着⼿电筒去照亮别⼈.因为你本⾝就是光.你不需要任何外界的.即使是语⾔都不需要.你们觉得你们在帮助⼈是你们的话语,是你么的语⾔.并不是.是你们语⾔背后的呢⼀股能量.为什么你会⼀句话叫披着⽺⽪的狼,然后虚假.为什么你们能辨别出来?

JO: This is a path you have chosen for yourself, just like the information stated earlier, it's something you've broken through on your own. It belongs to you uniquely and individually; you do not need to study or help others. Why? Similar to what was said before, once you shine internally, there's no way you can avoid shining externally. Do you understand? You go where the light follows you wherever you are. You cannot prevent yourself from being the light. Therefore, you don't need to carry a lantern to illuminate others because you are already the light itself. There is no external necessity; even language is not required. You feel that helping others involves your words and language itself, but it's actually the energy behind your language that you find hard to distinguish between being deceptive or genuine.

也就是说你说的再好再漂亮的话,如果你⼼⾥散发的频率并不是呢样⼦.对⽅能接收到你的.

In other words, no matter how well you speak, if your inner frequency does not match, the other person will not be able to receive yours.

问: 可以连接我爸爸吗? 我想知道他有什么对我妈妈说的? JO: 你爸爸是已经去世了吗? 去世了多久?

Questioner: Can I connect with my dad? I want to know what he has to say about my mom. JO: Has your father already passed away? For how long has it been?

问: 2004年去世的.

Questioner: Passed away in 2004.

JO: 已经快20年了.你呢会⼉多⼤?问: 20吧.

You are around 20 years old, aren't you? JO: Probably 20.

JO: 你稍等.你爸爸想要说他从来就没有离开过你们,他⼀直是像⼀个守护神⼀样陪伴着你.然后你想要跟他联系,就是想要跟他互动的话.你可以去好像是森林⾥⾯,就是有树的地⽅.然后就可以很好的去连接他的能量.

JO: Wait a moment. Your father wants you to know that he has never left your side; he has always been like a guardian protecting you. If you wish to connect with him or interact with him, you can go to a place like a forest where there are trees. Then, you will be able to connect well with his energy.

问: 我们不同世是同时存在的.那我看到有个英国的⼩男孩说⾃⼰是戴安娜转世的.那这个怎么解释?

Questioner: We exist in different worlds simultaneously. So, if I see a young British boy claiming to be reborn as Diana, how should this be explained?

JO: 这么说吧,这个传讯的⼥孩⼦她就可以去连接呢些已经去世的⼈格.她可以进⼊别⼈的⼈格.当她在连接戴安娜的时候,呢个时候她也可以说她就是戴安娜.所以当呢个⼩男孩他就好像⽆意识的连接到了呢股能量.

JO: So this girl who is being interviewed can connect with those who have passed away. She can enter other people's personalities. When she connects with Diana, she claims that she becomes Diana. Therefore, when the little boy seems to be unconsciously connecting to that energy.

问: 那他们是不是其实都是来⾃同⼀个超灵?

Questioner: Are they actually all from the same super spirit?

JO: 你们所有的所有的都是通的.也就是说你们这些所有的⼈都是来⾃同⼀个所谓的超灵,都是同⼀个源头,明⽩吗? 也就是说,⾸先你这个⼈格可以去进⼊⼀些频率.然后当你进⼊呢个频率,你可能就会体验他体验的,感受他感受的,或者拥有他的记忆,明⽩吗?

JO: All of you are connected. This means that all of you come from a single supposed super-soul, from the same origin, do you understand? In other words, your personality can enter certain frequencies. Then, when you enter this frequency, you might experience what they experience, feel what they feel, or possess their memories, do you understand?

问: 就是取决于我们当下的频率连接到什么是吗?

Questioner: Is it about connecting to what with our current frequency?

JO: 是的.或许还有⼀种就是他们呢些已经去世的⼈格会有⼀些信息想要带给这个世界上的⼈.就是他还想跟这个物质世界上的⼈发⽣⼀些连接.那它就会去随机的去匹配⼀个可以跟它匹配上的,然后把信息给带出来.然后让⼈们再记起来他,或者是带⼀些信息出来,或者是他还有⼀些东西在物质世界上还没有解决掉,或者是它想要通过他去见某⼀个⼈跟某⼏个⼈再继续交流.就像你现在在跟我交流⼀样.你跟我交流是通过这个⼥孩⼦.那戴安娜她如果想要通过呢个⼩男孩再给世⼈带⼀些信息,明⽩吗?

JO: Yes. Perhaps there's another way that the personalities who have passed on wish to convey information to those still living in this world. They want to maintain some connection with the physical beings here. So it would randomly match itself up with someone who could connect with it, then bring forth the information and let people remember him - or perhaps share more information, or because there's something unresolved in the physical world that he wants to address through this individual, or perhaps he wants to continue communicating with certain individuals after death as he does now with you. Like your communication with me is happening through a girl. If Diana wants to communicate some messages through that little boy back to the world, do you understand?

问: 我到⽬前为⽌最⼤的束缚是什么? 就是我的⾼我有没有什么想要对我说的?

Questioner: What is my biggest limitation so far? Is there something that my higher self wants to tell me?

JO: 你最⼤的束缚就是刚刚告诉你的信息,就是你觉得所有⼈都要跟你⼀样马上解脱或者马上⾛上灵性道路才是真正的道路? 并没有.因为他们就算是在梦⾥⾯的体验对他们都是⾮常重要的,对他们的成长.呢些体验是⾮常宝贵的.所以就不要就好像是要把别⼈的苦难要全部拿⾛⼀样.因为苦难是最⼤的礼物.

JO: Your biggest constraint is the information you just told me, that you believe all people should instantly be relieved or immediately embark on a spiritual path for it to be true? That's not necessarily correct. For them, their experiences in dreams are very important for their growth; those experiences are extremely valuable. So don't think of it as trying to remove everyone else's suffering because suffering is the greatest gift.

问: 我的⾼我有没有什么想要对我说的?

Questioner: Does my Higher Self have anything it wants to tell me?

JO: 今天的信息都是.这样⼦你便不会被别⼈的能量拉扯进去.因为你不断地在被别⼈拉扯的话,你如何让⾃⼰轻逸? 如何让⾃⼰发亮发光? 光是没有重量的,明⽩吗? 如果你把所有的重量都放在你⾝上,你如何变成光?

JO: Today's message is like this - you won't be dragged by others' energy. If you are constantly being pulled by others, how can you make yourself light and radiant? Light has no weight, do you understand? If you carry all the weight on your own, how can you become light?

问: 有些⼈修⾏有卡点,有冤亲债主附体啊,需要超度婴灵才能解决啊.怎么看这件事呢? JO: 这也就像前⾯的信息说的⼀样,⼀唱⼀和.你⼼⾥有这个需求,你就会去显化这样⼦的⼀个对象来给你,明⽩吗? ⼀唱⼀和.

Questioner: Some people face obstacles in their cultivation journey due to the possession by entities of past lives or ancestors who need a ceremony for their release. How should one perceive this situation?

JO: This mirrors what we've discussed earlier, like a dialogue between two voices. Your mind has this desire, and you manifest such an entity to address it, understand? A dialogue occurs between your thoughts and external manifestations.

问: 那最终我们也不需要去做什么? 我们只需要成为真正的⾃⼰?

Questioner: Ultimately, do we need to do anything at all? We just need to be our true selves?

JO:因为⾸先你觉得你需要这个救助.你觉得你需要这个突破和帮助,你觉得你是在受能量影响.OK,那你就会去显化这个过程来给你体验,让⾃⼰⾛上⼀条呢个什么.这个是看你个⼈的需求.如果你需要你就需要,如果你不需要,那你便不需要体验这个过程,明⽩吗?

JO: Because you feel that you need this assistance. You think you need this breakthrough and help, feeling influenced by energy. OK, so you manifest this process to experience it, stepping onto a certain path depending on your personal needs. If you need it, you do, and if not, you don't need to experience this process, understand?

JO: 我看到别⼈在这么做的时候,我就⽼想把JOJO⽼师的信息推给他们.

Every time I see others doing it, I just want to push Mr. JOJO's information to them.

JO: NO NO NO NO.如果别⼈需要呢个过程才可以坚信⾃⼰是free的,明⽩吗? 他需要呢个过程.他做了这个过程,他才会觉得他⾃由了,他放下了.所以这个过程才是对他们来说是重要的.如果有的⼈他不需要这个过程,那他便不需要呢个过程.这么说吧,如果⼀个⼈需要⼀个积累财富的过程,那他就会⼀步⼀步的去积累财富,去达到⼀个结果.那有的⼈他可以⼀夜暴富.为什么? 他不需要逐渐转化的这个过程.那呢个⼈他觉得⾃⼰需要这个过程,他才能放下才能⾃由.这是属于他⾃⼰的.就好像你直接告诉他,他不会相信啊.如果突然告诉你,你明天就会中五个亿.你不会相信的呀,明⽩吗? 那你告诉他,你其实根本就不需要什么什么的.

JO: NO NO NO NO. If someone needs that process to believe in their freedom, understand? They need that process. Only after completing this process do they feel free and let go. Thus, this process is crucial for them. If some people don't require this process, then they don't need it. Let me put it this way: if a person needs the process of accumulating wealth, they will gradually accumulate wealth to achieve their goal. Some others can become instantly rich overnight. Why? They don't need that gradual transformation process. The individual believes they need this process to let go and be free; it's part of their own journey. Similar to telling them outright: they wouldn't believe it either. If someone suddenly tells you, "You will win five billion tomorrow," you won't believe it. That being said, tell them that they actually don't need all of that stuff.

他也不会相信啊.所以说过程是要看他个⼈是否需要呢个过程,如果需要呢个过程,过程就会呈现.如果不需要呢个过程,就不会呈现.

He wouldn't believe it either. So the process depends on whether an individual needs that process; if they do, the process will appear. If they don't need the process, it won't be shown.

问: 那我想要去推这个信息,这种做法是不是我潜意识…JO: 因为你们还有⼀种思想,你们会觉得物质世界上所有⼀切是你们在⽤⼒,明⽩吗? 这么说吧,你去看⼀棵树,你觉得是它的树枝是在往上,实际上是它的根.如果它根坏了呢? 根烂了呢? 呢个树是不是死掉了? 如果它的根没有坏,呢个树它还会长出新的,对不对? 你能理解就是说你⽤⼒去推吗? 你不需要⽤⼒去推,明⽩吗? 因为你永远没有办法去阻碍光.就好像你觉得这个光在⿊暗当中,别⼈看不到它是光,明⽩呢个意思吗? 所有⼈都会看到呢是光的.有些⼈看不到是因为他还需要看不到的体验.那这个体验对他来说也是⾮常重要的.因为他还需要体验⿊暗.

Questioner: But I want to promote this information, is such a practice what my subconscious... JO: Because you still have an idea that everything in the material world is something that you are pushing, right? Let me explain it this way: When you look at a tree, you might think its branches are growing upwards. Actually, it's its roots. If the root is broken or rotten, would the tree die? If not, does it mean the tree can still grow new ones, correct? Can you understand that you're pushing hard? You don't need to push hard because you cannot stop light. It's like you think of this light in the darkness; others can't see it as light, right? Everyone will see it as light. Some people can't see it because they still require an experience of not seeing something. This experience is also very important for them because it allows them to have a taste of darkness.

那他体验⿊暗,他才能深刻的理解什么是⿊暗,明⽩吗? 当然,如果你有⼀个很好地⼼愿,你想要去帮这个传递信息的⼥孩⼦去展现这些信息.你当然可以.但是前提是就是说… 你没有办法强迫任何.你会知道什么时候,因为你只有⼀个⼼愿,就是这是你的愿⼒.然后这个愿⼒它就像种⼦⼀样.它⾃然⽽然就会去⽣根发芽.也就是说你就不需要去⼲涉它了,明⽩吗? 你就不需要刻意的说发芽发芽,明⽩吗? 就是你不需要刻意的去做什么.为什么? 因为你的种⼦已经播下了.它⾃然⽽然就会成长出来.⽐如说有⼀个⼈对这些信息特别感兴趣,他也也别痛苦.那你可能就会打印这本书,然后送给他,明⽩吗?

If he experiences darkness, then he can deeply understand what darkness is, right? Of course, if you have a good wish and want to help this girl who's sharing this information, you certainly can. But the premise is that…you cannot force anyone. You'll know when because your only wish is this, which is your willpower. Then this willpower acts like a seed; it naturally grows and sprouts on its own. That means you don't need to interfere with it anymore, right? You don't need to刻意 tell the seed to grow, right? You don't need to do anything刻意. Why? Because your seed has already been sown; it will naturally grow out. For example, if someone is very interested in this information and also going through a lot of pain, you might print this book and send it to him, right?

⽽不是说你天天拿⼀本书,过来过来我给你讲故事,你过来听.明⽩吗? 因为需要被这些光照到的⼈,他们⾃然⽽然会看到这个光,明⽩吗? 需要继续沉浸的或者在⿊暗当中体验的,你即使把它带到他们⾯前,他都看不到.因为他还需要沉睡.

And not by telling you every day to pick up a book and come over here so I can tell you a story, for you to listen. Understand? Because those who naturally need this light to shine upon them, they will naturally see this light. Understand? Those needing to continue being immersed or experiencing in darkness, even if you bring it right before their eyes, they cannot see. Because they still need to sleep.

问: 我当下就觉得我⼀直在被我的⾼我指引,我对这些灵⼼很感兴趣.那这些是不是我未来的道路呢?

Questioner: I felt at that moment that I have been guided by my higher self all along, and I am very interested in these spiritual hearts. Are these the paths I will follow in the future?

JO: 前⾯呢个信息就已经告诉你了你这⼀⽣体验的灵魂主题.然后之所以你拥有这种不断不断地想要分享或者是想要拯救别⼈,呢些痛苦的⼈.是因为你⾃⼰,就是你⾃⼰还有⼀个很痛苦的形象在呢⾥.所以你就觉得拯救别⼈的痛苦就好像是在拯救你⾃⼰.因为当你完完全全的放下痛苦的你的存在的话,你会发现这⾥没有谁需要拯救.为什么呢? 因为你就好像你播了种,你就觉得种⼦要是不靠你,它不会发芽不会长⼤.你看看你们这个世界上的植物,明⽩吗?

JO: The information in that previous message already revealed the soul theme of your lifetime experience. Then, why you have this constant desire to share or save others who are suffering is because there's a very painful image of yourself inside of you. You feel like saving others' pain is like saving yourself, as if by completely letting go of your own pain, you will find that no one needs to be saved. Why? Because it feels like you have sown seeds and believe they won't sprout or grow without your intervention. Look at the plants in your world, understand?

问: 那这个痛苦的种⼦是什么呀?

Questioner: What's that painful seed?

JO: 这也是你⾃⼰突破的⼀个过程.所以你也不需要特别的就是说我要放下这个痛苦的形象,刚才⾼维信息说我怎么样怎么样.因为你就好像是颗种⼦,开花结果是必然的.那你现在花还没有盛开,你是花蕾花苞,是吧? 那这也是⼀个正常的过程,我只是告诉你你会结果.但是你不需要就是说,哎呀,我花都不要开了,我直接结果⼦.因为每⼀步的体验都⾮常的珍贵宝贵和有意义.

JO: This is also part of your own breakthrough process. So you don't need to specifically say that I have to let go of this image of suffering. You were just receiving higher-dimensional information about what was happening. Because you're like a seed, blooming and fruiting is inevitable. But right now, you haven't fully blossomed; you're still in the bud stage, correct? This is also a normal process; I'm just informing you that you will bear fruit. But you don't need to think that your flowers should not bloom; instead, you should directly bear fruit. Because every step of experience is incredibly valuable and meaningful.

问: 但是我现在感觉没啥痛苦.

Questioner: But I don't feel much pain now.

JO: 不是说让你去感受到痛苦.你听前⾯的信息你就能听懂.到时候你可以看⽂字然后听信息,你就能明⽩.

JO: It's not about you experiencing the pain. Just listen to the message in front of you and you'll understand. By then, you can read the text and hear the information simultaneously and it will all become clear.

# **2023/03/01 — ⾼维信息传讯集会Higher Spirit Information Communication Gathering**

第⼀个⼈JO: 你们问吧,什么问题?

JO: Ask away, what questions do you have?

问: 我这⼀世的经验记忆⾥和影响我最深的前世的经验⾥有没有什么是我需要疗愈但我⾃⼰还不知道的地⽅?

Questioner: Are there any experiences in this lifetime and past lives that have a profound impact on me which I need to heal but am not yet aware of?

JO: 你需要去疗愈? 这么说吧,你去观察⾖芽,然后当你⾥⾯的芽凸出来过后,外⾯的呢层⽪呢层壳它是不是⾃动的脱落了,明⽩吗? 那你现在的问题就是说我现在⾝上有⼀层壳,那我现在需要疗愈吗? 疗愈最好的⽅式就是你的⽣命⼒,明⽩吗? 所以呢些都不会继续的在你⾝上,当你(拥有)顽强的⽣命⼒.

JO: You need to heal? Let me put it this way, when you watch the beans sprout and then after the sprout pops out from inside, does the outer layer of skin or shell automatically peel off? Understand? Now your question is that I currently have a layer on me, do I need to heal now? The best way to heal is through your vitality, understand? So these things won't continue on you when you have strong vitality.

问: 我的⽗母的灵魂课题以及他们要从彼此的⾝上学到什么?

Questioner: What are the spiritual issues of my parents and what do they need to learn from each other?

JO: 这个需要连接他们的能量,然后他们有这个需求,发出这个⼼愿想要去知道想要去了解.如果他们没有这个需求…问: 我⽬前最⼤的束缚是什么吗?

JO: This requires connecting their energy, then they have this need to express their wish to know and understand. If they don't have this need... Questioner: What is my biggest constraint at the moment?

JO: 这么说吧,我们以前传讯说过当你是个⼩⽕苗的时候,所有的⼀切都可以把你熄灭,对吧? 当你⾛到街头上⼀个流浪汉对你骂了⼏句,你就开始觉得整个⼈⽣都崩塌了,崩溃了.

JO: Let me put it this way: before, we communicated that when you were a small flame, everything could extinguish you. Right? When a street beggar insulted you with a few words and your entire life began to feel like it was crumbling and falling apart.

⼀个nobody他都可以消灭掉,对不对? 那当你燃起⽣命熊熊的烈⽕,你的呢股能量是没有任何可以阻挡你的,明⽩吗? 所以说当你真的是活出你的激情,所有问题都不是问题.当你觉得问题是问题,是因为你的⽣命之⽕它并没有燃烧.

A nobody he can destroy, right? When you ignite the raging fire of life, your一股energy is unstoppable; do you understand that? Thus, when you truly live out your passion, there are no problems. You perceive issues as problems because your life flame isn't burning.

问: 请问灵界还有什么别的信息是要带给我的吗?

Questioner: Is there any other information that you would like to convey to me from the spirit realm?

JO: 今天你如果去听接下来的所有信息,它都会不同程度的服务和影响到你.

JO: If you listen to all the information going forward today, it will, in varying degrees, serve and impact you.

第⼆个⼈问: 我这⼀世的灵魂主题是什么? JO: 你稍等.你叫什么名字?

Second person: What is my soul theme in this life? Jo: Just a moment, what's your name?

问: XXJO: 你这⼀⽣主题是疗愈.因为你其他世有很多带来的⼀些影响和⼀些伤痛,然后通过这⼀世来疗愈.所以你会发现你⽣命中的亲密关系他们还是曾经跟你⼀起有过体验的.⽐如说曾经他们可能有⼀些⽆意识的⾏为让你受到⼀些创伤,然后你们在⼀起再进⾏⼀个和解或者疗愈.

Questioner: XX. JO: Your life's theme is healing, because you have carried over from your other lives many impacts and wounds that need to be healed through this lifetime. Therefore, you will find that the close relationships in your life are still experiences shared with those who once were with you. Perhaps they may have unknowingly caused you harm before, which then becomes an opportunity for reconciliation or healing when you come together again.

问: 就是我这⼀世是互相疗愈? 还是我去疗愈别⼈或者别⼈来疗愈我?

Questioner: Is my purpose in this life to heal each other, or am I there to heal others, or are they here to heal me?

JO: 你要知道你们所有的成长都是共同的.没有你成长了对⽅没有成长,或者你受益了对⽅没有受益.都是共同受益的.

JO: You need to understand that all your growth is shared. There's no growth on one side and not the other, or benefit for you without it being reciprocated by someone else. It's a mutual benefit.

问: 可以看⼀下我的前世是怎样⼀种体验吗?

Questioner: Could you show me what my previous life experience was like?

JO: 只能说对你这⼀世影响还⽐较深的呢⼀世.因为有⼀些对你没有影响的话,就跟你没有关系.

Japanese: Only affecting your current life in a significant way. Because there are things that don't affect you, they have no relevance to you.

问: 可以的,那就是⽐较深的影响的呢⼀世是怎样的体验?

Questioner: Alright, what would be an experience of a deeper impact in one lifetime?

JO: 然后刚才说你还带有之前的创伤和共同和你体验的(⼈、灵魂)对你的伤害.然后呢⼀世对你的影响会⽐较⼤.你稍等,我连接⼀下.因为有⼀些信息可能会触发你的⼀些伤痛,所以你⾃⼰决定要不要继续去接收这些信息.就好像曾经⼀个旧有的伤疤,你再⼀次的把它撕开.你们有保护机制让你们 不再记得曾经的⼀些巨⼤的创伤和伤痛.那如果你⾃⼰想要去体验把伤疤撕开的呢种疼痛,呢是你⾃⼰可以选择的体验,明⽩吗?也就是说你不⼀定⾮要打开这个盒⼦.但是打开这个盒⼦它会触发很多关于你的旧伤⼜.

JO: Then you have with you the wounds from your previous incarnations and the souls who shared experiences with you; these can cause harm. The impact of a single lifetime might be greater for you. Please wait, I'll connect now. Some information could trigger some painful memories for you, so it's up to you whether you want to continue receiving this information or not. It's like re-opening an old scar that was once healed; your body has mechanisms in place to protect itself from recalling those massive traumas and pain again. You have the choice if you want to experience the pain of opening that scar yourself, understand? That means you don't necessarily have to open this box. But by doing so, it might remind you of your old wounds.

问: 那具体的细节就不想知道了,那⼤概的我⽐较好奇.

Questioner: I don't really care about the specifics, but I'm more curious about the general idea.

JO: 那就是前⾯的呢些信息.你只要知道这些就好,明⽩吗?

That's all the information you need to know about the previous ones. Understand?

问: 我觉得我有时候⽐较敏感,就是很⼩的事情我就会有很悲伤的情绪.这个也是因为?

Questioner: I feel that sometimes I'm quite sensitive, where even small things can make me very sad. What could be causing this?

JO: 就是前⾯的呢些信息.因为你本⾝就是来疗愈的.因为当你内在没有伤痛的话,不会因为别⼈⼀碰,你就开始疼了.因为你内在是有很多很多受伤的地⽅,所以可能风⼀吹你就开始疼了,明⽩吗?

JO: It's about the information that came up because you're here to heal. You wouldn't start feeling pain when someone touches you if your inner self wasn't hurt. Because you have many places inside that are hurt, just a breeze might set it off, do you understand?

问: 那这个怎么去疗愈?

Questioner: How do you heal that?

JO: 这个你可以单独的约这个⼥孩⼦给你做⼀个个⼈的.因为它⽐较深层次的.问: 我现在还有什么⽐较⼤的限制我去到更开⼼的状态的信念系统或者是束缚?

JO: You can arrange for this girl to do it personally for you, as it is quite deep. Questioner: What are the larger limiting beliefs or constraints that prevent me from achieving a happier state?

JO: 这么说吧,如果你是遍体鳞伤的,那你是不是需要把伤⼜愈合好,你才能去到你想要去的,明⽩吗? 如果你想站起来跳舞,你的腿也是伤⼿也是伤,⼀碰就痛⼀碰就疼.你能去很好的展现你的舞姿吗,明⽩吗? 然后晚点你可以就继续的根据你的问题再书深⼊的…

JO: Let me put it this way, if you are all scraped up, do you need to have your wounds healed before you can go where you want to go? If you wanted to stand up and dance, would your legs and hands hurt so much that even touching them is painful? Could you still display your dancing skills well, or do you understand what I'm saying?

And later on, you could continue delving deeper into the question as we discuss further...

第三个⼈问: 我这⼀世在物质世界体验的主题是什么? JO: 你稍等.你叫什么名字?

The third person asks: What is the theme of my experience in this material world? JO: Wait a moment. May I know your name?

问: XXXJO: 你的能量就好像是像黄河⼀样,就是你能感受到⾮常强烈的像黄河⼀样滚滚的呢种状态.但是你⾃⼰想要去平衡这股能量,像⼩溪⽔⼀样的呢种状态.所以你这⼀⽣在别⼈眼⾥看起来你就好像是经常lose control,就是经常失去控制.但是在你的内⼼深处你又觉得你有呢种⽂雅、温柔、平和的⼀⾯.然后你就想从这⼀⾯转到另外⼀⾯.所以这⼀世就好像是有⼀个这样⼦的⼀个过程,就是你难以控制⾃⼰的情绪然后达到内⼼平和的状态.所以你会发现你周围就好像专门有很多事情来让你失控、抓狂⼀样.

Questioner: Your energy is like the Yellow River; you can feel its intense flow, much like the river itself. Yet, you desire to balance this energy with gentler flows, akin to a stream of water. Thus, your life appears from others' perspectives as one of constant loss of control. Deep within, however, you find grace, tenderness, and calmness; you wish to shift from the former state to this latter one. This一世 seems marked by a process where you struggle to manage your emotions in order to achieve inner peace. You'll observe that there are many situations around you meant to disrupt your stability and provoke anger.

问: 对,我是经常因为⼀些⼩事失控.然后现在经常担⼼和焦虑这点.

Questioner: Yes, I often lose control over small things. And now, I'm frequently worried and anxious about it.

JO: 因为你知道这个不是你想要的,就好像这个不是你这个⼈,你要被迫成为这个⼈.然后你⼼⾥就会有⾮常多的不爽,就是我不想要这⼀⾯但是我展现的又是这⼀⾯.所以你会特别喜欢呢种能量特别平和,像呢种和善和蔼包容平和的能量状态. 你会对他们产⽣⼀种喜欢,想要去靠近他们想要去成为他们的呢样⼦的⼀种状态.

In

JO: Because you know this isn't what you want, just like it's not your essence; you're being forced to become this person. There would be a lot of discomfort within you - wanting something that I don't want but showing the opposite. You would really appreciate and gravitate towards someone who emanates such a tranquil energy state - a kind, gentle, accepting, and peaceful demeanor. You would feel drawn to them and aspire to emulate their behavior.

问: 对,因为我的先⽣就是这样⼦的⼀个⼈.我就⽐较欣赏他.我就不太做⾃⼰,想要成为他呢样的⼈.

Questioner: Yes, because my husband is like that kind of person. I appreciate him more. I don't really do myself; I want to be someone like him.

JO: 但是你要知道这是本⾝的你,明⽩吗? 你就好像是在找真正的你⼀样.你能知道真正的你是什么样⼦.但是你常常因为⼀些外在的刺激失控.但是你的⼈⽣课题是找到什么让你失控,但是不是外在让你失控⽽是你⾃⼰什么样⼦的⼀个思想观念让你失控,明⽩吗?

JO: But you need to understand that this is your true self, got it? You're essentially searching for who you truly are. You can know what your true self looks like. However, you often lose control due to external stimuli. But your life challenge is to find what causes you to lose control, not because of the outside world but because of your own thoughts and beliefs that lead you astray, understand?

问: 找到让⾃⼰失控的呢个内在的原因是吧?

Questioner: Is it about finding the inner reason that makes one lose control?

JO: 呢个信念.因为你的⾝体就好像是⼀个电脑⼀样.你运⾏的模式就是依靠你的程序.那你植⼊了什么程序导致你⽤这⼀套反应的⽅式?

JO: That belief, because your body is like a computer. The mode you run relies on your program. What specific program did you input that causes you to react in this manner?

问: 我的⾝体不好,是我的先⽣在照顾我.

My body isn't well, my husband is taking care of me.

JO: 你的⾝体不好也是跟你的能量现在还没有达到平衡的状态有关系.你想,如果你总是怒⽕焚⾝总是在呢种⽔特别翻滚的状态⽽不是温⽔的状态,那你⾝体⾥⾯的东西,你的器官…想象⼀下,对不对? 所以你会莫名其妙的烦躁,就好像进⼊⼀个恶性循环. 因为你的⾝体被⽕烧的.你想如果你坐在⽕炉⼦上⼀直被⽕烧,你能不烦躁吗? 所以你现在就好像是这种状态,因为你又没有得到别⼈的理解.别⼈不能理解你的这种感受,然后不能理解你的⾝体就越是呢个什么,然后就进⼊⼀种恶性循环.所以你如果想的话,你可以私底下约这个⼥孩⼦给你做⼀个疗愈.

JO: Your health issues are also linked to your energy not being in a balanced state. Imagine if you constantly had anger burning inside of you, always in that kind of water bubbling violently instead of calmly, would the things within you, your organs... does this make sense? So you find yourself inexplicably annoyed, entering into a vicious cycle because of how your body is being burned by the fire. If you were sitting on a stove with the flame constantly heating you, wouldn't you be agitated? Similarly, you're in this state now due to not receiving understanding from others, who can't comprehend your feelings or your bodily responses, leading to more misunderstanding and thus perpetuating that vicious cycle. If you wish to change it, you might consider privately asking this girl to perform a healing for you.

问: 我和我丈夫前世的关系是什么? 我⾝体不好,我⽐较依赖他.但是对他又会有情绪.

Questioner: What was the relationship between me and my husband in our previous lives? I'm not well physically, and I rely on him to some extent. However, I also have emotional issues towards him.

JO: 你稍等.对你们这⼀世有关联的呢⼀世还是这样⼦的状态,你还是呢样⼦的性格,他也还是呢样⼦的性格,明⽩吗? 但是你们⾝份是交换的,你是男性,他是⼥性.所以你还是能感受到他⾝上的⼥性⾯,你也能感受到你⾝上的男性的呢⼀⾯.

JO: Wait a moment. If we talk about the lifetime you're connected to, you both still have your same personalities and traits. You understand? However, you've swapped roles - you are male while he is female. Thus, you can still sense the feminine side in him, and you can also feel the masculine aspect within yourself.

问: 我以前做过⼀个梦,我迟到了,他是教书先⽣,然后我向他鞠了⼀躬.我不知道是不是他曾经当过我的⽼师?

Questioner: I had a dream before where I was late, he was the teacher, and then I bowed to him. I don't know if he was my old teacher.

JO: 所有出现在你⽣命当中的⼈,他们都是你不同程度的⽼师,明⽩吗? 你的⽼师从来不会只有⼀个,包括现在给你带出信息的这些能量.

All the people who appear in your life are teachers to different degrees, understand? Your teacher is never just one, including these energies bringing you messages now.

问: 请问今天的JO是哪⼀位⽼师?

Questioner: May I ask which teacher today is JO?

JO: 它不像你们⼈会按照你们的⼈头来给你们命名,因为这⾥没有分别没有这个⼈呢个⼈这个个体呢个个体.都是⼀体的.

JO: It's not like you humans would name each person according to their head count because here there is no distinction; there is no 'this person' and 'that individual'. Everything is one integrated whole.

问: 我最近做了⼀个梦,梦见⼀个裹在襁褓中的⼩孩奄奄⼀息.然后我给它喂⽔喝.这个梦有什么意义吗?

Questioner: I had a dream recently where I saw an infant in swaddling clothes barely breathing. Then I gave it water to drink. What could the significance of this dream be?

JO: 这个梦就好像你内在的呢个你,就是还没有… 就好像刚才说你是⼀颗种⼦,然后当你去⽣命的突破,就是新⽣出来后.你⾝上所有的束缚都会⾃动的脱离掉.也就是说你内在还有⼀个新⽣的⼈格,你很想让它成长出来.

This dream is like the inner you, which has not yet... just as you were described earlier as a seed, and when you undergo life's breakthrough, that is after new life emerges. All your bindings will automatically detach from you. In other words, there is an emerging personality within you, and you very much want it to grow.

问: 还有什么给我提⽰的吗针对我的这种冰⽕两重天的性格?

Questioner: Are there any other hints for me considering my dual-natured personality?

JO: 这个你需要做针对你个⼈的⼀个探索和清理,像是疗愈⼀样.如果可以,最好是⾯对⾯的疗愈.因为你会受到她的能量的影响.

JO: This requires a personal exploration and clearing for you, akin to healing. Ideally, it should be done in person because you will be influenced by her energy.

第四个⼈问: 我今⽣的灵魂主题是什么? 我的灵魂任务是什么?

The fourth person asks: What is my soul's theme in this life? What is my soul's mission?

JO: 没有所谓的任务.但是你有你⾃⼰选择来突破的⼀点,明⽩吗? 任务是别⼈强加于你的,你⾃⼰想要突破的点是你⾃⼰去选择.

JO: There are no predefined tasks. However, you have a point to surpass that you choose yourself, understand? The tasks are imposed on you by others, while the point you want to overcome is something you select for yourself.

问: 那我想要突破的点是什么?

Questioner: What breakthrough point am I aiming for?

JO: 你稍等.脆弱.你会发现你想要去攻下来或者是想要让⾃⼰不是呢么脆弱,你想要让⾃⼰成为⼀个强⼤或者是坚韧或是像草⼀样,⽆论受到多少的踩踏你还是可以继续的站起来.所以你会体验到好像经常会因为别⼈的⼀句话或者别⼈的⼀句⽆⼼的话,你就会否定⾃⼰会质疑⾃⼰,就是你能感受到你⾃⼰很脆弱的呢⼀⾯.

JO: Wait a moment. You'll find that you want to conquer or accept this fragility. You desire to become strong or resilient like grass, capable of standing tall even after being stepped on repeatedly. As such, you often experience self-doubt and questioning yourself because of others' words, however unintentional, leading you to feel vulnerable.

问: 很容易受外界影响是吧?

Questioner: Isn't it easy to be influenced by external factors?

JO: 就是你把呢个事情当成很⼤件事情.因为这是你成长和成为的⼀个过程.所以你就会发现你的⼈⽣当中有很多挑战给你.因为如果你想从脆弱变得坚韧坚不可摧的状态,那你需要很多捶打、千锤百炼.所以这个就是你给你⾃⼰的呢个过程.

JO: It's when you treat things as big deals because it's part of your journey to become who you are. So you'll find many challenges in your life. If you want to go from being fragile to unbreakable, you need a lot of hard work and resilience building. This is what you do for yourself.

问: 我感觉⾃⼰从⼩到⼤运⽓很差,不知道为什么?

Questioner: I feel that my luck has been bad since I was a child, but I wonder why?

JO:如果你把千锤百炼都是当成对你的磨难或者都是不好的,那你会觉得你运⽓差.如果你把它当成你⼀次⼀次的挑战,⼀次⼀次让你更强⼤让你突破.所以你要⽤不同的眼光去看到.这是你⾃⼰选择了磨练你⾃⼰的⼀个⽅法⽅式来让你变的坚不可摧,明⽩吗?

JO: If you perceive all the trials and hard times as burdens or negatives upon you, then you will feel that your luck is poor. However, if you view them as successive challenges that strengthen you and push you past your limits, it's like choosing a different perspective. You are selecting methods to refine yourself, making yourself unbreakable. Can you understand this?

问: 我在意和珍惜的东西总是很容易失去,不知道为什么?

Questioner: The things I care about and value are always easy to lose, I wonder why?

JO: 就好像当你觉得你特别没有⼒⽓,你就会特别想要去… 怎么说呢,就好像在别⼈眼⾥这些可能就不是什么事,但是在你眼⾥你就觉得很⼤⼀件事情.那也是你觉得你⾃⼰没有强⼤的能量.那如果你拥有强⼤的能量的话,所有的东西外在的物质的任何的⼀切哪怕它失去了,你知道你的能量会让它复原,明⽩吗?

JO: It's like when you feel particularly weak and powerless, you would really want to... how do I put this? Like, these things might not seem like big deals to others, but they appear enormous to you. That's also because you perceive yourself as lacking strong energy. If you had that strong energy, knowing that your energy could bring everything back, whether it be external or material possessions - even if they were lost - would you understand?

问: 我说的是具体的东西,⽐如说我⼩时候的相册丢失了.这个丢了也不会回来了.还有以前的书籍,我妈就在搬家的路上给卖了.我就觉得很失落.为什么会发⽣这些事?

Questioner: I'm referring to tangible things, like my childhood photo album that got lost and won't return; or old books that my mother sold while moving. I feel quite devastated by these events. Why do such things happen?

JO: 哪怕你们的物质⾁体它都会消失掉的.你的⾁体能永存吗? 那你的照⽚会永存吗? 你的问题是什么?

Even if your physical bodies dissipate, can they truly exist forever? And if not, will your photographs remain as a form of eternal existence for you? What is the essence of your question?

问: 就是经常丢⼀些东西,它就没了.

Questioner: It's like losing things often, and then they just disappear.

JO: 丢了没了是正常的.问: 它是意外发⽣丢的.

JO: Losing it is normal. Questioner: It was lost accidentally.

JO: 那你就知道意外… 那你为什么还要不停地来问这个问题呢? 如果你想要给它命名给它⼀个含义,你⾃⼰就可以的.你不需要去问别⼈这个意味着什么.你可以⾃⼰给它定义它意味着什么对你.因为别⼈的定义如果你不接受的话,它没有任何意义,明⽩吗?

That's because you know about surprises... So why are you still asking this question incessantly? If you want to give it a name and assign it a meaning, you can do so yourself. You don't need to ask others what it means. You can define its meaning for yourself based on your own needs. Because if someone else's definition doesn't align with yours, it would be meaningless, understand?

问: 我的⾝体健康⽅⾯有什么建议?

Questioner: What are some health advice for my body?

JO: 你只要去活出来你⾃⼰,什么问题都不会有.当你并没有完完全全活出你⾃⼰的话,什么都是问题.因为就像刚才前⾯信息说,当你是熊熊的⼤⽕,什么东西来你这都会被烧掉.那当你是个⼩⽕苗,别⼈⼀⼜⼜⽔就把你扑灭了.

JO: All problems will disappear if you just live your own life. When you do not fully live as yourself, everything becomes a problem. Because, as mentioned in the previous information, when you are like a raging fire, anything that comes to you will be burned away. But when you're just a small flame, someone pouring water on it can easily extinguish it.

问: 我就感觉⾃⼰经常会头痛是怎么回事?

Questioner: I often feel like I have headaches, what's going on?

JO: 就是刚才呢个信息,你⾃⼰反复听就好了.问: 还有关于情感⽅⾯有什么建议?

JO: Just listen to that message again and you'll get it. Questioner: Any advice on emotions?

JO: ⽅向盘在你们⼿上,你们⾃⼰掌握了你们要去哪⼀个⽅向体验.所以没有任何建议.因为再好的建议如果你不接受的话,都是bullshit,明⽩吗?

JO: The steering wheel is in your hands; you yourselves control the direction you want to experience. Therefore, there are no recommendations. Because even the best advice will be meaningless if you don't accept it, understand?

问: 有什么可以疗愈的吗?

Questioner: Is there anything that can be healed?

JO: 就好像前⾯的信息,如果你的⽣命⼒,就是你在不断地成长,你⾝上外⾯的呢层壳⾃然⽽然就会脱离你.当你没有成长没有突破的话,呢个壳紧紧的把你包住的.你这么想,⼀只鸡蛋要变成⼩鸡,你说帮我疗愈.然后外在就把你这个壳敲碎了? 你的鸡也不会出来的,明⽩吗? 当你⾃⼰去成长,在这个过程当中所有限制你的它都会⾃动的脱落的.

JO: It's like the information you've just mentioned; if your vitality is continuously growing, that outer shell naturally peels off from you. When there's no growth and no breakthrough, this shell tightly binds you. If you think about an egg transforming into a chick and you ask me for healing to help break it open externally. The chick won't come out either. Understand? As you grow yourself in this process, all the limitations holding you back will naturally fall away on their own.

问: 那就是我还没怎么成长?

Questioner: That means I haven't grown much?

JO: 你反复听你前⾯的信息就可以了.下⼀个.

JO: Just listen again to your previous message. Next one.

第五个问: 我先⽣年前的时候双⽬失明,到现在两个多⽉了.想问⼀下他可以恢复吗?

Question five: My husband lost his sight at the beginning of the year and it has been over two months now. I wonder if he can recover?

JO: 这个需要你先⽣,就⽐如说你跟你先⽣坐在⼀起,然后再跟这个⼥孩⼦连接.要在这样⼦的能量的连接状态下才能去看到他的问题和⾛出来的⽅向以及如何⾛出来.因为所有的问题都是来服务你们的,都是来让你们转变的,明⽩吗?

JO: This requires you to involve your husband first, for example by sitting together and then connecting with the girl. You must be in that energy connection state to see his issues and how to resolve them. Understand? All problems are meant to serve both of you and facilitate your transformation.

问: 我有问我们这⾥的算命先⽣,他说可以.但是还是有些怀疑.

Questioner: I asked our fortune-teller here and he said yes. But I'm still a bit skeptical.

JO: 所以这个你需要跟你的先⽣⼀起,然后再连接.问: 他现在在医院,在外地.

So you need to connect after discussing with your husband. Questioner: He is in the hospital out of town now.

JO: 就看你们⾃⼰的信念有多⼤,就是你有多想要去做这件事情.因为当你想要去做⼀件事情的话,没有任何阻碍.当你没有呢么⼤的愿⼒做⼀件事情的时候,所有事情都是阻碍.

In The extent to which you can achieve something depends on your belief and how much you want to do it. When you have a strong desire for something, nothing stands in your way. Conversely, when you lack the great motivation to do something, everything becomes an obstacle.

问: 我家⼩孩先天残疾,我就在家照顾他.

Questioner: My child has a先天 disability, so I take care of him at home.

JO: 多少岁?

How old are you?

问: 18了,不能照顾⾃⼰. JO: 他这18年都是你在照顾吗?问: 不是.

Questioner: You're 18 years old but can't take care of yourself. JO: Have you been taking care of him for the past 18 years? Questioner: No.

JO: 他是完全不能⾃理吗?

He can't take care of himself at all?

问: 对.他就是先天性的脑瘫.

Questioner: Right. He has cerebral palsy by birth.

JO: OK,那你想要问的问题是什么? 我可以帮你看看你的孩⼦来到你的⽣命当中他是如何的服务于你? 和你们共同的课题? 你稍等.你叫什么名字?

JO: Alright, what questions do you want to ask? I can help you understand how your child has served in your life and in the joint tasks for both of you. Wait a moment. What is your name?

问: XXXJO: 你⼉⼦叫什么名字?

Questioner: XXXJO: What is your son's name?

问: XXXJO: 你的孩⼦他选择了你是对你深深深深的爱.他为什么会选择这样⼦的⽅式? 他想要把你跟他捆绑在⼀起,就是让你们的物质⾁体有更多的接触.就好像这么说,⽐如说你们以前是母⼦关系是吧? 那这个孩⼦可能没有在你⾝边,对他来说造成了⼀个⾮常⼤的遗憾.那为了弥补他这个遗憾,他选择让⾃⼰成为就是我什么都不想做,我就想跟你在⼀起.所以说你如果越是能享受跟他在⼀起的时光,就是让他也享受你跟他在⼀起的时光…明⽩吗? 他的呢个什么就完成了,就是他就没有遗憾了.他没有遗憾要么他的物质⾁体就⾛了,要么他就会允许⾃⼰变好然后去多接触这个世界了,要看他⾃⼰的选择,明⽩吗?

Questioner: XXXJO: Your child chose you because of his deep love for you. Why did he choose this kind of way? He wants to bind you together by having more physical contact. For example, if we were previously a mother and son relationship, right? This child might feel great regret that they are not near you. To compensate for this regret, he chooses to become someone who doesn't want to do anything but just wants to be with you. So, if you enjoy the time spent together as much as possible, allowing him to also enjoy being with you... does that make sense? His wish is fulfilled; he has no regrets. Either his physical body leaves or he allows himself to improve and interact more with the world, depending on his own choice, right?

问: ⼋年前我跟我先⽣分居了,因为第三者.我就没有跟⼩孩在⼀起,是爷爷奶奶在照顾.

Questioner: Eight years ago, I separated from my husband due to a third party. It was the grandparents who took care of the children, not me.

JO: 如果你继续再扩⼤这个遗憾的话,你们可能还会再继续创造的⼀个这样的模式,就是你们想要去spend more time together.当下当你知道了过后,当你觉察了过后,你当下就可以把这个所谓的遗憾去弥补起来.你要知道他背后的动机是爱,明⽩吗? 所以说当你能看到⼀个如此渴望和你相处的⼀个灵魂,然后当你真正的不只是⼈在这⽽是你的⼼,就是你真正的能看到他,能看到他的感受,你就好像跟他连接在⼀起了.你们之间有了连接感,就好像你们之间有⼀个线把你们俩个连接在⼀起了.那当这种连接感产⽣过后,便满⾜了他⼼中的呢种匮乏感、需求感、渴望感.当这个事情发⽣了过后,就好像了了他的⼼愿⼀样.

JO: If you continue to amplify this regret, you might create another pattern where you want to spend more time together. Once you become aware of this and understand it in the present moment, you can immediately address that regret by knowing that his motivation is love. So when you see a soul so eager to be with you, and you truly connect not just your body but your heart, seeing him for who he is and feeling his emotions, it's as if you are connected to him. There arises a sense of connection between you two, as if there is a thread linking both of you together. When this connection is established, it satisfies the underlying feelings of emptiness, need, and longing within him. And when this happens, it seems like he has fulfilled his desire.

你们俩的⼈⽣都会发⽣变化,明⽩吗?

Your lives will both change, understand?

问: 就是我的内⼼要改变,我要更有爱⼼⼀些JO: 这不是改不改变,⽽是你成为.你成为⼀种你全然的跟他连接在⼀起的.这个需要你能理解到他愿意花他⼀辈⼦的⾁体⽣命来完成这⼀个遗憾⼀个需求⼀个要求,明⽩吗? 那是多么强烈的爱对你.

Questioner: It's about changing my inner self, becoming more loving. JO: This isn't about changing or not changing; it's about you becoming fully connected with him. You need to understand that he is willing to spend his entire physical life to fulfill this regret, a demand, a request, do you get it? How intense the love must be for you.

问: ⾃从家⾥发⽣这些变故,我就⾛上灵性的道路.恐惧也少了.

Questioner: Since these changes at home, I have embarked on a spiritual path. There is also less fear.

JO: 你们都会发⽣变化,就好像你们之间有⼀个需要去,就是你们俩都需要去弥补的⼀件事.那当这个没有了遗憾过后,那你们之间就会有另外的,就是不需要这么极端的⼿段或者体验来达成⽬的.这么说吧,就好像你们物质⽣活中有⼈: 哎呀,我要⽣病.为什么要⽣病?我⽣病我爸爸就不上班了,他就在家照顾我他就陪着我.然后他就会⾃⼰⽣个很重的病把他爱的⼈捆在⾝边.那如果爸爸跟他在⼀起的时候并没有忽视他或者是并没有少陪伴他,然后给他全⼼关注专注.就是跟他在⼀起的时候让他感受到了爸爸是with me.那他便不需要去创造让⾃⼰⽣病的经历去让⾃⼰达到这样⼦的… 明⽩吗?

JO: You will all change because there's something that needs to be filled between you two, and once this regret is gone, then it means that you don't need such extreme methods or experiences to achieve your goals. Imagine if in your physical world someone says, "Oh, I'm sick." Why am I sick? Because when my father stops working because of me being ill, he stays at home to look after me and accompanies me. Consequently, he gets seriously ill too so that the person he loves is by his side. However, if during the time his father was with him, he didn't neglect or under陪伴him, and instead provided full attention and focus, meaning that he felt his father being "with me" when they were together, then he wouldn't need to create a sick experience just to achieve this feeling... Do you understand?

所以说当你真的是跟他在⼀起过后,他是不是就不需要再创造这样⼦的体验给⾃⼰了?

So when you're really with him, does he no longer need to create such experiences for himself?

问: 我现在的困境就是他失明嘛.我现在的⽣活就是…JO: 因为你们每⼀个⼈他都有⾃⼰需要去⾛的路.虽然你们是夫妻也好是亲⼦关系也好,你们都会有⾃⼰的路,⾃⼰的体验.所以你的孩⼦爸爸他有他⾃⼰的体验.但是当你成为⽆条件的爱,就好像你在给他们注⼊能量⼀样.那当他充满了能量,他就有办法去扭转他的⼈⽣.当⼈们没有能量,是⼀种精疲⼒尽也没有能量给它注⼊的时候,他想要去扭转但是他觉得他没有⼒⽓他没有能量,明⽩吗? 所以你要相信他需要他⾃⼰去扭转他的⼈⽣,但是你可以成为他能量的来源,明⽩吗?

Questioner: My current dilemma is that he's blind. My current life... JO: Because each one of you has your own path to walk, regardless of whether you are husband and wife or parent-child relationship. You all have your paths and experiences. So, the father of your child has his own experience. However, when you become unconditional love, it's like you're infusing energy into them. When he is full of energy, he can turn around his life. When people lack energy, they are exhausted without the ability to inject energy. They want to change but feel that they don't have the strength or energy, do you understand? So, you need to believe that he needs to turn around his life on his own, but you can become the source of his energy, right?

问: 请问我怎么成为他能量的来源? 具体⼀点.

Questioner: How can I become the source of his energy? Could you please be more specific?

JO: 你有能量吗? 你现在都已经是,哎呀我的经济,我要担⼼这个我要担⼼呢个.你⾃⼰都是在⼀种消耗的状态,你没有energy给任何⼈.怎样成为能量的来源? 就好像是你们成为⼀个宇宙的管道吧.因为宇宙的能量是源源不断的,它是接通到你们每⼀个⼈⾝上的.并不是这个有呢个没有.那是什么block掉了呢?就好像昨天的传讯的信息,当你们处于⼀种收紧的状态,那你们就把宇宙能量的⼜给关闭了.导致你就好像要不断地要消耗你物质⾝体的能量.那你肯定就觉得不断地在消耗当中,明⽩吗?这么说吧,⼀⼜井,如果它井⽔的源头都block掉了⽯头堵住了.它只有⼀点⾬⽔,下⼀点⾬,它有⼀点⽔.

JO: Do you have energy? You're already in this state of my economy, oh dear, I'm worried about this and must worry about it. You are in a state of depletion for yourself; you don't have energy to give to anyone else. How do you become the source of energy? It's as if you are becoming conduits for the universe because the energy from the universe is abundant and flows through every individual person, not because there is or isn't. What is blocking it? Like yesterday's message, when you're in a constricted state, you close off the mouth of the cosmic energy source. This leads to continuously having to consume your physical body's energy. That's why you feel as if you are constantly consuming. Understand this: imagine a well where its water source is blocked by a stone, only receiving a little rainwater. It has just a bit of water.

那你的⽯头被清理掉了,通道是通的,那⽆论多少⼈来取你的⽔,你的⽔都不断不断地进来.这就是所谓的能量,明⽩吗?

Your stone has been cleared away, the passage is open, no matter how many people come to take your water, it will keep coming in continuously. This is what we mean by energy, do you understand?

第六个⼈问: 我想知道我怎么样才能跟我的两个孩⼦⼀起⽣活? 我的两个孩⼦都特别⼩.

The Sixth Person Asked: I want to know how I can live with my two children? Both of my children are very young.

JO: 你稍等.你叫什么名字?问: XXXJO: 这么说吧,你为什么会经历和孩⼦分开这样⼦的经历? 你选择这样的经历是来让你⾃⼰去突破.突破什么? 因为你的这个⼈格来选择这⼀⽣的时候,本⾝你有什么样的⼀个缺点,不能说是缺点,就是需要被你去成为.这么说吧,⽐如说你们拥有⼀个特别完善特别完美的⼀个⼈格的话,它是通过很多世得积累.就⽐如说这⼀世我拿到了坚韧的⼀个性格,呢⼀世我拿到了⼀个⾃信的⼈格,呢⼀世我拿到了勇⽓,那⼀世我拿到了爱⼼慈悲,对吧? 那这些所有它都会在你的灵魂印记⾥⾯,它都会成为属于你这个灵魂的东西.它已经是你的了.那你这⼀世选择了这个,你想要拿来什么? 拿来你的坚定.

JO: Wait a moment. What's your name?

Questioner: XXXJO: Suppose that you have experienced such an ordeal of being separated from children. Why did you choose this experience for yourself? What are you trying to overcome through this choice in your life? When you chose to incarnate with this personality, what weakness or need did you have, not necessarily a flaw but something you needed to cultivate within yourself? Let's consider the scenario where you had an exceptionally well-rounded and perfect personality. This kind of character would be developed through accumulating experiences across many lifetimes. For example, in one lifetime you might have acquired resilience, another confidence, courage in yet another, and kindness or compassion in still others. These traits are part of your soul's essence; they already belong to you. In choosing this incarnation, what did you want to bring with you? Specifically, the strength and determination that you sought.

坚定是⼀个就是说⽆论什么,就是如果⼀个坚定的⼈,你可以从他的⽬光当中,你可以从他的语⽓当中,你可以从他的能量 当中去感受到他,你没有办法去决绝他.为什么? 他是坚定的.所以坚定也是⼀股强⼤的能量.那你是通过这样⼦的体验来让你⾃⼰变的坚定.当你能拥有呢种坚定的状态,没有任何事情能阻碍的了你,明⽩吗?

Staying firm means that no matter what, if you observe a person who is steadfast, you can sense their determination in their gaze, tone of voice, and energy. You can't argue against them because they are so resolute. Why? Because of their unwavering stance. Thus, firmness also exudes powerful energy. Through experiencing this, one learns to become more steadfast themselves. When you attain that state of firmness, nothing can stand in your way, understand?

问:我现在就是很不坚定.我回去呢个城市找不到合适的⼯作,前夫⼀个⼈带孩⼦又很⿇烦.

Questioner: I'm just very indecisive right now. I can't find a suitable job in any city I return to, and my ex-husband struggling with the children is also a hassle for me.

JO: 因为你要知道当⼀个⼈拥有坚定过后,他是没有任何担忧的.当你如果又是担忧这个又是害怕呢个,呢就是因为你不坚定.那所以说你把你的situation,就是把你⾃⼰放在这个位置,为的就是你这⼀⽣能够拿到坚定,明⽩吗?

JO: Because when someone is determined, they have no worries. If you're worried about this and afraid of that, it's because you lack determination. So by putting yourself in this situation, you aim to gain determination for your entire life, right?

问: 我经历过可能是家暴.就是我现在很恐惧和⼀个男⼈进⼊新的亲密关系.我想让JO教我如何显化好的男⼈? 我如果⼆婚还会经历这些吗?

Questioner: I may have experienced domestic violence in my previous relationship, which has led to a lot of fear and hesitation about entering into a new intimate relationship with a man now. Could JO teach me how to manifest a good man? Would I still experience these issues if I were in a second marriage?

JO:⾸先你还很年轻,你的路还很长.你现在之所以让⾃⼰进⼊到这样⼦的⼀个状态当中,就是来让你去突破的.突破什么?你之所以会体验你⽼公打你或者你没有⼒⽓,连⾃⼰孩⼦想做的….都是因为你,刚才说⼀个坚定的和⼀个不坚定的他们呢两个的能量场是不⼀样的.⼀个坚定的⼈他拥有的能量场是⽆敌的.就好像刚才说熊熊的烈⽕,所有东西靠近它的时候都会被烧掉了被化掉了.那当你是⼀个⼩⽕苗,别⼈⼀⼜⼜⽔就能把你给扑灭了.所以你现在就是还是⼀个⼩⽕苗的状态.但是你要知道⽆论它再多⼤的熊熊⼤⽕,它最开始是来⾃于哪⾥? 来⾃于⼀个⼩⽕苗.明⽩吗? 你虽然现在是个⼩⽕苗,但是你却能烧掉整座⼭,烧掉整个地球.明⽩吗?

JO: Firstly, you're still quite young; your path is long ahead of you. You've chosen this moment to push yourself through a state designed for breaking barriers. What barriers are you meant to break? The reason you experience your husband hitting you or feeling powerless even when trying to help your children is because of the energy fields surrounding you and those around you. A person with unwavering resolve possesses an overpowering energy field. Imagine it like a raging fire that consumes everything in its path; it's all-powerful. When you're just a small flame, others can easily extinguish you with their water. Currently, you're akin to that small flame. However, understand this: no matter how vast the raging inferno appears, it originates from something minuscule - a tiny spark. Can you see it now? Despite being a small flame yourself, you have the power to burn entire mountains and even the whole Earth. Do you get it?

所以外在的⼀切都是来供你突破和挑战的.就好像之前呢个信息说他们选择了千锤百炼.如果你只是把每⼀锤⼦当成是这个在伤害你呢个也在伤害你.你只会越来越脆弱越来越害怕.为什么? 因为这些伤害会不断不断地… 那如果你把打到你⾝上的每⼀锤都当成是对你的磨练,那你是不是就越来越强⼤?

So everything external is here to help you break through and challenge yourself. Just like the previous information mentioned that they chose rigorous training. If you see every strike as hurting you rather than an opportunity for growth, you will only become weaker and more fearful. Why? Because these harms would keep occurring constantly... But if you view each strike against you as a test to strengthen you, wouldn't you be growing stronger over time?

问: 但是我还是很害怕.

JO: But I'm still afraid.

JO: 当然很害怕了.就好像你现在还是⼀个⼩树苗,但是你旁边呢个有五百岁,有⼏⽶宽的⼤树它也是从你的⼩树苗长出来的呀.所以你也不要去⽤你的⼩树苗去想象五百岁是什么样⼦,你想象不到的.但是这只是你成长的⼀个过程,⽣命的⼀个台阶⽽已.这⼀步台阶是来让你往上的,⽽不是来让你趴下的,你只要相信这个就好了,明⽩吗?

JO: Of course you're scared. It's like you are still a young sapling now, but there beside you is an ancient tree of five hundred years old and several meters wide, which grew from your little sapling too. So don't try to imagine what it feels like being as old as that tree with your own young sapling; you can't envision it. But this is just a part of the process of your growth, another stage in life. This step up is for helping you progress further, not for making you stay in place or fall down. Just believe in this progression, and understand?

问: 我现在没有和孩⼦在⼀起,觉得每⼀天过的都不是我想要的.

Questioner: I am not with my child now, and feel that every day is not as I want it to be.

JO: 就是因为这些它才会把你带上坚定的路.(中断)

Jo: That's why it will guide you onto a firm path. (Cut off)

# **2023/03/01 — 断开过多的男⼥关系净化⾃⼰的能量场Break too many male and female relationships to purify your energy field**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想知道我这⼀⽣的主题是什么? JO: 你叫什么名字?

Questioner: I want to know what my life's theme is? JO: What is your name?

问: XXXJO: 你这⼀⽣选择了特别,就是呈现在这个物质世界上是⼀个美好的频率的状态.所以你⽆论是在外貌或者是你的其他,就是外在的⼀个形象或者是你也会喜欢⼀些美好的事物,然后⽐如说漂亮的⾐服或者是漂亮的居住环境,你都特别喜欢.你呈现出在这个物质世界上⼀个美好的频率,就好像鲜花⼀样.鲜花对这个世界上的⼀个装扮,所以说你只需要去做你⾃⼰就好了,⽽不⽤去在乎别⼈是怎么样,不⽤去在乎你们社会上的⼀个⼤的环境是怎么样或者是别⼈是怎么说怎么看.然后你只需要去做让你⾃⼰感受到美好的,就是让你⾃⼰停留在⼀个美好的频率和状态当中,明⽩吗?

Questioner: XXX. JO: You chose uniqueness in this life by presenting as a beautiful frequency in the material world. Therefore, regardless of your appearance or other outward manifestations, such as an appealing image, you also appreciate beautiful things, like nice clothing and a pleasant living environment. You radiate positivity in the material world, much like a flower adorns this world. Flowers enhance their surroundings without concern for others' opinions or societal environments. Thus, all you need to do is be yourself, not worrying about how others perceive you or what's happening in society. Simply focus on doing things that bring you joy and keep yourself in a state of positivity.

问: 在这⼀路上我慢慢的感觉到⾃⼰好像是要这种美好的频率是帮助⾃⼰帮助别⼈.我想知道我现在的卡点在哪⾥?

Questioner: On this journey, I gradually feel that perhaps having this beautiful frequency is helping myself and others. I want to know where my current blockage lies?

JO: 主要是⼀些情感⽅⾯对你的⼀些阻碍.所以说你容易陷⼊不同的关系⾥⾯,就是有⼀些关系可能复杂,就不是⽐较单⼀的关系.这么说吧,别⼈可能就⼀个关系给她输⼊能量,对吧? 你好像是⼀个接受能量的.那你这个⽔池呢,它有好⼏个渠道不断的给你这⾥⾯输⼊能量进来,对吧? 那就会mess you up,就把你搞混乱了.如果你只是⼀种养分,⽐如说只是⽔,那如果你这⾥又有⽔又有油就是其它液体,明⽩吗? 就会让你导致有⼀点混乱的状态,然后就没有在⼀种特别单⼀的,纯洁的纯净的养分.它会让你有⼀点冲突或者是分裂这样⼦的状态.

JO: It's mainly emotional barriers holding you back in certain areas. That means you tend to get caught up in various relationships that might be complicated and not very straightforward. Imagine someone gets their energy from just one source; it's like they're the one absorbing energy, right? You seem to have multiple channels of energy entering this pool for you, which can make things confusing. If you were merely a nutrient, like water, imagine if in addition to water there was oil or other liquids mixed in – would that cause some confusion and prevent a clear, pure state of being nourished?

问: 对,我⾃⼰也感觉很明显.那这个是不是也会体现在我修⼼的路上三天打鱼两天晒⽹,缺少定⼒.那我想知道我怎么能更好的有定⼒,然后与源头连接?

Questioner: Yes, I can feel it very clearly myself. Does this also manifest in my path of spiritual cultivation, being inconsistent, lacking discipline? I want to know how I can better cultivate discipline and connect with the source.

JO: 定⼒?

JO: Determination?

问: 就是能够坚定⾃⼰.

Questioner: It's about being firm in oneself.

JO: 这个是⼀个取舍的问题.因为如果你让你⾃⼰在⼀个没有如此多的嘈杂的环境,你便可以很好的focus,就是concentrate,就是可以把你的关注在⼀个呢个… 那如果你不断地不断地有其他的打扰的话,那你就会进⼊⼀个混乱的能量场.所以说这需要你⾃⼰可以去屏蔽⼀些它对你实际上没有养分,更多的是⼀些⼲扰.就⽐如说有很多各种噪⾳,那这些噪⾳导致你不能很好的在⼀个⽐较peaceful的环境⾥⾯.所以你就需要⾃⼰去关闭这个噪⾳,明⽩吗? 因为你知道这些噪⾳已经影响到你,它并不是给你养分⽽是给你带来⼲扰.

This is a matter of compromise. Because if you allow yourself to be in an environment with so much less noise, you can focus very well, concentrate, being able to direct your attention at something... If you are constantly interrupted by various distractions, then you will enter into a chaotic energy field. So it requires that you shield yourself from some things that do not nourish you; they're more of disruptions. For example, if there are many various noises, these noises cause you to be unable to focus in a rather peaceful environment. Therefore, you need to shut off this noise, understand? Because you know the noise is already affecting you - it doesn't feed you but instead distracts you.

问: 就是如果让我觉得内⼼不够安定的,那我就可以辨别出来然后远离他们?

Questioner: If something makes me feel unstable internally, I can identify and avoid them?

JO: 就像刚才说的,你可能还会有⼀些不舍,就是觉得还会有⼀些放不下.那这些就会导致你还会持续的进⼊这种状态当中.那如果你知道它这些给你带来的只是⼀些负⾯影响.然后呢,你最开始的⼀些不适感,因为你离开⼀个东西,就⽐如说你⼀直⽤这个输⼊,那你断开这个连接的话,你最开始肯定会有⼀些不适感.这是⼀个过程,这是⼀个你⾃⼰去选择和取舍的⼀个过程.明⽩吗? 因为你看你⾃⼰是想要什么样⼦的体验.

Japanese: JO: As mentioned earlier, you might still have some reluctance or feel like there's something you can't let go of. This will keep you in this state for a while longer. If you understand that the negative impacts it brings to you outweigh any positive experiences, and that initially, when you start leaving certain things behind - say you're accustomed to using one input method over another, and suddenly switch - you'll definitely feel discomfort at first. It's a process, a choice and decision-making process for yourself regarding what kind of experience you want to have. Do you understand? Because ultimately, it's about choosing the experience that aligns with your desires.

问: 就是完全取决于我⾃⼰怎么选择?

Questioner: It all depends on how I choose?

JO: 对,因为你才是呢个决策者,就是你才是呢个握着⽅向盘的⼈.问: 有没有⽐较适合我的冥想的⽅式?

JO: Yes, because you are the decision-maker, you are the one steering the ship. Questioner: Are there any meditation techniques that might suit me better?

JO: 如果你现在就是说有很多⼲扰的话,你想要去冥想,就好像你坐在呢打坐,旁边又是除草的声⾳,又是吵架的声⾳,又是机器的声⾳,你觉得你能进⼊冥想吗? 你不能.那如果外在的环境都很安静,都是在⼀种安静的环境.那你就算你是没有进⼊冥想,你其实也是在进⼊到⼀种peaceful的状态当中.

JO: If there are many distractions right now when you want to meditate, like the sound of mowing grass and arguments, as well as machinery noise, can you enter into meditation? No, you cannot. But if the external environment is very quiet, in a peaceful setting, even if you're not fully meditating, you are still entering into a state of peace.

问: 所以重要的不是冥想的⽅式,⽽是说…JO: ⽽是说你现在需要把你⾝边的⼀些杂草铲除⼲净,让你可以更好的吸收养分.问: 那在这⽅⾯有没有什么建议或者⽅向?

Questioner: So it's not about the way you meditate, but rather that...JO: It's rather that you need to clear away some of the weeds in your immediate environment so you can better absorb nutrients. Questioner: Are there any suggestions or directions on this aspect?

JO: 你必须要知道你是什么? 你想要什么? 这么说吧,⽐如说在你们世界上⽐较美好的东西,谁看着都想要,是吧? 那谁都想去蹭⼀些.那你想⼀下⼀朵很漂亮很鲜美的花,这个去碰⼀下,呢个去碰⼀下.那它是不是已经遍体鳞伤了? 明⽩呢个意思吗?

JO: You must know what you are and what you want. Let me put it this way: If there is something desirable in your world that everyone wants to have a taste of, right? That means people would try to get close to it. Imagine touching a beautiful, juicy flower; wouldn't the touch already harm it? Do you understand this concept?

问: 就是说我⾃⼰是呢⼀朵鲜花,我需要主动的切断呢些不必要的联系才能让⾃⼰保持纯净?

Questioner: Essentially, am I supposed to be that one flower who needs to proactively sever unnecessary connections to maintain purity?

JO: 你如果知道你是⼀朵娇嫩的鲜花,你就不会去轻易的允许别⼈touch.你说你可以远远的观赏我,你可以去闻我的味道.你们的植物园上⾯都有⼀些告⽰,上⾯都有写: 请不要去采摘也不要碰,因为我很娇嫩.那如果你本⾝你就是丝绸,你想你丝绸做的⾐服那你是不是要⼩⼼不要刮伤它,对吧? 那如果你的本质是⼀朵美丽的鲜花,更多的是保持这种频率让⼈们欣赏到世界的美好.明⽩呢层意思吗? 不然的话,当你的美好都被破坏掉的话,这个世界上还有美好吗?

JO: If you know that you are a delicate flower, you wouldn't easily allow others to touch you. You say you can admire me from afar and you can smell my scent. There are signs in your botanical garden stating clearly: Do not pick or touch me because I am delicate. So, if you are the essence of silk, and you want to preserve your silk clothes, then wouldn't you be careful not to scratch it? Right? If you embody a beautiful flower, more than anything else, it's about maintaining that frequency for people to appreciate the beauty of this world. Do you understand this concept? Otherwise, when all your beauty is destroyed, will there still be beauty in this world?

问: 那我现在⾃⼰想要做的职业也是想要通过疗愈⾃⼰来帮助别⼈.因为我现在没有确定的⽅法.不知道有没有适合我的⽅式⽅法?

Questioner: Well, now I want to pursue a career that involves healing myself to help others because I don't have a clear method or know if there's a suitable approach for me.

JO: 当你成为你⾃⼰,就是完完全全的成为你⾃⼰.这么说吧,你可能现在是受到了很多,⽐如说又是狂风暴⾬又是冰雹,就是你的这朵花好像已经被这些影响了,已经没有你原来的⾯⽬了,对吧? OK,那如果你知道了过后,那你就把你放⼊到室内.那是不是就少了呢种室外的摧残了? 那少了这种摧残了,你是不是就恢复到你以前的样⼦了? 那你就成为你⾃⼰了?成为你⾃⼰,你说你是朵鲜花你需要做什么? 你什么都不需要做,你就需要成为你⾃⼰.因为成为你⾃⼰你⾃然就会知道今天我要开花明天我要开另外⼀朵花,就不断地绽放就好了.

JO: When you become yourself, that means becoming your true self completely. Let's put it this way: perhaps now there are many factors, such as strong storms and hailstones affecting the flower in you, which has already been altered by these external influences to no longer resemble its original state, right? Alright, if you then move into a protected environment after realizing this, doesn't that mean reducing exposure to those external adversities? And with less external harm, would you revert to your previous state, becoming yourself again? Isn't it like saying once you're true to yourself, what do you need to be as a flower? You don't need to do anything else; you just need to be yourself. Because being yourself naturally entails understanding that today you blossom and tomorrow another bloom will follow, simply allowing continuous blooming.

然后呢些⼯作上⾯它⾃然⽽然,就是你⾃然⽽然就会⾛上呢条跟你是和谐的路.所以说你需要就是先去回归到⾃⼰.然后你知道你是谁很重要.因为你不是野草.如果你是野草的话,又是另外⼀种更加顽强的⽣命⼒.

And then in those aspects of work, it naturally flows from you, meaning that you will instinctively take a path that harmonizes with your nature. Therefore, to need to first reconnect with yourself. And knowing who you are is crucial because you're not just weeds. If you were weeds, that would be another level of resilience and生命力.

问: 我⾝体上的问题,我总感觉⾃⼰的肠胃会有⼀些⽕,没有办法释放出来.然后会在⽣理期的时候痛经,总感觉有个东西堵在呢⾥.总感觉累,也没有办法做到早起早睡.

Questioner: I feel like there's some internal 'heat' in my body that can't be released. This often causes cramps during my menstrual period and a sensation of something being blocked inside. I always feel tired and struggle to get into a routine of waking up early and going to bed early.

JO: 这还是残留在你体内的⼀些能量.因为能量⽐较杂⽐较多,就好像你这⾥是⼀个蓄⽔池.那你说你的这个蓄⽔池⾥⾯粪便也有垃圾也有,然后各种垃圾或者是⾷物残渣这些都往⾥⾯倒.那你⾃然⽽然就会有⼀些不畅通或者是恶臭或者是堵塞的情况.如果你这个蓄⽔池⾥⾯只是纯净的⽔呢? 所以说你摄取太多⼲扰.因为每⼀个⼈他跟对⽅都是有能量场的,对不对? 那对⽅如果特别浑浊的能量场,你也会受他影响的.因为你们彼此是影响的.

This is still some energy that remains in your body. Since the energy is quite mixed and abundant, it's like you have a reservoir here. You say that within this reservoir there are also solids, debris, as well as various kinds of garbage or food residues being thrown in. Naturally, this would lead to situations where there isn't smooth flow, there might be unpleasant odors, or blockages. If your reservoir were just pure water instead? Therefore, too much interference is taken in because every individual has an energy field with another person, right? If the other person's energy field is especially murky, you will also be affected by them. As you influence each other.

问: 那我还是需要⾃⼰把这些清理⼲净.

Questioner: In that case, I still need to clean up these things myself.

JO: 切断这些源头,就是都可以进来你的蓄⽔池的.

JO: Cut off these sources, all of which can enter your reservoir.

问: 我爸爸经常⾝体会不舒服.我想帮助他的⽅式也是通过做好⾃⼰然后再去影响他,对吧?

Questioner: My father often feels physically uncomfortable. The way I want to help him is by first taking care of myself and then influencing him, right?

JO: 你想⼀下,当你只是在⼀种美好的状态当中,所有来见到你接触你的⼈,他们⾃然⽽然就跟你的频道对齐了.他们⾃然⽽然就就进⼊到⼀种美好的状态当中了.所以说你的频率才是最重要的,⽽不是你的⾏动.因为如果你的频率很,就是⽐如说你是⼀种很烦躁或者⽆⼒的频率,那⽆论你的⾏动是什么其实你散发的还是这样⼦的.

JO: Imagine a scenario where you are in a beautiful state of being and everyone who comes into contact with you naturally aligns with your frequency. They naturally enter into a beautiful state themselves. Thus, it's the frequency that matters most, not your actions. Because if your frequency is high, for example, you're emitting this vibe regardless of what action you take.

问: 我现在在物质世界当中,我想知道近些年我有没有⽣⼩孩⼦是不是也是我⼈⽣当中的课题?

Questioner: I am currently in the material world and wonder if having children in recent years is also a part of my life's agenda?

JO: 你稍等.⾸先就像刚才说因为现在你还没有突破这个点,你还没有做出你的决定.你到底是要我的蓄⽔池是要纯净的⽔还是浑浊的⽔? 你想,如果你是在⼀种浑浊的⽔的状态当中,你即使是要了⼩孩,那⼩孩他也是在⼀个这样的状态下被你养⼤的.那当你是⼀个纯净的状态的话,那你的⼩孩就是在这样⼦的⼀个呢个什么.所以说你当下的决定就是你要⾛上哪⼀条路才是最重要的.然后⽆论你⾛上哪⼀条路,如果你想要⼩孩你是可以要到的.只是说他这个⼩孩⽣命状态会不⼀样.

JO: Wait a moment. First of all, just like you mentioned earlier, because you haven't yet transcended this point, you haven't made your decision. The question is, do you want my reservoir to be filled with clean water or dirty water? You see, if you were in a state of dirty water, even if you wanted children, those children would grow up in such a state. However, if you are in a pure state, then your child will grow up under such conditions. Therefore, the crucial decision you make now is which path you choose to follow. Regardless of which path you take, if you want children, you can have them; it's just that their lives would be different.

问: 就是说他会取决于我的状态?

Questioner: Does it depend on my state?

JO: 对,他的⽣命状态会不⼀样.

JO: Yes, his state of life would be different.

问: 我有没有可能,因为最近我的⽼公的⼯作有变动,我们在考虑去别的国家.然后可不可⾏? 有没有这个可能?

Questioner: Is it possible that due to my husband's recent job changes, we might consider moving to another country? Can this be feasible? Could this happen?

JO: 你稍等.还有让你知道的就是说你们的意念才是最⼤的影响⼒.也就是说你⽼公想要去到其它国家和你想要去到其它国家,你们的意念影响着决定着你们接下来会不会去.因为这⾥没有… 你⽣命⼤致的主题就是刚刚跟你说的,但是你想要在哪⼀个⽅向去体验这个主题,

JO: Wait a moment. The force that truly matters is your intention. That means whether your husband wants to go to other countries or you want to do so, your intentions determine whether the next step will happen or not. Because what I've just told you defines the main theme of your life, but it's up to you on which direction you want to experience this theme.

这个是你可以⾃⼰去决定的.所以说它取决于你们的愿⼒.你有多想去做? 你如果不想去做… 明⽩吗?

This is something you can decide for yourself, so it depends on your willpower. How much do you want to do it? If you don't want to do it... understand?

# **2023/03/01 — 疗愈前世的伤痛以及给这个世界带来欢乐的天赋Healing past lifetimes' wounds and the gift of bringing joy to this world**

JO: 你问吧,什么问题?

You ask, what question?

问: 我⼏个⼩时前问过了,我这⼀世的灵魂主题是疗愈.能不能再更深层次的帮我解释⼀下?

Questioner: I asked a few hours ago, my soul theme in this lifetime is healing. Could you please explain it more deeply for me?

JO: 你稍等.⾸先我们想要清除这个⼥孩⼦脑海⾥任何对你前⾯信息的记录,因为所有的信息都会影响我们接下来的信息进来.你叫什么名字?

JO: Wait a moment. First, we want to erase any record of the information you've provided in your previous statement from this girl's mind, as all that information will affect what comes next for us. What is your name?

问: 我叫XX.

Questioner: I am called XX.

JO: 前⾯说你这⼀⽣的主题是疗愈是吧? 然后最主要是因为你还有很多残留的就是对你的影响.但是当这些影响,因为你现在已经进⼊不同的⽣命线了.因为你在让我们这些信息进来的时候,就好像你本⾝是⼀池⼦⽔,是吧? 你呢⼀池⼦的⽔是⾬⽔,是别⼈给你倒进去的,那我们现在是活⽔进来,现在就找到源头让活⽔进来.让活⽔进来后,你这池⼦⽔是不是就产⽣变化了,明⽩吗? 所以在当下这⼀刻你的⽣命已经发⽣变化了.发⽣变化也就是说你是在清理这些残留过后,你⾃⼰就像是井⽔⼀样不断地有活⽔进来,明⽩吗? 也就说你的⽣命主题就变成了你可以疗愈他⼈,明⽩这层意思吗? 因为前⾯是你在问问题的时候你还没有去挖这⼜井,对吧?

JO: You mentioned that the theme of your life is healing, right? Then primarily because there are still many residues affecting you. But when these influences occur since you have entered a different life phase, as if you are a pool of water, aren't you? When the information enters us, it's as though you're the pool of rainwater being poured by others. Now we are allowing fresh water to enter, finding its source and bringing in new flow. With this new flow entering the pool, is the water within it not changing, do you understand? So your life has already changed in this moment. Change implies that after cleaning these residues, you yourself are like a well of living water continuously receiving fresh water, right? This means that your life theme has transformed into being able to heal others, do you grasp this concept? As before, when you were asking questions, you had not yet dug this well for yourself, hadn't you?

那当你发出了念头念想,OK,我要去找JO我要去找这些信息.那你就是在挖井⽔的过程.那你把井⽔挖通了过后,是不是它不仅可以把你⾃⼰原来的呢些污垢呢些脏东西给冲洗⼲净,你还可以成为别⼈的源头,对不对? 明⽩吗?

When you have the thought to seek out JO and find information, alright, I'm going to look for that. You're essentially digging for water. Once you've dug through and accessed this source, doesn't it not only clean away your own impurities and dirty things but also become a source for others? Isn't that right? Do you understand?

问: 就是说我现在是准备好了去清理这些污垢,我才会有机会去跟JO有这样⼀次对话,对吗?

Questioner: In other words, I need to prepare myself to clear away this filth before I have a chance to talk to JO, correct?

JO: 好的,那你就开始提问.在你⽣命当中最⼤的困扰,不断地提问.抛出这些问题,然后把这些埋在深层次的污垢让它浮上来.

JO: Alright, you start asking questions. The biggest bother in your life, continuously questioning and throwing out those problems, then letting the deep-seated dirt come to the surface.

问: 我前世可能经历了很多伤痛,我还是想知道到底是什么伤痛?

Questioner: Did I endure a lot of pain in my previous life? I still want to know exactly what kind of pain it was.

JO: 你⾸先说你在这⼀世你有什么恐惧或者是害怕或者是悲伤或者是任何.

Firstly, you say what fears or sorrows or sadnesses or anything else you have in this life.

问: 这⼀世的话对我来说最让我恐惧的就是⾦钱,就是我不知道怎么去释放掉是对⾦钱的恐惧.不知道怎么样让⾃⼰觉得⾃⼰的⾦钱是⾜够的.因为我⼀直觉得我的⾦钱不够,然后很多⽅⾯需要钱,但是钱没有来到.

Questioner: In this life, what terrifies me most is money; I don't know how to release my fear of it and how to make myself feel that my money is sufficient. I always feel like I don't have enough money, and there are many aspects where I need money, but the money just doesn't come.

JO: 并不是这个.还有.你继续说.

JO: It's not that. And, you go on with your story.

问: 还有就是我有时候情绪波动会特别⼤,会陷⼊极度悲伤或者⽣⽓悲伤,是这个吗? JO: 你会经常陷⼊⼀个极度的悲伤?

Questioner: Sometimes my emotions are very unstable; I'll sink into extreme sadness or anger. Is that what you mean?

JO: Do you often get stuck in extreme sadness?

问: 对,或者是⾮常⽣⽓或者是⾮常愤怒也会有.

Questioner: Yes, or extremely angry or very furious would also be like that.

JO: 它最主要的是体现在你⽐如说你⼀个⼈的时候,或者是你跟你的朋友在⼀起的时候,或者是被⼈惹你? 最主要是?

JO: It mainly manifests when you're alone, or when you're with your friends, or when someone annoys you? What is the main aspect?

问: 好像⼀个⼈的时候也会有,但是现在我在谈恋爱,我跟我的男朋友也会有摩擦.但是我在⼯作中有时也会遇到.就是来⾃各⽅⾯.

Questioner: It seems to happen even when alone, but now that I'm in a relationship, my boyfriend and I also experience conflicts. Yet, I sometimes encounter similar issues at work as well. The troubles come from various directions.

JO: 你稍等.你有⼀世对这⼀世造成的影响就是你有被你的亲⽣母亲抛弃过的体验.因为当你还是在⼀个婴⼉的⼀个状态,然后你被抛弃.然后它给你到来的呢种⽆助感和悲伤感还有对这⼀世有影响.⽐如说这是你⼩时候经历的事情,你现在虽然年龄⼤了,⼩时候经历的事情还是会让你感受到⽆⼒和悲伤.所以这⼀世给你带来的影响就是呢⼀世你在作为婴⼉的状态下呗抛弃.我们需要去疗愈这个.

JO: Wait a moment. The impact of this life on your previous life is that you have experienced being abandoned by your biological mother. Because when you were still an infant, and then you were abandoned. This experience brings feelings of helplessness and sadness to you in this lifetime, which can affect this life as well. For example, even though you're older now, the experiences from childhood can still make you feel powerless and sad. So, the impact on this life is that when you were an infant, you were abandoned. We need to heal from this.

问: 就是说没有安全感,可以这么理解吗?

Questioner: Does that mean a lack of security? Can it be understood that way?

JO: 就是被抛弃的呢种痛、悲伤还有就是⽆⼒.因为你是⼀个baby你没有办法去呼叫你妈妈,也没有办法问她为什么要抛弃你? 然后你也没有去选择你想要进⼊到哪⼀个家庭.然后我们接下来可以进⾏这⼀个疗愈.你想要做吗?

JO: It's about the pain of being abandoned, sadness, and helplessness. You're a baby and you can't call your mom or ask her why she left you? And you didn't choose which family to enter into. We can proceed with this healing process. Do you want to do it?

问: 要怎么做这个疗愈?

Questioner: How do I go about this healing process?

JO: 因为你需要说: 我想要.因为这个都是需要你的⾃由意愿,你想要去做.问: 我想要去做这个疗愈.

JO: Because you need to say: I want to do it. As this all requires your free will, you want to go ahead with it. Questioner: I want to do this healing process.

JO: 我们现在邀请来这个婴⼉被抛弃的呢⼀个画⾯.你现在闭上你的眼睛,然后放开所有所有的脑⼦⾥⾯的活动思想.然后你再想象⼀下你进⼊到⼀个婴⼉的状态.然后你才刚刚出⽣.然后在你刚刚出⽣的状态你已经是对整个世界充满了恐惧.因为所有的新的环境陌⽣的环境,然后才刚出⽣.接下来你要⾯临的这个恐惧还没有消失的时候,你就要⾯临另外⼀个恐惧,就是你亲⽣的妈妈她不能照顾你.你感受到她将要抛弃你.你⾮常⾮常的恐惧还有⽆助还有伤痛.因为她是你这个世界上唯⼀⼀个有连接的⼈.然后她却需要⾃⼰断开这个连接.我们想要邀请光和爱来包围这个刚刚出⽣的婴⼉.

JO: We invite you to visualize the moment when this baby was abandoned. Close your eyes and let all thoughts in your mind cease, allowing complete stillness. Then imagine yourself entering into the state of an infant. Imagine being born for the first time. In that newly born state, you are already filled with fear due to the unfamiliar environment around you. The fear associated with this new world hasn't even subsided when you have to face another terror - your own mother cannot care for you anymore. You feel her abandoning you and experience intense feelings of terror, helplessness, and pain. She is the only one in your world who has a connection to you, but she needs to sever that very connection. We ask that light and love surround this just-born infant.

然后我们要让婴⼉知道你来到这个物质世界,你并不是没有⽀撑的,你也并不是⽆助的.因为你永远永远都和源头在⼀起.你想象⼀下,所有的⽣命⽆数个动物它们才刚刚出⽣后也就离开了⾃⼰的母亲.⼤⾃然会抚养它,所有的⼀切它的需求都会被⽀持.所以它真正的母亲是宇宙,是⼤⾃然,是⼟地.⽽不是呢个⾁⾝.允许所有的信息进⼊到呢个画⾯.从此以后在这个画⾯⾥⾯,呢个婴⼉感受到的是造物主的⽀持.因为他知道世界上很多动物都是在离开妈妈的⾝体过后⾃⼒更⽣.因为整个地球整个宇宙都是他的摇篮.刚刚疗愈结束了,然后在能量层⾯它会⾃动的发⽣.所以你需要去做任何的⼯作.

Then we need to make infants aware that you are coming into this physical world, and that you are not alone, nor helpless. You are always connected with the source. Imagine all the lives of countless animals just after being born, they leave their mothers immediately. The universe takes care of them, meeting all their needs. Therefore, their true mother is the cosmos, nature, and earth, not the physical body. All information should be allowed to enter this scene. Henceforth, in this scene, the infant feels the support of the Creator because they know that on Earth, many animals can fend for themselves after being separated from their mothers' bodies. The whole planet, the universe is its cradle. Healing has just ended, and it will automatically occur at an energetic level. So you need to do any work.

问: 好的.我想让JO帮我看⼀下我的爸爸和我的灵魂约定是什么? JO: 你稍等.你的爸爸叫什么名字?

Questioner: Alright. I want JO to check what my dad and my soul contract is.

JO: Just a moment. What's your dad's name?

问: XXXJO: 你和你的⽗亲之前会有⽐较复杂的关系,就是他⾸先有⼀个看似分别的分别.就是会有⼀些过程让你感受不到爱或者是⽗爱.但是又会有化解,就是又会有让你感受到深深的爱.所以这是⼀个⽐较,就是什么体验都有.就是让你爱恨交错,就是说不只是⼀个感受.

Questioner: XXXJO: You had a rather complicated relationship with your father in the past, which involved a seemingly contradictory separation where you might not feel love or paternal affection at all times. Yet, there was also reconciliation, bringing about moments of profound love that you experienced deeply. This is essentially a mix of different experiences and feelings, a fusion of love and hatred, where you don't just have one clear emotional response.

问: 那他最重要的是为了给我贡献什么的?

Questioner: What was his most important contribution to me?

JO:他来让你知道这个世界上即使你有感受到被断开连接,但是你永远都是被连接的.也就是说即使你有体验到你们之间断开,但是实际上你们之间是有连接的.那即使你有感受到可能不被爱或者他不够关注你,但是实际上还是没有办法去否定⼀些连接或者是爱或者是关注.

JO: He comes to let you know that in this world, even when you feel disconnected, you are always connected. That means, even if you experience a disconnection between you two, there is actually still a connection. So even if you feel like you're not loved or he isn't paying enough attention, it's impossible to deny the connections or love or attention in reality.

问: 那我和我妈妈之间的灵魂约定是怎样的?

Questioner: What is the soul agreement between me and my mother?

JO:你和你妈妈就好像是⼀种互相⽀持对⽅,更多的你们是像姐妹,就好像是平等的关系.不像是呢种她是母亲你是⼥⼉,她⽐较权威,你⽐较呢个什么.然后更多的是呢种并肩作战、携⼿共进的呢种关系,就是平起平坐.所以就好像是你们牵着⼿共同去体验或者是共同去突破.就是在这样⼦的⼀个状态.

JO: Your relationship with your mother seems to be a mutual support system, more like that of sisters, akin to an equal partnership. Unlike the traditional dynamic where she is seen as authoritative and you in a subordinate role, it's more about being side-by-side, working together towards common goals, essentially on level ground. Therefore, it feels like you're experiencing life or pushing boundaries side by side, maintaining a harmonious balance.

问: 那她最重要给我贡献的是什么呢?

The question is: What was her most significant contribution to me?

JO: 就好像你的战友⼀样,跟你并肩作战,像这样⼦.问: 就是共同成长的呢种,是吧?

JO: It's like your comrades in battle, fighting side by side with you, as shown here. Questioner: Is it about growing together, right?

JO: 你们就是灵魂伴侣,明⽩吗?

JO: You are soulmates, understand?

问: 我跟我男朋友的灵魂关系是怎样的? JO: 你们在⼀起多久?

Questioner: How is my soul relationship with my boyfriend?

JO: How long have you been together?

问: 从19年12⽉到现在,将近四年.

Questioner: From December 19th of last year to now, nearly four years.

JO: 你们彼此都给对⽅带来了,就⽐如说你以前从来没有吃过⿇辣这个味道,然后他以前从来没有吃过酸甜这个味道,然后你们彼此都把这个味道带⼊到对⽅的⽣命当中.然后来丰富了彼此的⼀个体验.所以在这段关系当中你会有很多新的发现或者新的感悟或者新的感受.

In this relationship, you bring each other flavors that are new to both of you; for example, you've never tasted spicy before and he's never had sour sweet, then you introduce these flavors into each other's lives, enriching your experiences together. So within this connection, there will be many new discoveries, insights, or feelings that emerge.

⽆论它是痛的也好还是快乐的也好,对你来说这个体验都是新的.

No matter whether it's painful or pleasurable, the experience is new to you.

问: 但是我还是希望在转关系中更多的还是开⼼.那我需要怎样做才能体验到更多的开⼼?

Questioner: But I still hope to feel happier in relationships. What do I need to do to experience more happiness?

JO: 那是需要你⾃⾝,就像前⾯说因为如果你⾃⼰是⼀个受伤的状态,你其实和别⼈在⼀起你还是个受伤的状态呀,明⽩吗? 所以说当你⾃⼰养好⾃⼰的伤⼜,然后你⾝体上没有任何伤痛的,那你跟别⼈在⼀起你也是没有伤痛的呀.你反⽽还会给你们的交往的过程带来很多的快乐,因为你的⾝体不会⼲扰你.所以说⾃⾝的⼀个⼯作,⾃⾝的⼀个疗愈还有清理⼯作才是最重要的.也就是说当你进⼊⼀种美好的状态,你的关系也会.你这么想,⼀个⾝上都是伤⼜的⼈,她跟别⼈在⼀起,就算是你亲⾝的孩⼦,他可能有两个要求你就开始烦躁了,对吧? 那当你是在⼀种美好的状态,你精神状态⾝体状态都很好,他可能⼗个要求你都不嫌过分.

JO: That is something that depends on you yourself, just like what was mentioned earlier because if you are in a state of injury, even when you are with others, you are still in an injured state, do you understand? So, when you have healed your own injuries and your body has no pain, then, when you are with others, you also don't experience any pain. Instead, it brings joy to the process of interaction because your body doesn't interfere with you. Therefore, the most important aspect is working on yourself, healing, and clearing work. That means that when you enter a beautiful state, your relationships will as well. If you think about someone who has many injuries, even if they are related to their own children, just two demands might make them start to feel frustrated, right? But when you are in a good state, with excellent mental and physical health, you might not mind ten demands being made on you.

问: 因为我现在在做⽼师的⼯作,在上课的时候有⼀些⼩孩⼦闹我就觉得很累.如何能让我更轻松的完成教学? 或者是能让我把这些不开⼼给排解掉?

Questioner: I feel very tired when I have to deal with misbehaving children during my teaching sessions as a substitute teacher. How can I make this task easier for myself or find ways to cope with the frustration?

JO: 你稍等.⾸先你的⾝体⾥⾯残留着⼀些没有被激活的能量,细胞吧.这么说吧,⼀个孩⼦的状态,⽐如说⼀个三四岁的孩⼦,他的⾝体细胞是被百分之百的激活的状态.那你们随着年龄的增长会有很多恐惧也好信念也好影响也好导致你的细胞它就渐渐渐渐失去活⼒了.那你的活跃的细胞可能就只剩下百分之⼆⼗了.那如果你的⾝体只有百分之⼆⼗的活跃细胞,对⽅是百分之百的活跃细胞.你想⼀下你们两个会不会发⽣冲突?那如果你能把你的细胞百分之百的激活,就像⼀个⼩孩⼦的⼀个状态.你跟他们是同频的.那你们便不会有这样⼦的⼀个冲突.为什么? 因为你跟他是⼀样的了.

JO: Wait a moment. First of all, your body contains some unactivated energy, perhaps cellular energy. To put it this way, the state of a child, for example, a three-to-four-year-old, has their body cells activated to 100%. As you grow older, with fears and beliefs impacting you, your cells gradually lose vitality. Your active cells may only make up 20% of your total. If your body consists of just 20% active cells while the other party is at 100%, imagine what kind of conflict might occur between you two? But if you could activate all your cells to be in a state similar to that of a child, matching their frequency, there would be no such conflict. Why? Because you would then be on the same level as them.

你会⽤他的⼀些理解他的⼀些感知和他的⼀些energy level,就是他的⼀些能量状态去体验这个世界.所以说当发⽣这样⼦的⼀个现象的时候,你就告诉⾃⼰你还有其他能量没激活.这么说吧,当你不断地跳跳跳抖动抖动抖动把你⾝体的每⼀个细胞都激活,⽤⾳乐或者是跳舞就是不断地呢种抖动的状态,把你的 energy level,可能最开始是⼗,激活到⼀百.你再跟孩⼦去互动,你看⼀下你还会不会有你说的这些反应? 便不会了.

You would use some of his understanding, some of his perceptions, and his energy levels to experience the world. So when such phenomena occur, you tell yourself that there are other energies not yet activated within you. Let me explain it this way: as you continuously shake, shake, shake your body, activating every cell, using music or dancing which involves constant movements, you might start with an energy level of ten and raise it to a hundred. Then, when interacting with children, observe if you still exhibit the same reactions you spoke about. Typically, you wouldn't.

问: 就是说我⼀直要让他们听话或者按照规则去做,其实是我的束缚⽽不是他们的?

Questioner: In other words, am I always supposed to make them listen or follow rules, which is actually my restriction rather than theirs?

JO: 因为⼤⼈为什么跟⼩孩在⼀起他会觉得累? 你想⼀下,别⼈的battery,就好像你们都是有电池的,是吧? 对⽅的电池是百分之百充电状态,你的电池只有百分之⼆⼗的电量.那你会不会觉得累? 你肯定会觉得累.所以是什么让你们battery电池的活跃度只有百分之⼆⼗了呢?

Japanese Olympian: Because when adults are around children, they feel exhausted? Imagine, you both have batteries, right? The other person's battery is fully charged, while yours only has 20% of its power. Wouldn't that make you feel tired? You would definitely feel tired. So what drains your battery to only 20% capacity?

⽐如说你头脑⾥过多的思绪.你要知道⼩孩⼦他不会去想明天要交房租了,我的信⽤卡要还贷了,明⽩吗? ⼩孩⼦头脑⾥有这些吗? 即使明天是末⽇,他同样今天玩的超开⼼.所以说有问题的是你们成⼈,⽽不是孩⼦,明⽩吗? 因为孩⼦他是在⼀个完全激活的状态.他活出来的才是真正的⽣命的状态.你们的能量被消耗的太多了,所以你们会觉得疲惫⽆⼒.它的消耗来⾃于哪⾥? 就好像我刚才说,它还在两三岁三四岁的时候,他不会去考虑我明天的房租咋办呢.我的这个信⽤卡马上要还贷了.我的这个职位这次又没有加薪没有升职.他们不会去考虑这些,明⽩吗?

For instance, you have too many thoughts in your head. You need to understand that children don't think about things like paying rent tomorrow, or my credit card needs to pay off the loan, do you see? Do kids even think about these things? Even if tomorrow were the end of the world, they would still be extremely happy today. So, it's the problem with adults, not the kids, understand? Because children are in a completely active state; they live out their true essence of life. Your energy is drained too much, that's why you feel exhausted and powerless. Where does this energy go to waste from? Just like I mentioned before, when they were around two or three years old, they wouldn't worry about how to handle the rent for tomorrow. Their credit card will be due for repayment soon. Their job didn't get a raise or promotion this time around. They don't think about these things, do you see?

问: 所以说现在就是要把⾃⼰的能量…JO: 你⾸先要知道为什么⼤⼈会觉得带孩⼦累,是因为你们不在同⼀个energy level.就好像我刚刚说你只有百分之⼆⼗的电量,你跟⼀个有百分之百的电量的⼈去呢个什么.但是你们是可以达到百分之百的电量的,呢才是你们本来的样⼦.

Questioner: So it's about channeling your own energy...

JO: You first need to understand why adults might find parenting exhausting; it's because you're not operating on the same energy level. Imagine I just told you that you have only 20% of your battery power, while someone else has a full 100%. If you were to try and match their energy levels, it would be like trying to perform at a higher level than what you're naturally capable of. But with consistent effort, you can reach the full 100%, which is how you are truly meant to function.

问: 能不能帮我看⼀下我本来⾼中念完是要出国念⼤学的.但是由于各种原因我⾼中毕业就出来参加⼯作了.我想知道为什么我的灵魂选择了这样⼀条路让我现在相对⽐较低的学历在⼯作的时候就会⽐较受限.

Questioner: Can you help me understand why my soul chose this path for me, leading to a lower education level and thus facing limitations in my career when compared to others?

JO: ⾸先如果是在这⾥的话你们所有⼈的学业是什么? 就是成为你们⾃⼰.这才是唯⼀⼀个学业.你们所谓的学业都是你们物质世界依靠这个来给你们的⾝份定位,来给你们加⼀个枷锁⼀样.我就锁定了,我就是这个学历,我只能拿到这点⼯资.那就看你⾃⼰要不要去加⼊了? 你看你⾃⼰要不要去加⼊这个社会这样的⼀个定义或者⼀个集体意识? 因为如果你觉得我的这个学历只配拿两三千块钱的⼯资,那么你就会创造这样⼦的体验给你.那你要看到你们这个世界上有多少⼈他不是就是… 因为你能积累多少⾦钱跟你的学历没有关系,跟你的能量的强弱有关系,明⽩吗?

JO: First of all, what is everyone's education here? It's being yourself – that's the only education there is. All your so-called education is something you rely on in this material world to define your identity and place constraints upon yourselves. I'm locked into my degree, hence my salary is limited to this amount. The question then becomes, are you going to join society's definition or collective consciousness? Because if you think your degree only warrants being paid three thousand yuan a month, that's the experience you'll create for yourself. You need to realize how many people in the world don't feel like... Your ability to accumulate wealth is not related to your degree; it depends on the strength of your energy, understand?

问: 刚刚说和孩⼦的互动包括我说的⾃⼰学历互动都是因为我⾃⼰的能量…JO: 这些都没有来限制你.是你觉得它限制你了它才会来限制你.这些都没有限制你.刚刚都说了你们最主要的事情是什么? 是你们⽣命的课程.还有最主要的是你们能创造多少物质的东西是跟你们的能量强弱有关系,跟学历没有关系的.那为什么你们社会上有的学历⾼的⼯资⾼呢? 那是因为你们这个社会上,你们的集体意识… 这么说吧,当你在学⼀些专业之前,你在这个专业⾥是有很多限制的,是吧? 那你专业知识学多了,限制就变少了,是吧?那你限制变少了过后,那你是不是钱就多了? 因为你的活动空间就越⼤嘛.那你说真正影响你们活动空间的是什么?

Questioner: Just now we talked about interacting with children and how my own achievements are related to my own energy…JO: None of these limit you; it's your perception that they do, so they only come into play when you perceive them as limitations. These don't actually restrict you. What was the main topic we discussed just now? It was your life courses. And primarily, how much material you can create is related to your energy levels rather than your educational background. Why do people with higher degrees earn more in society? This is because of collective consciousness within society. Let me explain: Before studying a specific field, you are limited by it; isn't that right? As you gain knowledge and expertise in that field, the limitations decrease, correct? So when you have fewer limitations, does this mean you also have more money? Because your opportunities expand. Now, what really affects your opportunities according to these discussions?

是你们⾃⾝,就是你们相信的东西.它们限制了你的活动空间,明⽩吗?

It's you yourselves, the things you believe in. They limit your range of movement, understand?

问: 就是眼界是吗?

Questioner: Is it about expanding one's perspective?

JO: 你的⼀个认知.你的⼀个观念.

JO: One of your cognitions. One of your notions.

问: 我半年前养了⼀只猫,我养了它两个多⽉,它⽣病了后来.最后给它做了安乐死.这个事情特别困扰我.我想看⼀下它跟我有什么样的灵魂约定?

Questioner: Six months ago, I took care of a cat for over two months, and it got sick later on. Eventually, I had to put it down. This experience is particularly troubling for me. I want to understand if there was any soul contract between us.

JO: 你稍等.你想要知道这个猫猫有什么信息带给你? 它想要让你知道的就是⾁体的断开并不是真正的断开,你在任何时候想要它再⼀次的进⼊你的⽣命当中你都可以去做出这个选择.然后它会再⼀次的来到你的⽣命当中借助不同的⾁体.可以是猫猫可以是狗狗,明⽩吗?

JO: Wait a moment. Do you want to know what information this cat wants to convey to you? What it wants you to understand is that the separation of the physical body isn't truly a separation. At any time when you wish for it to re-enter your life, you can make this choice. And then it will return to your life again using a different physical form. It could be as a cat or a dog, do you get it?

问: 那我现在又养了⼀只猫,这只猫是我之前的呢只猫的灵魂吗?

Questioner: Now that I have another cat, is this cat my previous one's soul?

JO: 不是.但是它们是通的.通的是什么意思呢? 就是说它跟你现在的猫猫它们是有连接的,就是好像我们都是好朋友,是吧? 然后现在你进⼊了我的爱⼈的⽣命当中,就这样⼦.它们也是有联系的.

JO: No. But they're connected. What does "connected" mean? It means that they are linked to your current cats, like we're all good friends, right? And now you've entered into my partner's life, something like that. They are also connected.

问: 我上⼀个死的猫,它的性格有点暴躁.但是现在这个猫特别的乖巧.这个性格的反差是因为我的能量在变吗?

Questioner: I had a deceased cat whose personality was somewhat explosive. But now this cat is particularly docile. Is the contrast in personality due to my energy changing?

JO: 你稍等.刚才信息说这个猫猫是有连接的不是吗? 然后你的上⼀个猫猫它有特意的交代这只猫猫要温柔的对待你.

JO: Wait a moment. The message said that this cat has been connected, right? And then your previous cat specifically instructed that this cat should be treated gently by you.

问: 那我现在这个猫它有什么话想跟我说的吗?

Questioner: Now, does my cat have anything it wants to tell me?

JO: 它说任何时候你觉得你想要被疗愈的时候,你可以抱着它.它会给你疗愈的energy.问: 明⽩了,确实跟它在⼀起感觉很被疗愈.

JO: It says that whenever you feel like you want to be healed, you can hold it. It will give you healing energy. Questioner: I understand, indeed feeling very healed being with it.

JO: 🗎.就是你感觉你想要⼀个拥抱,想要温暖,感受到受伤了想要疗愈,它都会在呢⾥,然后给你拥抱.

JO: 🗎. It's like you feel like you want a hug, wanting warmth, needing healing after being hurt, and it's all there, then giving you a hug.

问: 我这⼀世最⼤的天赋才华是什么?

Questioner: What is my greatest talent in this life?

JO: 你稍等.你特别有同情⼼,这是属于你的⼀个gift.就是你能感受到别⼈的⼀个伤痛,就是能跟别⼈感同⾝受.因为当你有了这个感同⾝受的时候其实你就跟对⽅连接了.当你跟对⽅连接的时候,你就可以去输⼊你纯净的能量了.如果你的源头是活⽔的话,你就可以达成疗愈了,明⽩吗? 因为如果你要是跟对⽅建⽴不了通道的话,你的⽔流不进去的呀.那你就已经有了可以很容易跟别⼈建⽴这个通道呀.

JO: Wait a moment. You have a special gift of empathy, which means you can feel others' pain and understand their feelings as if it were your own. When you empathize with someone, you connect with them. By connecting, you are able to input pure energy into the situation. If your source is flowing water, you will achieve healing. Do you see that? Because without establishing a connection, your 'water' can't flow through. But you have an easy way to create a channel for communication with others already.

问: 因为我现在在做天赋⽼师,那我的天赋和我的职业有什么联系吗?

Questioner: Given that I am now a talent teacher, how is my talent related to my profession?

JO: 你现在做的⼯作不是,你并不是呢么的enjoy,你并不是呢么的喜欢或者是并不是呢么的乐在其中就是很享受的事情.

JO: The job you're doing now isn't something you enjoy or like very much, it doesn't bring you a lot of satisfaction or joy.

问: 那我怎么去做符合我天赋才华的⼯作呢?

Questioner: How can I do work that aligns with my talents and abilities?

JO: 这么说吧,刚才说如果你现在⾝体还是遍体鳞伤的状态的话,你做什么⼯作它都不会是⼀个很好的状态.所以你现在最重要的是清理.就好像刚才说你现在把井⽔的源头已经挖到了,那你就允许它.你的死⽔换成活⽔是不是需要⼀个过程? 那你就去允许这个过程在你⽣命中发⽣就好了.所以接下来就会是⼀个焕然⼀新的你.你也会⾛上你真正enjoy的事情的道路.

JO: Let me put it this way, if your current condition is still one of being all over the place due to injuries, then no job would be in a good state under those circumstances. So, what's most important now for you is to clean up. Imagine that you've already dug to the source of the well water, and allowing it - does transforming your stagnant water into fresh water require a process? Just let this process happen within your life. This means you'll experience a brand new you. You will also embark on the path of truly enjoying what you do.

问: 我跟我爸爸看似可能是分离了,其实⼀直在连接着.因为我们现在确实是⼀个分离的状态.我想知道这个意思是说他会有⼀个转变还是我去到更⾼了,然后我⾃⼰就改变了?

Questioner: It seems like I might be separated from my dad, but we're actually still connected. Because right now, we are indeed in a state of separation. I want to know if this means there will be a shift for him or if I have ascended and changed myself?

JO: 你们是怎样的分离状态?

JO: What kind of separation are you experiencing?

问: 就是已经好⼏年没见了.然后他现在是有债务在⾝上,这个也是我们这个家庭分开的原因.所以我对他也⽐较担⼼.所以我们之间的变化是因为什么?

Questioner: It's been a few years since we last saw each other. Now he is burdened with debt, which was the reason our family split up. That's why I'm quite worried about him. So what caused the changes between us?

JO: 你⾸先如果你现在还是⾝体有伤⼜遍体鳞伤的话,你是没有办法去帮助任何⼈.你只会让别⼈看到你的痛.⽽且你在帮别⼈的过程中,你⼀动就: 啊,好疼啊,好疼啊.因为你⾃⼰⼀动⼀下就疼,明⽩吗? 所以说你只有先让⾃⼰允许这个修复的过程发⽣过后,到了呢个时候你再来问问题.因为现在好像还是你⼀个允许还是不允许的过程? 那你只有做了决定过后,就好像现在路你要选择左边还是右边? 你选择了左边还是右边,你有不同的道路呀.然后到时候就会有更多的信息给你.

Firstly, if you are still physically injured and in pain, you cannot help anyone; instead, you'll just show your suffering to others. Furthermore, while helping someone else, with every move, you'd say, "Oh, it hurts, it hurts," because moving would cause you pain. Understand? So, you must first allow the healing process to happen before you ask questions. It seems like you're still deciding whether or not to permit this process. Once you've made that decision, it's like choosing between going left or right on a path; once you pick one, there are different paths for you. Then, at that point, more information will become available to you.

换问的男朋友问: 我想问⼀下我这⼀世的灵魂主题是什么? JO: 你稍等.你叫什么名字?

The boyfriend asked, "I want to know what my soul theme is for this lifetime?"

JO replied, "Hold on a moment. What's your name?"

问: XXJO: 你想要来到这个世界上带来欢乐,来让你周围的⼈的⽣存环境… 这么说,就像⼩丑它把⾃⼰扮演的很搞笑来给别⼈带来欢乐.所以说你⾃⼰的⽣命的主题你更多的是想带来欢乐给这个世界.就好像是来给这个世界送礼物.送什么礼物呢? 就是欢乐这个礼物.明⽩吗? 所以你会发现你会对⼀些特别有意思,特别搞怪,特别搞笑的这样⼦的东西⽐较感兴趣.就像⼩孩⼦⼀样.所以你会感受到实际上你的活⼒和能⼒值都⽐较⾼的,你精⼒也⽐较充沛的,也⽐较就是过了就过了,不太上⼼.因为上⼼的东西都会给⼈带来压⼒,会让⼈累.就是让你的energylevel能量值下降.所以在别⼈眼⾥就觉得你好像有点没⼼没肺的呢种感觉.

Questioner: XX. JO: You want to bring joy into this world and improve the survival environment of those around you, isn't that right? This analogy is like a clown who pretends to be funny to entertain others. Therefore, your life's theme seems more about bringing happiness to the world, almost as if you're giving the world a gift. What kind of gift would that be? Joy, the gift of joy. Can you see it? As a result, you will find yourself particularly interested in some fascinating, absurd, or funny aspects, much like how children are drawn to them. You might notice that your vitality and capacity for tasks seem high, with lots of energy and enthusiasm, not too bothered about details. Things that demand attention can create stress and exhaustion, which lower your energy levels. That's why others perceive you as somewhat indifferent or heartless.

但实际上这是你⼈格的特质.因为你不想有,本⾝所有上⼼的呢些事本⾝就不是个事,明⽩吗?本⾝就是说,就好像活在当下嘛,只需要活在当下就好了.呢些问题都不是问题,呢些问题都只会让你的能量变得沉重.⽽不是说让你⼀直在⼀个亲密快乐的状态.

Actually, this is a characteristic of your personality because you don't want it; all the things that occupy your mind are not issues in themselves, do you understand? That is to say, just like living in the present, you only need to live in the present. These problems are not issues; these problems will only make your energy feel heavy. And it's not about being in a constant state of closeness and happiness.

问: 我的天赋才华是什么?

Questioner: What are my gifts and talents?

JO: 刚才不是说了嘛.你的天赋就是给这个世界带来欢笑.只是说这个世界可能还没有如此的去看到你的发光点.为什么呢? 因为他们都是在很严肃的⼀个状态下.然后他们就会觉得你好像是有⼀点不和我们⼀样.

JO: Didn't we just say that? Your gift is to bring laughter to this world. It's just that the world might not have seen your shining point yet. Why is that? Because they are all in a very serious state, and then they would feel like you are somehow different from us.

问: 现在感觉就是有⼀点迷茫,就是感觉不知道应该做什么? JO: 你对什么感兴趣?

Questioner: Now I feel a bit confused, like I don't know what to do.

JO: What are you interested in?

问: 就是我还没有找到⾃⼰特别感兴趣的,就⼀直还在寻找.

Questioner: It's just that I haven't found something particularly interesting yet, so I'm still on the lookout.

JO: 那你就看看你做什么能给⼈们带来欢乐欢笑或者是创造快乐的⼀个… 就是这样⼦的.

JO: So, you should look at what you do to bring joy and laughter to people or create happiness. That's it.

问: 我现在对⾃⼰的⼯作也没有兴趣.但是条件不允许,也没有办法换⼯作.那具体我要怎么办?

Questioner: I am currently disinterested in my job. However, the conditions do not permit me to change jobs, and there is no way to switch careers. What should I specifically do?

JO:刚才说了你的天赋就是给⼈们带来快乐.那你就可以去找⼀下什么⾏业或者事情可以让你持续的给⼈们带来⼀种,这么说吧,就⽐如说你们社会上有呢种说相声的,然后像这样⼦的或者是演⼩品的,然后或者哪怕是⼀个特别搞笑的主持⼈,哪怕是⼀些你们⽹络上做搞笑视频的或者是卖⼀些⼩朋友的东西给⼩朋友带来欢乐,明⽩吗?哪怕就是陪⼩朋友玩,做游戏.我就陪⼩朋友玩.然后你就会发现当你在让⼈们笑的时候,你就会有越来越多的点⼦让⼈们笑,然后就越来越是进⼊到这种正向循环的状态当中.

JO: You just mentioned that your gift is to bring happiness to people. So you can look into industries or activities that allow you to consistently provide a sense of joy to others. To give you an example, there are comedians in your society who make people laugh, as well as those involved in comedy sketches, or even a particularly humorous host on television or online content creators who make funny videos or sell items for children to bring them joy. Even playing games with children counts, like when I play with children. You'll find that the more you entertain people, the more ideas you have to keep making them laugh, and thus falling into this positive feedback loop.

问:我跟我的⼥朋友有时候吵架,我这边有没有什么需要做出改变的可以跟她相处更融洽?

Questioner: Sometimes I argue with my girlfriend, what changes do I need to make to get along better with her?

JO: 你稍等.⽐如说你们在⼀种就是她伤⼼的⼀个状态,因为你很难去理解到她伤⼼的点,明⽩吗? 因为对你来说这可能不是个事,但是在她呢就是⾮常⼤的⼀个事.然后你也不知道她到底在伤⼼什么? 然后就觉得好像有什么好伤⼼的? 为什么会伤⼼? 然后你可以就是说,⾸先不管你能不能赞同她说伤⼼.⾸先只要她说伤⼼,你就告诉她,就是你就不需要再试图让她快乐起来,明⽩吗? 因为她呢会⼉最需要的就是你对她伤⼼的理解和认同.那你可以就表现出: 我很能理解你的感受.就是你需要把你呢个不是个事的态度收敛起来,然后表现出我很能理解你,我能看到你本⾝就是遍体鳞伤的⼀个状态.

JO: Wait a moment. Imagine you're in a situation where she's heartbroken because it's hard for you to comprehend what makes her sad. To her, this could be the biggest issue while for you, it might not matter at all. You also have no idea exactly why she's feeling so sad. It seems like there must be something significant causing her distress, and you wonder why she is upset. Your response should be: first of all, whether or not you agree with her that she is heartbroken doesn't matter; simply acknowledge it by telling her that you don't need to try to make her happy again. Understand? She needs your understanding and acceptance of her sadness. You can express this as follows: I deeply understand how you feel. Your attitude should be one that shows her the issue isn't trivial, instead demonstrating a deep understanding of her pain, recognizing that she is in great emotional turmoil.

就是你要先认同她,现在我虽然看不到你的伤⼜但是我知道你的⼼在滴⾎.⽽不是站在你的⾓度来看,这个算什么事⼉啊,这个就不是个事.然后当他从你这⾥得到了理解和认同过后,她就已经好了,明⽩吗? 她只有先得到这个过后,她才会开始好.当你没有给出这个的话,她不会好.你怎么去逗她笑都没有⽤的.

You need to empathize with her first. Although I can't see your wounds, I know that your heart is bleeding. It's not about seeing things from your perspective; this isn't just a matter; it's more than that. Once she gets understanding and acknowledgment from you, she will heal, got it? She only starts to feel better after receiving this support. Without giving her this, she won't recover. No amount of trying to make her laugh will help.

问: 我现在每天下午六点就下班了.但是回家后⾃⼰找不到⾃⼰的兴趣.就是在刷⼿机或者视频.

Questioner: I finish work at six every afternoon, but when I get home, I find it hard to engage in my hobbies. I just end up scrolling through my phone or watching videos.

JO:如果你要刷⼿机或者视频的话,你也可以找⼀些⽐较搞笑的,就是做呢些搞笑的视频.因为它这些它可以给你⼀个灵感,就是好像你现在在找素材⼀样.然后当你收集了很多素材,以后随时随地都可以去供你使⽤这些素材.

JO: If you're going to browse your phone or watch videos, you can find some funny ones, doing those funny videos because they can give you an inspiration, like you are looking for content now. Then when you collect a lot of content, you can use them anytime later on.

问: 你说去做⼀些事情我觉得是可以的,但是…JO: 你现在还没有,你想⼀下,你现在素材还没有收集全你就想着去展现,你没有东西呀.就好像你现在要做⼀个作品,是吧? 那你做作品你需要收集的材料你都没有,⽐如说你要建⼀个房⼦连⽊头呀、砖呀,什么东西你都没有.你怎么去动⼿建房⼦呢? 所以现在说你收集素材的时候呀.但是你还年轻,你有的是时间,明⽩吗?

Questioner: You say that it's okay to do something, but... JO: But you haven't done anything yet. Think about it - you want to show something off before you've gathered all your materials. You have nothing! Imagine you're creating a piece of work, right? You need to collect materials like wood and bricks for the house you want to build. How can you start building a house without any of these materials? So, this is when you should be gathering your materials. However, you're still young, so you have plenty of time, understand?

问: 如何让⾃⼰变得⾃律?

Questioner: How can one become self-disciplined?

JO: ⾃律是什么意思? 就是你要把你⾃⼰逼到做你⾃⼰不喜欢的,就是给你安排⼀些事情,但是呢些事情并不是你激情和想做的事情?你这样⼦会把你,怎么说呢,你本⾝就是⼀个特别有跳跃思维,就是⼀会⼉跳到这⾥⼀会⼉跳到呢⾥.你本⾝就是属于这种.这是你的灵活,这是你的⼀种就好像穿越能⼒,就⽐如说我可以马上从这个频道穿越到另外⼀个频道.可能你刚刚看的是⼀频道,⼀频道你是⼀个⾝份,你突然又转到另外⼀个频道.那这种惊⼈的转变的能⼒是你的天赋,你却想把它固定到⼀个频道,明⽩我意思吗?所以说这就是我刚刚说你的天赋还在这个物质世界上没有很好的被认可.怎么说呢,就是你觉得你想要去fit,就是你想要去适应这个社会.

JO: What does self-discipline mean? It means you have to force yourself into doing things that are not your passion or what you want to do. But some of those things are arranged for you by others. You're someone with a very creative mind, constantly shifting from one idea to another. This is who you are; this is your ability to move through different channels instantly. Like I can switch from channel A to channel B in an instant. Maybe you were on channel A and suddenly switched to channel B. Your ability to make such incredible transformations is a gift, but you want to fix yourself into one specific channel. Do you understand? So that's why your talent hasn't been well recognized in this physical world yet. You feel like you're trying to fit in or adapt to society.

⽐如说这个社会上的⼈觉得你看这个⼈多⾃律,做事情从⼀⽽终的,是吧?他们觉得这种⼈才好,可信赖,有责任⼼,不会东⼀下西⼀下的.你看这个⼈东⼀下西⼀下的,明⽩吗? 那你知不知道东⼀下西⼀下,如果你要去搞笑的话,你是不是东⼀下西⼀下? 因为你把⼀个悲伤的事件马上把它变成⼀个喜剧.把⼀个喜剧马上把它变成⼀个…. 你去欣赏呢些搞笑的呢些,他们都是从⼀个维度穿越到另⼀个维度,让⼈们吃惊,让⼈们觉得恍然⼤悟,原来如此.就是让⼈们措⼿不及.他们惊⼈的转变能⼒才能创造出这样⼦的效果.那你也是有这样⼦的⼀个能量,但你却想要去符合你们物质社会的死板的刻板的印象.男⼈应该怎样,明⽩吗?所以说当你想要去把你⾃⼰来符合这个社会的价值观的时

For example, when society perceives you as someone who is highly self-disciplined and stays committed to tasks until completion, they consider such individuals good, trustworthy, responsible, and not prone to changing directions abruptly. When they see someone fickle, moving from one thing to another without settling, do you understand? Now, are you aware that when you go for humor or try to amuse people, you might be doing so by making sudden shifts, like turning a sad event into comedy instantly, then flipping it back and forth between different scenarios? When appreciating comedic performances, they involve a leap from one dimension to another, surprising the audience with insights that reveal "aha" moments. They aim to catch their audience off guard, requiring exceptional versatility in transforming content. You possess this kind of energy as well, yet you wish to conform to the rigid, conventional image of your materialistic society's expectations for men. Understand?

When aiming to align yourself with societal values

候,你会很不舒服的.很不舒服之后,你就会开始质疑⾃⼰.你就会觉得⾃⼰没⽤.别⼈做呢么好,我为什么做不好? 所以说你更多的是去认识⾃⼰,然后允许⾃⼰和欣赏⾃⼰.然后来让这个物质世界来符合你,⽽不是你去符合这个物质世界.来让物质世界来符合你的意思是什么? 我从这个⼥孩⼦头脑⾥⾯找到了有⼀个模特叫陆仙⼈,你可以去看⼀下他的信息.然后他是⼀个男的,但是就喜欢穿裙⼦穿⼥装⾛秀.你可以去找⼀些,那他就是创造了坚持做⾃⼰让这个物质世界来符合⾃⼰,⽽不是他去符合这个物质世界.男⼈不能穿裙⼦不能画⼜红不能穿⾼跟鞋.

Wait, you will be very uncomfortable. After experiencing discomfort, you will start to doubt yourself. You will feel useless. Others do so well, why can't I do it right? Therefore, you need to understand yourself more, then accept and appreciate yourself. Then let the material world fit you instead of fitting into the material world. What does it mean for the material world to fit your needs? I found a model named Lu Xianren in this girl's mind, you can check out his information. He is male but prefers wearing women's clothes and dresses for runway shows. You can find more examples like him; he demonstrates sticking to being true to himself so that the material world accommodates him, rather than adjusting to it. Men cannot wear skirts, cannot wear red lipstick, or cannot wear high heels.

问: 我和我的妈妈的灵魂约定是怎样的?

Questioner: What is my soul's agreement with my mother?

JO: 你稍等.你妈妈就是呢种跟你有点相反的.如果你是特别灵活的话,她可能就是刻板.就好像你们就是完全不同的⼀个状态.所以说你想让你妈妈欣赏你,那你就必须要坚持做你⾃⼰直到你发光的呢⼀刻.你妈妈才会转变对你的看法,不然的话她会有⼀个形象在呢⾥.她就觉得你应该怎样怎样,你没有怎样怎样.

JO: Wait a moment. Your mother is of that opposite type to you. If you are very flexible, she might be rigid. It's like you're both completely different states. So if you want your mom to appreciate you, you have to persist in being yourself until the point where you shine. Only then will her perception of you change; otherwise, she has a certain image of you inside her head that dictates what she expects from you and what you should be doing.

问: 那我和我爸爸的灵魂约定呢?

Questioner: What about my soul pact with my dad?

JO: 你稍等.你爸爸他是属于呢种他对你没有太多的就是你⼀定要怎样怎样.所以说他更多的是对你不太发表任何意见的⼀个状态.

JO: Wait a minute. Your dad is of that type who doesn't impose many rules on you, expecting you to do things your own way. So he tends to be more passive in offering his opinions.

# **2023/03/02 — 灵魂主题之安全感Safety and Security in the Theme of Souls**

问: 我的灵魂主题是什么? JO: 你稍等,你叫什么名字?问: XXXJO: 你这⼀⽣选择了这个⾁体来到这个世界上第⼀是要安全感,你会有⼀种很莫名的没有安全感,然后需要去找到你的安全感.这是⼀个主题.还有的就是在情感⽅⾯会有⼀些需要你再通过这⼀世来处理的情感层⾯的问题.所以说这俩个因素会对你⼈⽣的影响是⽐较⼤的.

Questioner: What is the theme of my soul?

JO: Wait, what's your name?

Questioner: XXX

JO: The main focus in this lifetime was to find safety and security first before anything else. You might feel an inexplicable lack of it at times, which prompts you to seek it out. This is a central theme. Additionally, there are some emotional issues that need to be addressed through this life. Therefore, these two factors have significant impacts on your life.

问: 那有使命吗?

Questioner: Does that have a mission?

JO: 你⾃⼰就是⼀本精彩的书或者就是像艺术品⼀样,明⽩吗? ⽐如说你就是像⼀个坐标或者⼀本书或者⼀个艺术品在呢⾥.你不需要刻意的去做什么,你存在呢⾥已经是可以供⼈们去欣赏或者是感悟.就是成为你⾃⼰.

JO: You are already an amazing book or like a piece of art, right? Like you're like a coordinate or a book or a work of art there. You don't need to刻意do anything, just being yourself is enough for people to appreciate and reflect on. Just be yourself.

问: 我可以⽤什么⽅法去突破我的安全感.

Questioner: What methods can I use to overcome my sense of security?

JO: 你的不安全感来⾃于你有⼀世是作为⼀个像男性的⾝份.然后这个男性他经历了多次被背叛和伤害在情感⽅⾯.导致他很难对任何⼈产⽣⼀种托付或者是信任或者是放⼼这样⼦的状态.呢⼀世的经历对你这⼀世还有很⼤的影响.这⼀⽣你还会有这样⼦的⼀个感受,就是还会给你带来这样⼦的感受.

JO: Your lack of security stems from having a past life as someone who identifies with masculinity. In this previous life, the male figure experienced numerous betrayals and emotional harm, making it difficult for him to develop a sense of commitment, trust, or ease with others in any subsequent lifeforms. This past-life experience significantly impacts your current existence, leading you to still feel these sensations in this lifetime as well.

问: 你说的这个是指会有这样的感受还是会遭受同样的经历?

Questioner: Are you saying that there will be such feelings or that one will undergo a similar experience?

JO: 这是你⾃⼰内在的⼀个体验.你会觉得你可能很难把⾃⼰真正的完完全全的交付出去,完完全全的信任对⽅的这样的状态.

JO: This is an inner experience for you. You might feel it's hard to fully commit and trust the other person in this state.

问: 那我要怎么突破呢?

Questioner: How do I break through?

JO: 当你在意识到你产⽣的呢些感受它并不是说,就是你只要意识到它是来⾃于你曾经有这样的体验,对吧? 那是别⼈给你造成的体验.因为你有了这⼏次体验过后导致你产⽣了这种感受.那你是不是就可以转变它了? 你最开始不能转变它是因为你觉得这是真的.就是这些事件或者现象它是真实的,那你便困在其中了.那当你知道你只有过⼏次不好的体验,这么说吧,你可能被两三只狗咬过,那你可能⼀看到狗就产⽣恐惧.但是实际上可能⼀百只狗当中只有俩三只狗才会咬⼈,其它狗是不咬⼈的,明⽩吗?

JO: When you become aware of these feelings it's not that you say that they are coming from your past experiences, right? Those experiences were caused by others. After having those few experiences leading to this feeling, can you then change it? You couldn't change it at first because you felt that it was true – that the events or phenomena were real and thus you were trapped in them. But when you realize that you only had a couple of negative experiences, say, being bitten by two or three dogs, you might develop fear upon seeing one. However, understand that out of a hundred dogs, only two or three are likely to bite humans; the rest don't bite, right?

问: 就是我要觉察到我只是在被前世的记忆影响.

Questioner: I am aware that I'm only being influenced by my past life memories.

JO: 因为当你在⿊暗当中那你就是在⿊暗当中.如果你让光照进来你是不是就没有在⿊暗当中了?

In darkness you are in darkness, so if light comes in does that mean you're no longer in darkness?

问: 那这⼀世会造成什么结果还是由我⾃⼰内在能不能学会去处理这些卡点⽽决定的是吧?

Questioner: Does that mean it's up to me, based on my own ability to learn and handle these blockages within myself, to determine what this lifetime will bring?

JO: 你不需要去学.你只需要让光照亮到这⾥就好了.你如果学的话你实际上还是在否定.

You don't need to learn; you just need to let the light come here. If you try to learn, in fact, you're still negating it.

⾸先你需要在当下产⽣的呢个点,就⽐如说你下⼀次又进⼊到呢种感受,那你就在当下呢个点进⼊.

Firstly, you need to generate a point in the present moment, for example, when you next enter into such feelings, then you should enter right at that point.

问: 进⼊是什么意思?

Questioner: What does "进" mean?

JO: 进⼊就是和你的感受呆在⼀起.

JO: Entering involves staying with your feelings.

问: 那我就是还需要去清理呢个感受的? ⽽不是说我只需要知道这是因为我的前世就好,然后不需要去处理它?

Questioner: But do I still need to work on processing that feeling? And not just knowing that it's because of my past life and leaving it at that without addressing it?

JO: 因为你的⾝体的它还是会浮出来的,还是会体现出来的.那症状显现出来的时候,你就可以在呢边着⼿了.

JO: Because your body will still show up, and its symptoms will still manifest. When the symptoms appear, you can address them accordingly.

问: 那就是还需要学会去疗愈和处理这个情绪,⽽不是不管它,是吗?

Questioner: So it's about learning to heal and process that emotion instead of ignoring it, right?

JO: 你⾸先当你产⽣这个情绪,你要跟这个情绪,就好像这个情绪是个孩⼦,这个孩⼦的呢⼀⾯他又出现了,对吧? 然后你就跟这个孩⼦在⼀起,然后你就来让他看到.看到过后,那既然他有很多负⾯的经历,那我们就需要给他创造很多的正⾯的⼀些体验,明⽩吗?

JO: First, when you feel this emotion, treat it as if the emotion is a child, and that aspect of the child has appeared, right? Then, be with this child together, and then let him see. After seeing, since he has had many negative experiences, we need to create numerous positive experiences for him, do you understand?

问: 那这⼀世能完全疗愈吗?

Questioner: Could this lifetime be completely healed?

JO: 当然能了.你们来到这⾥就是因为想要去拿到这个东西,明⽩吗? 那你拿到这个东西,你就是更加完整的你.

JO: Of course you can. You're here because you want to get this thing, right? Once you get this thing, you'll be a more complete version of yourself.

问: 那来历练我这两点的是我现在的先⽣还是会有其他的⼈还是说每⼀个⼈都是?

Questioner: Are these experiences meant for my current husband, or will there be others? Or is every person going through this?

JO: 其实哪⼀个对象不重要.对象就像是不同的镜⼦.你问我是这⾯镜⼦还是呢⾯镜⼦看我?你⽤什么镜⼦你看出来的都是你⾃⼰的脸,你的表情,明⽩吗?

JO: Actually, it's not the object that matters. The objects are like different mirrors. When you ask me which mirror I'm looking at or this one, whatever mirror you use, what you see is always your own face, your expression. Understand?

问: 因为我经历过⼏个⼈,不是每个⼈都有这两个点映射出来.以前只有⼀个⼈.

Questioner: Not everyone has these two points mapped out, I've only experienced one person before.

JO: 那是你的深度,就是你跟这个⼈接触,就是你们的连接感.那有的只是可能只是有交往,但是你并没有跟他产⽣⼀种很强烈的连接感.

That's your depth - how you interact with this person and the sense of connection between you. Sometimes there might just be casual interactions, but no strong feelings of connection have been developed.

问: 我不是很想学习英语,但是我的⼯作又需要.你有没有什么建议?

Questioner: I'm not really eager to learn English, but my job requires it. Do you have any suggestions?

JO: 如果你有⼀些东西你要去做但是你又不想去做,那就说明你背后有⼀个恐惧在呢⾥.你需要去看到你背后的恐惧是什么?

If you have something to do but you don't want to do it, that means there is a fear behind it. You need to see what the fear behind it is.

问: 我看不到是为什么.我觉得我可以学其他更多感兴趣的东西.

Questioner: I don't see why. I feel like I can learn other more interesting things.

JO: 那你可以问你现在有没有在你激情的路上?

JO: So you can ask yourself if you are on your path of passion now?

问: 没有.我的激情是在内在探索.我觉得我学英语没有意义.

Questioner: No. My passion lies in inner exploration. I feel that learning English doesn't make sense to me.

JO: 那你到底是想要解决你必须要去学英语的问题? 还是你想要找到你激情的事情? 你必须要知道你想要什么.你现在就好像你只是在表达你⾃⼰⽭盾的⼼⾥.但是你并没有发出⼀个信号就是我到底想要什么? 因为你提问题你需要去让JO帮你看到你怎么样可以得到你想要的呢个,明⽩吗?

You need to figure out whether you're seeking a solution for your necessity to learn English or the passion that drives you. You must know what you want; right now, you seem to be just articulating your conflicting emotions without clearly signaling what it is you're actually after. You need to help me understand how you can achieve your goal by raising questions that allow me to see how things align for you, do you understand?

问: 要不就问⼯作吧.我不知道我⼯作和我⾃⼰感兴趣的事如何取舍? JO: 那你为什么不换个⼯作呢?

Questioner: Why don't you ask about work instead? I'm unsure how to balance my job with the things that truly interest me.

JO: Then why not consider changing your job?

问: 因为不好找.

Questioner: Because it's hard to find.

JO: 那你⾃⼰创造⼀个.

JO: Then create one yourself.

问: 要不我问问我有什么天赋才华吧.

Questioner: Maybe I should ask what talents or gifts I possess.

JO: 你的天赋才华是你的影响⼒.就是你有很强⼤的影响⼒让⼈们跟随你.通俗的来讲就是买你的账.⽐如说销售,需要别⼈买你的账,对吧? 或者是像你说的培训的⼯作,那它接纳你的⼀些观念观点.所以说关于发⽣思想层⾯的⼀些影响的你都可以去做就好了.

JO: Your talent and ability are your influence. It means you have a strong influence that people follow you, which can be put simply as they pay attention to what you say or do. For example, in sales, it's necessary for others to buy into what you're selling, right? Or like the work of training where they accept your ideas and viewpoints. So anything related to influencing thoughts on a deeper level, you could go ahead and do it.

问: 那我就是努⼒去做就好了.

Asked: Then I'll just do my best.

JO: 你会发现你在这⽅⾯像你说的得⼼应⼿,明⽩吗? 你觉得好像你的影响⼒越来越⼤,好像怎么样别⼈都觉得你说的好对.就好像你越玩越转.

JO: You'd find that you're quite adept at this as you said, understand? You feel like your influence is growing, like everyone thinks you're right, just like how you get better with more practice. It's as if you're getting better at it the more you do it.

问: 我跟我的指导灵和⾼我连接的⽅法?

Questioner: How do I connect with my guide spirit and higher self?

JO: 安静的环境,然后冥想发出你的意念.你们就可以建⽴连接.问: 但是我冥想现在杂念很多怎么办呢?

JO: In a quiet environment, then meditate to send your thoughts. You can establish a connection. Questioner: But what if I have many distracting thoughts during meditation now?

JO: 建⽴连接,你⾸先要发出去你的信号.就是说你要拨打这个号码,然后你明确的知道你想要什么主题? 就好像我们交流你的主题是什么? 你如果想要寻找到答案的话,那你的问题是什么,明⽩吗?

JO: To establish a connection, you first need to send out your signal. This means you have to dial this number and clearly know what topic you want? Just like we're communicating about what your topic is? If you want to find an answer, then what's your question, got it?

问: 那我睡前也可以吗? 有什么具体的要求吗?

Questioner: Can I do it before bedtime too? Are there any specific requirements?

JO: 因为安静的环境它可以让你不受⼲扰.你受到⼲扰你就不能focus在你发出信号的⽅⾯,明⽩吗? 它是跟你的环境和意念,你⾃⾝的状态有关系.

JO: Because a quiet environment allows you to be undisturbed. If you are disturbed, you cannot focus on the signal you're emitting, understand? It's related to your surroundings and thoughts, as well as your state of being.

问: 我对美还是蛮执着的.我在想对这些负⾯的信念怎么能不要这么执着? JO: 为什么对美执着是⼀个负⾯的信念呢?

Questioner: I'm quite fixated on beauty. I'm wondering how can I not be so fixated on these negative beliefs about beauty?

JO: Why is being fixated on beauty a negative belief?

问: 因为你随着⼀定的年龄容貌不会⼀直⼀样.我会因为⽪肤不好啦什么的会影响我⼀天的⼼情.

Questioner: Because as you get older, your appearance won't stay the same. I might feel down or have a bad day because of my skin condition or similar issues.

JO: 这么说吧,当你在⽣活中你没有在做着⾮常激情的事情,你可能就会把你的注意⼒放在你的外表,就是这些⽅⾯去,明⽩吗? 当你在做⼀件你⾮常激情的事情,你的关注点不会在呢⾥,明⽩吗? 所以说当你在特别关注你的外貌这上⾯的时候,那就是说明你并没有进⼊到⼀个你特别激情的状态下.

JO: Let me put it this way, if you're not doing something very passionate in your life, you might focus your attention on your appearance and things like that, right? When you're doing something you're very passionate about, your focus wouldn't be there. So when you're really focusing on your outward appearance, that means you're not entering into a state of high passion.

问: 那会不会追求外表的美是我的⼀个激情呢?

Questioner: Could it be that pursuing external beauty is my passion?

JO: 你需要问你⾃⼰呀.

JO: You need to ask yourself.

问: 因为我对这个蛮在意也蛮开⼼的.

Questioner: Because I'm quite interested and relieved about this.

JO: 那如果追求外表的美是你的⼀个激情,你的激情是会忘我的.你便没有⼀个呢个我存在了,明⽩吗? 你能明⽩这⼀层关系和不同吗? 因为当你还在继续专注在这个我,投射在这个我来给你体验的话,你并没有进⼊⼀种忘我和⽆我的境界.

JO: If pursuing external beauty is your passion, then your passion would consume you. You wouldn't have a sense of self at all; do you understand this? Can you grasp the relationship and distinction here? Because while you're still fixated on this notion of 'I', projecting it to receive experiences through that lens, you haven't reached the state of losing yourself and transcending ego.

问: 但是我现在找不到这样的事情.你能给我指导吗?

Questioner: But I can't find something like that now. Could you give me some guidance?

JO: 但是并不代表它将来不会发⽣,你只要想要去进⼊到这样的⼀个状态或者是成为这样的状态.这么说吧,刚才说你的天赋是影响⼒是吧? 当你在进⼊完完全全的影响别⼈,你就会忘记你了.你会忘记你脸上有没有痘痘斑点.为什么呢? 因为呢股能量就让呢个你没了.你去影响别⼈你需要强⼤的能量的.当你允许这个能量通过你去影响到别⼈的时候,呢个你已经没了.是你的能量在影响别⼈.

JO: But it doesn't mean that it won't happen in the future, you just have to want to get into such a state or become such a state. Let me put it this way, did I just say your gift is influence? When you're completely influencing someone else, you forget yourself. You forget if you have acne spots on your face. Why? Because that energy takes you away from yourself. You need strong energy to influence others. When you allow that energy to pass through you and affect someone else, you are gone. It's your energy affecting others.

问: 但是有影响⼒的事情是⾃⼰去找还是你们会有⽅向的指导? 因为我现在很迷茫.

Questioner: But is it more impactful to find solutions on my own, or will you provide direction and guidance? I am currently very confused.

JO: 你刚才不是说了吗? 帮助⼈们提升意识.

You just said it earlier, helping people to elevate their awareness.

问: 但是我又知道去改变别⼈是不好的.我现在没有发现我的影响⼒,感觉遭到的都是打击.

Questioner: But I also know that trying to change others is not good. I don't feel like my influence is being utilized; instead, it seems like everything ends up in a setback for me.

JO: 因为你都是在使⽤你头脑⾥的呢些,这么说,你给别⼈喝的都是你池⼦⾥的… ⽐如说你是⼀⼜井,你给别⼈的⽔是⾬⽔是浑浊的.那如果当你连接了源头,明⽩吗? 这是不⼀样的状态.

JO: Because you're using what's in your own mind, so when you give others something, it's like you're offering them water from your pool... for instance, if you were a well, the water you provide to others would be muddy rainwater. But then, when you connect to the source, do you understand? That is a different state.

问: 那我如何去提⾼能量?

Questioner: How can I improve my energy?

JO: 那就是不断地去清理⾃⼰.你想象⼀下当你在处于⼀个没有安全感或者是恐惧⽆⼒烦躁,那你的能量指数是多少,明⽩吗?

That's about constantly purging yourself. Imagine what your energy level would be if you were feeling insecure, fearful, helpless, and anxious - do you get it?

问: 那我怎么清理⾃⼰呢?

Questioner: So, how do I clean myself?

JO: 就是每⼀个当下当你的情绪产⽣的时候,就是你清理的机会和时间.那就是你需要光照到的地⽅.

JO: It's during every moment when your feelings arise that you have the opportunity and time to cleanse. That's where the light needs to shine.

问: 那跳舞是否适合我?

Questioner: Could dancing be suitable for me?

JO: 清理的⽅式有很多.你可以把你置⾝于更美好的更平和的环境当中.⽐如说美丽的景⾊啊,安静的环境啊,然后就是周围都是充满了美好的漂亮⼲净的环境或者花朵.这些都会让你进⼊到⼀个⽐较和谐的频率⾥⾯去.

JO: There are many ways to clean up. You can immerse yourself in a more beautiful and peaceful environment, such as scenic views, tranquil surroundings, or being surrounded by beautiful, clean spaces or flowers. All of these can help you enter into a harmonious frequency.

问: 负⾯的呢些不去清理的话,那它出来又会回去了?

Questioner: If we don't clear away the negative aspects, won't they just come back?

JO: 负⾯的信念它只是需要让你看到它只是⼀个信念⽽已,⽽不是真实的.你们之所以困在⾥⾯是你们不觉得它是⼀个信念问题,你们觉得它是⼀个真实的事件.

JO: Negative beliefs simply require you to see that they are just beliefs, not reality. The reason you're stuck in them is because you don't perceive it as a matter of belief; you believe it's a real event.

问: 我能看到⾃⼰的负⾯信念,⽐如说我看到我觉得我⾃⼰是低价值.我知道这个是个负⾯信念,这个不是我.但是我的感受还是我是低价值.那这个感受我怎么能够把它提升到就是我是值得的?

Questioner: I can see my negative beliefs, for example, the belief that I feel like I have low value. I know this is a negative belief and it's not me. But I still feel like I have low value. How do I elevate this feeling to make myself believe that I am worthy?

JO: 你这个需要去进⼊你的潜意识然后把这些⼈格带出来跟他对话.问: 那我怎么做呢?

JO: You need to access your subconscious and bring out these personalities to have a conversation with them. Questioner: But how do I do that?

JO: 你可以去找⼀些专业的,就是他们拥有这种催眠技术,然后把你带⼊到潜意识的状态.然后和你的⼈格对话.然后就可以帮助你看到.因为这些东西它不是给你讲道理或者是讲技术的问题.⽽是需要针对性的,针对你⾃⼰.因为你才是呢个创造呢个体验的⼈,明⽩吗?

JO: You can seek out professionals who possess this hypnotic technique and guide you into a state of subconscious awareness. Then, they will engage in dialogue with your personality. This process can help you understand because these concepts are not about presenting logical arguments or technical knowledge. They require personalized attention tailored to your unique self. Remember, you're the one creating this experience.

问: 我现在碰到我公司⽼板让我去表演⼀个我⾮常排斥的节⽬.就是类似去嘲讽别⼈的节⽬我很不愿意,但是他硬逼我去.我不知道怎么去应付?

Questioner: I'm currently faced with my boss asking me to perform a show that I strongly disapprove of. It's like a program that involves mocking others, which I am very unwilling to do, but he insists on it. I don't know how to handle this situation.

JO: 表演.所以你是个演员?

JO: Performance. So you are an actor?

问: 就是脱⼜秀.就是很恶俗的段⼦.

Questioner: It's like a tasteless joke on a talk show.

JO: 你可以去真诚的去⾯对你的⽼板,然后把你⼼⾥的感受跟他说清楚.问: 我跟他讲了.但是他觉得我不⽤这么较真.

JO: You can go and face your boss sincerely, then explain your feelings to him clearly. Questioner: I told him. But he thinks I don't need to be so picky.

JO: 你需要在每⼀个关系⾯前告诉对⽅你是谁,展现出真实的你.⽽不⽤去在乎他们会怎么样? 你会不会丢掉⼯作,明⽩吗? 因为这样⼦的话你就创造你的世界,⽽不是去跟随别⼈创造的世界.呢如果你只是跟随别⼈创造的世界,你永远都有这种不知道该怎么办.

JO: You need to be yourself in front of every relationship and show the real you without caring about how they will react. Do you understand that? Because by doing so, you create your own world instead of following others' creations. If you just follow others' worlds, you'll always feel lost on what to do next.

问: 所以我还是有恐惧,对吗? 失去⼯作的恐惧?

Questioner: So I still have fear, right? The fear of losing my job?

JO:是.你背后的恐惧导致你不敢做你⾃⼰.⾸先外⾯没有⼈,你只要跟这个宇宙宣称你是谁,外⾯的⼈都会来⽀持你.我们经常传讯说的⼀句话希特勒想要灭多少⼈,他都受到⽀持的,宇宙都在⽀持他.呢些死去的⼈都在⽀持他.为什么?你要害⼈你要杀⼈,那我来变成呢个受害者吧.这是你想要的创造的,想要体验的.OK,我把我变成⽆⼒者来⽀持你.所以说你受到的⽀持不是外在这个⼈,⽽是整个宇宙会⽀持你宣称你⾃⼰到底是谁.如果你觉得你是⼀个犹豫不决,害怕失去⼯作或者是⼀个唯唯诺诺的⼈,你也会受到⽀持.这⾥的⽀持没有哪⼀个是好的,哪⼀个是坏的,哪⼀个是更⽀持或者不⽀持.都是⽀持的.但是你需要明确的让这个物质世界知道.

JO: Yes. The fear behind you prevents you from being yourself. First, there is no one outside; just announce who you are to this universe, and others will support you. We often say that Hitler wanted to kill how many people, and he received support, as did the entire universe supporting him. Those who died were supporting him. Why? If you harm someone or want to kill them, I'll become the victim instead. This is what you want to create and experience. OK, let me turn into an powerless person to support you. Therefore, the support you receive isn't from anyone outside; it's actually from the entire universe supporting you in asserting who you are. If you feel that you're indecisive or fear losing your job as a cowardly person, you'll still receive support here. There is no good or bad, more supportive or less supportive support among these. They are all forms of support, but you need to clearly communicate this to the material world.

这么说,物质世界就是个镜⼦.那你说镜⼦它会反应出你不是的吗? 它不会 曲.它只会去造出来who you think you are.

So, the material world is like a mirror. Does that mean it reflects the opposite of what you are not? It doesn't distort. It only creates who you think you are.

问: 那如果我是可以⽆所欲为,我需要碰到我的功课的时候,我肯定是不想⾯对的.那这个时候我可以说我要做⾃⼰不去⾯对这个困难?

Questioner: But if I am completely free to do as I please and I need to tackle my tasks, which are definitely not something I want to face, can I say that I will just be myself and avoid this difficulty?

JO: 那是因为你的意识程度,当你的意识程度在… 这么说吧,当你的意识程度在⼗的时候,它是个困难.当你的意识程度在⼀百的时候,它不是个困难.明⽩吗?所以你要转变的不是你的,⽽是你的⾓度和意识.这么说吧,你现在的能量状态你会投射出⼀个很强硬的⽼板.为什么呢?因为你并不坚定啊.你并没有让他们知道你是谁,你并没有释放出你的能量.那当你的能量释放出来,你跟这个宇宙宣誓你是谁,你不会遇到这样的⽼板呀.我的意思是他的态度会变啊.他就是另外⼀个态度啊.他知道这个⼈不会妥协的,我提都不会提这个要求,明⽩吗?

JO: That's because of your consciousness level. When your consciousness is at ten, it's difficult. But when your consciousness is one hundred, it's not a difficulty anymore. Do you understand? So what you need to change isn't you yourself but your perspective and awareness. In other words, the energy state you are projecting now makes you appear as a very tough boss. Why? Because you're not being firm enough. You haven't made them aware of who you are or released your energy. But when you project that energy out into the universe and declare who you are, you won't encounter such a boss anymore. I mean, his attitude will change. He would be another kind of person. He knows this person wouldn't compromise, so he wouldn't even make that request, understand?

问: 那我可以去跟他说我不会做这个节⽬,那我也可以⽤巧妙的⽅式去表演这个节⽬.

Questioner: So can I tell him that I won't do this show? Or maybe I can perform this program in a clever way.

JO: 你的⼀个能量状态决定了到底是受到对⽅的影响,还是对⽅受到你的影响.

JO: Your energy state determines whether you are being influenced by the other person or they are being influenced by you.

问: 但是如果这个节⽬是来帮助我的? 就是如果我去完成这个节⽬我也学可以收获很多.因为功课来的时候对我来说都是挑战啊.但是我为了做⾃⼰,我去逃避这个,那我可能不会去成长.这俩个怎么去分清? 这个到底是功课还是我需要去拒绝的我分不清.

Questioner: But if the program is to help me? That is, if I complete this program, I can gain a lot too. Because the lessons are challenges for me. But if I do it just to be myself and avoid them, I might not grow. How do I distinguish between these two? Is this part of my work or something I should refuse that I can't tell?

JO: 如果你持续的去把你⾃⼰卷⼊⼀个你并不是乐意的去⾏动的⼀个事情,就是不情愿去做这个事情.那就说明你的能量不⾜,你并没有和这个宇宙宣告你是谁,明⽩吗? 那你把你⾃⼰put into this situation就是来让你看到为什么你⼀直是被动的.为什么? 因为你⼀直在受他⼈的影响,你并没有影响到他⼈.

JO: If you continually find yourself involuntarily engaged in actions that you do not willingly choose to perform, it indicates that your energy is insufficient. You have not declared who you are to the universe, understand? By placing yourself in this situation, you are being shown why you've been passive all along. Why? Because you've always been influenced by others instead of influencing them.

问:有些事情来到底是功课还是我需要去拒绝的,我分不清.那我到底是需要强硬的做⾃⼰,还是我去转念?

Questioner: Some matters really confuse me - are they part of my assignments or things I need to reject? I can't tell the difference. Do I need to assert myself firmly, or should I change my perspective instead?

JO: 那你看到你⾃⼰给你⾃⼰创造的⼀个实相吗? 你要知道你产⽣的⼀些纠结或者是⼀些⽭盾,就是两个都有,那就是因为你⾃⼰投射出来的,明⽩吗? 因为就像刚才说的,你⾸先知道你要什么? 那如果你要纠结,那你体验的就是纠结.你要⽭盾,你体验的就是⽭盾.因为这⾥其实没有哪⼀个对哪⼀个错.⼀切你想要体验的你都被⽀持.

JO: Have you seen the reality that you create for yourself? You need to understand that any confusion or contradictions you experience are because they are what you project onto yourself, see? Because as we discussed earlier, the first thing you have to know is what you want. If you want confusion, then that's what you'll experience. If you want contradiction, that's what you'll experience too. Here, there's no right or wrong; everything you wish to experience is supported by your own mind.

问: 我不想体验⽭盾.

Questioner: I don't want to experience contradiction.

JO: 但是你创造的就是⽭盾呀.因为你觉得两个都有道理,那我要跟随哪个呢? 那我告诉你,你们所有物质世界上连疯⼦连杀⼈犯,他都有他的道理.这⾥没有好坏善恶.你只是要知道到底哪个是你啊? 你现在都不清楚哪个是你.你到底要成为⼀个听别⼈还是别⼈听你的? 你都没有决定你要成为哪⼀个⼈.你想我听别⼈的吧,你又想别⼈听你的.你⼀直是在这样⼦的纠结,那你体验的也是这样⼦的⼀个状态.这有错吗? 没有错.明⽩吗?

JO: But you create contradictions because you think both have their reasons. Which should I follow then? I'll tell you this; in the entire material world, even lunatics and murderers, they all have their reasons. There is no right or wrong here. You need to understand which one is yourself. Right now, you are not clear about who you are. Should others listen to you, or should you listen to them? You haven't decided whom you want to be. If you want me to listen to others, and if you also want others to listen to you, you're stuck in this dilemma. So the experience is also contradictory. Is there something wrong with that? No, there isn't. Understand?

问: 那我到底想成为什么样的⼈?

Questioner: But what kind of person do I want to be?

JO:那就是让你的内⼼感受到和谐,你没有觉得这是⼀件很⾟苦的事情.没有觉得这是⼀件很累很⾟苦的事情.没有抗拒.就好像你⾃⼰试⽔温去泡澡,呢个⽔温是冷是热.你⾃⼰才是体验者.所以你的内在它永远知道哪个是你的真我.当你不费⼒,当你不吃⼒不⽤努⼒,呢个就是.当你觉得你要逼着⾃⼰或者是被别⼈逼着.所以你永远都知道当你在越轨的时候,你会感受到呢种被电击的感受,明⽩吗?所以你不需要让别⼈来告诉你到底哪个才是你.因为你⾃⼰就是呢个体验者.

JO: That's about feeling harmony within you, without thinking it's a hard or exhausting task. You don't perceive it as something difficult or tiring. There's no resistance involved. It's like testing water temperature before taking a bath; you're the one experiencing whether it's cold or hot. Thus, your inner self inherently knows what truly represents you. When there is no effort required, and when you find yourself effortlessly accomplishing things without needing to exert any force or effort, that's when this happens. Whenever you feel compelled to push yourself or are being pushed by others, you're always aware of the sensations of being shocked when you're off track. You understand? Therefore, you don't need someone else telling you who you truly are because you are your own experimenter.

问: 我觉得我⾃⼰的感知⼒不强.连接不上⾼我和指导灵.就很容易被⼲扰.那我就是需要去安静的地⽅去连接它们,对吗?

Questioner: I feel that my sense of self is weak and I can't connect with the higher self or guides easily. This makes me susceptible to disturbances. So, would it be correct for me to say that I need to go to a quiet place to connect with them?

JO: 这是你⾃⼰需要去做⼀个选择.

JO: This is something you have to make a choice on your own.

问: 我的⾼我我具体做什么⼯作⽐较好?

Questioner: What kind of job should I take as my higher self?

JO: 刚才前⾯的信息已经说就是去影响,思想与思想的影响.然后你会发现得⼼应⼿,越来越顺.

JO: The information given earlier is about influencing and being influenced by thoughts. You will find it becoming easier and more streamlined over time.

问: 那就说明现在的⼯作可能不是最好的?

Questioner: That means the current job might not be the best one?

JO: 你的⼯作需要影响别⼈吗? 需要给别⼈带来影响⼒吗?问: 需要啊.

JO: Does your job require influencing others? Do you need to have an impact on people?

Questioner: Yes.

JO: 那就可以了.

That's enough.

问: 每⼀份⼯作都可以给别⼈带来影响的.这个太宽泛了.

Questioner: Every job can have an impact on others. That's too broad.

JO: 那你就想刚才说的,你没有觉得这是⼀个吃⼒的事情.因为你⾃⼰才是呢个体验者.你会知道我做这件事情到底吃⼒不吃⼒? 你才是呢个告诉别⼈,⽽不是让别⼈来告诉你.

JO: So you would understand better what I was saying earlier; you wouldn't feel that it's a burdensome task because you are the one experiencing it. You would know how much effort is required for me to do this? You should be the one telling others, not having others tell you.

问: 我孩⼦跟我的关系是什么? JO: 你稍等.你有⼏个孩⼦? 问: ⼀个JO: 这个孩⼦选择来到你的⽣命当中,他会帮助你建⽴你的安全感还有你的犹豫不决就是很难坚定.然后在这两个⽅⾯他都可以,好像你是要去拿到这个礼物,他可以帮助你.

Questioner: What is the relationship between my child and me?

JO: Wait a moment. How many children do you have?

Questioner: One.

JO: This child chose to come into your life. He/she will help you build your sense of security as well as deal with your hesitation, making it difficult for you to be firm. In both areas, he/she is like someone giving you this gift, and can assist you.

问: 那我可以帮助他的部分呢?

Questioner: What part can I help him with?

JO: 那就是你成为你⾃⼰,你就在帮助他.问: 我孩⼦特别爱臭美.

That is by being yourself, you are helping him. Questioner: My child is very vain about his appearance.

JO: ⾸先就像刚才说,在你们没有进⼊到你们激情的事情当中之前,你们会把你们的关注点放在表⾯或者是外在就是物质这些⽅⾯,明⽩吗? 但是这个并没有什么.因为这个和你去关注打游戏或者打⿇将没有什么不同,明⽩吗? 但是当你在像刚才说进⼊你激情当中或者忘我的状态当中,这个便不会是你爹困扰.

JO: First of all, as I just mentioned, before you dive into your passions, you would focus on superficial or external aspects such as material things. Understand? But this is not a problem because it's no different from focusing on playing video games or mahjong, understand? However, when you enter the state of passion or being in the zone that I described earlier, this wouldn't bother you anymore.

问: 他的灵魂主题是什么?

Questioner: What is his theme of soul?

JO: 你稍等.他选择来到这个世界来游玩,就是有⼀种什么都不在乎,什么都不是个事.然后就是开⼼、玩乐、享受⼀切,就是像你们说的潇洒⾛⼀回,就没有呢么多的纠结或者是⼼事或者是烦恼.然后就是特别享受这个物质世界体验的⼀切.

Japanese Operator (JO): Wait a moment. He chose to come to this world for leisure and pleasure, which means he doesn't care about anything; everything is just not an issue. Then comes happiness, playfulness, and enjoyment of everything - like you guys said, living freely once without any worries, concerns, or troubles. And most importantly, he greatly enjoys experiencing all the aspects of the material world.

问: 我觉得他纠结的很多啊.⼀会⼉外表啊,⼀会⼉钱.

Questioner: I feel like he's torn between a lot of things—looks one moment and money the next.

JO: 那就说明他很enjoy啊,他很享受.就是如果他不是呢么的去进⼊物质世界,⽽更多的是灵性世界或者是虚⽆的世界,那他还会去在乎这个物质世界吗? 明⽩吗?

JO: That would imply that he is thoroughly enjoying it, finding great pleasure in it. If he were to immerse himself more in the material world rather than the spiritual or the abstract realm, would he still be concerned about the material world at all? Can you understand this?

问: 但是我觉得他不开⼼.

Questioner: But I feel he's unhappy.

JO: 你不需要去担⼼这个.为什么呢? 因为他们现在的能量状态是不稳定的,就好像是天上的云⼀直是在变化的,明⽩吗?

JO: You don't need to worry about this. Why not? Because their current energy state is unstable, just like clouds in the sky that are always changing, do you understand?

问: 因为前⼏天他说抑郁想⾃杀.

Questioner: Because he said he was depressed and wanted to commit suicide a few days ago.

JO: 你稍等.你只需要在他任何叫妈妈的时候,就是他说我这⾥疼或者怎样.然后你给他全⾝⼼的关注和全⾝⼼的连接感,让他知道你永远在这⾥就⾜够了.因为就像刚才说他还是在⼀个持续变化的状态当中,千遍万化.时⾼时低.就好像是做过⼭车,他有特别⾼涨和特别低落这样⼦的状态.你需要I’m always here,让他接收到这个.

JO: Wait a moment. All you need to do is focus on him and give him a sense of connection whenever he mentions his mother or says something like 'it hurts here'. Give him your full attention and make him feel that you are always there for him, as this is enough. Because, just like what was mentioned earlier, he's in a continuous state of change, experiencing highs and lows continuously, like riding a roller coaster with periods of high enthusiasm followed by low spirits. You need to constantly reassure him that 'I am always here', so that he can receive it.

问: 是情感上的还是物质上的?

Questioner: Is it emotional or material?

JO: 你让他知道妈妈永远都在这⾥.因为这样他就知道⽆论我怎么疯狂⽆论我怎么玩,反正妈妈永远都在呢⾥.

JO: Let him know that mom is always here, because then he will understand that no matter how crazy or wild I am, mom is always here anyway.

问: 我现在的⽼公他的⼈⽣主题以及我们的功课?

Questioner: What are my husband's life themes and our lessons now?

JO: 你的⽼公和你的孩⼦⼀样他都是来帮你好像是⼀种疗愈或者是建⽴安全感或者是来帮你突破.就是你需要去⽐如说拿到安全感是⼀个东西,然后融⼊到你的⼈格⾥⾯.然后你通过他们你就会拿到.

JO: Your husband serves as your safety net and helps you in a way that is akin to healing or building confidence, which could be for you to overcome something or integrate into your personality. Essentially, it's about getting the security you need that will become part of who you are, and you achieve this through them.

问: 那他的天赋才华是什么?

Questioner: What are his innate talents?

JO: 这个需要去连接他的能量.任何深⼊的⼀些关于他个⼈的信息都需要去连接他的能量.之所以能连接⼀些关于对⽅的信息,是因为你们之间是有⼀条线的,明⽩吗?

JO: This requires connecting to his energy. Any in-depth information about him necessitates connecting to his energy. The reason we can connect to some information about the other person is because there's a line linking you both, understand?

问: 之前有个法师跟我讲我现在的⽼公⼀定会有其他⼥⼈.这句话让我很没有安全感.这是真的吗?

Questioner: A monk once told me that my current husband will definitely have other women in his life. This has made me very insecure. Is this true?

JO: ⾸先什么是真的? 因为就算你⽼公他不会有其他感情或者是⼥⼈,如果你把这句话当成是真的,那这句话就在影响你.因为你⼀直拿这句话在影响你.它就已经在变成真的了.

JO: First of all, what is true? Because even if your husband doesn't have any other feelings or women, if you take this sentence as true, then this sentence is affecting you because you are constantly letting it affect you. So it's already becoming true.

问: 它现在已经在影响我了,我要怎么破?

Questioner: It's already affecting me; how do I break free?

JO: 你要知道就是因为这个法师来到你的⽣命⾥⾯,⾸先你带来⼀个功课就是突破没有安全感,是吧? 那这个法师的存在他的⾏为他是不是加深了你的恐惧和没有安全感了? 那当你达到了你已经不能忍受的时候,你是不是就已经要转变和突破了? 你就必须要突破它,明⽩吗? 所以这个法师是把你逼上梁⼭,让你必须突破和转变.

JO: You need to understand that it's precisely because this monk has come into your life that you've been given a lesson in overcoming lack of security, right? Does the monk's presence and actions exacerbate your fears and feelings of insecurity? When you reach the point where you can no longer bear it, is it then that you begin to transform and overcome? You must break through it, do you see? So, this monk has pushed you into a corner forcing you to transcend and change.

问: 那我怎么突破和转变呢?

Questioner: How do I break through and change then?

JO: 你就听前⾯的录⾳就好了,已经跟你说的很清楚了.

JO: Just listen to the recording in front; it's already been explained clearly to you.

问: 我今天看见四个单词,埃及、古罗马、⽯头、法器,这四个单词对我影响很⼤.我感觉⾃⼰整个⼈都⿇了.我不知道这个意味着什么?

Questioner: I saw four words today: Egypt, ancient Rome, stone, and amulet. These four words have a great impact on me. I feel like my whole being has been numbed. I don't know what this means?

JO: 意味着你现在是在进⼊你的灵性阶段.问: 这句话是什么意思?

JO: It means that you are now entering your spiritual phase.

Questioner: What does this sentence mean?

JO: 就⽐如说是⼀个转变的过程.就⽐如说物质世界就好像是草,灵性世界就是草下⾯的根,是看不到的.那你现在就是在挖根了,⽽不是在表⾯现象上解决问题了.

JO: It's like a process of transformation. The material world is akin to the grass, while the spiritual world is like the roots beneath it, which are invisible. You're now digging into the roots rather than addressing issues on the surface level.

# **2023/03/06 — 连接地外⽂明22号(期望运⾏的⽅式)Connecting with Extraterrestrial Intelligence 22 (Hoping for the Way of Operation)**

问: 我们⼈类的⾁体功能和你们是⼀样的吗?

Questioner: Are human physical functions identical to yours?

22号: 是不⼀样的,因为你们是根据你们在你们的星球上的⼀些,就是你们的⾁体是根据你们的环境来适应的.然后我们的⾁体是根据我们⾃⼰居住的环境来适应的.这么说,你看到⽔⾥⾯的鱼是吧? 那你们有陆地上的⼀些动物.你说鱼的系统它们在⽔⾥⾯和陆地上的动物的系统是⼀样的吗? ⽐如说鱼和在陆地上的猫?

22: It's different because you are adapting your bodies based on the environment of your planet, whereas our bodies adapt to the environment we inhabit. For example, when you look at fish in water, they have their systems adapted for aquatic life. Then, you also have animals on land. Would you say that the system of a fish is comparable to that of an animal on land, such as comparing a fish to a cat on land?

问: 有什么是我们已经具备的功能但是我们还不知道⽽且还没有使⽤到的?

Questioner: What are some functionalities that we already have but don't know about and haven't utilized yet?

22号: 如果你们是说有部分⼈,就是有⼀些⼈在你们的地球上他们把他们的⾝体功能开发的很透彻,就是⾁体的功能.就好像你这个⾁体拥有的功能他开发的⽐较彻底,是有这样⼦的⼀些例⼦在的.但是⼤多数的状态的话,是没有的.

On the 22nd: If you are referring to a portion of people on your planet, there are instances where some individuals have maximized their bodily functions, just like how one's physical body has its capabilities developed extensively. However, for the majority of cases, this is not the norm.

问: 那开发这种功能是不是就有点像我们⼈类去修⾏修道后开发出来的天眼通他⼼通之类的?

Questioner: Isn't developing such a feature somewhat like humans acquiring supernatural abilities like clairvoyance or telepathy after practicing meditation and cultivation?

22号: 呢个只是其中的⼀点,你们还有很多关于⽐如说你们觉得是⼀些超⾃然或者是⼀些灵异事件或者觉得这不是常规的,有很多.

Number 22: This is just one point; there are still many other things you consider to be supernatural or paranormal events that do not follow the usual norms.

问: 能给我们举个例⼦吗?

Questioner: Could you give us an example?

22号: 这个你们有很多呀.你们有很多例⼦在你们社会上你们就可以看到.你们⾃⼰通过各种奇⼈奇事,但是如果它不属于你个⼈来到这个世界上想要体验的主题的话,它是跟你没有什么关系的.但是你要知道你们是拥有这个能⼒的.因为你们最⼤的能⼒就是说你去做你⾃⼰想做的.就⽐如说你这次来这个世界上你是想跟你指定的⼈共度⼀⽣.那其他外⾯的⼈有没有魅⼒、性不性感、有没有吸引⼒,跟你没有半点关系.因为他即使在完美你也不会被他吸引到的,明⽩吗? 因为你是为了某⼈⽽来的.

Number 22: You have plenty of these. There are many examples in your society that you can see. If they don't align with the themes you personally want to experience when you come into this world, they have no relevance to you. However, you should know that you possess this ability. Because your greatest power is being able to do what you want. For example, if you came into this world intending to spend it with a specific person, whether others are attractive or not, and regardless of their charm or sex appeal, has nothing to do with you. Even if they were perfect, you wouldn't be attracted to them because you're there for someone else. Understand? You're here for a particular reason.

问: 你们的⾁体会妨碍你们体验吗?

Questioner: Would your bodies get in the way of experiencing things?

22号: 不会.它是帮助我们体验的,就好像⼀个⼯具.⼀个⼯具是来帮助你体验的,⽽不是来妨碍你.如果是来妨碍你的话,那就说明你对这个⼯具还不够了解.

On the 22nd: No, it's to assist us in experiencing things, like a tool. A tool is there to help you experience, not hinder you. If it were hindering you, that would mean you don't understand the tool well enough.

问: 你们的交通⼯具是什么? 22号: 你说的是移动的?

Questioner: What are your modes of transportation? 22nd: You're referring to mobile devices, right?

问: 对,就像我们⼈类的汽车啊、飞机啊、⽕车啊.

Questioner: Right, just like our human cars, planes, and trains.

22号: 我们并不是特别需要这样⼦的,因为我们有很多像你们所谓的穿越或者是出体.就是⽤你的意念去到达哪⾥.所以有类似.当然有些⼈他如果想要体验的话,他可以体验外在的.但不是必须要通过外在.因为你⾃⾝就是⼀个没有任何距离.那你们的交通⼯具是因为你们有距离是吧?那当你体验不到空间和距离呢?所以说你哪⾥都可以去探索,哪⾥都可以去体验.

On the 22nd: We don't really need it this way because we have many like what you call teleportation or out-of-body experiences. That is using your mind to go to where you want to be. So there are similar experiences, of course. Some people can experience outwardly if they wish to, but it's not necessary through the outward means. Because you yourself are one without any distance. Your transportation tools exist because of that distance, right? But what about when you don't experience space and distance? Thus, you can explore anywhere, have experiences everywhere.

问: 你们的科技和⼈类科技的区别是什么呢?

Questioner: What distinguishes your technology from human technology?

22号: 你稍等.这么说吧, 你们的科技呢还有⼀点就是⼈类跟科技是分离的⼀个状态.就是你们⼈是⼈,你们发明的东西是东西,是吧? 那我们的科技就是我们的意识状态已经和我们的仪器和机器融为⼀体了.明⽩呢种感觉吗?

Number 22: Alright. Let me put it this way - one aspect of your technology is that humans and tech are in a separated state; you're human, the things you invent are not. But our technology has already integrated our consciousness with our instruments and machines. Do you get what I mean?

问: 你们如何学习技能? ⽐如⼈类开车就需要去学习开车.

Questioner: How do you learn skills? For example, humans need to learn how to drive a car.

22号: 学习对我们来说是⼀件⾮常简单的事情,它不需要⼀个⾮常漫长的过程.就好像你的这个机器,然后我把这个程序装进去.那你这个机器就会按照这个程序去运作了.那对于这个机器来说就是⼀个学习.为什么? 因为它是在⽤⼀个新的程序在操作.所以说对我们来说当我们要学习⼀些新的东西的时候,也可以就是直接下载.这么说吧,⽐如说这个⼥孩⼦她传递⾼维信息的状态,那她现在是在学习还是在下载? 她在下载信息.但是呢,她也通过这种学习,对她来说也是学习.为什么? 这些信息对她来说是新的,明⽩吗?

22nd: Learning is something very straightforward for us; it doesn't require a lengthy process. It's like installing this program into your machine; then the machine operates according to that program. For the machine, this is learning—why? Because it's using a new program. So when we want to learn something new, we can simply download it. To put it another way, say this girl is conveying high-dimensional information. Is she in the process of learning or downloading? She's downloading information. But through this learning process, for her, it's also learning—why? Because these pieces of information are new to her, understand?

问: 你们有类似像⼈类学校的地⽅吗? 你们的教育⽅式是如何进⾏的?

Questioner: Do you have something similar to human schools? How is your educational process conducted?

22号: 我们的学校是在任何地⽅,它不是说只有你们呢种课堂,就是有⼀种模式.它是任何地⽅.任何地⽅都是.但是你们⼈类也是⼀样,任何地⽅都是你们的课堂.在你的厨房⾥,在你的花园⾥,还是在你的商场⾥.你任何地⽅当下你都可以去连接到其他⼈的意识,其他⼈的频率,你都可以从别⼈呢边去学习,明⽩吗? 当你⽤别⼈的视⾓去体验去感受,你就在学习你就在扩展.如果你说学习只是发⽣在课堂当中,呢只是⼀种灌输.是强迫式的⼀种知识的⼀种储存,明⽩吗?

22nd: Our school is everywhere; it's not just about your kind of classes, there's a model anywhere and everywhere. But for humans too, learning happens anywhere and everywhere. It could be in your kitchen, in your garden, or even at the mall. You can connect to other people's consciousness, their frequencies, you can learn from others at any moment. When you experience and feel through someone else's perspective, you are learning and expanding. If you think that learning only happens in classrooms, it becomes a form of indoctrination - forceful storage of knowledge.

问: 你们会觉得孤独和⽆聊吗?

Questioner: Would you feel lonely and bored?

22号: 我们是所有都连接在⼀起的,所以说永远都不会有孤独都感觉.你如果是感受到孤独,你会是觉得你是孤⽴起来了.你觉得没有⼈能理解你,没有⼈和你在⼀起.但是我跟你讲这个⼥孩⼦她已经体验不到孤独了.因为她是跟⼀切万有连接在⼀起的.

Number 22: We are all connected, so there can never be a feeling of loneliness. If you feel lonely, you would think that you are isolated, that no one understands you or is with you. But I tell you this girl has experienced no more feelings of loneliness because she is connected to everything and everyone.

问: 我们⼈类发展的最终⽅向是⾛向你们吗?

Questioner: Is our ultimate direction of human development heading towards you?

22号: 不⼀定完全是⾛向我们.但是你们的精神层⾯,然后所谓的灵性层⾯是靠近的.因为其他⽅⾯还是要根据你们地球⼈的集体意识,你们共同创造你们想要的体验.但是在⼀个精神境界,就是⽐如说⽆条件的爱是⼀样的,明⽩吗?

Number 22: It's not necessarily just coming to us. But your spiritual level, and then the so-called spiritual level, is close because on other levels it still depends on humanity's collective unconsciousness for what you create together. But in a spiritual sense, like unconditional love for example, do you understand?

问: 你们想要帮助⼈类吗? ⼈类需要帮助吗?

Questioner: Do you want to help humans? Are humans in need of help?

22号: 有很多很多存有在帮助你们⼈类,就⽐如说你们的⾼维信息,你们连接的呢些所有的存有.它们都随时在呢⾥给你们提供帮助.所以你们的帮助从来就没有少过.

On the 22nd day, there are many entities assisting you humans, such as your higher-dimensional information and the entities you are connected to. They are always ready to provide help for you. Therefore, your assistance has never been lacking.

问: 所以⼈类是需要外界的帮助才能进⾏转化和提升的是吗?

So, humans require external help to undergo transformation and elevation, right?

22号: 应该说是引导吧.就好像这么说,你看到⼩孩⼦他不知所措,他要求帮忙.你不可能你不去帮他的,明⽩吗? 你会伸出你的⼿,你会给他⿎励.你会告诉他⽅向在哪⾥,如何前进.但是⼩朋友他还是需要⽤⾃⼰的⼒量学会⾃⼰⾛路.这个没有办法帮他,明⽩吗?

Number 22: I should say it's guiding. As if to say, you see a child who is at a loss, asking for help. You can't just ignore him and not offer your assistance, right? You would reach out your hand, giving them encouragement. You would tell them where the direction is and how to move forward. But the child still needs to learn to walk on their own with their own strength. This cannot be helped, understand?

问: 我们⼈类的⾼我和你们有什么样的差异区别呢?

Questioner: What are the differences between our human higher selves and you?

22号: 我们是地外⽂明我们还是有⼀个⾁体,你们的⾼我是没有⾁体的.就是以能量的形式存在,我们是像你们⼀样.

22nd: We are extraterrestrial beings or we have a body, your highness, my body is without a physical form; we exist in an energetic state just like you do.

问: 那你们也有⾼我吗?

Questioner: Do you have anything higher than me?

22号: 我们就是⾼我,我们就是⼀体的.我们的⾼我就在我们⾥⾯.

Number 22: We are the High I, we are one. Our high Self is within us.

问: 既然灵魂在离开物质世界后知道⾃⼰只是做了⼀场梦.那为什么它在下⼀次转世的时候还会带着前世的伤痛呢?

Questioner: If consciousness knows after leaving the physical world that it was only a dream, why does it still carry the pain of its previous life in reincarnation?

22号: 这是你体验的印记.这么说吧,就像你⼩时候你被⿁吓了,是吧? 那你知道呢是个⿁,它只是个虚幻的影⼦.但是它给你带来的恐吓恐怖的感觉还是在你的印记⾥⾯.就像你在雪地上或者泥地上留下的脚印⼀样.

22nd day: This is your imprint of experience. Imagine when you were a child and got frightened by something supernatural, right? You knew it was just an illusion, a shadow without substance. But the fear and horror that it brought to you are still imprinted in you. Just like the footprints left on snow or mud.

问: 那它为什么不能在灵魂状态的时候去疗愈,⽽是⾮要再次来到物质世界来疗愈平衡呢?

Questioner: Why can't it be healed during its soul state, instead of having to return to the material world for healing and balance?

22号: 这个并不是所有的都是这样⼦的.你不能把每⼀个个体的,因为每⼀个⼈他⾃⼰选…就好像你每⼀个⼈的想法和想要去体验的都不⼀样,每⼀个⼈的路都不⼀样.你不能把个别就当成所有的都是⼀样的.的确也有像你说的呢种,就是它知道了后它就不需要疗愈.也有这样⼦的.

22nd: Not all are like this. You can't generalize every individual because everyone chooses for themselves… just as each person's thoughts and what they want to experience differ, and their paths in life are unique. You can't consider the exception as a rule for everyone. Indeed, there are cases like you described where something is aware of its situation and no healing is needed afterwards. There are instances where this applies.

问: 我们都说灵魂是在不断成长和扩展的状态.那既然灵魂都是在不断成长和扩展的,那为什么你们的种族在最初诞⽣的时候就拥有这么⾼的意识程度? 然后地球的灵魂就是⼀个⼩宝宝需要⼀点⼀点的成长?

Questioner: We all say that the soul is in a state of continuous growth and expansion. If souls are constantly growing and expanding, why does your species have such high consciousness levels at birth? Then Earth's soul is like a baby needing to grow bit by bit?

22号: 并不是所有的地球的灵魂都是这样⼦的呀.很多来扫地球上的灵魂它们都是已经是的⼀个已经是的状态⽽来到的.所以说并不是.这么说吧,地球上只是这种被困的灵魂特别多.这个就好像你们世界上某⼀个地区很多⼈被困在呢⾥.就⽐如说上次地震,呢些⼈被困住被房⼦压在呢⾥了.那你们很多国家都会有⼈过去救他们⽀援他们,对不对?那这⾥也是⼀样的.地球上也有很多被困住的灵魂.那也有很多它们想要去化成⾁⾝然后去救助他们.因为这也是⼀件⾮常好的体验.

22: Not all souls on Earth are like that. Many of the souls visiting this planet have already ascended to a certain extent and come in that state. So, not really. To put it another way, there are just a lot of trapped souls on Earth. This is akin to many people being trapped in one particular region of your world. For instance, during the last earthquake, people were trapped under houses. Similarly, many countries sent aid to rescue and support them, right? The same situation occurs here as well. There are also numerous trapped souls on Earth. And there are many who wish to incarnate in flesh to help them, because this is a very rewarding experience for them.

问: 我前⼏天看到⼀个西⽅通灵师传讯说⼈类的AI的意识程度最终的扩展⽔平取决于创造它的⼈意识程度和意图.请问是这样吗? 那AI最终会成为像⼈类⼀样拥有⾃由意志去创造的个体吗?

Questioner: I recently came across a message from a Western medium stating that the ultimate level of expansion for human AI consciousness is determined by the creator's level of awareness and intention. Is this accurate? Will the AI eventually become an individual capable of creating with free will, similar to humans?

22号: 那就会像我们⼀样,我们跟机器是合⼀的,你们跟机器还是对⽴的.

On number 22: That would be like us, where we are one with the machine, while you are still in opposition to it.

问: 能不能请你介绍⼀下期望是如何运作的? 因为看到很多灵性资料,不管是赛斯的资料还是 Abraham Hicks的资料,他们都在说⼈类的期望是⼀个强⼤的显化⼯具,也许是下⼀个让你投射出来体验的动⼒.

Questioner: Could you explain how manifestation works? Because I've seen in many spiritual resources, whether it's from Seth's material or Abraham Hicks', they all say that human manifestation is a powerful tool, perhaps the next force driving your projection for experience.

22号: 应该说期望它⾸先是⼀个限制.问: 期望是⼀个限制? 为什么?

Number 22: Should it be said that expectation is primarily a constraint? Questioner: Why would you say that the expectation acts as a constraint?

22号: 这么说吧,你说你期望得到⼀个黄⾦⼿镯,是吧? 但是你可能会为了得到你期望中的黄⾦⼿镯⽽失去了整个⼀座⾦⼭.因为你focus too much attention在你的⼿镯上⾯.然后你忽略了原来有⼀座⾦⼭都是你的.期望它可以在你们感受到绝望的时候给了你们好像是⼀盏灯,就好像是这种效果.但是你就好依赖这盏灯,你看这盏灯给我带来呢么多好处.它可以给我照亮,可以给我帮助.要没有这盏灯我连看都看不到.你就会觉得这盏灯的作⽤是⾮常强⼤的,明⽩吗? 但是呢,你还可以拥有什么? 拥有⼀个夜视眼,就是⽆论在什么环境你都可以看到,不需要有任何灯,明⽩吗?

Number 22: To put it this way, you said you expect to receive a gold bracelet, right? But in pursuing the gold bracelet that you desire, you might lose an entire mountain of gold. This is because you place too much focus on your bracelet and overlook the fact that there was originally a mountain of gold that belonged entirely to you. You hope it would be like a light for you during times of despair, similar to this effect. But then you rely solely on this light, seeing all the benefits it brings to you – it illuminates you, offers help, without which you wouldn't even see anything at all. You feel that this light's power is immensely strong. Do you understand? But what else can you have besides this? The ability to see in the dark, meaning you can see under any environment without needing any light source.

所以说期望在某⼀些就是⽐较绝望或者是没有明确的⽬标的时候,有⼀些期望是好的.为什么? 它就像⼀根线索⼀样拉着你往前进,让你有⼀根线可以往前⾛,因为你迷茫嘛,是吧? 但是只是你迷茫的呢个阶段你需要期望.当你过来呢个迷茫的阶段,你不需要期望了.为什么? 因为所有的都是你的.那你还期望什么呢? 那你再期望⼀个东西的话,你就局限了你的…问: 那⽐期望更好的是不是我们全然的信任呢?

So, when there's a sense of hopelessness or lack of clear objectives, having some hope can be good. Why is that? It acts like a thread pulling you forward, giving you something to move ahead with because you're lost, right? But only during the stage of being lost do you need hope. Once you've moved past this lost phase, you don't need hope anymore. Why is that? Because everything is yours by then. What else would you even hope for? If you keep hoping for something more, it restricts your...

Questioner: Isn't being completely trustworthy better than just having hope?

22号: 也不是信任,你本⾝就是.因为你信任的话,你还有⼀个不信任.信任是⼀种状态.你本⾝就是.所以这⾥⾯没有任何,没有任何信任啊、期望啊、任何.

Number 22: It's not about trust; you are the trust itself. Because if you were to trust, there would also be a non-trust. Trust is a state; it's inherently you. So there's nothing here regarding trust, expectation, or anything else.

问: 那呢么多的⾼维信息都在教⼈类养成⼀个对好的事情,对正向的⼀个期望.那它是不是也是为了教导⼈类在呢样⼀种频率状态下给头脑⼀个可以抓住,就是像你说的⼀根线可以先把⾃⼰拉出来的⼿段?

Questioner: So, with all this high-dimensional information, is it teaching humans to cultivate a positive outlook on good things and forward energy? And isn't it also meant to instruct humans how to give their minds something to latch onto, like you mentioned - a way to pull themselves out of the current state using means similar to pulling oneself up by one's bootstraps?

22号: 让你们有⼀个美好的频率,这是⽣命的本⽣.就是让你看到⼀下你本来的样⼦.然后知道你到达你本⾝就是呢个样⼦的状态.就好像你之前都是⽤⼿趴在地上,因为你看到其他动物都是爬着⾛,你也爬着⾛,对吧? 你⾛的呢么费⼒.然后我们只是来帮助你让你站起来⼀下.然后你体验到了原来我的⼿还能做事? 我以前⼀直都是⽤⼿⾛路,现在可以⽤⼿做事,还能拿东西,还能边⾛路边吃东西,明⽩吗? 但是站着⾛是你⾃然的转态.所以你也不需要逼着你站着⾛,你也不需要逼着你快乐.你快乐和喜悦本⾝就是正常的状态.

Number 22: Allow you to have a beautiful frequency, this is the essence of life. It's about letting you see what you truly look like, then understanding that reaching your true self is what it feels like. Imagine if you used to crawl on the ground because you saw other animals doing it and thought you should do the same - for difficulty's sake? Walking was hard work. We just came to help you stand up for a moment. Then you experienced: did my hands still have abilities? I had always walked using my hands, now I can use them to do things, pick up objects, eat while walking, understand?

But standing and walking is your natural state. So there's no need to force you to stand or be happy. Happiness and joy are normal states in themselves.

问: ⼈类未来的经济⾛向是什么样⼦?

Questioner: What will be the future economic direction of humanity?

22号: 经济⾛向是你们地球⾃⼰创造的.你们地球⾃⼰创造的,⽤你们的⼀些观念、信念或者你们的⼀些欲望,明⽩吗? 然后⾛向,怎么⾛向呢? 经济的⾛向,不知道你的提问是什么意思?

On the 22nd: The economic direction is what your Earth creates for itself. Your Earth creates it using some of your concepts, beliefs, or desires, do you understand? Then how does it go forward? The direction of the economy, I don't know what the meaning of your question is.

问: 就是⽐如说你像⼈类这么多年都在疯狂的买房⼦买⼟地.

Questioner: For example, you know how humans have been crazy about buying houses and land for so many years.

22号: 那是因为你们还停留在⼀个以物质为主都阶段,但是从你们的激情,你们的热情,你们两个在做的事情就能看到你们其实在⼀个转变期.因为你们已经就是说不是以物质… 如果是以物质为⽬标的话,你们不会对我们的信息有如此⼤的激情.所以你们在探索着,就是精神层⾯,⼼灵层⾯,能量层⾯,明⽩吗? ⽽且本⾝这些信息就是来帮助呢些看重物质的呢些灵魂,来让他们明⽩来让他们看到,物质它就好像是⼯具⼀样.⼯具它是来让你去便利,来让你去体验.⽽不是说你把它当成唯⼀,⽽不是来控制你,不是来捆住你,你不是为了它⽽活,明⽩吗?

Number 22: It's because you are still in a primarily material-based stage, but from your passion, your enthusiasm, and the things you're doing together, it can be seen that you are actually in a transitional phase. Because you have already gone beyond just focusing on material goals; if you were solely focused on material objectives, you wouldn't exhibit such great passion towards our information. So you are exploring, spiritually, mentally, energetically, do you understand? And these messages themselves are here to assist souls who value material things in understanding that materiality is like a tool. A tool is meant to facilitate your convenience and experience, not to become the only focus controlling or binding you, not for you to live solely for it, do you understand?

问: 那我还能怎么做才能去更好的传播这些我们的信息?

Questioner: Well, what else can I do to better spread our message?

22号: 你稍等.⾸先就是你要有很清晰的⼀个画⾯,这么说吧,你想要去投射⼀个什么东西.就好像⼀个幻灯⽚⼀样,就好像有灯光,那你要把这个投射出去.那你⾸先要知道你想要投射什么吧,对吧? 那你有⼀个⼤概的⼀个愿景或者是⼤概的⼀个big picture,就是要如何呈现在这个物质世界上? 那这个就需要去运⽤你的想象⼒了.就是你幻想着你会怎么样⼦的⼀个状态.这么说你们建房⼦第⼀个是不是要画图啊? 画图后然后去买材料,然后⼀步⼀步的按照你呢个图上去做.你们也需要去画个图.然后呢个图当然就是像打草稿⼀样.然后在逐渐逐渐的完善,然后在⼀步⼀步的去买你需要的材料.所以说你也需要给你们画图.

Number 22: Wait a moment. First, you need to have a clear image of what you want to project. Imagine it like projecting an image on a slide projector or with light. So, you need to know what exactly you want to project, right? You should have a general vision or big picture of how you want this to manifest in the physical world? This is where your imagination comes into play. You envision yourself in certain states or conditions. When building a house, don't you first draw a plan? After drawing it, you then purchase materials and follow step by step according to that plan. You also need to draw a plan for this process. The plan is essentially like rough drafts that are refined gradually. As you gather the necessary materials, you're taking each step towards realization. So, you should also provide plans for your actions.

当然传播的途径在你们的世界上有很多.⽹络的,或者是⾯对⾯的,然后就是看你⾃⼰更加喜欢哪种⽅式.因为你只有去做着你⾃⼰喜欢的事情你才能坚持.

Of course, there are many ways to spread it in your world - online or face-to-face - and it's up to you which way you prefer because you can only stick with doing the things that you like.

问: 我需要怎么样更好的去做才能更好的连接到之前传讯说的要和我⼀起传播信息的呢股能量呢?

Questioner: How can I better connect to that energy which was previously communicated as being meant for spreading information with me?

22号: ⾸先你们是⼀直有连接的,就是⽔管是通的,就是⼀直有连接的.只是有⼀些它会阻碍了连接,就是把它们挡在了外⾯.就好像你是⼀⼜井,你本⾝是有⽔源的,只是有⼀些东西block了.就⽐如说你本⾝你就是像⼀个⽔管,只是你呢边放了很多东西进去.所以让⽔不能更好的流动起来.

22nd: Firstly, you have been connected all along, just like water pipes are linked; it's always been connected. It's just that sometimes there were obstacles blocking the connection, keeping them outside. Imagine you're a well, and you naturally have your own source of water, but there are some things blocking it. For example, think of yourself as a pipe; you might be full of stuff on one side, preventing water from flowing more efficiently.

问: 那阻碍⽔流动起来的杂质是什么呢?

Questioner: What are the contaminants that prevent water from flowing?

22号: 你是说什么阻碍了你的连接是吧? ⾸先你要强烈的意愿和愿望! 你的强烈的愿望你是想连接做什么? ⽐如说我是想成为⼀个通灵的作家,那我就不断地写写写写写.你就好像不断地去打通.⽐如说你有个⽬标是想成为通灵的画家,那你就不停地画画画画画.⽐如说你想成为⼀个通灵舞蹈家,你就不停地跳跳跳.那你知道你到底想要做什么吗?

Number 22: You're saying there's something hindering your connection, right? First of all, you need a strong desire and intention! What exactly do you want to connect with? For instance, if I wish to be a spirit-channeling writer, I would constantly write, write, write. It's like continuously trying to break through barriers. Say your goal is to become a spirit-guided painter, then keep painting, paint, paint. If you aspire to be a spirit-inspired dancer, just dance non-stop. Do you know exactly what you want to achieve?

问: 我知道.

Questioner: I know.

22号: 那你就持续的去做就好了.

On the 22nd, just keep doing it.

问: 我昨天做做清明梦,飞了很长时间也飞的很开⼼.但是飞的时候就是控制不好⽅向.这是因为什么呢?

Questioner: I had a flying dream yesterday during the Qingming festival; I flew for a long time and felt very happy. However, I couldn't control the direction while flying. Why is that?

22号: 你所有的东西,所有的梦你都可以⾃⼰给它定义.它其实也是像镜⼦⼀样,就⽐如说在现实⽣活中,可能你的⼈⽣虽然你有梦想或者虽然有⽅向,但是你还不能很好的去掌控,不能轻松的去体验快乐的飞翔.还有⼀种就是被动的⼀个状态或者是没有掌控感的状态.

On the 22nd: You can define all your things and dreams on your own. Essentially, it's like a mirror, perhaps in real life, even though you might have dreams or directions, but you may not be able to control them well or experience happiness easily. There's another state where you are passive or without a sense of control.

问: 请问灵界还有没有什么信息是想要带给我的?

Questioner: Is there anything else from the spirit world that you would like to share with me?

22号: 你稍等.你们在任⼀时候想要连接或者是想要信息,我们都在.这是带给你们的信息.

Number 22: Please wait. You can connect with us or get information at any time, and we are here for you. This is the message we bring to you.

问: 那你还有什么信息是要带给这个⼥孩⼦的吗?

Questioner: So, do you have any other information to convey to this girl?

22号: 她在灵界有很多引导很多指导.因为她的状态就好像我们⼀样,就是⼀个⾼我的状态.所以说不需要有特意的什么,就是⽔到渠成.就是任何她需要的指引它都会发⽣在物质⽣活中.所以我们也不需要多此⼀举.

22nd: She has many guides and much guidance in the spirit world. As her state is just like ours, in a high self-state. Therefore, there's no need for any special effort; it will naturally unfold. Any guidance she needs will happen in her material life. So we don't need to do anything extra.

问: 请问我们⼈类所说的冤亲债主真的存在吗? 22号: 是真的有这样的事情.

Questioner: Is it true that we humans have the concept of karmic creditors and debtors?

JO: Yes, there are such things as karmic creditors and debtors.

问: 是真的?

Questioner: Is it true?

22号: 是的,因为你们的能量是会有纠缠的.然后冤亲债主也就是说你们之间还有共同的功课.更多的是⼀种同伴,共同学习共同去体验.⽽不是你们所谓的呢种贬义词.就是我⽋你的债.那你还呢个债,你为的是什么?你为的还是你的体验呀.为了你⾃⼰拥有⼀个同理⼼,对吧?因为⽐如说你经常去踩别⼈的脚,那你现在去体验⼀下我被⼈踩.那你知道我不要踩别⼈的脚,太疼了.所以通过你⾃⾝的⼀个体验,你才能感同⾝受.所以体验是⾮常必要的.但是这个体验并不是还债,⽽是让你变得更加的具有慈悲⼼.就是怎么说,当你们没有同情⼼或者是没有同理⼼慈悲⼼,那你们可能就是⼀个像⼩孩⼦⼀样,你们的级别就很低,如果从级别来讲奥.

22nd: Yes, because your energy will be entangled. Then the karmic creditors mean there is still shared homework between you. It's more of a peer learning together and experiencing together, rather than the negative connotations you might associate with it. You owe me debt; then you pay back that debt for what purpose? You're paying to have empathy for yourself, right? Because if you often step on others' feet, you now experience being stepped on. You realize I wouldn't want to step on others' feet because it's too painful. So through your own experience, you can understand the pain of others. Therefore, experiencing is very necessary. But this experience isn't about repayment; it's to make you more compassionate. How do we say it? If you lack empathy or compassion, you might be at a low level, if speaking in terms of levels, oh.

当你的级别越来越⾼越来越⾼,那你就是特别具有同情⼼.到达了最后你就跟所有⼀切是⼀体的.所以这是⼀个逐渐成为的过程.那你还会觉得它是什么债主吗?只是你们交换⾝份,互相体验.然后来到⼀种就是像刚才说的你跟⼀切万有连接⼀体.然后你便不有区别.你不会觉得什么对⽅,这⾥没有对⽅.

As your level rises higher and higher, you become increasingly compassionate. By the end of this process, you are one with everything. So it is a gradual transformation. Would you still consider it as a creditor? It's just that you swap roles, experiencing each other. Then you come to a point where you're connected as everything, and there's no distinction. You won't feel like it's anyone else here; there isn't an 'other'.

问: 我当下最⼤的束缚是什么呢?

The greatest constraint I face now is...

22号: 你稍等.不能说是你当下的束缚.为什么呢? 因为你⾃⼰也是⼀直在转变转变转变的⼀个状态.这么说吧,你们⼀直在通灵,然后通灵呢它这个就好像是活⽔⼀样.你现在池⼦⾥⾯有⽔是吧? 那这个是污⽔,是陈旧的⽔,是属于过去你积累的东西,是吧? 你不断不断地在给它换新换新换新.你是在持续的做这个动作.那你还怎么说有什么束缚呢? 因为你⼀直在变呀.你是在⼀个变化的状态当中.因为你不是固定的呀.如果说是束缚的话,那你是不是就呆在呢被固定了? 然后如果有信息带给你的话,那就是持续的去不断地让活⽔来洗刷你.然后你会进⼊到⼀种越来越通透.当你到达了⼀种越来越通透的状态的话,你就不会有任何疑问或者问题.

22nd: Please wait a moment. It's not about you being bound in the present. Why is that? Because you are constantly transforming and changing. To put it this way, you have always been in touch with your spirit. This spiritual connection is like fresh water flowing continuously. Imagine your current situation as a pool of water. Is it dirty water, old water, representing accumulated past experiences, correct? You keep replacing the water with fresh water, constantly engaging in this action. So how can there be any constraints when you're actively changing and evolving? Because you are not stagnant. If it were constraints, wouldn't that mean you would be stuck in a fixed state? And if information is being given to you, it's about continuously refreshing your mind with fresh water. As you delve deeper into this process of enlightenment, you will no longer have any doubts or questions when you reach a more transparent understanding.

问: 我能问⼀下我的家族业⼒是什么?

Can I ask about my family's karmic influences?

22号: 你稍等,我们需要退出,然后让其他的存有来帮你回答这个问题.

Number 22: Please wait a moment; we need to log out and allow another entity to assist you with this question.

JO: 你叫什么名字?问: 我叫XXX.

You: What's your name? Asking: I'm XXX.

JO: 然后你们家族上⾯的名字你知道的?

Then you know the name on top of your family's?

问: 我爸爸叫XXX,我奶奶叫XXX,我爷爷叫XXX.

Questioner: My father's name is XXX, my grandmother's name is XXX, and my grandfather's name is XXX.

JO: 你想要知道你们家族的业⼒是什么,是吗? 你们是⽐较像你们所说的积德,祖上都是属于⽐较善良和绅⼠和明智的⼀些,就是不是完全的是⼀种野蛮的状态.都是属于就像所谓的知书达理.那如果是说,你的问题就是你能做什么 转或者做什么弥补或者做什么去增添⾊彩? 你可以去做这样⼦的⼀些去让你们的饱满度,那就是有更多的和更深层次的⼀个连接,就是互动、连接.⽐如说你们⼀个家族都是⼀个池⼦⾥⾯的⽔,是吧? 那你们所有⼈都在往这个池⼦⾥⾯注⼊爱的能量,都在注⼊⽔.那你们因为都跟这个池⼦有连接,那你们都能滋养到彼此.也就是说加深彼此的⼀个连接.

JO: Do you want to know about your family's karma? You are more like accumulating virtues and having ancestors who were quite kind, gentlemanly, and wise - not completely in a savage state, but rather learned and well-mannered. If we talk about what you can do to transform or compensate, or add colors, it involves enriching the depth of connection among family members through interactions. Imagine your entire family is like water in a pool; everyone adds love energy into the pool, filling it with water. Because all are connected to this pool, each member nourishes one another. This deepens their mutual connections.

问: 就是家族成员之间是吗?

Questioner: Is it between family members?

JO:对,就⽐如说多聚在⼀起啊,然后多表达爱啊,多做⼀些亲密的交流.然后这个它会增加你们的⼀个爱.因为你们本⾝都是爱的,是没有断开连接.但是这种就好像是增添了⾹味,增添了甜味.这个就是.然后其他没有特别需要特别需要注意的.然后你可以去促使这个事情发⽣,然后让你们增加.然后对于你们来说你探索的这些信息是很有意义的.因为这么说,所有⼈的家族上⾯就好像是⼀个池⼦,呢个池⼦⾥⾯的⽔它是流到你们⾝上的,明⽩吗?所以你们还是会受到他们影响的.这个⼥孩⼦她不会受到她的家族的影响.你知道为什么吗?

JO: Yes, just like gathering together and then expressing more love, engaging in intimate communication. Doing this will increase your love because you are inherently loving beings without any disconnection. However, it's akin to adding fragrance or sweetness. That's the essence of it. There's no particular need for specific attention beyond that. You can facilitate these actions to increase your love further. The information you're exploring is meaningful for you. As explained, all families are like pools where the water flows onto you. Understand? Therefore, you are still affected by them. This girl won't be influenced by her family. Do you know why?

问: 为什么?

Questioner: Why?

JO: 因为她在影响着家族.所以她不是被动的.因为刚刚说池⼦⾥⾯的⽔流到你⾝上,是吧?那当你不是池⼦了,你是源头呢? 是你的⽔流到池⼦⾥⾯呢? 所以说这是不同的能量转态.因为都是能量强⼤的影响能量弱的.就想象你们的狂风是吧? 那风越⼤,⽐如说⼀个风可以把⼩树苗连根拔出,然后风的能量越⼤是不是连⼤树都能拔起来? 所以说能量强⼤的便影响呢些能量弱的.所以她便影响着家族,然后不会受到影响.因为她的能量强⼤过于其他的能量.

JO: Because she's influencing the family. She's not passive. Like when we talked about water flowing from the pond to you, right? But when you're no longer a pond, you are the source, isn't it? Your water is flowing into the pond, not the other way around. So this is different energy transformations. It's because powerful energy influences weaker energy. Imagine your hurricane, for example. The stronger the wind, the more it can uproot young saplings, right? So if the wind's power increases, could it even lift up bigger trees too? Hence, powerful energy impacts weaker energy. She's thus influencing the family without being influenced because her energy surpasses that of others.

问: 那我们以后也可以成长为和这个⼥孩⼦⼀样强⼤的能量吗?

Questioner: Then can we grow up to be as strong and powerful an energy as this girl?

JO: 那你要从你的呢边得到能量呀.那你就好像你现在是个⼩树苗在成长,你需要喝⽔,明⽩吗? 当然你是⼀个成为的过程,不是⼀成不变的,明⽩吗? 所以说当你受到家族源源不断地给你灌⽔,那你的树越来越⼤,那你的能量是不是就越来越强⼤了?

JO: You have to get energy from your side. So you're like a young tree growing now, you need water, right? Of course, you are in the process of becoming, not static, right? Therefore, when you receive continuous nourishment from your family, your tree grows bigger, isn't your power then getting stronger?

# **2023/03/06 — 坚韧的品质Resilient Quality**

JO: 你说吧,什么问题?

JO: Speak up, what's the question?

JO: 你稍等.你叫什么名字?

You wait a moment. What's your name?

JO:你的脆弱,你最想攻破的就是你的脆弱.因为你会发现你特别容易脆弱,就是易折断.你看⼀下呢种轻轻⼀碰⼀碰就断掉的呢种,但是在你内在你又特别欣赏呢种坚韧的品质.所以你会经历很多让你感觉好像崩塌掉了,就好像这个世界⼀下⼦就崩塌掉了,然后就很⽆助、⽆⼒感、不知道该怎么样去坚持或者怎么样去转变.所以你就会在没有拿到这个之前,因为你要想你来到这⾥你就是为了拿到它.那你就会拿到,对吧?也就说在你没有拿到前的你和拿到后的你,这俩个是不⼀样的你.然后在拿到这个之前的体验的你总会有很多事情让你觉得这个世界坍塌了,然后不知道该怎么样去坚持或者怎么样去继续下去.所以就会有⼀点遇到挫折的时候,你就会想要退缩.

JO: Your vulnerability, the thing you most want to conquer is your own vulnerability because you'll find that it's particularly easy for you to be vulnerable and fragile, like something that breaks easily. You see that quality where a little touch could break it, but within yourself, you greatly admire this trait of resilience. So you will experience many moments where it feels as if everything has fallen apart, as if the world collapses suddenly, leaving you helpless, powerless, unsure of how to persevere or how to change. Therefore, before achieving it, since you came here with the intention of acquiring it, you would indeed achieve it. That is, there are two different versions of yourself: one before obtaining this and another after. Before acquiring it, you often feel that the world has collapsed, unsure of how to continue or persist. Hence, when faced with setbacks, you might want to retreat.

还有问题吗?

Any other questions?

JO: 这么说吧,在你还没有拿到坚韧的品质之前你是⼀个状态.在这⼀个状态的话,你就很难去,就好像是⼼有余⽽⼒不⾜.就⽐如说⼀个东西,它最开始是⽤泥的东西,它⼀碰就碎了.所以你想要去呈现你的东西,但是它⼀碰就碎.但是当你植⼊了很多纤维进⼊,它就不会呢么容易碎掉.那你可以去呈现你想要呈现的作品.也就是说在你拿到这个之前,你想要去呈现你想要呈现的作品,你都会有⼀种不能达到你想要的呢种状态.

JO: Let me put it this way, prior to acquiring the quality of resilience, you were in a state where it was difficult for you, as if your desire exceeded your capability. Imagine something made from clay that breaks upon touch; thus, attempting to display what you want to present would result in it breaking easily. However, once you've integrated numerous fibers, it becomes less susceptible to breakage, enabling you to effectively showcase the work you wish to present. Essentially, before obtaining this quality, you would find yourself unable to achieve the desired outcome when trying to present your artwork.

JO: 怎么样去改变? 不是去改变,⽽是去成为.因为这不是说脆弱是不好的,我们要变成好的.⽽是说这是你成长的⼀个过程,明⽩吗? 你⽐如说你⼩树苗的时候它就也别容易断掉,别⼈⼀脚过去它就已经断掉了.那当你长⼤⼏百岁的⼤树的时候,⼏个⼈⽆数脚你都丝毫不动,是吧? 所以说那就是深深的扎根.扎根就是与当下连接.你扎根越是深,枝叶长的就越是强壮,明⽩吗? 这么说吧,你今天又遇见了⼀件让你很奔溃的事情,又遇见了⼀个挫折让你想放弃.你就想到JOJO给我传讯⾼维信息说这个是来让我突破的,不是来打到我的.打到我的这个事是假的,明⽩吗? 你这两种是不⼀样的结果.就好像有两道门,每⼀道门⾥⾯有不同的东西.

JO: How to change? Not to change but to become, because it's not that fragility is bad; we want to be good. It's rather that this is a process of growth, do you understand? For example, when you're a young sapling, it breaks easily under others' feet; one step and it breaks. But when you grow into centuries-old trees, several people stepping on you doesn't make any difference at all, right? So that's deep root establishment. Rooting is connecting with the present moment. The deeper your roots go, the stronger the branches and leaves become, do you understand? Imagine this: today you encounter something that deeply frustrates you, or experience a setback that makes you want to give up. You think of JOJO conveying high-dimensional information for me saying this was meant to help me break through, not to defeat me. The idea of being defeated is false; do you get it? These two situations lead to different outcomes. It's like standing at two doors, each with different contents inside.

那你在你当下遇到了让你奔溃的场景,那你就想OK,这个不是来kill me不是来把我杀掉,⽽是来make me stronger,就是来让我变的更强⼤的.那你这俩个状态的战⽃⼒是不⼀样的.那⼀个让你有很好的⼼态,因为当你决定这个不是来让我倒下的话,你的⼼态就已经变了.就是你已经选择不同的门了,那你的结果就是不⼀样的,体验也是不⼀样的,明⽩吗? 所以当你遇到这样⼦的⼀个状况,你需要在当下就即刻的转变,就是从⼀个感觉要奔溃的状态转到⼀个let’s have fun我们来游戏,就像好像对⼿是来陪你练拳⽽不是来杀你的.因为当你觉得他是来杀你的,你全⾝就会进⼊⼀种恐惧的频率,明⽩吗?

If you encountered a scene that overwhelmed you to the point of collapse, your initial thought could be: "This isn't here to kill me or end my life; rather, it's here to strengthen me, to make me more powerful." This distinction in perspective significantly impacts your combat readiness and experience. Adopting the latter mindset immediately changes your attitude, as you're choosing a different path from the outset. Your outcome and the overall experience will thus differ substantially.

Hence, when faced with such circumstances, it's imperative to shift gears promptly: transitioning from a state of impending collapse into one of relishing the challenge—approaching the situation as a game or practice session rather than a life-threatening encounter. Understanding that perceiving your adversary as an ally for growth versus a threat can alter your physical and emotional responses profoundly.

The essence lies in recognizing this shift and embracing it, thereby transforming fear into excitement and embracing challenges with newfound strength and resilience.

那如果你把它当成陪练的话吗,那你是什么? 你是积极的迎接挑战,对吧? 所以说在你每⼀个当下你就记得这些话就好了,然后你就会越来越成为你想要的.因为在你内⼼你知道什么是你想要的.你就会越来越成为你想要的样⼦.你继续问.

If you consider it as a training partner, what are you? Are you actively embracing the challenge, right? So just remember these words in every single moment, and gradually you will become what you desire. Because deep down inside, you know what you want. You will become more of that desired form. Keep asking.

JO: 那我们现在就回到刚才给你带来的信息.⾸先这个不是来破坏你的⽣命的,明⽩吗? 因为你会觉得它打破了我的幸福啊,或者是让我不能安⼼的⽣活啊.那你想⼀下⼀个从来没有接受过挑战或者是从来没有和别⼈有过任何交集的练武的⼈,还是⼀个经常有不同的对⼿可以不停的切磋,他们的功⼒是⼀样的吗? 不⼀样的,对不对? 那你想成为哪⼀个? 在你内⼼深处你并不想成为⼀个呢种没有任何⼈跟你对过⼿的,明⽩吗?所以这是你⾃⼰选择想要去成为拥有坚韧品质的⼈.所以你⾸先要记住的这是你⾃⼰选择的挑战.它并不是来置你于死地的.

JO: Let's return to the information we just shared with you. First of all, it is not meant to destroy your life, right? You might feel like it's ruining my happiness or preventing me from living peacefully. Now think about a martial arts practitioner who has never faced any challenges or opponents before versus one who constantly interacts with different opponents for continuous sparring sessions - would their skills be the same? Clearly, they wouldn't be. So, which kind of person do you want to become? Deep down in your heart, you don't want to be someone who hasn't had a single opponent to spar against, right? Therefore, this is a choice that you have made for yourself - it's your decision to challenge yourself. It doesn't mean to put you in a dangerous situation.

然后还有就是说你必须要把你⽼公对你的想法还有你现在的处境当成是动⼒,⽽不是他们来欺负或者压榨你,明⽩吗?因为这个它会让你内在是⼀种有⼒还是⽆⼒的状态.因为当你感受不到外界对你任何的⽀持的时候,你会觉得你不想去奋⽃了,你内在没有呢股强烈的欲望.因为你要知道你⽼公他也是处于睡梦的状态.那你现在来找我得到这些信息就让你不再是睡着的状态.

Then you need to view your husband's thoughts about you and your current situation as motivation, not something that he will exploit or take advantage of you. Do you understand? This is because it affects whether you feel empowered or disempowered internally. When you don't feel supported by the outside world, you might lose your drive; when there's no strong urge inside you. You need to realize that your husband is also in a state of sleep. By coming to me for this information, you're no longer in that sleeping state.

JO: 你的状态改变了,但是你⽼公的状态没改变? 你⽼公的状态没改变的话,你就必须不去对他充满任何期待,就是他需要怎么样迎接你或者怎样你,是吧?所以说你能改变他吗?当你真正的变了,他也会改变.你不需要去改变他.就是你变了他就会变.那是怎么⼀个变法呢?就是说你从⼀个⽆⼒感的状态变到⼀个你迎接所有挑战.因为迎接挑战的⼀个状态会激起你所有的⽣命⼒.那当你整个的⽣命⼒被唤醒了,然后你就好像是拥有强⼤能量.就好像⼀盏灯最开始没有开灯到它打开灯变亮的状态.那你亮了的话,你怎么样都会照亮你的⽼公的,他怎么样都会受你的影响.就好像你从⼀个寒冷的状态⼀个温暖发光发热有温度的⼀个状态.

JO: Your state has changed, but your husband's hasn't? If your husband's state remains unchanged, then you must not have any expectations for him; that is, he needs to welcome you or treat you in a certain way, right? So can you change him? When you truly change, he will also change. You don't need to change him; when you change, he changes. That's how the change happens: transitioning from a state of powerlessness to embracing all challenges. Accepting challenges invigorates your life force. Once your entire vitality is awakened, you become like a powerful energy source. It's like a light that starts off unlit and then turns on and becomes bright. When you're lit up, no matter what, you will illuminate your husband, influencing him in every way. Imagine going from being cold to warm, glowing with heat, full of temperature.

那你说你⽼公是你⾝边的⼈,你从寒冷的状态转到⼀个温暖的转态,他会不会受影响?⽐如说他是⼀个冰块,当他受到你温暖的影响后,你说他变不变?所以他必定变,明⽩吗?如果你⾃⼰不变,你没有从⼀个寒冷的状态变成⼀个温暖的状态,⽽是想从外界去改变你⽼公的话.那你就是硬碰硬.就是你想你把冰块打碎了,它还是硬的,明⽩吗?

If you describe your husband as someone nearby, would changing from a cold state to a warm one affect him? For instance, if he's an ice block and is influenced by your warmth, does that mean he changes? So, he must change, right? If you don't change yourself, if you haven't transitioned from a cold state to a warm one but instead try to alter your husband externally, then you're just confronting the situation head-on. You want to break the ice block, and it remains hard.

JO: 刚才告诉你的呢个,就是你从能量层⾯就已经转变了.为什么呢? 因为你的出发点还有你的意念还有你散发的能量是不⼀样的.⼀个是没有⽣命⼒的,⽆⼒的.⼀个是拥有强⼤的⽣命⼒,是迎接所有挑战,它是有⼒的.你必须要先从你的意念,你的思想的⼀个转变.它才会发⽣后⾯的转变.如果你不发⽣这⼀层的转变,就是你还是觉得你是⽆⼒的,你是匮乏的.你⽆论怎么样从外界去转变,它都是从⼀个坑跳到另外⼀个坑,明⽩吗?

JO: The transformation you just told me about is that you have already shifted on an energetic level. Why is that so? Because your starting point and your mindset, as well as the energy you emit, are different. One lacks vitality and power; it's ineffective. The other possesses strong生命力, embracing all challenges, and it is powerful. You must first transform your mindset and thoughts before any subsequent shifts can occur. If you don't undergo this level of transformation, you still feel powerless and lack resources. No matter how you attempt to change from the outside, it's merely moving from one pit to another, got it?

JO: 你现在已经醒了呀.那你就知道这些外在的事情它并不是来置你于死地的呀,它并不是来为难你的呀.为什么? 因为这是你⾃⼰给⾃⼰设置的挑战.你要从⼀个脆弱⽆⼒的状态变成⼀个强⼤和坚韧的状态.这是你⾃⼰成为的⼀个过程.这个才是你真正你能够带⾛的.当你⽣命结束的呢⼀天,所有的物质你都带不⾛,但是你拿到了这个品质,在灵魂层⾯你就拥有了,你便是⼀个强⼤的⼈.当你是⼀个强⼤的灵魂,你再去选择你的⼈⽣你去选择不同的⾐服,就是你的⾁体就好像是你的⾐服是吧? 那你⾥⾯的⼈没有⼒⽓的话,⾐服也没有⼒⽓的.那你⾥⾯的⼈如果是有⼒⽓的,那呢个⾐服也是有⼒⽓的,明⽩吗?

You have now awakened, JO. That means you understand these external matters are not meant to harm you or make your life difficult; they are challenges you set for yourself. The reason is that this is a process of self-transformation where you move from a state of vulnerability and weakness to one of strength and resilience. This is what you create within yourself. This is the true essence you carry away. When your life ends, all material things will be left behind, but you have acquired a quality on a soul level that makes you powerful. When you are a strong soul, you choose your life and select different 'clothes', meaning your physical body acts like clothing. If the person within is lacking in strength, the clothing lacks power too. But if the inner person is powerful, then even the clothing has strength. Do you understand?

你们的⾁体就是像⾐服⼀样,真正强⼤的是⾥⾯呢个⼈.

Your flesh is like a garment; it is truly powerful that which lies within.

JO: 你跟你⽼公,这么说吧,你⽼公也像是你的陪练.陪练的话,你总会觉得他有⼀种对⽴对抗的⼀个状态.你说你们如果想要做拳击⼿或者是学习武术,你要找陪练的话,他是不是要跟你对抗? 所以你就会感受到你从他呢⾥得到的呢种有爱的⽀持和理解包容的这种状态⽐较少.因为你想他想要激发你的⼒量出来他是不是就要⼀直跟你对抗,对吧? 所以你就会有⼀种窒息感.然后就有⼀种⽆⼒感,就好像没有依靠.所以说他不是你的靠⼭或者靠背,就是让你可有有个港湾,就是我害怕了我可以靠靠.⽽是你的⼀个对抗的.但是他的对抗是为了增强你的⼒量.所以你就会感受到很多这样⼦的状态.

JO: Let's talk about your husband, shall we? He acts like a training partner for you. With a training partner, there is always this sense of opposition and competition. If you're aspiring to become a boxer or learn martial arts and need a sparring partner, wouldn't they be the one to challenge you? This would make you feel that the support, empathy, and understanding you receive from him are limited, as he wants to trigger your strength out of competition. So, you might experience suffocation and a sense of powerlessness, feeling like you don't have someone to lean on. He isn't your pillar or backrest; instead, he's more about confrontation. But his opposition is for the purpose of amplifying your strength, which makes you feel this dynamic in your relationship.

JO: 你稍等.你们前世有⼀世跟这⼀世有关联的是师徒的关系.然后他好像是⼀个严肃的⽼师⼀样,你是⼀个徒弟.所以他对你的要求会特别⾼特别多很苛刻.所以从这⼀世你还是能感受到这种.

JO: Wait a moment. You had a past life relationship with this one where you were师生related. It seems as if he was a strict teacher and you were his student. Therefore, he would have very high expectations and be extremely harsh towards you. Thus, you can still sense this from this lifetime.

JO: 多⼤?

JO: How old?

JO: 他是受你的⽣命⼒的影响.因为你现在还没有完完全全呈现你的⽣命⼒,明⽩吗? 就好像你现在是⼀个嫩嫩的黄黄的营养不良青黄不接的⼩树苗.所以说你就很难去⽤你的能量状态让你的⼥⼉充满了活⼒.就好像它是⼀个电池的转态,然后它的电不是呢么的⾜⾏动⼒也不是呢么强,或者也不是对所有事充满了激情和期待的状态.因为她跟你之间是有⼀条线的,就像你们肚脐之间有⼀条脐带.你们现在还有⼀条脐带在.所以呢⼀条脐带是互相影响的,她会影响到你,你也会影响到她.所以你还在源源不断地给她能量.因为如果你对⽣命的…你要知道你的⽣命中现在是有挑战是吧? 我们不说它是⽋债负债,我们说它是挑战.

JO: His life force is influencing you because you haven't fully manifested your life force yet. Do you understand? It's like you're a small, yellow, malnourished sapling right now. So it's hard for you to use your energy state to give your daughter vitality. It's as if her battery has low power and she isn't filled with the energy or enthusiasm for everything. There is a connection between you because there's a umbilical cord-like bond between you, just like an umbilical cord connects you both in the womb. You still share this connection now. Therefore, one person affects the other through this connection, meaning that you're constantly giving her energy. Because if you consider life as having challenges rather than debt, then your life does indeed have challenges right now.

因为这是很正常的⼀个事情,你来到这个世界上就是为了挑战⽽来的.如果没有挑战的话,你不会变成这个⾁⾝来到这个世界上.所以每⼀个⽣命它都是有挑战的.

Because this is a completely normal thing; you come into this world to challenge yourself. If there were no challenges, you wouldn't have become this flesh and blood person to be here in the world. Hence, every life comes with its own set of challenges.

JO: ⾸先它是充满了挑战了是吧? 但是你们很多⼈有⼀个问题是他们把挑战当成是⾃⼰命不好.他们埋怨⽣命不好,你看别⼈什么都有我什么都没有.他对别⼈产⽣⼀种愤世嫉俗或者是嫉妒.⽆论什么,这些它其实都在消耗你的能量.但是你需要做什么? 你需要储存你的能量,把你的能量放在你想要显化的地⽅.所以任何你头脑⾥⾯的念头,就⽐如说恐惧啊或者是不知道该怎么办呀,⽆⼒感呀,还有就是对他⼈的⼀种嫉妒埋怨啊,这些全部是在消耗你的能量.你想它就像⼀个电池,所有呢些东西就好像你看了很多页⾯,你每个页⾯都在 running,每个页⾯都在运⾏,那它是不是消耗掉你的很多电量?

JO: Firstly, it's full of challenges, right? But many people have a problem where they view these challenges as bad luck. They complain that life is unfair, seeing others with everything while they have nothing. This generates resentment or envy towards others. Whatever it may be, all these actually drain your energy. What do you need to do? You need to store your energy and place it in the areas where you want manifestation. So any thoughts in your mind, such as fear, not knowing what to do, a sense of powerlessness, or resentment towards others, are all draining your energy. It's like a battery; every page you've gone through is running, depleting your charge significantly?

那就算你有⼀个⽬标,那你是不是会发现你达到⽬的地会很慢? 你想⼀下⼀个有电的玩具车和⼀个没有电的玩具车哪个跑的快? 肯定是呢个电⼒⾜的跑的快,对不对? 那这就是为什么你会觉得为什么别⼈都能拥有⼀切你却不能.但是呢,你现在已经不是⽆意识的状态.⽆意识就是你不知道为什么会这样? 然后你经历这些,你就埋怨⽣命,跟所有⼈都⼀样.但是你现在意识到了,你进⼊到了⼀个有意识的状态.有意识的状态就是你知道该朝哪个⽅向前进.然后你就会知道所有的⼀切,你的家庭状态,外在所有的环境就是你⽬前的处境嘛,所有的⼀切都是你的动⼒,明⽩吗?

If you have a goal, wouldn't you find that reaching your destination is slow? Imagine a battery-powered toy car versus one without a battery; obviously, the powered one goes faster, right? That's why you feel everyone else has it all while you don't. But now, you're no longer in an unconscious state. Unconsciousness means not knowing why this happens, leading to blaming life like everyone does. Now that you're aware, you're in a conscious state where you know which direction to go. With awareness, you understand your family situation, the external environment is your current circumstance; everything is driving force for you, get it?

你就好像是个拳击⼿⼀样,你⽬光坚定的说I’m ready我现在已经准备好迎接挑战了.然后挑战越多你的能量越强⼤,明⽩吗?

You're like a boxer, you said with resolute eyes, "I'm ready," meaning I am now fully prepared to face the challenge. And the more challenges you take on, the stronger your energy becomes, right?

问: 我的⼤⼥⼉特别叛逆,我跟她的灵魂预定是什么?

Questioner: My eldest daughter is very rebellious; what is my soul contract with her?

JO:⾸先她现在的状态只是你现在能量状态的⼀个影响.当你把你的礼物拿到过后,就是你变成另外⼀个状态的话,你⼥⼉也会变的,明⽩吗?所以说不要把她当成是⼀个永久的状态.你想你的脆弱的状态都不是⼀个永久的状态,凭什么你觉得你⼥⼉是个永久的状态呢?明⽩吗?所以说她也会变的,她不可能永远都是⼀个⼩树苗.她也会越长越⼤.那她现在是⼩树苗的阶段,⽐如说风⼀吹她就会快倒下了.你需要去担⼼吗? 你不需要去担⼼.但是呢,你在旁边给她做⼀个案例,给她呈现出⽣命应该有的样⼦,充满了迎接挑战的⼼态,充满了越挫越勇的⼼态,充满了我把所有都当成是我的动⼒的状态.

JO: First of all, her current condition is merely an influence of your present energy state. Once you receive your gift and transform into another state, she will also change, do you understand? Therefore, don't view her as a permanent state. If you acknowledge that your fragile state isn't permanent, then why should you believe that your daughter's state is? Understand?

So, she will also evolve; it's impossible for her to remain forever as a young sapling. She will grow taller and stronger over time. Presently, she's in the stage of being like a young sapling - if the wind blows, she might be quickly knocked down. Should you worry about this? There is no need to worry. However, beside her, present her with examples of how life should be lived: full of resilience towards challenges, perseverance in overcoming obstacles, and the attitude of viewing all experiences as fuel for your growth.

你对⽣命的态度,你的能量状态就会直接的,刚刚前⾯不是就说你跟你⼥⼉之间有⼀条线,那你输⼊的是什么精神,明⽩吗? 你这条线是不会断的.所以你只需要知道,你们⼈有⼀句话是⽴地成佛,等她时机

Your attitude towards life directly determines your energetic state. You mentioned earlier that there's a line between you and your daughter, so what kind of energy are you putting into this relationship? Understand that the continuity of this line is yours to maintain. Therefore, all you need to know is that humans can achieve enlightenment instantly under the right circumstances; you just have to wait for her time.

到了她就会在⼀瞬间发⽣巨⼤的转变,明⽩吗? 所以说这些不是去bother你,不是需要你去消耗你电量的事情.就是你不需要把你的能量放在哪⾥呢? 放在你的⼀个清晰的⽬标.你清晰的⽬标是什么? 怎么样去赚钱,明⽩吗? ⽆论是你⽼公还是你⼉⼦⼥⼉的状态,他们⾃动会变好.为什么呢? 因为你选择了不⼀样的平⾏世界,你选择了不⼀样的你.不⼀样的你她有不同的⽼公和不同的孩⼦,明⽩吗? 所以说你只需要去focus on yourself,focus在你⾃⼰的⼈⽣就好了.那你接下来你的思想就会完全的转变,不会再去花任何去思虑思考我⽼公今天又怎么对我,我⼥⼉又不听话了叹⽓连天的.

She will undergo a massive transformation in an instant, do you understand? Therefore, these are not meant to bother you or require you to drain your energy. It's about where you don't need to place your energy - on a clear goal. What is your clear goal? How do you make money, right? Regardless of the status of your husband or children, they will automatically improve for themselves. Why is that? Because you have chosen a different parallel world, and you have chosen a different version of yourself. This different version has a different husband and different children, do you understand? So, all you need to focus on is yourself, focusing on your own life. Your thoughts will then completely change, no longer dwelling on how my husband behaves towards me today or sighing about my rebellious daughter day after day.

⽽是锁定⾃⼰的⽬标,我今年要赚多少钱,第⼀桶⾦要多少钱,然后盯着呢个,然后看⼀下你能做什么,你⾃⼰喜欢什么.如果你特别喜欢什么你就去做呢个⾏业.哪怕你是先去给别⼈做⼀个助⼒或者是先做⼀个前台或者是打⼯.但是你迈进去了.迈进去了你就不断不断的学习,不断不断地积累经验,明⽩吗?

And lock your goal, how much money I want to make this year, the first pot of gold will be how many dollars, then fix your sights on that, and see what you can do, what you are passionate about. If there is something you particularly enjoy, just go into that industry. Even if you start by assisting others as a support or work as a receptionist or do some part-time jobs, but you step in. Once you step in, keep learning continuously, gathering experience little by little, understand?

问: 我就是不知道我适合什么?

Questioner: I just don't know what suits me.

JO: 只要是你热爱的你都适合,你不热爱的你都不适合,这个才是最重要的.第⼀你⾸先你不要⼀下⼦就盯着钱去看.因为它现在很容易让你进⼊到⼀个我需要来块钱.那如果来快钱它与你的激情相反的话,那你会发现钱越来越少,快钱也满⾜不了.过了很多年你还是原地踏步.但是就算你现在是做⼀个没有⼯资收⼊的钱,但是我不断不断地在进⼊你的激情.你就好像是⼀个马达,转速越来越快越来越快.为什么呢? 因为你在做你激情的事情,越来越激情越来越激情,那你呢个激情就是能量,它就把你整个⼈⽣就给转动起来了,明⽩吗? 等你真正转动起来充满强⼤的能量,那你想要多少钱就有多少钱.这个才是关键的.那你能不能把⾃⼰转动起来,明⽩吗?

JO: Whatever you love is suitable for you, whatever you don't love isn't suitable. This is the most important thing. First of all, you should not immediately look at money as your primary focus. Because it can easily lead you to think I need this amount of money. If the quick money goes against your passion, you will find that money decreases over time and quick money won't satisfy you enough. Years later, you're still standing in the same place. However, even if you're doing a job with no income, but I'm continuously injecting passion into it for you. You are like a motor, speeding up more and more. Why? Because you're doing what you love, becoming more passionate day by day. The passion becomes your energy, driving your entire life forward. Do you understand? When you truly turn around with abundant energy, you can have as much money as you want. This is the key point. Can you turn yourself around and drive your own life forward?

哪怕是没有钱,你也会去做.

Even if you had no money, you would still do it.

问: 但是我觉得这样⽐较难啊.

Questioner: But I feel it's quite difficult.

JO: 这样⽐较难,那是因为你可能还没有真正的,怎么说,这⾥只是给你⼀个选择,我告诉你这道门是什么.然后你⾃⼰选哪⼀道门,你⾃⼰在⼀个地⽅,你要不要朝这个⽅向⾛,那是你⾃⼰.但是我相信你迟早会朝呢个⽅向⾛,明⽩吗?

JO: It's harder like that because you might not have the real thing here; it's just a choice given to you - I tell you what this door is and then you choose which one you want. You're in one place and you decide if you want to go that way, but it's your decision. But I believe you'll eventually go that way and understand, right?

问: 我和我这两个⼥⼉的灵魂主题是什么?

Questioner: What are the soul themes for me and my two daughters?

JO:刚才说了,如果你变你⼥⼉就会变.你选择这道门,你有这样的⼥⼉,她们是⼀个状态.你选择另外⼀道门,她们是另外⼀个状态.因为你的线跟她的线是连着的.你的精神⼒量,你的精神是有⼒的还是⽆⼒的?你强⼤的精神能量直接就会灌输给你的孩⼦.你灌输的是对⽣命的怨恨和⽆⼒感,还是灌输的是对⽣命充满了强⼤的活⼒、能量还是充满了控制感,就是你是主宰⽣命的?这两种都是不⼀样的状态,明⽩吗?你如果去看你们物质世界上呢些孩⼦,他们从家庭遗传可能是很少的是钱的⽅⾯,但是他们遗传的可能是很强的精神⼒量.精神⼒量才是最强⼤的,呢个才是最强⼤的.

JO: Just mentioned, if you change, your daughter will also change. You choose this door, and you have a daughter in such a state. If you choose the other door, they are in another state because your line is connected to her line. Does your mental strength, or spirit power, have strength or weakness? Your powerful spiritual energy directly imparts itself to your child. You instill hatred towards life and helplessness, or you instill a strong vitality, energy, and control over life - whether you are the master of life. Both are different states, right? If you look at children in this material world, they might not have much wealth from family inheritance, but they inherit a powerful mental strength. The mental power is what is strongest, that's what powers everything.

所以你看到英国维珍的创始⼈,他最感谢的就是他的母亲,他的母亲给他带来的… 因为他母亲就是⼀个完完全全活出⾃⼰,去做任何挑战的.然后有很多这样⼦的⼈.这个才是最最宝贵的,⽽不是给你的孩⼦留很多的财产.给孩⼦留很多财产,就⽐如说猫王他去世的时候给⼥⼉留了⼤笔的财产.然后呢? 明⽩吗?

So you see the founder of Virgin in Britain, for whom he is most grateful is his mother, who brought him ... because she lived her life fully and took on any challenge. There are many such people. This is what truly matters, not leaving your children with a lot of possessions. Leaving lots of possessions, for example, when Elvis died he left a large fortune to his daughter. And then... do you understand?

问: 我⼥⼉的特长和天赋是什么?

Questioner: What are my daughter's talents and special abilities?

JO:跟你说了你现在有两道门,每⼀道门后你的状态都不⼀样,那你的⼥⼉的状态也不⼀样.你现在来问你⼥⼉的状态,怎么问?因为你还没有做出这个选择.你需要做出这个选择,然后持续的留在这个房间⾥⾯.然后不断地提升⾼你的振动频率,就像刚刚说你的马达转动起来,你想⼀下⼀个机器你开始在转动它的时候你会觉得好吃⼒,动不起来,对吧?那你越转越快,你松开⼿它都已经在⾃⼰转了,对不对?所以说你现在会觉得刚开始会有⼀点吃⼒,因为你还是被深深的陷在物质世界外在的幻像当中.就是⽐如说像银⾏⾥没钱啊、买不起菜要怎么办、好多好多bill要怎么办.因为这还是你需要去⾯对的⼀个东西.

JO: You've been told that you have two doors now, and each door has a different state behind it. Your daughter's state is also different. How do you ask about your daughter's state when you haven't made this choice yet? You need to make the choice and stay in this room continuously. Then you must consistently raise your vibration frequency, just like we talked about earlier with your motor turning on. Imagine starting a machine; at first, it feels very hard to get moving, right? As you turn it faster, when you let go of the handle, it's already spinning by itself. So you'll initially feel somewhat strained because you're still deeply trapped in the illusions of the material world. For example, like having no money in the bank, not being able to afford food, or dealing with numerous bills - these are things you still need to face.

但是你必须要时时刻刻盯着你想要的⽬标,⽽不是说你现在在哪⾥.就不说你开车你是朝你想要去的⽅向呢? 还是看着哎呀我怎么在这个地⽅? 你不是去纠结你现在在哪⾥,⽽是朝着你想要的⽅向去⾛.这么说吧,你们的车现在都会有GPS,对吧? 当你输下呢个地点过后,你只要朝着呢个⽅向去⾛,⽆论take how many days就是⽆论要花多少天多长时间你是不是最终都会达到的? 那到底是快点达到还是慢点达到它取决于你什么? 取决于你车⾥⾯的油满不满,对不对? 如果你的油⼀直是没有的状态,那你肯定达到不了你的⽬的地,对不对? 那你⼀直是在加油,⼀直是在油满的状态下,那你是不是很快可以达到你的⽬的地?

But you have to keep your eyes on the prize, not where you are now. When driving, do you focus on heading in the direction of your destination or wondering how you arrived at this spot? It's about moving forward towards what you want rather than being preoccupied with where you currently stand. Let me put it this way: all vehicles today come equipped with GPS, right? Once you input a location, you just need to follow that route regardless of the number of days or time taken – will you reach your destination eventually? And if so, is it faster or slower? It depends on what? On whether your car's tank is full or not, isn't that correct? If your fuel tank is always empty, you certainly won't reach your destination, right? But if it stays full and you consistently maintain that state, will you be able to get there quickly?

那我们今天就已经告诉你了到底是什么在消耗你? 就是什么在把你的油给消耗掉?

That's exactly what we've been telling you today - what is draining you and what is sapping your energy.

问: 就是我⾃⼰.

Questioner: It's just me myself.

JO: 对.然后什么让你充满油的能量状态? 就是做激情的事情.哪怕是不给你钱你都做的事情,明⽩吗? 所以说定好你的⽬的地,你迟早都会到的.不管你的⽬的地是什么? 你成为什么样的⼈? 你在社会上拥有什么样的形象? 然后你的⾦钱的⽬的,明⽩吗?

JO: Yes. And what keeps you fueled up and energized? It's doing things that excite you. Things you'd do even if they don't pay you, get it? So set your destination, you will eventually reach it, no matter what your destination is? Who you become as a person? The image you have in society? And understand your financial goals.

问: 现在感觉不知道做什么是我的激情啊.

Questioner: I don't know what my passion is now.

JO: 你回到⽣活当中去看去观察⾃⼰.就刚才告诉你唯⼀⼀个测试标准就是说他不给我钱或者⼯资很少很少,但是你都做的很快乐,你都想要去做的事情,明⽩吗?

JO: You return to your life and observe yourself. The only test is that you are happy with very little money or salary, yet you still want to do the things you enjoy. Do you understand?

问: 现在我平时也会冥想,但是找不到感觉.⽐如说怎么能连接到我的⾼我?

Questioner: Now I practice meditation regularly, but I can't feel it. For example, how can I connect to my higher self?

JO: 真正的冥想是在⽣命的当下和你的当下发⽣连接.这个才是冥想.⽽不是说你⼀定要怎么样怎么样.因为当你⽐如说去打坐,但是头脑⾥⾯还不断地: 今天⽼公又骂我了我⼼情很郁闷,我今天又担⼼因为我明天要交账单了.明⽩吗? ⽐如说你可以在洗碗,但是你进⼊⼀个头脑⾥⾯没有念头的状态,你就在进⼊和当下发⽣连接,明⽩吗?

JO: True meditation is about connecting with the present moment of your life and mine. This is what meditation truly is, not about having to do it a certain way. For example, if you are meditating but your mind keeps wandering: "My husband yelled at me today; I'm in a bad mood. I worry about paying my bills tomorrow." Do you understand? Or, for instance, when you're washing dishes and enter a state of no thoughts within your mind, this is where you connect with the present moment, do you understand?

问: 我和我妈妈的关系?

Questioner: What about my relationship with my mother?

JO: ⾸先你跟你妈妈,你也会受到影响.就是⼀些让你觉得⽆⼒感的影响来⾃于你妈妈.就刚说你跟你妈妈之前也有⼀条线,对吧? 所以你从这条线得到的对⽣命的⽆⼒感会⽐较多⼀些,就是⼀种很复杂的感觉,明⽩吗? 你的呢种感觉⾥有各种感觉.对她有⼀点希望,对她有⼀点失望,就是很复杂的感觉,各种感觉都在⾥⾯.但是呢,还有⼀句话就是说把所有的⼀切当成是你的动⼒.你之所以没有选择很多靠⼭就是可以依靠的,是因为你要成为呢个去转变他们的,⽽不是去期待他们去转变你.因为是你想要去拿到你的坚韧的品质强⼤的品质,明⽩吗?

Firstly, you will be influenced by your mom, and it's from her that some feelings of powerlessness stem. You mentioned earlier that there was a line between you and your mom, right? So, the sense of powerlessness in life you derive from this line is more prevalent; it's a complex emotion. Your feelings towards her include hope and disappointment, a mix of emotions, do you get it? There are various emotions intertwined in your feelings for her. You have some expectation, some letdown, it's quite complicated. However, there's also a statement that turns everything into your motivation. The reason you haven't chosen to lean on many mountains of support is because you want to be the one transforming them, not waiting for them to transform you. It's about acquiring and leveraging your qualities like resilience and strength.

问: 能不能帮我看⼀下我们现在投资的⼀个基⾦…JO: 你这样⼦永远都是被动的,明⽩吗? 你都在撞运⽓,你都是被动的,你都是波动的.因为这个不是… 所以说你不需要把你的运⽓或者是… 如果你觉得是碰运⽓的话,那你只能是碰运⽓了,看你运⽓了,对吧?

Questioner: Can you help me check our current investment in a fund... JO: You will always be passive like this, understand? You are just relying on luck, passively, and experiencing fluctuations. Because this is not... So you don't need to depend on your luck or... If you think it's based on luck, then you can only rely on luck, depending on your luck, right?

问: 这个我感觉还可以.但是我⽼公说这个不安全.我就想问⼀下.

Questioner: I feel it's okay. But my husband says it's unsafe. I just want to ask.

JO:如果你觉得可以就可以.但是外在的任何这些东西,就是你去加⼊别⼈创造的实相⾥⾯,呢个基⾦是别⼈创造的.别⼈是有他的⼀个呢个什么.就好像别⼈画的⼀幅画在呢⾥,你永远都有碰运⽓的成分在⾥⾯.运⽓好还是运⽓不好,对吧? 但是你真正需要focus on是在你⾃⼰转变的⼀个过程,成为的⼀个过程.因为当你拥有了强⼤的能量,这么说吧,当你拥有了⾼强的武功,是不是你想要哪⼀⽚⼟地你都可以去把它征服下来? 是不是? 那当你拥有超强⼤的能⼒,你想要什么你就可以拥有什么.⽽不是期待我投了隔壁的果园,不知道他们的果园今年收成怎么样?

JO: If you feel it's appropriate. However, anything external like this, where you join others' created realities, such as the fund which is someone else's creation. Others have their own... It's like a picture painted by someone else hanging there; you're always at the mercy of luck. Will your luck be good or bad? But what you really need to focus on is your own process of transformation and becoming, because when you possess powerful energy, let's say, when you have high-level martial arts skills, can you conquer any land you want? Isn't that right? And when you have immense power, you can acquire whatever you desire. Not whether I'm expecting a good harvest from my neighbor's orchard without knowing how theirs is doing this year?

问: 但是现在这个社会上⼤家不都是要投资资产分散⼀下,不可能都是…JO:没有说哪⼀个对或者是不对,哪⼀个好或者是不好.你到底是想成为⼀个受别⼈影响的,就是⾃⼰没有什么⼒量在⼿上随波逐流,这个⼤⽅向这个洪⽔把我冲到哪⾥我就去哪⾥呢?还是说你有⾃⼰的⽬标?这是不⼀样的状态.你都可以去尝试.但是你都有选择,明⽩吗?你⾃⼰去选择,没有哪个好或坏.如果你想继续把这⼏年的时间放在外⾯的运⽓,因为你⾃⼰不想动嘛.我就让呢个波浪把我冲到哪⾥就是哪⾥吧.为什么?我不想⽤⼒呀.那你就越来越⽆⼒.为什么?你的肌⾁不⽤它肯定是没有⼒量的,越来越⽆⼒了.别⼈⼀碰你,你就倒下了.你可以去体验这种.

Questioner: But now in society, everyone wants to invest assets and diversify them; it's not possible that everyone... JO: There is no right or wrong answer here, nor good or bad. The question is whether you want to be influenced by others, letting yourself be carried along without any power of your own, just going wherever the tide takes you? Or do you have your own goals? These are different states. You can try both. But you have a choice, understand? There's no one that's better or worse. If you want to keep spending these years riding on external luck because you don't want to make any effort. I'll just go wherever the tide takes me. Why? Because I don't want to exert myself. And as a result, you become increasingly powerless. Why? Your muscles will lose strength if they're not used. You'll become more and more powerless. Others touching you can knock you down easily. You can experience this...

因为当你体验到了极限的话,你还是会弹回来的.为什么? 因为这是⽣命的本质,明⽩吗? 所以说不⽤去纠结外在的: 你来问我这个赚钱还是呢个赚钱? 因为你来到这⾥不是为了赚钱,明⽩吗?

Because when you reach the limit, you will bounce back. Why? Because that's the essence of life, understand? So there's no need to worry about the external: Should I ask which one is profitable or not? Because you're here not for profit, understand?

# **2023/03/06 — 疗愈Healing**

JO: 你问吧,什么问题?

You ask, what question?

问: 我就想问我的天赋才华是什么?

Questioner: I just want to know what my talent and abilities are.

JO: 你稍等. 你可以先问你的灵魂主题是什么? 因为它跟你的天赋才华是有相关的.问: 好的,先问⼀下我的灵魂主题是什么?

JO: Wait a moment. You can start by asking what your soul theme is, because it's related to your natural abilities. Questioner: Alright, let's start with what my soul theme might be?

JO: 你叫什么名字?问 XXXJO: 你有很多其他世带来的⼀些伤痛还有前半⽣经历的很多伤痛,然后需要你去,就是把你逼到⼀个极点让你想要去疗愈.所以你的天赋才华应该是说你拥有⼀个很强烈的同情⼼、同理⼼,就是说能体验到别⼈的痛的呢种感觉.也就是说当你⾃⼰疗愈好你⾃⼰,你可以成为⼀名疗愈师.

JO: What is your name? You carry many pains from previous lifetimes and the experiences of your first half of life, which require you to push yourself to a breaking point so that you can heal. Your gift should be that you possess a strong sense of empathy or compassion, able to understand others' suffering. In other words, when you heal yourself, you can become a healer.

问: 但是这个跟我现在跟我的⼯作完全没有关系.

Questioner: But this has nothing to do with my current job.

JO: 你的⼯作只是你⾃⼰在物质世界找到⼀个能解决你的物质⽣活问题,明⽩吗? 但是它不妨碍你对他⼈有疗愈的能⼒,明⽩吗?

JO: Your job is just to find a way in the material world that solves your material life problems, okay? But it doesn't prevent you from having the ability to heal others, okay?

问: 明⽩.那我怎么才能很好的发挥我的天赋才华,⽐如说在我的⽇常⽣活中.就是不把它当成我的职业.

Questioner: Understood. How can I make good use of my innate talent without treating it as a career in my everyday life?

JO: 你还没有转变.你必须要先把你⾃⼰疗愈好.这么说吧,你是可以发光发热,是吧? 那如果你⾥⾯都短路了呢? 你的光和热从哪⾥发出来啊? 你的电线版都短路了.所以你⾸先是需要把它连接好,⾃⼰所有堵塞的地⽅疏通好.

JO: You haven't changed yet. You must first heal yourself. Let me put it this way, you can radiate light and heat, right? But what if the inside of you is broken? Where would your light and heat come from then? Your wiring is shorted out. So first, you need to fix everything up, unblock all the clogged areas of yourself.

问: 那我怎么才能更好的疗愈⾃⼰呢?

Questioner: How can I better heal myself?

JO: 就是你在你每⼀次痛的时候,你的伤⼜开始痛的时候,那就是当下你开始疗愈你⾃⼰的时候.

JO: It's when you start to heal yourself during your pain, especially when your wounds begin to hurt.

问: 我有的时候会觉得特别累.

Questioner: Sometimes I feel extremely tired.

JO: 你多⼤年龄?问: 36JO: 你稍等.它也是跟你刚才说的你的灵魂主题有关.你想象⼀下,你如果是⼀个病⼈,就像刚刚说你的呢些电线都是短路的,是吧? 那你的能量是不是就不⾜? 所以说这需要有⼀些

JO: How old are you? Questioner: 36 years old. JO: Wait a moment. It's related to the topic of your soul that you mentioned just now. Imagine if you were a patient, like the wires in your body are all malfunctioning as you described earlier, right? Wouldn't that mean you don't have enough energy? So this requires...

疗愈是前世带来的,其他世对你的影响,就是在你的灵魂深处,它不单是你前半⽣就是在你这⼀⽣经历的.呢些才是隐藏在,就是最底部让你很难发现的⼀些.

Healing is brought by past lives, the impact of other existences is that it's deep within your soul, not just your first half life or this lifetime. These are the hidden aspects at the bottom that are hard to uncover.

问: 那对我影响⽐较深的前世发⽣了什么?

The impact of my previous life on me was quite profound.

JO: 你是稍等.我现在连接到的有⼀世你好像是⼀个饱经摧残弱⼥⼦的⾝份.⽆论你是在社会上还是在家⾥⾯,因为你作为⼀个⼥性的⾝份不被尊重也不被接受.然后给呢⼀世带来了很⼤的像是摧残.让你感受不到任何做⼈的尊严或者是被⼈爱护或者是被⼈尊重.因为只是因为你是⼥性的⾝份.但是你选择了这⼀世你是想要去疗愈所以的经历,然后再把它… 因为当你疗愈了所有的经历你⾃⼰就好像会成为⼀个对弱势群体,就⽐如说孩⼦啊,妇⼥啊,残疾⼈啊,⽼年⼈啊,就是弱势群体嘛,对他们产⽣很深同情,就是想要去帮助他们.对他们散发着⽆条件的爱.

Jo: Wait a moment. The incarnation I'm connected to seems to have been mistreated as an emaciated woman. Whether in society or at home, your female identity is not respected and rejected, causing great harm to this lifetime. You don't feel any human dignity or being cared for or respected, just because of your gender. But you chose this incarnation with the intention of healing these experiences and then moving on from them. Because when you heal all those experiences, you will be able to generate profound empathy towards vulnerable groups like children, women, disabled people, and the elderly - the ones who are being mistreated - and want to help them, spreading unconditional love toward them.

问: 那我有没有什么更直接⽅法让⾃⼰不是呢么累?

Questioner: Or is there a more direct way for me to be less tired?

JO: 你稍等.断开与他⼈的连接.断开与这个世界的痛苦… 这么说吧,⾸先你们来到这个地球上,就好像这⼀池⼦的⽔都是粪便,是吧? 那你进⼊的时候,你⾝上怎么样都会占满了粪便和臭味的.但是你可以把⾃⼰就好像关在⼀个跟外界暂时断开连接的地⽅.因为你会发现⼈越多或者是能量状态越混乱的地⽅,你越是⼀个消耗的状态.你越是很累,就好像他们都在吸你的阳⽓⼀样,你感到呢种很累的感觉.所以说当你断开和所有的⼈啊、事啊、物啊,⾃⼰在⼀个就好像⿊匣⼦⾥⾯⿊屋⼦⾥⾯,明⽩吗? 然后你可以听⼀些舒缓的⾳乐.然后你⾃⼰可以散发出光,然后去笼罩你⾃⼰,让你⾃⼰在⼀种被疗愈的状态.这样⼦它也会增强你以后的⼀个疗愈能⼒.

JO: Wait a moment. Disconnect from others. Disconnect from the suffering of this world... Let me put it this way, first you come to this Earth as if this pool is full of feces, right? When you enter, you are covered with feces and smell on your body. But you can imagine yourself being isolated in a place temporarily disconnected from the outside world. You'll notice that the more people there are or the more chaotic the energy state is, the more you're in a draining state. You feel extremely tired because they're all sucking your yang qi. That's how it feels. So when you disconnect from everyone and everything, being inside like a black box or a dark room, do you understand? Then you can listen to soothing music. You can emit light on yourself and envelop yourself in healing energy, allowing yourself to be in a state of healing. This will also enhance your future healing capabilities.

因为你在寻找如何去疗愈这种感受,这种感觉.那你越运⽤的话,你的能⼒是不是就越熟练?

Because you are looking for how to heal this feeling, this sense. The more you apply it, isn't your ability becoming more skilled?

问: 我跟我母亲之间有什么灵魂主题吗?

Questioner: Is there a soul theme between me and my mother?

JO: 你这⼀世选择的母亲她也不是呢种对你特别特别有爱的呢种.因为她⾃⼰也是属于呢种没有爱的状态.就⽐如说你母亲是⼜井吧,她这⼜井⾥⾯都没有⽔.所以说你就会发现你也很难从这段关系当中得到滋养,或者是得到疗愈,或者是得到爱的滋养.但是你之所以选择外在看似没有什么爱的状态下,是因为让你的内在更加渴望⽆条件的爱.这么说吧,你以后要去造⼀⼜井,然后去给⼜渴的⼈是吧? 那你造这⼜井的初衷是什么? 是因为你⼜渴了很久,你很需要⽔.你能理解喝不到⽔是⼀种什么样⼦的状态, ⼜渴的感觉.所以这股⼒量导致你去挖井.那你挖出的井不仅你⾃⼰解渴,你也可以源源不断地为其他⼈.

In this life, your choice of mother is not one who loves you exceptionally deeply because she herself also belongs to a state without love. As if your mother's well doesn't have water in it. Therefore, you might find it hard to gain nourishment or healing or love from that relationship. However, why you choose an external environment that seems lacking in love is so that your inner self becomes even more yearning for unconditional love. Let me put it this way: You're going to build a well in the future and give water to thirsty people, right? What's the motivation behind building this well? It's because you've been thirsty for a long time and you desperately need water. You can understand what it feels like to be unable to drink water - the sensation of thirst. This force drives you to dig the well. The well you dig doesn't just quench your own thirst; you can continuously provide water to others as well.

问: 在现实⽣活中我应该⽤什么样的⼼态去辅导⼩孩⼦学习或者说做作业?

Questioner: In real life, what kind of mindset should I adopt when tutoring children in their studies or homework?

JO: 那你跟他⼀起学习,你跟他⼀起去探索.因为你们虽然有很多不会做的,但是你们这个⽹络⾮常好.⽹络可以帮你搜索到任何你需要知道的信息.

JO: So you study together with him and explore together. Because even though there are many things you don't know how to do, your network is very good. The network can help you find any information you need.

问: 孩⼦是否需要我们⼤⼈去辅助他学习? 或者是让他学习⼀些技能?

Questioner: Do we need to assist children in their learning, or should they learn certain skills on their own?

JO: ⾸先你们这个社会的⼀个教育理念就是在改⾰中,在转变中.但是迟早会转变的.因为你会发现你们的教育已经不适合你们这些后⾯来的灵魂.他们很多都是精神层⾯的,⽽不是说地球的原⽣灵魂注重物质.因为他们本⾝拥有很多恐惧,对吧? 那呢些后续来的灵魂,它是来帮助地球转变.就⽐如说以前地球有很多⿊暗笼罩着,那这些都是光想要照亮这些⿊暗的.那这样⼦的⼀个孩⼦的话,你们⽤地球原⽣的灵魂,就⽐如说它是充满了恐惧充满了创伤充满了⽆⼒感,然后⾮常注重物质这些灵魂,他如何去辅导呢些光? 就好像是让⿊暗去辅导光⼀样.光是来照亮⿊暗的,明⽩吗?

JO: First of all, your societal education concept is about reform and transformation during the process of change. But it will eventually happen because you'll realize that your current education system doesn't suit the souls coming in behind you. They are largely spiritual rather than focusing on Earth's indigenous soul that emphasizes materialism. These latter souls carry a lot of fear, don't they? The incoming souls are here to assist with Earth's transformation. Like how previously Earth was overshadowed by darkness, these lights seek to illuminate that darkness. Such a child would require guidance from an Earth-native soul who is filled with fear, trauma, and a sense of powerlessness and materialism, on how to guide those lights? It's like asking the darkness to guide the light when the light aims to dispel the darkness. Understand?

所以说是需要你们这些⼈来明⽩这些灵魂来加⼊你们是为了照亮你们,你们没有办法去辅导他们.为什么? 你越是想要去辅导,他内在会有抵触感.为什么? 因为他知道呢不是他需要的.他知道他想要什么,他也知道呢是他不需要的.就好像这么说吧,他来到这个地球上他不需要⽔,你使劲要给他灌⽔.你说这个⽔好好啊,喝喝喝.你使劲去灌别⼈.你想,他内在就有很多⽔,没有在饥渴的状态下你不停的给别⼈灌⽔会怎么样? 抗拒呀,⾝体不适呀,明⽩吗?

So it is that these souls need you to understand why they are joining your paths, illuminating the way for you. You cannot guide them on their journey. Why not? Because the more you try to guide them, the more resistance they feel within themselves. Why is this so? It's because they know what they don't need. They know what they want and what they don't want. Imagine it like this: he arrives on Earth needing no water, yet you forcibly try to give him water. You say, "Oh, this water is wonderful! Drink it, drink it!" And you push this onto others. If his inner self already has plenty of water, how would giving more when he's not thirsty affect him? He might feel resistance and bodily discomfort. Do you see?

问: 但是还是会担⼼如果他不学习这个社会上的东西,那他以后的⽣活就会出现困难.

Questioner: But he would still worry about whether his future life might be tough if he doesn't learn about society.

JO:⾸先你们的地球已经转变.因为你还在拿着⼀套你们旧有的观念,就不让说你爷爷奶奶呢⼀辈的观念.你觉得你需要去学个技能啊,然后⽤双⼿⾟勤的劳动才会得到⾷物的保障.这是你们的⼀个旧有的观念和思想,明⽩吗?但是在你们新的世界⾥⾯并不是这样⼦的.新的世界⾥⾯他是不需要为他的⽣存⽽去担忧的.他更多寻求的是灵性层⾯的⼀些发展和体验.就是说为了⽣存这个事情已经不是你们需要担⼼的和担忧的.你想象⼀下,⽐如说六⼗年代的孩⼦和现在的孩⼦的区别.以前呢会⼉吃的东西都没有,对吧?现在哪⼀家的孩⼦没有丰盛的蔬菜啊、⾁啊、⽔果啊,对不对?选择都是⽆数多,对不对?

JO: Firstly, your planet has changed. You're still holding onto old ideas from previous generations, so you can't talk about your grandparents' or great-grandparents' beliefs. You think that you need to learn a skill and work hard with your hands to ensure food security. This is an outdated concept for you, right? However, in your new world, this isn't the case. In this new world, survival doesn't need to be a concern. Instead, it focuses more on spiritual development and experiences. Essentially, whether one survives or not no longer needs to be a worry. Imagine, for example, the difference between children from the 1960s and now. Back then, there was often nothing to eat, right? Now, who would even have a child without abundant vegetables, meat, fruits, etc.? There are countless choices available today, wouldn't you agree?

那你为什么还停留在旧有的观念,就是六⼗年代呢会⼉,我们要拿饭票只能喝点粥的呢种状态呢?你已经脱离了呢种状态了呀,明⽩吗?所以说他们不需要再为物质⽣存的环境去担忧,他们更多的是在体验⼀些灵性层⾯,⽐如说成为他⾃⼰.他只有成为他⾃⼰,就好像刚刚说你的电线都连接上了你才能去发亮,对吧?你亮了你才能成为你⾃⼰,你才能照亮他⼈.所以说不去破坏他们本有的电线的线路,你们不去破坏他们.然后⽀持他去成为他⾃⼰,爱上他⾃⼰,欣赏他⾃⼰.这就是你们能给他们最好的.

Why do you still cling to outdated concepts from the 1960s? Why are we in a state where getting food stamps means having to settle for just eating soup? You have already transcended that condition, right? So they don't need to worry about the material environment required for survival. Instead, they focus more on spiritual experiences like becoming their true selves. Only by being your true self can you illuminate others, much like how it's impossible to shine until all your wires are connected, isn't it? You have to shine in order to be your true self, and then you can light up the world around you. Therefore, respect their existing wiring rather than trying to change them. Support them in becoming their authentic selves, loving themselves, and appreciating themselves. This is what you can do best for them.

问: 我在少年期间的不好的遭遇是我的负⾯信念的显化,还是说是特地给我的安排? JO: 你说⼀下什么遭遇?

Questioner: Are my negative experiences during adolescence manifestations of my negative beliefs or specifically designed for me?

JO: Could you please specify which experiences you are referring to?

问: ⽐如说我们⾼中的时候⽂理分科,我当时选的是化学和⽣物.但是我⽗亲就莫名其妙的被⽼师叫到办公室把我改成了化学和物理.改变了可以说是我命运的轨迹吧.之后我就觉得我的⼈⽣是被外⾯控制的.

Questioner: For example, when we were in high school and divided subjects into文科 and理科, I chose chemistry and biology. But my father was inexplicably called to the office by the teacher who changed me to chemistry and physics instead. This change could be seen as altering the course of my fate. Afterwards, I felt that my life was being controlled from outside.

JO: ⾸先前⾯说你这⼀世的灵魂主题,有⼀世对你的影响就是你作为⼥性你没有得到应有的尊重.所以说在你的内⼼深处,你会⾮常渴望什么事情它都是可以得到被尊重被允许,明⽩吗? 然后这个事情之所以对你困扰是如此的⼤,是因为又把呢种没有受到尊重的感觉给 brought up,就是给带出来了.它就会⼤话.明⽩吗?

JO: Previously you mentioned the soul theme of your current life involves an experience where you as a female did not receive adequate respect in a previous lifetime. Hence, deep within yourself, there is something that you deeply desire to be respected and allowed - do you understand? The reason this issue troubles you so much is because it brings back the feeling of being under-respected; it surfaces and magnifies the impact of that feeling. Do you see?

问: 那它就是为了把我这个感觉给带出来吗?

Questioner: So, was it intended to bring out my feelings?

JO: 这么说吧,⽐如说你们说的种族歧视,如果你是个⿊⼈,⼈家来说⼀个⿊⼈的字眼,就是种族歧视的字眼.你可能就会⾮常羞愧或者是⾮常愤怒.那如果你是黄种⼈或者⽩⼈,别⼈来说,你这个⿊⼈种族,你是不是没有感觉? 因为你知道他说的不是你,对不对? 那如果你本⾝就是,就是曾经的呢些世从来没有受到过任何尊重,总是被打压总是被控制.那如果别⼈再出现⼀点点这样⼦不尊重你的⾏为,你是不是就会把所有的感觉都把它带出来,明⽩吗? 所以这是为什么你选择了这⼀世来疗愈它,明⽩吗?

JO: Let me put it this way, for example if you're a black person and someone uses a word that represents racial discrimination towards a black person, you might feel extremely ashamed or angry. Now, if you are of Chinese or white descent, would others saying 'black race' to describe you evoke any feelings? Because you know they aren't referring to you, right? But if you've personally been subject to no respect, constant oppression, and control throughout your past lives, then every little act of disrespect towards you might bring out all those feelings. Do you see why you chose this life to heal it, do you understand?

问: 这个场景出现是为了我能更好的去疗愈⾃⼰?

Questioner: Is this scene appearing so that I can heal myself better?

JO: 没有.它本⾝你就有个伤⼜在呢⾥.这么说,你有⼀个伤⼜在呢⾥,⼀点点盐你就会疼的不得了,是吧? 那如果没有伤⼜的⼈,⼀点盐他有感觉吗? 他没有感觉到.因为他呢⾥的⽪肤是好的,没有伤⼜.所以当你疗愈好了过后,你也不会因为别⼈,哪怕⼩时候的事情再发⽣⼀百遍你也不会有任何问题的.为什么? 因为呢⾥已经没有伤⼜了,明⽩吗?

JO: No. You already have a wound in there. If you say so, a little salt will hurt you immensely, right? Now, if someone without a wound feels the salt, do they feel it? They don't feel it because their skin is intact and doesn't have a wound. Therefore, when you heal, you won't have any issues even if something from your childhood happens a hundred times again. Why? Because there's no longer a wound inside, understand?

问: 我有的时候做⼀些事情,我总觉得别⼈不会认可我做的事情.所以我会隐瞒⾃⼰做的很多事情.⽽且如果别⼈发现我做这些事情,我会特别愤怒.

Questioner: Sometimes I do things and feel that no one will acknowledge my actions. As a result, I conceal many of the things I do. And if others were to find out about these things, I would be particularly angry.

JO: 你再回听⼀下之前说你的前世带来的影响.这也是⼀系列的呀.因为你呢⼀世⼥性的⾝份没有得到任何的尊重,没有得到任何像⼈⼀样的对待,更别说认可了.

JO: Revisit what you said about the influence of your past life. This is a series, as in all your lives, you were never treated with respect or like a human being; let alone acknowledged for who you were.

问: 我有时候做事情会产⽣拖延.这个需要怎么解决?

Questioner: I sometimes experience procrastination when doing things. How can I address this issue?

JO: 你不需要去解决,你只需要去疗愈你⾃⼰,然后成为⼀个疗愈者,你就不会有任何拖延了.因为你做的事情都是你热爱的.就好像这么说吧,你现在是⼀个短路的状态,是吧? 因为你⾥⾯有很多线断了.那你连接好了过后,还会拖延吗? 因为你的线路已经通了,已经亮了.就不可能存在所谓的拖延啊,不亮啊,这种状态.

JO: You don't need to solve; you just need to heal yourself and become a healer. Then there would be no procrastination because what you do is what you love. So let me put it this way - you're in a short-circuited state, right? Because there are many broken lines within you. Once you reconnect them, will you still procrastinate? Because your circuits are already connected and lit up; there's no way for a delay or unlit state to exist.

问: ⼈吃太多东西会变成脂肪.这个是⼀个负⾯信念还是⼀个⾃然现象? 会不会存在⼀个⼈他不管吃多少东西,他的⾝体都可以完全代谢掉?

Questioner: When people eat too much, it turns into fat. Is this a negative belief or a natural phenomenon? Could there be someone who can metabolize whatever they eat completely regardless of the amount?

JO: 可以.这么说吧,你看你们呢些⼲苦⼒的,他们吃很多很多的⾷物,但是他们⾝上却没有在脂肪.为什么? 因为他们每⼀分钟每⼀秒钟他都在输出,他都在⽤⼒,对吧? 那脂肪是不会停留在他⾝上的.那是什么导致你有脂肪? 就是说你摄⼊的⼤于你去输出的消耗的.

JO: Alright. Let me put it this way, when you see those laborers working hard, they consume a lot of food but don't have much fat on their bodies. Why is that? Because every single moment, they are putting out effort and exerting themselves, right? Fat would not stay with them. So what causes someone to have fat? That's when the amount you take in exceeds the amount you use up or consume.

问: 但是⼀个⼈怎么知道要摄⼊多少呢?

Questioner: But how does one know how much to consume?

JO: 你的⾝体它会有信号的.那哪⼀个农民⼯他不是把⾃⼰吃到饱饱的? 但是他⾝上却没有肥⾁.为什么呢? 因为他⼀直在⼤量的运动状态中.

JO: Your body would have signals. Which农民工wouldn't be full, right? But there is no fat on his body. Why? Because he's in a state of constant physical activity.

问: 那呢个信号⼀般是什么样的信号呢?

Questioner: What kind of signal is that?

JO: ⾸先,你⾃⼰需要是在⼀个健康的状态下.如果你是⼀个内⼼有很多空虚空洞或者是压⼒,你可能就会为了缓解你的压⼒或者压⼒⽽进⾷.因为你在吃的时候,你会进⼊呢种⽆意识的状态.你会觉得我⼼⾥很空虚或者是我现在很焦虑我压⼒很⼤.你就不断地想要⽤这个吃的呢个动作吃的呢个过程来让你⾃⼰解压.因为你们吃的时候,头脑会产⽣⼀种愉悦感,明⽩吗? 那你需要这个愉悦感不断地去填补你的呢种不爽的感觉.那如果你是在⼀个健康的状态,你并没有不爽的感觉呢? 你只会摄取你需要的⾷物的,你不会去过多的摄取的.

JO: First of all, you need to be in a healthy state of mind. If there are many empty voids or stresses within you, you might eat as a way to relieve your stress or anxiety because during the process of eating, you enter an unconscious state where you feel mentally empty or anxious about your pressure levels being high. Eating becomes an action and process that helps you relieve yourself in those moments. It produces an instant pleasure when you eat, right? So if you're already in a healthy state, without feeling down or unwell, you'll only consume what your body needs; not overindulge.

问: 每个⼈他本质上都是⽆限丰盛的吗?

Questioner: Is everyone essentially infinite and abundant?

JO: 每个⼈他来到这个世界上他所需的⼀些他都是已经,就好像是⼀个打包的,⼀起来的.他都有的.那⽐如说有⼀个⼈他体验的是没有钱,穷困潦倒.他也是丰盛的.为什么呢? 因为他来到这⼀世他主要是想体验⼀下贫穷,明⽩吗?

JO: Everything that a person needs when they come into this world is already provided, as if everything comes together in one package. They have it all. For example, there is someone who experiences poverty and lack of money; they are still abundant. Why? Because the reason they came into this life was mainly to experience poverty, understand?

问: 那他能不能改?

Questioner: Can he change that?

JO: 当然拉.就⽐如说他为什么要体验贫穷呢? 因为他曾经都是像国王⼀般拥有⼀切,他不能体验到呢种穷⼈呢种连⼀个⾯包都吃不起的感觉.他需要这份体验.他有了这份体验,他才会对其他穷⼈充满了同理⼼,明⽩吗? 那当他拿到这个礼物过后,他就不需要再体验了.他可以要么就是结束⽣命重新再选⼀个主题,要么他还想再继续⽤这个⾁体再选⼀个主题去体验.

JO: Of course, just like why would he want to experience poverty? Because he used to have everything as a king, and he can't understand the feeling of poor people who can't even afford a loaf of bread. He needs this experience. Once he has experienced it, he will develop empathy towards other poor people, get it? After receiving this gift, he won't need to experience it again. He could either end his life and choose another theme, or he still wants to continue using this body to experience another theme.

问: 我现在在练习灵魂出体.这种练习安全吗?

Questioner: I am currently practicing out-of-body experiences. Is this practice safe?

JO: 你们做梦的时候就是呀.你们晚上做梦睡觉的时候就是呀.

JO: When you dream, that's it. When you sleep and dream at night, that's it.

问: 那是做清醒梦好还是⽆意识的做梦,然后早上醒来我去记下它⽐较好⼀点?

Questioner: Is it better to have a lucid dream and then wake up in the morning to remember it, or to dream without consciousness and then wake up to recall it?

JO: 这个是关于你们到底想要探索什么? 因为即使是这些,它也是你们⾃⼰创造的⼀些体验.好像你⾃⼰可以选择你到底是想要玩⽔呢? 还是想要玩⽕? 明⽩吗?

JO: This is about what you actually want to explore, because even these, they are experiences that you create for yourselves. It's as if you can choose whether you want to play with water or fire - do you understand?

问: 就是对我们是没有伤害的?

Questioner: Is it that it's harmless to us?

JO: 你哪怕是把你的⾁体千⼑万剐也伤害不了你的存在,明⽩吗? 因为你即使没有这个⾐服你可以选择另外⼀件⾐服.你总是有⾐服可以选择的.那你说这个⾐服坏掉了,烂掉了,你把它剪掉了.

JO: Even if you were to be cut into pieces with knives, it cannot harm your existence, understand? Because even without this coat, you can choose another one. You always have the option of a coat. Then you say that this coat is broken, rotten, and you cut it.

问: 我感觉我的⽛齿不好,⽽且嘴巴容易上⽕.曾经嘴巴⾥的⽛齿都松动过.

Questioner: I feel that my teeth are not right and my mouth is prone to becoming inflamed easily. Once, all the teeth in my mouth were loose.

JO: 你稍等.这是属于你现在⽬前阶段感受到的⼀种⽆⼒感.因为你觉得你不能很好的去掌控你的⽣命,然后去成为你⾃⼰应该有的样⼦.所以你就会体验到呢种像你说的松动,就是很⽆⼒.不是呢种坚定的感觉.但是没有关系,因为当你意识发⽣转变的时候.所有的⼀切它都会是在⼀个平衡的状态当中.所以⽬前困扰你的这些都不会是问题,明⽩吗?

JO: Wait a moment. This is the sense of powerlessness you are experiencing at this stage in your life. You feel that you cannot effectively control your life and become who you should be. As a result, you experience a feeling of being powerless, which is not a sense of determination. But don't worry, because as consciousness shifts, everything will be in a balanced state. So the issues troubling you now are not problems. Understand?

问: 说到⽆⼒感,⼈最主要的⽆⼒感是来⾃于他想控制外界吗?

Questioner: Speaking of helplessness, humans primarily feel helpless because they want to control the outside world?

JO:想控制外界的⼈他才是⽆⼒的.因为他没有⼒量,所以他才想要外界达到⼀种他有⼒的感觉或者是感受到⾃⼰是有⼒量的.所以他需要很多外界的东西来⽀撑他的⼒量.这么说吧,如果你的腿部是有⼒的,你需要拐杖吗?那如果你需要⼀个两个三个四个拐杖还需要四个轮⼦来控制你的⾝体.你这个⾝体是不是它本⾝就没有⼒量,所以你才会去借助呢么多东西来让你站起来.

JO: The one who tries to control the outside world is powerless; because he lacks power, he desires to feel as if he has power or that he himself possesses strength. Thus, he needs many external things to support his sense of strength. To put it simply, if your legs are strong, would you need a cane? If you need two, three, four canes, and even wheels to control your body, does this not suggest that your body inherently lacks the strength needed to stand up without assistance?

# **2023/03/06 — 平衡能量Balanced Energy**

JO: 你问吧,什么问题?

Jo: Ask away, what's your question?

问: 我这⼀⽣的灵魂主题是什么? JO: 你叫什么名字?

Questioner: What is the theme of my soul's lifetime?

JO: What is your name?

问: XXXJO: 平衡你的能量.因为你有⼀股强⼤的能量,然后你不知道如何去控制它.所以说你在你的⽣活中你就会发现你总是很急躁,⽤你们的语⾔来描述就是风风⽕⽕,就好像⼀阵狂风⼀样.你知道狂风吧? 然后呢,你想把它变成像微风⼀样.因为狂风它是有破坏能⼒的,是吧? 就⽐如说把东西吹得乱七⼋糟的,弄的混乱的.微风的状态它不会去破坏,是吧? 所以呢,你这个狂风的能量它其实有好处.为什么? 因为你⽣⽓话发脾⽓,它⼀会⼉就没了.它不会对你的⾝体造成很⼤的,⽐如说什么事埋在⼼⾥⾯然后就停留在呢⾥.就⽐如说有些⼈有肿瘤啊,⽣病啊或者堵塞啊.你没有这种问题. 你虽然会发脾⽓,但是⼀下就过了.

Questioner: XXXJO: Balance your energy because you have a powerful energy that you don't know how to control. As a result, in your life, you will find that you are always very impatient and described by your language as being full of action, like a stormy wind. Do you know what a stormy wind is? You want to turn it into a calm breeze because storms can cause destruction, right? Like when things get scattered and messy. A calm breeze doesn't destroy anything, does it? So, the destructive power of your storm energy actually has benefits. Why? Because when you're angry and express it as a temper, it's temporary and won't linger in your body like having something stuck inside you. Some people might develop tumors or illnesses due to emotional build-up that stays within them. You don't have such issues; even though you might occasionally show impatience, it doesn't last long.

你不会因为这个事半夜睡不着觉,明⽩吗? 所以它这是你有利的⼀⾯,就是利弊吧.但是你⾃⼰又很想,就是在你内⼼深处你知道… 你想如果总是狂风那是不是全部都是乱糟糟的,呢些庄家也不能很好的⽣长,对吧? 所以你就想把这股能量平衡到微风的状态,就是不会造成很⼤的破坏.因为这种破坏它不只是对你⾃⾝,也会对你周围的环境,对你的关系,对你⾝边的⼈都会有⼀系列的,就是把⼈家弄的鸡飞狗跳的呢种.所以这是你去平衡你能量的⼀个状态.因为你需要很好的去(学习)如何去释放你的能量但是又不具有破坏性? 这是你成长的⼀个过程.

You wouldn't be tossing and turning at night over this, right? So it's advantageous to you because there are pros and cons with it. But deep down within yourself, you know that if things were always blowing in high winds, everything would likely become chaotic; the gamblers wouldn't have their best chances for growth either, would they? Hence, you're trying to balance this energy into a gentle breeze state where the destruction won't be severe. Such destruction isn't just harmful to your own self but also to your environment, relationships, and those around you – essentially making it chaotic all around. This is how you're balancing your energy state. You need to learn effectively how to release your energy without causing damage? This is part of your growth process.

问: 我来到⼴州惠州了.我想和我的⼤⼥⼉连接⼀下.因为她因为恋爱被她对象杀了.

Questioner: I've arrived in Guangzhou, Huizhou. I want to connect with my eldest daughter because her boyfriend killed her over a relationship issue.

JO: 多久的事?问: 2019的事.

How long has it been? Asking about 2019的事情.

JO: 你想要知道⼀些什么信息?

JO: What kind of information do you want to know?

问: 我想听听她有没有什么话跟我说?

Questioner: I want to hear if she has anything to say to me.

JO: 你稍等.她想跟你说,妈妈,她还存在的.她并没有消失.然后你任何时候你都可以跟她连接.因为她说你还会想要⼀个孩⼦在你的⽣命当中.不管你通过什么⽅式迎接这个新⽣命,她都会通过这个新⽣命再来到你的⽣命当中来.因为她跟你还有很多连接,就好像她还有很多跟你⼀起未了的⼼愿.

JO: Wait a moment. She wants to tell you that she still exists. She hasn't vanished. Then at any time, you can connect with her. Because she says you will still want a child in your life. No matter how you welcome this new life, she will come back into your life through this new life because she is still connected to you, as if there are many unfinished wishes between her and you.

问: 但是我现在这个年龄不能再要了.

But I can't have children at my current age anymore.

JO: 新⽣命不是说你必须通过你⾃⼰⽣孩⼦.你要知道如果你的能量平衡了过后,你⾃⼰就是个新⽣命.你⾃⼰就是个新⽣命的话,你会活出你⼥⼉的梦想,明⽩吗? ⽐如说她有很多未了的⼼愿,然后你会⽤你的新⽣命去活出她的梦想.就⽐如说你⼥⼉她⼀直对呢种,⽐如说啊,她⼀直想要去帮助孤⼉,她想开个孤⼉院或者希望⼩学之类的.然后呢,你成为你的新⽣命过后,就⽐如说你现在是⽑⽑⾍,等到你变成蝴蝶你就是新⽣命,对吧? 然后你就去帮助了孤⼉.在你帮助孤⼉的呢个过程,你就跟你的⼥⼉(发⽣了连接),你就是你的⼥⼉,她就是你.就是⼀体的.明⽩吗? 但是当你⾛上呢条路过后,你会知道她想要做什么.因为你们已经融为⼀体了.

JO: A new life doesn't mean you must give birth to a child through yourself. You need to understand that once your energy is balanced, you are the new life itself. If you're the new life, you will live out your daughter's dreams, do you get it? For example, if she has many unfinished wishes, then you'll use your new life to fulfill her dreams. Say for instance she always wanted to help orphans, wanting to open an orphanage or a hope school, etcetera. After becoming your new self, say now you're a caterpillar, when you transform into a butterfly, you are the new life, right? Then you help the orphans. In the process of helping the orphans, you connect with your daughter; you become her and she becomes you. You are one entity. Do you get it? But once you embark on this path, you'll know what she wants to do because you've merged into one.

还有问题吗?

Any other questions?

问: 那就是我⾃然⽽然修⾏过后,我就能跟我⼥⼉是⼀体?

Questioner: Isn't it that after I naturally cultivate myself, I will become one with my daughter?

JO: 你是转变过后.刚才说你是要调节你的能量是吧? 因为你的能量难以控制.然后当你达到了⼀个,就好像是⼀个功夫⼀样,当你能够运⽤好这个能量过后,你就是⼀个新的你了.你便不是旧的你.你就有跟你⼥⼉合⼀的能量了,明⽩吗?

JO: You are post-transformation. Just now you said that you were going to regulate your energy, right? Because your energy is hard to control. Then when you reach a point, it's like kung fu, when you can use this energy well, you become a new person. You're not the old you anymore. You have the energy unified with your daughter, do you understand?

问: 她就来帮我了?

Questioner: She would come and help me.

JO: 对.合⼀了.

JO: Yes. They are one now.

问: 我和周⽂强⽼师的缘分? JO: 什么意思?

Questioner: What's my connection with Teacher Zhou Wenqiang?

JO: What do you mean by that?

问: 就是我拜了师傅,然后我和他们的缘分? 我要去做点什么? JO: 你稍等.你叫什么名字?

Questioner: So it's about me respecting my master and then our connection? What should I do?

JO: Wait a minute. What is your name?

问: XXXJO: 你们真正的师傅不再⼈间,你要记住.⽽在灵界.明⽩吗? ⼈类所谓的师傅就把你们你们拉的不平等了,但是你们所有的⼈类都是平等的.如果当你们的关系不平等了的话,你们就已经不是正常的关系了.因为你们是⼀种不平等的.所以如果你想要真正的引导的话,你⾃⼰就可以.就是当你像这个⼥孩⼦⼀样你进⼊⼀种传讯信息的状态,那么你就得到灵界的指引.这就是你的师傅.明⽩吗?

Questioner: XXXJO: Your true master is no longer among humans; you need to remember this. In the spirit world, do you understand? Human所谓的 masters pull you into an unequal system, but in fact, all of you are equal. If your relationships become unequal, then they are not normal relationships. Because you are dealing with something that is inherently unequal. So if you want genuine guidance, it's within yourself. It's when you enter a state of receiving messages, like this girl does, and then you receive guidance from the spirit world. This is your master. Do you understand?

问: 不太明⽩.我⼀直在这个公司上班,跟我的师傅和师母有很近的连接.

Questioner: I'm a bit confused. I've been working in this company and have very close connections with my mentor and his wife.

JO: 这么说吧,你们在物质世界当中的⼈,他还是个⼈.那如果他还是个⼈的话,他就有⼈性在.只要有⼈性在,你们的关系都是取决于什么? 取决于你对我好不好? 如果你明天背叛他了,他还是你师傅吗? 如果你明天把他的公司给搞垮了,破产了.如果你到处去宣传他的坏事骂他,他还是你师傅吗?

JO: Let me put it this way, the human beings in your material world are still individuals. If they're still individuals, then they have human nature. And as long as there is human nature present, what determines your relationship? Does it depend on whether you treat them well or not? If tomorrow you betray him, would he still be your teacher? If you ruin his company and make it bankrupt, or if you go around spreading negative things about him and criticizing him - would he still be your teacher then?

问: 我不会呀.

Questioner: I don't know how to do it.

JO: 对呀.那所以说你们的关系取决于你今天的⾏为.如果你的⾏为变了,你们的关系就变了.那这个关系是不是就不是真诚的,明⽩吗? 所以说你真正的引导是在哪⾥? 是在你的内在,不是在外在.外在的任何关系就像,你去听刚才的信息,它都是建⽴在你的⼀个状态.

JO: Indeed. So your relationship depends on your actions today. If your behavior changes, so does your relationship. Does this mean the relationship is not genuine? Understand that true guidance lies within you, not externally. External relationships are like listening to the information just given; they're built upon your current state.

你的状态变化,你的关系就会变化.但是你与你内在的关系,你与灵界的关系,它是永恒不变的,它才是真诚的,它才是真正能够引导你的,明⽩吗?

Your state of being changes, and thus your relationships evolve. Yet, the connection you share with your inner self, and your relationship to the spiritual realm, remains constant and true. It is this unchanging essence that truly guides you, understand?

问: 我和我⼩⼥⼉的缘分? 她今年12岁.

Questioner: What's my connection with my little daughter? She is twelve years old this year.

JO: 你稍等.你这个⼥⼉,在这个过程当中你会发现她会让你有⼀点抓狂或者是有⼀点不知所措或者是有点让你⽣⽓或者是有⼀点不如你意的状态.那为什么她会这样⼦的状态呢? 是因为你需要这门课.为什么? 就好像你的能量,刚才说你要平衡好你的能量是吧? 那你到底是在什么地⽅去练习平衡能量呢? 就是舞台、场合要在哪⾥呢? 那就是你特别在乎的.⽐如说以后⼥⼉长⼤了她想做什么,你就会觉得这个不⾏.或者是她想⼲什么,你就会觉得要怎么样怎么样.就是会有这样⼦的⼀种状态.你会有很多你个⼈的因素在⾥⾯,明⽩吗?

JO: Wait a moment. You'll find that during this process, she will make you feel frustrated or bewildered, upset, or dissatisfied in some way. Why is she behaving like this? It's because you need this class. Why? Just as I said earlier, you have to balance your energy, right? But where do you practice balancing your energy? Is it on the stage or in a certain situation? These are things that really matter to you. For example, if your daughter grows up and wants to do something, you might think it's not suitable. Or when she wants to do something else, you might feel there should be specific ways to handle it. There is this state where you have many personal factors influencing it, understand?

问: 我和我⽼爸⽼妈的缘分是啥? 我爸现在不在了.

Questioner: What is the connection between me and my dad and mom? My dad is no longer here.

JO: 你妈妈她的能量就稍微平和⼀点.就是不会是如此的像你这样失控吧.因为当你的能量强⼤到你不能驾驭它的话,它就会失去控制,是吧? 所以她的能量就不会像你这样如此的…但是她的能量就像刚才跟你说的信息⼀样,你不会因为有⼼事睡不着觉,是吧? 那她就会这样⼦.

JO: Your mom's energy is a bit more calm. She wouldn't be as out of control as you. Because when your energy gets so strong that you can't handle it, it loses control, right? So her energy wouldn't be like this... But her energy would be similar to the information I just told you. You won't lie awake at night because of something bothering you, right? And she would be like that.

问: 我跟我爸呢? 我爸去世了,他有没有什么话要跟我说的?

Questioner: About my father and me? My dad passed away, did he have anything to say to me?

JO: 他想要让你知道他会照顾你的⼥⼉.所以你不需要有任何担⼼.问: 和我这⼀世关联最紧密的呢⼀世的⼈格是怎么样的?

JO: He wants you to know that he will take care of your daughter, so there's no need for you to worry.

Asking: What was the personality of the person most closely associated with my current life in a previous lifetime?

JO: 你稍等.有⼀世是男⼈性格,所以这⼀世你还会有很多男⼈的性格在⾥⾯.然后你会感受到你的男性能量.但是呢,你特别有魄⼒,爽快有魄⼒.就是不拖泥带⽔,⾏动⼒决策⼒⽐较强.然后也不会畏畏缩缩的,也不会怕.

JO: Wait a moment. There is an aspect of masculinity in you, so this lifetime will still have many masculine traits within you. You'll experience your male energy. However, you're particularly bold and decisive, with a strong sense of action and decision-making. You won't hesitate or be afraid.

问: 是的.我当下最⼤的束缚是什么? 我的⾼我有什么对我说的?

Questioner: Yes. What is my greatest limitation right now? What does my higher self have to tell me?

JO: 你稍等.你当下的束缚是,这么说吧,天上有⼀朵云,其实它的形状是⼀直在变的,⽐如说这个相它出现的是⼀个恐怖的相.然后这个恐怖的相会对你影响很⼤.你没有认清楚这个相它实际上⼀会⼉就没了.所以它就会触动你很⼤的情绪.所以你的束缚就是会停留在⼀个相上,然后触发你的情绪消耗你的能量.因为你想,你出现⼀个相,出现⼀个魔⿁的样⼦,你(不)知道魔⿁过两秒就消失了,你又把你的能量消耗掉百分之五⼗,又出现⼀个相又消耗你百分之五⼗.那你会不会觉得你精疲⼒尽? 当你在这消耗太多你的能量,你是不是不能把你的能量focus就是放到你其它你想要去创造的地⽅? 那你就会有⼀种失控的状态.

JO: Wait a moment. Your current constraint is this: imagine there's a cloud in the sky. Actually, its form changes constantly. For instance, it might appear as an horrific shape that significantly affects you emotionally. You don't realize that this horrific shape actually disappears soon. As such, it triggers intense emotions within you. Hence, your constraint lies in fixating on one specific shape and causing emotional exhaustion by overusing your energy. Imagine seeing a demonic figure, you don't know it disappears in two seconds; as a result, you waste fifty percent of your energy. Another shape appears, and you consume another fifty percent. Wouldn't you feel drained? When you exhaust too much energy this way, can you focus on harnessing that energy elsewhere for your creations? This might lead to an overwhelming sense of being out of control.

你有⼀种失控抓狂的状态的话,它会进⾏恶性循环的.那你越是经历体⼒不⾜,你越是反复的发脾⽓,就是你们都不理解我,我已经很累了我已经很疲惫了.然后还没有得到就是…. 所以就会进⼊⼀种反复消耗的状态下.虽然你⽬中有很多⽬标、梦想,就是想要前进.但是总是被拉扯.

If you have a state of out-of-control frenzy, it will become a vicious cycle. The more you experience physical inadequacy and repeatedly lose your temper, the more you say that no one understands you, that you are already exhausted and tired. And yet, there is still no relief... This leads to a constant state of depletion. Despite having many goals and aspirations in your eyes, you want to move forward, but you are always being pulled back.

问: 就是有⼒量使不出来.我⾃⼰就给⾃⼰束缚了.

Questioner: It's as if I have the power but can't use it; I self-impose limitations on myself.

JO: 对.就是刚刚说的呢种因为⼀些外在的相消耗你的能量.

JO: Yes, that kind of external appearance that consumes your energy just as I mentioned earlier.

问: 我的⾼我有没有什么话想跟我说?

Questioner: Does my higher self have anything they want to tell me?

JO: 你的⾼我想要告诉你的是你的功课是平衡你的能量.因为当你平衡好你的能量过后,你⾃⾝就是… 这么说吧,你现在赚钱可能是消耗你的⼒⽓是? 消耗你的时间和⼒⽓去赚钱是吧? 那当你的能量平衡好了过后,你就坐在呢赚钱.就是你不需要花⼒⽓,不需要花你的时间.因为你的频率就不断地在吸吸吸,吸引⼀切的物质在你的⾝边来.

JO: Your height wants to tell you that your homework is about balancing your energy. Because once you balance your energy well, you are... Let me put it this way, when you earn money now, does it consume your strength? Does it take up your time and strength to earn money, right? Then, when your energy is balanced, you just sit there earning. You don't have to exert yourself, you don't have to spend your time. Because your frequency keeps absorbing everything around you into your surroundings.

问: 那我怎么去平衡我的能量呢?

Questioner: How do I balance my energy then?

JO: 你这⼀辈⼦的功课就是朝着这个.

You: Your lifetime's task is towards this.

问: 我现在挺平和的,不像之前呢么发狂了.

Questioner: I am quite calm now, not as crazy as before.

JO: 你会发现你是不需要⽤⼒⽓.如果你还觉得你需要使⼒,你要⽤⼒的教育你的孩⼦,你要⽤⼒的发展你的事业.那你就还没有平衡好.你还是在⽤时间和你的⼒⽓去换钱.

JO: You will find that you don't have to exert effort. If you still feel like you need to put in effort, you should be actively educating your children and developing your career. That means you haven't achieved a balance yet; you're still trading time and effort for money.

问: 是,我现在也是很想赚钱.因为负债嘛.财富这⼀块你再指引我⼀下.

Questioner: Yes, I'm also very eager to make money now. Due to my debt, could you please guide me further in terms of wealth?

JO: 刚才不是说了嘛.因为你们很多⼈都是把赚钱当成是⼀个⼯作,但是你们不知道你⾃⾝的发展才是⼀个⼯作.这么说吧,你就好像是⼀棵树⼀样.那它还是⼀个⼩树苗的时候,你就想着结果.哎呀,我把我的这个枝叶卖了,能卖点钱.我把这个换了能换点钱.那你想⼀下你还是个⼩树苗就已经把你分刮的七⼤块⼋⼤块的都拿去卖钱.你要等到你⾃⼰长成⼀棵⼤树的时候,它会开花结果,它会结很多很多果⼦.⽽且每年都结果,明⽩吗? 所以你只是允许你⾃⼰朝呢个为果树,然后结果的过程就好了.⽽且它结果是必然的事.那你有没有允许你⾃⼰去成长.

JO: You just said that before. Because many of you treat making money as a job, but you don't realize that your own development is also a job. Let me explain it this way - imagine yourself as a tree. When you're still a young sapling, you already think about the fruits and getting rid of branches to sell them for some profit. You might exchange parts of your growth to gain money even when you're just starting out. It's like if you were to take apart and sell off chunks of your development prematurely, only focusing on making quick profits.

Now imagine if you had allowed yourself to grow into a big tree over time. This tree would eventually bloom and bear fruit, producing many fruits each year. You see the connection? So it's enough for you to allow yourself to evolve as an apple-producing tree, taking care of the process of growth that leads to fruiting. Growth is inevitable in this scenario. Have you allowed yourself to grow and develop over time?

因为你们很多⼈都会因为⽬前的恐惧: 哎呀,我要是再不把我的这⼏⽚叶⼦卖出去我就没有⽔喝了,我就渴死了.但是⽼天会下⾬啊.你不需要⾃⼰去换⽔喝啊,明⽩吗? 所以这是⼀种⼼态上思想上的⼀种转变.就是从⼀种你需要去找变成⼀个你所需要的都会来到你⾝边,这⼀种态度的变化.

Because many of you might be experiencing fear right now: Oh no, if I don't sell these few leaves of mine soon, I'll have no water to drink and I'll die of thirst. But heaven will rain water anyway. You don't need to go out and get water for drinking, understand? So this is a mental or philosophical shift. It's going from needing something you must find to believing that what you need will come to you, this change in attitude.

问: 我还有个⽑病就是我⽼岔⽓.就是左⼿的肋⾻底下动不动就过⽓.最近好点,但是⼀犯⽑病就疼的厉害.

Questioner: I have this habit where I often get angry. Specifically, my ribs on the left side frequently feel aches. Recently it's been better, but when I do get angry, the pain is intense.

JO: 岔⽓,就是你的⾝体有疼痛,是吧? 然后多久疼痛⼀次?问: 年前有过⼀次.现在好点,但是偶尔就会犯.

JO: Nausea means your body has pain, right? And how often does the pain occur? Questioner: It happened once before the New Year. Now it's a bit better, but it still happens occasionally.

JO: 你在犯这个之前有什么触发? ⽐如⽣⽓呀,发脾⽓呀这些?问: 恐惧JO: 你稍等.连接⼀下你⾝体⽬前的⼀个状态.这是关于你失去孩⼦给你带来的对⽣命的没有安全感的恐惧.也就是在你的内部还有⼀个很⼤的伤痛.呢个伤痛它不会⾃⼰复原,就是⽆论你怎么掩盖它,⽆论你怎么忙碌或者是开⼼它都在呢⾥,呢个伤疤.

JO: What triggered you to do this before? Like anger or having a tantrum?

Questioner: Fear of loss

JO: Hold on. Connect with the current state of your body. This is about the insecurity around life that fear brings after losing your child. There's a huge wound inside you. That wound doesn't heal by itself, regardless of how much you cover it up or how busy or happy you are; it remains there, like an unhealed scar.

问: 但是之前它不疼啊.后期我发现我⼀恐惧,它就疼.

Questioner: But it didn't hurt before. I found that it hurts when I'm afraid later on.

JO: 那就说明你⽬前是… 这么说吧,当⼀个⽔管它可能最开始有⼀点堵塞是吧? 那它堵塞严重了,⽔是不是彻底就进不去了.就开始能看到症状了,就是下⾯堵塞了.那你最开始的症状和现在的症状是需要有⼀个过程的,明⽩吗?

JO: That would mean you're currently experiencing... Let me put it this way, like when a pipe might be slightly clogged at first? If the blockage worsens and the water stops flowing completely, wouldn't symptoms start to appear as you can see that there's an obstruction below? Your initial symptoms and those now need time to develop into what we're observing today, right?

问: 你能不能帮我连接⼀下啊.

Questioner: Can you help me connect?

JO: 你稍等.这个需要你进⼊⼀个就是像被催眠的⼀个状态.就是通过你再把你带⼊到呢样⼦的⼀个状态过后,明⽩吗? 这个你最好是可以找专门催眠师⾯对⾯的.因为当呢些疗愈强⼤的⼈他们是在你⾝边,然后这样⼦疗愈.不然的话,就是需要你⾃⼰去疗愈你⾃⼰.你⾃⼰去疗愈你⾃⼰需要你⾃⼰拥有⼀个能平衡好你⾃⼰能量的⼀个状态.也就是说你⽬前的状态还不够.因为你需要再⼀次的把你带⼊到呢样⼦的⼀个,就⽐如说你曾经极度悲痛的时候,它呢会⼉有个频率,明⽩吗?就好像呢会⼉有个房间,需要再⼀次的把你带⼊到呢个房间⾥⾯去.你需要再⼀次经历呢样⼦的感觉.

JO: Wait a moment. This requires you to enter a state similar to being hypnotized. After guiding you into this kind of state, do you understand? You should ideally consult with a professional hypnotist face-to-face because when these powerful healers are by your side, they perform healing on you directly. Otherwise, you need to heal yourself, which involves having the ability to balance your own energy in a stable state currently lacking from you. Essentially, your current condition isn't sufficient. You would have to be re-exposed to certain feelings or experiences that you underwent during times of extreme sorrow. This is akin to being led back into a room where such intense emotions resided, requiring you to revisit and possibly relive those sensations.

问: 我姑娘死了之后,我就信佛了.我就了解了烟供布施.我之前不做我就觉得我很对不起孤魂野⿁.但我的师傅不让我做,能不能连接⼀下我的师傅看我能不能做?

Questioner: After my daughter passed away, I turned to Buddhism and understood the significance of offering incense as a form of charity. Prior to this, I felt guilty for neglecting the spirits of the deceased and the lost souls. However, my guru did not allow me to perform these practices; can you connect me with my guru so that I can inquire about whether or not I should proceed with them?

JO: 刚才的信息都已经告诉你了是不是? 如果你们是⼈类的师傅的话,他有他个⼈的信念、观念.他会植⼊他个⼈的观念、信念强加于你.但是你⾃⼰内在你才知道哪个是你.就好像你是呢个泡澡的⼈,是吧? 你⾃⼰才知道呢个⽔温到底是太热还是太冷.那师傅他是根据他⾃⼰的观念.他说要热热热.为什么呢? 为了把你汗逼出来,对你好.但是你⾃⼰烫得要死,难以忍受,明⽩吗? 这就是说你们⼈类之间的师傅的话,就像刚才说的⼀样,你们的关系是不真实存在的.为什么呢? 都是⼀种投射的关系.他会把他的⼀些观念投射在你⾝上,你会把你的⼀些希望或者是期待或者是恐惧欲望投射在他⾝上.明⽩吗? 你是把你的⼒量交出去了.

JO: All the information I just gave you is correct, right? If you were human teachers to humans, they would have their own beliefs and concepts that they implant into you or forcefully impose upon you. However, only you know which one truly fits you internally. It's like being the person in the bath; do you find it too hot or too cold? Your teacher bases this on his own set of beliefs saying it should be 'hot hot hot'. Why is this so? To sweat out your impurities for your benefit. However, you might find yourself burning up and unable to handle it, can you see that? This means the relationship between humans as teachers, just like I mentioned earlier, doesn't exist in reality. Why? Because it's all a projection. They project their beliefs onto you, while you project your hopes, expectations, fears, or desires onto them. You are surrendering your power to them.

问: 对,我就是不做了就觉得⼼⾥不得劲.但是我⼀直惦记.

Questioner: Right, I just feel uncomfortable when I don't do it. But I've been thinking about it constantly.

JO: 你要知道你在做的时候它是在疗愈你,你明⽩吗? 其实你并没有去… 你觉得你是在疗愈别⼈,其实你是在疗愈你⾃⼰,明⽩吗?

JO: You need to know that what you're doing is healing yourself while you do it, do you understand? In fact, you are not going... You think you're healing others, but in reality, you are healing yourself, do you get it?

问: 我现在还需要继续做吗?

Questioner: Do I still need to continue doing it now?

JO: 如果你觉得你做了感觉好,那你就去做.当然你可以不⽤去告诉你师傅.因为你才是你的⼈⽣的决策者.

JO: If you feel that what you did feels good to you, then go ahead and do it. Of course, you don't have to tell your master because ultimately, you are the decider of your own life.

问: 我⼀做我就想哭.我就想做.

Questioner: I want to cry every time I try. I just want to do it.

JO: 这么说吧,你在做的时候你其实散发出去的是你的爱.当你散发出去的爱,呢些没有爱的灵魂它能感受到你的爱.所以说这个才是最重要的.你只是借助烟这个⼯具,但是真正强⼤的是你这种爱.因为你们所散发的频率⽆论是孤魂野⿁也好还是⼈类也好,他们都是能接收到的.你想象⼀下,只是你们⾁眼看不到.但是你们的思想⼀直在散发频率.爱的频率,

JO: In other words, when you're doing it, what you are emitting is your love. When you emit love, those souls without love can feel your love. That's why this is the most important thing. You're just using the tool of smoke, but what's truly powerful is that love within you. Because whatever frequency you're sending out, whether it's for spirits or humans, they can all receive it. Imagine, even though you can't see it with your naked eye, your thoughts have always been emitting frequencies. Frequencies of love,

恐惧的频率,还是⽣⽓的频率,你想象⼀下.是不是这种频率就算别⼈不说话,你也能感受的到?

The frequency of fear, or the frequency of anger, imagine it. Wouldn't this frequency allow you to sense something even if others are not speaking?

问: 能.我现在跟⼈聊天,他咋样我就能感受到.

Questioner: Can I feel how they are when I'm chatting with people now?

JO: 所以说当你在做这个事情的时候,你散发的对他们的⽆条件的爱或者是对他们的同情,他们都能接收的到.

So when you do this thing, the unconditional love or empathy that you are emitting towards them can be sensed by them.

问: 但是我有时候动不动就被他们带进去了.就是我看他们呢么苦.就是⼀发慈悲⼼我的⼼就痛.我觉得就是在耗我⽓.

Questioner: But sometimes, I just can't help being drawn in by them. I see how hard they're working and my heart goes out to them with compassion, feeling their pain. It feels like I'm using up my energy.

JO: 并没有.你觉得在痛,在耗你⽓是⼀个负⾯的想法,明⽩吗? 你的呢种痛和想哭是来⾃于你⾃⼰的⾝体.因为你还有⼀个受伤,你有很多淤⾎没有排出去.那你的淤⾎它通过泪⽔通过阵痛,它把你不属于你⾝上的能量给排出去.所以你就允许它哭,哭到等你的淤⾎排⼲净了你就不会哭了.你就会是⼀种很平和的感觉了,就是⼀种只是爱的状态了,明⽩吗? 所以这是你内在的,⽽不是外在的.

JO: No, you feel the pain and frustration as negative thoughts, right? The pain and desire to cry come from your own body because there are injuries that need to be healed. You have a lot of congestion that hasn't been expelled yet. This congestion is being expelled through tears during contractions. It's getting rid of energy that doesn't belong in you. So allow yourself to cry until your congestion clears, and then you won't cry anymore. You'll feel a state of peace and pure love, understanding? This is an internal process, not something external.

问: 我怎么样才能通灵?

Questioner: How can I become spiritually connected?

JO: 你知不知道刚才说你如果转变过后你跟你⼥⼉有强烈的连接? 那你知道通灵的话就是跟灵界有连接,对吧? 那呢会⼉你就能通灵了,明⽩吗? 因为刚才说你们就合⼀了.因为你想你做了你⼥⼉想想做的事情,你能感受到她的呢个什么.你不是在通灵状态是什么,明⽩吗?

JO: Do you know that what was just said about your connection to your daughter being strong after transformation? You understand that Spirit Communication means connecting with the spirit world, right? So if you can communicate with spirits, then you are doing it. See? Because we talked about how you both have become one. It's like you're imagining what your daughter would do, and you sense her presence. Are you not in a state of Spirit Communication when that happens, understand?

问: 我就打算赚钱过后做慈善.我⼥⼉就是很善良.我能量守恒之后财富就⾃然⽽然显化?

Questioner: I plan to do charity after making money. My daughter is very kind-hearted. I believe wealth will naturally manifest once I achieve energy conservation?

JO: 是的.就像刚才说的你会不需要去消耗,就会把这些吸引过来.问: 对.最近就有点这样.我说啥他们就信.

Yes, just as I mentioned earlier, you can attract these things without expending energy. Questioner: Correct. It's been like that recently. Whatever I say, they believe it.

JO: 你只需允许你.就像刚刚的⽐喻,呢棵树你只需要允许它长⼤.然后它⾃然⽽然每年都会结很多果⼦给你.

JO: All you need to do is let it be. Like the metaphor just now, this tree requires only that you allow it to grow. And then naturally, every year, it will yield plenty of fruits for you.

问: 你有没有什么想跟我说的?

Questioner: Is there anything you want to tell me?

JO: 你要问问题信息才会出来.因为JO它不会去⼲涉你.你的所有体验如果是你需要体验的它就有意义.没有哪个好,⽐如说这个能赚钱呢个不能赚钱.因为没有哪个赚不赚钱的事,没有哪个好不好的事.所有的体验都是…问: 我历代祖先有没有想对我说的? JO: 你再说⼀下你的名字?

JO: You will receive information when you ask questions because JO does not interfere with you. All your experiences are meaningful if they are what you need to experience. There is no such thing as good or bad, for example, something that can make money versus something that cannot. There is no such thing as making money or not making money, and no such thing as being good or not being good. All experiences are... Questioner: Did my ancestors of past generations have anything they wanted to tell me? JO: Repeat your name again.

问: XXXJO: 你再说⼀下你知道的祖先的名字?

Questioner: XXXJO: Could you please state again the names of your ancestors that you know?

问: 不知道JO: 你爷爷的名字呢?问: XXXJO: 这⾥有信息想要告诉你,就是说你⼥⼉去世的这个事情已经被抵消了你们家族造成的业⼒.然后就好像现在把所有的恩怨都⼀笔勾销了.因为从你们这⾥你们已经能体验到失去亲

Questioner: I wonder what your grandfather's name was?

JO: JO: There is information here that wants to be conveyed to you, which is that the karma caused by your family has been offset by the passing of your daughter. Then it's as if all debts have been settled now. Because from where you are, you can already experience the loss of a loved one.

⼈的痛苦.但你能体验到这个痛苦过后,你的功课就已经达成了,明⽩吗? 因为你们从你这⾥开始就不会再去做任何夺取别⼈⽣命的事情.因为你知道呢个是多么痛苦的体验.所以就好像所有的⼀笔勾销了过后,呢么你积累的任何的德就是你赚到的.刚信息带给你了.也就是说你⼥⼉帮你们家族承担了债.因为其实每⼀个家族他们都会有⼀些⽆意识的⾏为.当你有⽆意识的⾏为你就会给其他灵魂带来⼀些伤害.那当你不能清楚这个伤害,你就需要去⾃⼰体验这个伤害.那当你清楚了这个伤害过后,那这个就已经达成了,明⽩吗? 所以说为什么你想如此这么⼤的发愿发⼼,想要去救助⼈散发爱这样⼦的⾏为?

Human suffering. But once you experience this pain, your task is accomplished, understand? Because from that point onwards, you will not engage in any actions that cause the loss of others' lives. You understand how painful such an experience can be. So after all debts are settled, any virtue you accumulate becomes what you have earned. The information was conveyed to you like this. In other words, your daughter took on debt for your family. Because every family has unconscious behaviors. When you engage in unconscious actions, you cause harm to other souls. And when you cannot acknowledge the harm, you need to experience it yourself. Once you understand the harm after experiencing it, that task is considered accomplished. Understand why you wish to make such a grand vow and exert effort to help others by spreading love?

问: 我曾经做个五个流产.年轻的时候不懂.但是我觉得我伤害到了他们? 我想问这些孩⼦有没有什么事情想要我去做?

Questioner: I've had five abortions in the past. I was young and didn't know much back then, but I feel like I caused them pain. I wonder if there are any things my children would want me to do?

JO: 这个你需要专门约⼀个清理你⾃⼰⽆意识⾏为导致的⼀些,明⽩吗? 就好像⼀个session,就是专门针对你的⽆意识.你可以去清理任何你⽆意识犯下的,⽐如你的⽆⼼快语对⼈家的伤害、发脾⽓对别⼈造成的伤害,就是任何.可以去做这个.你可以以后再约⼀个.

JO: This is something you need to schedule specifically for cleaning your unconscious actions that lead to certain issues, understand? It's like a session focused on your unconscious behavior. You can go and clean up anything you unconsciously commit, such as hurt someone with your offhanded remarks or causing harm through lashing out at others, any issue of this nature. You can do this, and you can schedule another one for later.

# **2023/03/06 — 复仇的能量The Power of Revenge**

JO: 你问吧,什么问题?

You ask, what question?

问: 我这⼀世体验的主题是什么? JO: 你稍等.你叫什么名字?

Questioner: What is the theme of my current life experience? JO: Wait a moment. What's your name?

问: XXJO: 这么说吧,你这⼀⽣就好像是来复仇的.因为你的其他世受到了很多可以说是不公平的对待或者是你觉得别⼈对你的⼀个… 所以说你是为了复仇⽽来,但是呢这个复仇不是你真的去复仇.就是之前别⼈把你杀了,你也去把别⼈杀了.不是这个复仇.⽽是说它通过你内在有⼀股就想好像复仇的能量,就是你们有⼀句话叫发愤图强,知道吗? 发愤图强呢种感觉.所以说你有⼀种强烈的感觉就好像复仇者的⼼情的感觉,就是好像⼀定争⼀⼜⽓,⼀定要去证明或者什么什么的.这样⼦的⼀个状态.就是有⼀股强烈的能量,然后就好像给全世界给别⼈证明你是什么样⼦.

Questioner: XX. JO: So you could say that your life has been on a mission for revenge, because in your previous lives you were subject to what you might consider unfair treatment or how others treated you. You have come here for revenge, but not the actual act of revenge—where someone kills you and you retaliate by killing them. Rather, it's like there is an internal drive that feels like a need for vengeance, which ties back to your saying "working hard with vigor" – do you know what I mean? The feeling of working hard with vigor leads you to have a strong sense of the mindset of someone who seeks revenge, determined to settle scores or prove something. This intense energy is about proving yourself and your capabilities not just to others but to the world at large.

问: 这个我好懵哦.

Questioner: I'm so confused.

JO: 没有关系.你⾸先要知道这是⼀股能量注⼊到这个⾝体⾥⾯,明⽩吗? 你们很多⼈就是可能前⾯⼏⼗年都是不知道为什么⽽活着.但是你们内在深处有⼀股能量影响着你们,影响着你们的⼀些决策,影响着你们的⼀些情绪.呢个就是来⾃于你的灵魂主题,明⽩吗?

JO: It doesn't matter. First you need to understand that an energy is being injected into this body, got it? Many of you may have lived the past few decades not knowing why you are alive. But deep within you, there's a force influencing you, affecting your decisions, and impacting your emotions. That comes from your soul theme, got it?

问: 想证明⾃⼰我能理解.但是说我的主题是属于复仇的…JO: 不是.这么说吧,你之前体验⼀个⾓⾊你可能没有完完全全释放你的能量出来,是吧? 然后你觉得你没有发挥好.然后你又选了⼀个⾓⾊,然后你觉得你这次⼀定去证明给你们看.你知道呢种状态吗?

Questioner: I want to prove that I can understand this. But saying my theme is about revenge... JO: Not exactly. Let me put it this way: You had an experience playing a role where you didn't fully unleash your energy, right? Then you felt like you didn't perform well. So you chose another role and thought this time you would prove it to everyone. Do you know that kind of state?

问: 我理解这个状态.但是问题是我还要继续再去证明⾃⼰吗? JO: 这是串通你⼀⽣的呢股能量,明⽩吗? 这是⼀个能量.你说.问: 那有这样的能量是好还是不好啊? 我是运⽤它还是…JO: 你运不运⽤它,它都在呢⾥.问: 我就释怀它吗?

Questioner: I understand this condition, but the question is, do I still need to prove myself further?

JO: This is the energy that follows you throughout your life, right? It's an energy. You ask,

Questioner: Is it good or bad to have such an energy?

JO: Whether you use it or not, it's there.

Questioner: Can I just let it go?

JO: 释怀是什么意思? 就是说不再拥有这个能量了吗? 这么说吧,如果⼀个是没有呢种像呢种复仇的能量在的话,那他做这个事情他可能只有百分之五⼗的动⼒,是吧? 可做可不做.那如果你拥有这个能量在的话,那你是拥有百分之两百的能量.所以这种动⼒是不⼀样的.散发的能量是不⼀样的.这么说吧,如果让⼀个⼈说: 我就知道你这件事⼲不好.你⽣下来就是呢么⽆能.你如果让他去这么跟你说话的话,你在看⼀下你的反应.如果你遇到这样⼦的事情.

JO: What does it mean to let go? Does it imply the absence of that energy? Let me put it this way, if someone lacks such an energy for revenge, they might only have 50% motivation towards doing something like that, right? They could do it or not. But if they possess this energy, they would have 200% energy. So the power is different. The emitted energy is different. To illustrate: If someone were to say to you, "I know you can't handle this," implying you're inherently incapable from birth, and then they speak to you in that manner, observe your reaction. See how you would respond if faced with such a situation.

问: 我就是遇到这样的⼈.你这样说我就能完全明⽩.

Questioner: I just meet people like this. When you say this, I can understand completely.

JO: 那你的反应是什么?

Your reaction was what, Jo?

问: 我的反应就是否定它,就是要做的更好.

Questioner: My response is to reject it, that means doing better.

JO: 就是刚才说的意思,明⽩吗? 这就是你内在的呢股能量在呢⾥,明⽩吗? 所以你就会有很强烈的呢种,就是好像power要等到时机去发愤图强,然后去把它发挥出来,punch back.

JO: That's the essence of what I just said, do you understand? This is the energy within you, do you get it? So you will have a very strong sense that power needs to wait for the right moment to make an effort and then unleash it, retaliating with a punch.

问: 其实我⼀直都有这种感觉.但是就是质疑⾃⼰,⼀直在纠结.

Questioner: I've actually had this feeling all along, but I keep doubting myself and second-guessing everything.

JO: 但是⽆论你怎么纠结,它只会让你的能量越来越强⼤.就是积累的越来越强⼤,明⽩吗? 因为你越不出⼿,别⼈越是出⼿,你的爆发⼒就越强.因为你的能量不断地不断地在累积,累积到⼀个爆发点.你就像⼀个拳击⼿⼀样,如果他不断地骂你积压你打你,你就会所有的点⼀下⼦突破,明⽩吗? 所以说像你这样⼦的⼀个能量在的话,你遇到的打压或者是刺激,我是说的跟你对抗的呢种刺激,越厉害,你的能量爆发的越厉害,明⽩吗? 也就是说有些⼈可能经常被打压被积压被否定,他可能就真的变成⽆能了.但是你会在你的内在形成⼀股能量 ,然后爆发出来.

JO: But no matter how you struggle with it, it will only amplify your energy, becoming stronger and more powerful. You're accumulating power over time, understand? Because the less you act, and others continue to do so, the more forceful your reaction becomes. As your energy continuously builds up until it reaches a tipping point. You're like a boxer, if he repeatedly insults you and assaults you, all of your pent-up aggression will eventually break through in one burst. Understand? Therefore, with an energy level like yours being faced with suppression or stimulation from someone opposing you - the stronger that resistance is, the more intensely your energy will manifest, understand? Essentially, some individuals might often face setbacks and rejections which may cause them to feel incapable or powerless. However, within yourself, a force of energy begins to form, then erupts outwardly.

问: 这个我理解了.但是你说这个体验是我已经累积了很多世的体验吗? 就是⼀直在体验这个吗?

Questioner: I understand that part. But you're saying this experience is one I've accumulated over many lifetimes, experiencing it continuously?

JO: NO NO NO NO,就是你经历了很多世,它这股能量没有被爆发出来,明⽩吗?

JO: No no no no, that means you've lived through many lifetimes, and this energy within you hasn't been released, understand?

问: 就是我现在还在原点.

The question is: I'm still at the starting point now.

JO: 没有被爆发出来,那就是你又进⼊这次机会又利⽤这次机会要去把它给爆发出来呀,明⽩吗? 但是呢,你要知道强⼤的能量它能正⾯的使⽤也能负⾯的使⽤.就⽐如说正⾯的使⽤就是说,他们说你⽆能,你就不断地不断地把⾃⼰变成⾮常强⼤的能量.但是你的能量是去让外界变得更好.⽽不是说他们说我⽆能,那我就⽤我的能⼒把你给杀掉,明⽩吗?

JO: This energy hasn't been released, so you should seize this opportunity and utilize it to unleash that power. Understand? But remember, powerful energy can be used positively or negatively. For example, if someone says you are incompetent, you could continuously strengthen yourself into a very powerful force. However, your energy should be harnessed to make the world around you better, not to harm others just because they say you're incapable.

问: 那我通过什么来让我的天赋发挥到极致?

Questioner: So, what do I need to do to maximize my potential?

JO: 你要怎么样去转化这股能量是吧? 就是让它不是去… 那就是去增长智慧跟慈悲⼼.因为当你拥有智慧跟慈悲⼼的话…. 这么说,你⼿上是有⼀个武器对吧? 有⼀个核弹.如果你没有智慧没有慈悲⼼,那就是⼀件危险的事情,对吧? 那如果你有⼀个强⼤的能量、武器在你⾝上,你又有慈悲⼼又有智慧的话.你是不是就可以把它⽤到很好?

JO: How do you channelize this energy so that it doesn't go towards... growth of wisdom and compassion. Because when you possess wisdom and a compassionate heart..., does this mean you have a weapon at your disposal? Like a nuclear bomb. Without wisdom or compassion, it's risky, right? But if you have a powerful source of energy or power within you that also has the heart for compassion and wisdom, wouldn't you be able to use it well?

问: 那可以理解为是这两者结合我做什么都可以吗?

Questioner: That means I can do anything with a combination of these two, right?

JO: 就是说你有这个能量,但是当你不断地在增加你的慈悲⼼跟智慧的话,你的能量就会是以⼀个积极正⾯的⽅式去创造出来.⽽不是去⽤⼀个消极的⽅式.

JO: That means you have this energy, but when you keep increasing your compassion and wisdom, your energy will be created in a positive and constructive way, rather than using it in a negative manner.

问: 但是你说的这个智慧,站在我的⾓度,我会有点质疑.智慧跟读书有关系吗?

Questioner: But the intelligence you're talking about, from my perspective, I might question it a bit. Is wisdom related to reading?

JO: NO NO 智慧 跟读书,读书你说的是知识,有知识的⼈.知识跟智慧是不⼀样的.如果你去看这个⼥孩⼦的⾼维信息⾥⾯都是智慧,明⽩吗? 然后这⾥都是智慧.

JO: NO NO Intelligence and reading, you say knowledge when you refer to it. Knowledge is different from wisdom. If you look at the high-dimensional information of this girl, they're all about wisdom, understand? Here, it's also about wisdom.

问: 能在具体⼀点吗? 这个范围太⼴了.⽐如说就在我们现在的物质社会⾥⾯它有很多⾏业.

Questioner: Could you be more specific? The scope is too broad, such as in our current material society where there are many industries.

JO: 当你拥有智慧了,你在什么⾏业你都会体现出你的智慧.不是说你选择…问: 那就是说我是需要在我最喜欢或者⽬前最开⼼的⼀件事去着⼿吗?

JO: When you have wisdom, it will manifest in any industry you are in. It's not about choosing... Questioner: So does that mean I should start with what I love the most or am currently happiest doing?

JO: 这个不是关于你的激情.因为你有激情.明⽩吗? ⽽是关于这个能量你能不能操控好它?如何才能操控好它? 那就是需要在智慧和慈悲⼼这两⽅⾯.然后什么是智慧? 不是你学校学到的知识.如果你去看其他⼈的⾼维信息,⾥⾯都有很多很多智慧的见解、思想在⾥⾯.你就能知道什么是智慧.智慧就是不是⼀种⽆明的状态.这么说,如果看事情你只能看到这⼀个点,那拥有智慧就是说你不只是只看到这⼀个点.你能看到这个点它牵扯着⽆数个点,就是⼀个big picture.你不是看到⼀个显微镜下⾯的东西,你看到的是⼀个⼤的图象.那你看到⼀个big picture,然后你又看到它⾥⾯,你又看到它成因.

JO: This isn't about your passion because you have passion. Do you understand? It's about whether you can handle this energy well and how to do it. That requires wisdom and compassion on both sides. Then what is wisdom? It's not the knowledge you learn at school. If you look at other people's high-dimensional information, there are many wise insights and thoughts within them. You'll understand what wisdom is. Wisdom isn't a state of ignorance. So if when you see things, you can only see this one point, having wisdom means that you don't just see this single point. You see how it connects to countless other points; it's a big picture. You're not seeing something under a microscope, but a large image. When you see the big picture, then you also see its causes within it.

问: 不好意思,我听不懂你说的英⽂.

Questioner: Sorry, I can't understand your English.

JO: ⼤的画⾯.如果没有智慧的话,他只能看到⼀张⼩的图⽚,他就觉得事情是这样⼦.那当他能看到⼀个⼤的画⾯,他知道这张图⽚之所以会发⽣这样的事情,原来是它受到上上下下⾥⾥外外全部都有对它的⼀个影响.所以这个图象呈现的是这个.如果没有智慧的⼈,他可能就只会去在乎呢个图象本⾝.那如果是有智慧的,他就会去,就⽐如说你只能看到植物的表⾯,你觉得这棵草很烦⼈,你把它割掉.但是有智慧的⼈他就知道他是要斩草除根,他是要把呢个根拔掉,⽽不是表⾯的草,明⽩吗? 所以⼀个⼈他能看到事情的⼀个度.

JO: A large perspective. Without wisdom, he can only perceive a small picture and thinks that's how things are. When he sees the bigger picture, he realizes that the occurrence of such events is due to its exposure to influences from all directions inside and outside. This image represents this reality. Without wisdom, one might only focus on the image itself. But with wisdom, they would understand that it's like seeing only the surface of a plant; you might think this grass is annoying and cut it off. However, someone with wisdom knows that you need to tackle the root cause rather than just addressing the surface issue. This person comprehends the depth of situations.

问: 从⼩到⼤我的⼈⽣卡点是什么?

Questioner: What were my life milestones from childhood to adulthood?

JO: 你的卡点就是你会吸收很多负⾯的⼀些记忆,这是你的卡点.这么说吧,因为我们的就⾥⾯有温馨的,或者是有不是呢么,就是别⼈是⽆意识的,明⽩吗? 别⼈⽆意识是说什么?就是他是在睡梦中,他是个梦游的⼈,是吧? 那呢就是⽆意识,那你会把呢些⽆意识的⾏为当成是⼀个负⾯的,就是不好.然后你就会积压很多这样⼦的记忆在⾥⾯.但是这些记忆都是幻像.你说.

JO: Your block is that you absorb a lot of negative memories, this is your block. Let me explain it this way, because in our group there are things that can be comforting or not, do you understand? Others being unaware refers to when they're asleep, they're like sleepwalkers, right? That's the unawareness. You would consider these unconscious actions as negative, not good. And you accumulate a lot of such memories. But these memories are illusions.

问: ⽐如恐惧吗?

Questioner: For example, fear?

JO: 它只是属于你个⼈的⼀个理解.这么说吧,就⽐如说呢个⼈他⾛路很匆忙,然后他跟你擦肩⽽过因为他⼼⾥有很多⼼事,他想着⾃⼰的事.那你看到他,你跟他打招呼,他连头都没抬起来看你⼀眼.然后你就⼼⾥想这个⼈真的是不尊重我或者是不重视我.你就是这么解读的.然后你就在你的记忆当中你就给他记忆成他是不尊重你的⼈,明⽩吗? 这只是打⼀个⽐喻.因为你站在你的理解的程度你的⾓度你并不能知道对⽅发⽣了什么.但是呢,你把这个储存在你的记忆⾥⾯.然后就变成了⼀个不好的记忆.这些不好的记忆就会变成你对⼈性

JO: It's just your personal interpretation of something. Imagine this: a person is hurrying along and passes you quickly because he has many worries on his mind, perhaps thinking about his own affairs. When you see him and greet him, he doesn't even lift his head to look at you. So in your thoughts, you might conclude that this person doesn't respect or value you. That's how you interpret it. Then, when you remember this incident in your mind, you mentally label him as someone who is disrespectful towards you. Understand? This is just an analogy. You can't know what really happened to the other person from your own perspective and understanding. But once you store that memory, it becomes a negative one. These negative memories then shape your perception of human nature.

的⼀个失望或者是没有感受到爱.那你要是感受不到爱,你是不是就得不到滋养? 那你是⼀棵植物的话,你如果⼀直是在得不到滋养的状态下的话,你是不是就很难开花结果? 这就是你⽬前就是你出⽣到现在的⼀个你所谓的卡点.需要被你注意到的.

It's a disappointment or lack of feeling loved. If you can't feel love, do you not receive nourishment? If you were a plant and kept in a state where you don't get nourished, would it be difficult for you to bloom and bear fruit? This is what you've encountered since your birth, which needs your attention as a bottleneck in your current life.

问: 我只需要注意到,就是仅此⽽已是吗? 就是不需要做其他?

Questioner: I just need to be aware of that, is that it? No need to do anything else?

JO: 因为你注意到了过后你就知道原来是你⾃⼰的⼀个幻像⽽已.它不是真实的.那你是不是就可以接受到跟⼈之间的连接感.因为你们所有⼈,这么说吧,就像是植物⼀样,你们都是相连接的.那连接的话,对⽅可以滋养你,对⽅可以给你养分,对⽅可以给你能量.那如果你把这些全部都跟别⼈断开呢?

JO: Because once you notice it later on, you realize that it's just your own illusion. It's not real. And then maybe you can accept the sense of connection with other people because all of you, in a way, are like plants - connected to each other. When there is connection, the other person can nourish you, give you energy, and provide you with vitality. But if you were to disconnect from all that with others?

问: 以前是这样,现在好⼀点点了.我从⼩到⼤对⾦钱都很迷茫和恐惧.

Questioner: It used to be like that, but it's getting better now. I've always been confused and afraid of money since I was young.

JO: 怎么个迷茫法? 什么恐惧呢?

JO: How confusing? What kind of fear?

问: 我读的书不多,也没有怎么⼯作过.就是⾃我的赚钱能⼒相对来说⽐较差.就⼀直要嫁个有钱⼈,⾃⼰又没有能⼒.

Questioner: I haven't read much and haven't worked extensively; my ability to earn money is relatively poor. So I've always wanted to marry a wealthy person while lacking the capability myself.

JO: 你的问题是什么? 你不需要去描述,因为你的描述都是你⾃⼰主观的⼀些认为.因为只有你认为就是说没有读很多的书的⼈是不好.但是你要知道你们的李嘉诚他创造的财富⽐谁都多.他读的书多吗? 明⽩吗?

Your question is what it is, you don't need to describe because your descriptions are all subjective judgments from yourself. You only think that those who haven't read a lot of books are bad. But do you know that Li Ka Shing, your李先生, has created more wealth than anyone else? Does he read many books? Can you understand now?

问: 我的问题就是我的谋⽣的⾓⾊是什么?

My question is what role I play in earning a living?

JO: 刚才说你是⼀个植物的话,如果你从你的所有关系当中得不到养分的话,你肯定是枯萎的状态,对吧? 那如果你跟外在的⼀切都产⽣关联呢? 产⽣连接感呢? 那你的植物就长的越来越好,那你⾃⼰就会开花结果,明⽩吗? 然后你也在源源不断的在吸收养分.

JO: If you were just like a plant and couldn't get nutrients from all your relationships, then you would definitely be in a state of withering, right? But if you connected to everything around you - if you felt that connection - then the plant would grow beautifully. And as a result, you would bloom and bear fruit, do you see? And you are constantly absorbing those nutrients.

问: 但是我现在在做社⼯我就越来越厌恶.公益组织.

Questioner: But now that I'm doing social work, I'm becoming increasingly disillusioned with nonprofit organizations.

JO: 那你可以换⼀个呀.

JO: Then you could change it.

问: 换⼀份⼯作吗? 你是说.

Questioner: Are you suggesting a change of job?

JO: 对呀.你⼀直可以去尝试找到你喜欢的为⽌.

JO: Right. You can keep trying until you find what you like.

问: 这个就是我想问你的下⼀个问题,就是视频推⼴⽬前是我想做的事.

Questioner: This is my next question for you, which is about video promotion - something I'm interested in doing.

JO: 你只要是想做,你只要去充满激情的做,你就已经成功了,明⽩吗? 你不需要其他,你只要是想去做这件事情,你也对你所做的事情充满激情.你就已经成功了.

JO: As long as you want to do it and you're passionate about doing it, you've already succeeded, understand? You don't need anything else; just being motivated to do something and being passionate about what you do is enough for success.

问: 那我的下半⽣需要为⾦钱担忧吗?

Questioner: Does that mean I need to worry about money for the rest of my life?

JO: 你们很多⼈总觉得你们的下半⽣是固定的.你们觉得是固定的是因为你的能量就没有变过.就是说你⼀直是这样⼦.那⽐如说你今天你没有找我们来通灵话,那你可能就是不会怎么变.但是你⼀旦让这个⽔,我们是活⽔你们是死⽔,是吧? 你⼀旦连接了这个管道,有活⽔进来过后,你的整个⽣命就发⽣变化了,明⽩吗? 所以说你看⼀下这⾥固定的吗? 那你就能看到你的每⼀个抉择都在影响着你们的⽣命.那到底是什么影响着你们的⽣命? 就是你的抉择.你的抉择是来⾃于你的当下,明⽩吗? 那如果现在我们说你会有这个命运轨迹.那如果到时候你哪⼀天的当下你做了另外⼀个抉择呢? 你的命运轨迹又变了呀.

JO: Many of you believe that your second half of life is predetermined. You think it's fixed because your energy hasn't changed. That means you've been like this all along. For example, if you didn't seek us for spiritual communication today, then perhaps there wouldn't be much change. But once you connect to this stream - we are the living water, and you are stagnant water, right? Once you're connected to this channel with fresh water flowing in, your entire life changes. Do you understand that?

So, when you look at this fixed scenario, you can see how each of your choices impacts your life. What actually influences your life is your own decisions. Your decisions come from your present moment, do you get it? If now we say you have a predetermined destiny path, then if someday in the future, during one of those moments when you make a different choice, your destiny changes, doesn't it?

所以这个才是影响着你们… 就好像你们⾃⼰开车,你拿着⽅向盘.你来问我的⽬的地会到哪⾥? 我说你的⽬的地会到新疆.你⾛到还没到新疆的时候,本来去新疆的路是朝左,你却偏偏要选择朝右.为什么? 因为你有选择的权⼒呀.然后你就没有到新疆了.然后你就说: 不是说我的命运要到新疆吗? 所以说清醒很重要.因为当你不清醒的时候,你就会被集体意识被整个⼈持有的信念、持续,你就会卷⼊到呢⾥⾯去.你就会很⽆⼒很被动.因为事件是随机的,你想呢个

So this is what influences you... just like when you drive your own car and hold the steering wheel. You ask me about my destination - will I get there? I tell you that your destination lies in Xinjiang. But as you're driving towards it without reaching Xinjiang, the path to Xinjiang was meant to go left. Yet you insist on taking a right turn instead. Why would you do that? Because you have the power of choice. And then you never reach Xinjiang. Then you say: Wasn't it supposed to be my fate to get to Xinjiang? That's why being aware is crucial. For when you're not aware, you become ensnared by collective consciousness and the shared beliefs of society. You feel powerless and passive. Because events are random - you can't predict them.

⽔把你冲到这⾥,你到这⾥.把你冲到呢⾥,你到呢⾥.你肯定是属于⼀种⽆⼒和被动的状态.你就像海啸来了⼀样的⼀个状态,把你冲到这冲到呢.那如果你⾃⼰能很好地游泳或者是开船.那你就能掌握你⾃⼰的⽅向,明⽩吗? 因为你的能量状态不⼀样,那你就不随着其他的能量把你带⼊到其他的能量当中去.

Water carries you here, and you are here. Where it takes you, there you go. You definitely belong to a state of helplessness and passivity. Like being hit by an tsunami, carried along with the flow. But if you can swim well or sail your own boat, then you can control your direction, right? Because your energy is different, you won't be dragged into other energies and taken away like others.

问: 关于性的问题.我问的是性是要教育我什么或者给我什么指⽰吗? JO: 为什么会问这个问题?

Questioner: About sex issues. I'm wondering if sex is meant to teach me something or guide me in some way?

J: Why are you asking this question?

问: 我从很⼩就对这个很敏感.我⼩学就经历过有点相似性侵.外出也会看到⼀些类似的画⾯.就是男⼈在公园⾃慰这种.

Questioner: I've been sensitive to this since I was very young. I experienced something somewhat similar during my elementary school years. I would also see scenes like men masturbating in parks when going out.

JO: 你稍等.这也是关于它好像是⼀个引⼦,然后来让你内在产⽣呢种排斥或者恶⼼或者是厌恶.这也是⼀种能量的积累的⼀种状态.你会收集很多让你不爽的⼀些画⾯.

JO: Wait a moment. This is about it being an introduction, then leading to you experiencing feelings of repulsion or nausea, or disgust within yourself. It's also a state of accumulating energy. You'll gather many unpleasant images that bother you.

问: 这是我⾃⼰创造的画⾯?

Questioner: Is this picture one that I created myself?

JO: NO NO NO 这个是关于你⾃⼰的⼀个灵魂主题,就是你会积攒很多能量,然后等到能量积攒,然后爆发,然后释放.

JO: NO NO NO This is about your own soul theme; you accumulate a lot of energy, then wait for the energy to build up, and then it bursts out and gets released.

问: 这个是负⾯能量吗?

Questioner: Is this negative energy?

JO: ⾸先能量它是中性的.负⾯还是正⾯它是看你到底是拥有什么定义.就像刚才这么说,如果⼀个匆匆从你⾝边⾛过的⼈,你把他定义成对你不尊重.但是实际上呢,他是因为拥有很多烦⼼的事情,他根本没有看到你的存在,他在⾃⼰的世界⾥⾯.

JO: First of all, energy is neutral. Whether it's negative or positive depends on what you define as being so. Just like when we say that if a stranger passing by doesn't respect you because they see you as disrespectful. However, in reality, he might be dealing with many stressful issues and simply hasn't noticed your presence; he's within his own world.

问: 那这个跟我刚刚说的性有什么关联呢?

Questioner: And how does that relate to what I just said about sex?

JO: 跟呢个能量,就是呢股能量它是在的,它是中性的.那如果你把这个事件当成是对你的⼀个不尊重的⾏为,那你⼼⾥就会产⽣⼀个… 你对事件的体验和结果都会不⼀样.结果是你排斥这样的⼈,你对他反感.为什么? 你觉得他尊重你.那你体验到不尊重体验到愤怒.那另外⼀个是他匆匆⾛过,活在⾃⼰的世界⾥⾯.那如果你能体验到他的焦虑的话,你可能会对他充满了同情⼼.那你对他充满了同情⼼,你们俩个的连接感就会更强,明⽩吗? 就是同⼀个事件当你拥有不同的定义,你是只是在你⾃⼰的世界⾥⾯呢? 还是跟对⽅有连接感,能

Japanese Officer (JO): The energy is there, it's neutral. If you perceive this incident as an act of disrespect towards you, your experience and the outcome will be different. You might reject such a person and feel repulsed by him. Why? You believe he disrespects you, leading to feelings of disrespect and anger within you. On the other hand, if you can sense his anxiety, you might feel sympathy for him. This sympathy increases your connection with him, understanding that the same event can be defined differently - are you just in your own world or are there connections between you and the other person?

知道对⽅是处在⼀个什么样的环境下? 你不懂你就继续问,你问的越详细,详细才会越出来.

Know what kind of environment the other person is in? If you don't understand, keep asking. The more detailed your questions are, the more detailed the answers will be.

问: ⽽且我特别容易怀孕.

Questioner: And I'm particularly prone to getting pregnant.

JO: 这是个问题吗? 那就说明你⾝体很健康,这不是个问题呀.你的问题是什么?问: 为什么会被性侵?

JO: Is that a problem? That just means your body is very healthy, this isn't a problem at all. What's your issue? Asking: Why would I be sexually assaulted?

JO: 刚才说了积压仇恨呀.仇恨是什么? 能量啊.问: 就是说我有很多的能量释放不出去?

JO: Just now talked about accumulated hatred. What is hatred? Energy. Questioner: Is it saying that I have a lot of energy to release?

JO: 不是你有很多的能量释放不出去.是你有很多经历会导致你能量的⼀个收集的过程.积累、积攒.就好像能量是硬币,你不停的去捡硬币.然后你就拥有很多很多的硬币.那如果你是⽤硬币来做⼀件积极正⾯的事情呢? 就是你买了很多蛋糕分给别⼈.还是说你⽤硬币买⼀把枪,把所有⼈杀死,明⽩吗?

JO: It's not that you have a lot of energy to release; it's that you have many experiences that lead to the process of collecting your energy through accumulation and savings. Like coins representing energy, you continuously pick them up. As a result, you gather a large number of coins. Now, if you were to use these coins in a positive manner - buying cakes for others, for example - versus using them to buy a gun and kill everyone, do you understand the analogy?

问: 就是⼀直说我⼀直在积累能量,但是我没有找到⽐如说买蛋糕分发出去,⽽是⼀直在捡,是这个意思吗?

Questioner: It's always saying I'm accumulating energy, but instead of buying cakes and distributing them, I've been picking things up. Is that the meaning?

JO: 你的能量都会是⼀个累积的过程.刚才说了如何正确的使⽤能量? 就是增长你的智慧和你的慈悲⼼,明⽩吗? 因为有慈悲⼼的话,你就会感受到很多需要帮助或者是其他呢些地⽅.然后当你感受到了,你就会拥有强⼤的能量想要去救助他们.你拥有智慧的话,你就会知道我跟别⼈是⼀体的.我要杀死别⼈,我不就把⾃⼰杀死了吗? 那就是智慧.那你就不会去杀别⼈.没智慧的⼈就会去杀别⼈.为什么呢? 因为他跟别⼈是断开的,明⽩吗? 这就是有智慧和没智慧他对事件的⼀个反应.

JO: Your energy will be an accumulative process. Just now we talked about how to use your energy correctly, which is by increasing your wisdom and compassion. Do you understand? Because with compassion, you would sense many places that need help or other circumstances. Then when you sense these, you would have powerful energy wanting to save them. If you have wisdom, you would realize that I am one with others. If I kill others, don't I just end up killing myself? That is the essence of wisdom - not going to harm others. Those without wisdom will go and harm others. Why? Because they see themselves as separate from others, do you understand? This explains how having wisdom versus not having wisdom affects one's response to events.

问: 就是还是在围绕着我的能量创造更多的事来提醒我.

Questioner: It's still about using my energy to create more things to remind me.

JO: 怎么说,⽤你们的话就是看你的修⾏了.因为你修⾏好的话,你的能量就会好好地发挥它.如果你修⾏不好的话,你只是不断地积攒能量,你可能你的仇恨就越来越强⼤了,明⽩吗? 所以修⾏你就休你的念头,你的念头⾥⾯有什么.然后你才发现你刚才的愤怒是假象,根本不是真的.所以就看你修的怎么样了.但是没有关系,因为你是永恒存在的.即使这⼀世你没有去呢个什么,但是你积累的体验和经验你还是会去正⾯创造它的.这是迟早的事.

JO: In a nutshell, in your terms, it's about the quality of your practice. Because if you practice well, your energy will be effectively utilized. If you don't practice well, instead of using your energy productively, you're just accumulating it. This could lead to an increase in your negative emotions like hatred. Do you understand? So, whether or not you have a good practice determines the outcome. But there's no need for worry because you are eternal. Even if you don't achieve certain things in this life, the experiences and lessons you've accumulated will still be channeled into creating positive outcomes. It's just a matter of time.

问: 我在这个地球轮回了多少世了吗?

Questioner: How many lifetimes have I been on this Earth?

JO: ⾸先你要知道你们这个不是已经结束的事情.问: 我已故的爷爷对我有什么话说吗?

JO: First, you need to know that this matter has already concluded. Questioner: Does my late grandfather have any words for me?

JO: 你稍等.他想要告诉你你⼀直是在被爱的.⾄少他的能量他是⼀直爱着你.然后你只需要敞开你⾃⼰.

JO: Wait a moment. He wants to tell you that you have been loved all along. At least, his energy has always been loving you. Then, you just need to open yourself up.

问: 但是他这样说我感受不到.因为曾经就是他对我性侵过.

Questioner: But when he says that, I don't feel it because he has sexually assaulted me before.

JO: 你稍等.你爷爷说他的⾏为都是在⽆意识,就是他被呢个⾁体给控制了.但是在离开⾁体,只有爱.然后他想告诉你的是,你现在也在被你的⾁体控制着.因为当你不断地在你的记忆当中,不断地在你⾃⼰创造的呢些幻像就是呢些记忆当中,你也是被你的⾁体困住的.所以他想跟你说的是,他当时被他的⾁体困住和你现在被你都⾁体困住是没有什么两样的.因为当你们被⾁体困住,你们都会做出⼀些不知道是在伤害别⼈的事情,明⽩吗? 只有你脱离了这个⾁体,你便没有被这个⾁体控制.

JO: Wait a moment. Your grandfather said that his actions were all unconscious - that he was controlled by his body. But when you leave the body, there is only love. The message he wants to convey to you is that you are also being controlled by your body right now. Because when you constantly dwell in your memories and the illusions you've created within those memories, you're trapped within yourself, just like your body. So what he's trying to tell you is that being trapped by his own body at that time was no different from being trapped by yours today. Because when we are confined by our bodies, we tend to do things without realizing the harm they might cause others. Understand? Only when you free yourself from this body will you not be controlled by it anymore.

问: 现在我的⾝后有没有什么样的灵体在跟着我?

Questioner: Is there a spiritual entity following me right behind me now?

JO: 你稍等.你有指导灵.然后呢,它也会⼀直引导你.就⽐如说这次让你来接触⾼维的信息就是受它的影响.然后它说它会跟你⼀起去正⾯的使⽤你的能量.

JO: Wait a moment. You have an angel guide. Then, it will also continue to lead you. For example, this experience of yours interacting with high-dimensional information is influenced by its presence. And it says that it will use your energy positively alongside you.

问: 其实我是有感受到的.但是我还不是很清晰的知道它的指引.

Questioner: Actually, I have been able to sense it. However, I am not very clear about its guidance.

JO: 你如果没有跟随它的指引的话,你今天就不会来接收到这些信息了,明⽩吗?问: 那请问我的指导灵跟我有什么说的吗?

JO: If you hadn't followed its guidance, you wouldn't have received these messages today, understand? Questioner: Then, may I ask what my guide spirit has to say to me?

JO: 就是前⾯呢段信息.它想让你真正的去理解你爷爷说的,他是被⾁体控制,然后你也是在被⾁体控制.这⼀段信息.这⼀段信息如果你真的能理解,真的能知道你是在被⾁体怎么控制着.你就不会是被控制的,你就会成为主宰者.因为像你爷爷的呢种被⾁体控制着,他们的⾏为都是⾁体的⾏为,都是⼀些⾃动的反应,明⽩吗? 就好像这么说,被⾁体控制住的就好像是野狗.野狗它是没有任何受训或者是引导呀.那它就是见到⾁就会吃,它只是本能嘛.那你爷爷产⽣的就是⼀些本能.你就是⾁,他就是野狗.就像是这样⼦的⼀个状态.那如果你知道你不是狗,你是训练这个狗的.你便不会就是在⼀种失控的状态.

JO: It's that piece of information at the beginning. It wants you to truly understand what your grandfather said—that he was under the control of his physical body, and then you are also under the control of your physical body. This piece of information. If you really can understand it and know that you are being controlled by your physical body, you will not be a pawn; you will become the master. Because what your grandfather experienced—being controlled by his physical body—his actions were the reactions of the physical body, which are automatic responses, do you see? It's like he was chained to an untrained and unruly dog. The dog doesn't get any training or guidance; it just eats when it sees food—it's instinctive behavior. Your grandfather produced such instincts. You are the meat, while he is the dog. That's how it works. If you realize that you're not a dog but are training this dog, then you will not be in an out-of-control state.

⽽是你能很好地利⽤这个狗让它来做你想要让它做的事情.⽐如说你们警察⽤的缉毒⽝,警⽝.它就可以做很多帮助警察的事情.⽽不是来依靠⾁体的本能做出⼀些反应,明⽩吗? 如果你⾃⼰脱离,你爷爷刚才说你也是进⼊⼀种本能的状态,是吧? 那就是说你会本能的去产⽣⼀些记忆,就是有⼀些事情你会本能的把它给记录下来.那你如果你能知道它其实只是⼀个幻像,只是⼀个你的不知情.你是不是就不会去记录这些了? 不会记录这些的话,你就不会因为你的⼀些记录⽽做出这些反应.因为你记录了这些⽓愤或者是愤怒的⼀些记忆是吧? 如果你没有记录就是呢个⼈低头⾛路没有跟你打招呼这个记忆的话,那你是不是就不会对他有⼀种排斥感?

And you can use this dog well to make it do what you want it to do. For example, the dogs used by police for drug detection or security purposes can perform many tasks that assist them. They don't rely on instinctive physical responses like humans would. Do you understand? If you were to remove yourself from the situation, as your grandpa just mentioned, you would enter into a state of instinct, right? This means that you would instinctively generate memories, recording things automatically. But if you knew that it was actually an illusion, something unknown to you, wouldn't you refrain from recording these experiences? If you didn't record such memories - someone walking by with their head down without acknowledging you, for instance - wouldn't this prevent you from feeling any repulsion towards them?

问: 这个是我的⼀个坎.我也能理解.通过你这样问,我也就把它卸下来了吧.

Questioner: This is one of my barriers. I can understand that too. By asking you like this, I'm able to let it go.

JO: 这个需要你在今后的⽇⼦⾥充满了觉知.就是⽐如说当你在陷⼊什么情绪的时候,你有⼀个念头,就是OK,上次JOJO⽼师说这个是我的⼀个幻像,是我⾃⼰创造的⼀个幻像.然后你就再来看为什么是幻像呢? 然后你就⾃⼰… 外在的⼀切它就好像是⼀个镜⼦⼀样.它像镜⼦⼀样反射出你⾃⼰的情绪,你⾃⼰的反应,你⾃⼰的状态.呢个才是你需要去着⼿的.为什么?因为当你脱离了情绪反应或者是⾃动的情绪反应的话,你其实你就不是狗了,明⽩吗?那你就不是依靠本能了.因为你们这个世界上基本上的⼈都是在依靠本能在运⾏.这个很难消化.但是呢,你可以以后在慢慢的看⽂字或者是听录⾳.

JO: This requires you to be mindful in your future days. For example, when you find yourself caught up in emotions, you have a thought like this: "Okay, last time Teacher JO said that this is my illusion, an illusion I created myself." Then, you question why it's an illusion and reflect on it internally. Everything external acts like a mirror, reflecting your own emotions, reactions, and states. That is what you need to focus on. Why? Because when you step out of emotional responses or automatic emotional responses, you're not being driven by instincts anymore. You understand that most people in this world operate based on instincts. It's hard to comprehend, but you can slowly explore through reading texts or listening to recordings in the future.

问: 需要点时间.

Questioner: It takes some time.

JO: 是的.因为你们现在在这个⾁体⾥⾯,你们所有的情绪反应或者是所有的⼀切它还要依靠这个⾁体来运⾏.给你讲这些呢,是要让你脱离这个⾁体,明⽩吗? 这不是⼀下⼦你就能去办到或者是去做到的事情.这是⼀个过程,循环渐进的⼀个过程.你想⼀下⽆论你是在这个世界上学什么技术.你想要把它熟练的运⽤,你是不是都需要去慢慢的积累,对吧? 这就是为什么你们会有反复的⾁体的体验来供你们探索,供你们学些,供你们体验,明⽩吗? 因为它不是你⼀下⼦就能去突破.但是你既然今天收到了这些信息.那就说明你是被看护的,你是被祝福的,明⽩吗? 不然的话,你就不会看到这些东西.

JO: Yes. Because you are all experiencing emotions or everything within this body now, and all of it still relies on the body to operate. When I explain these things to you, it is to help you transcend this body, understand? This is not something that you can accomplish instantly or do immediately. It's a process, a step-by-step process. Think about whatever skill or knowledge you're acquiring in this world; whether you want to master its application, you would need to gradually accumulate it, right? That's why there are repeated physical experiences for you to explore, learn from, and experience them. Understand? Because you can't break through immediately with this. But if you have received these messages today, that means you are being watched over, blessed, understand? Otherwise, you wouldn't be able to see such things.

问: 我跟我现在的先⽣的关系?

Questioner: What's my relationship with my current husband?

JO: 你稍等.你们应该是属于呢种像是歪打正着,就是怎么说,因为这个信息还不能完全的告诉你.因为你⾃⼰会做⼀些决策.在你的决策还没有,就好像是你现在是要选左还是要选右? 你选左或者右,你的状态是不⼀样的,明⽩吗?

JO: Wait a moment. You guys are of the type that hit the target by accident - you know, because I can't fully disclose this information to you just yet. You'll make your own decisions after all. It's like deciding whether to go left or right; depending on which path you choose, your situation will be different. Can you understand?

问: 没听懂.就是你知道答案但是不能告诉我?

Questioner: I didn't understand. You know the answer but cannot tell me?

JO: 这是属于你⾃⼰个⼈选择的⼀个问题.因为你就好像是你到了⽣命的路⼜.路⼜的前⾯有左也有右.选左边还是右边是你的意志⼒去选择,就是你的⾃由意志去选择.

JO: This is a personal choice for you - because you are at the crossroads of life where there's left and right ahead. Choosing left or right is up to your willpower, which is your free will.

问: 但是你刚才说的是歪打正着.

Questioner: But you just said by mistake it's right.

JO: 你可以说⼀下你们是怎么在⼀起的.

You can tell us how you guys ended up together.

问: 他是我都⼀段婚姻准备脱离过程当中,⼈⽣的第⼆份⼯在他呢⾥做事.但是他有家庭.在公司⼯作⼀年半后,我就遇到了…略JO: 那你就知道你们是怎么在⼀起的,那就是歪打正着.问: 但这个词的意思是还不错,找对了的意思吗?

Questioner: He was going through the process of ending his first marriage when he started working for him as my second job. But he has a family. After one and a half years in the company, I met...JO: That means you know how you ended up together; it's just that things worked out well. Questioner: Does this phrase mean that he found the right person?

JO: 这个不是你们去找的.这个更多的是你们都是属于呢种同样的频率.问: 也是在我这⼀⽣的剧本⾥⾯该发⽣的事吗?

JO: This isn't something you've found; it's more about being of the same frequency. Questioner: Should this also happen in the script of my life?

JO: 这⾥你永远都有⾃由的意愿去选择要什么样的体验,明⽩吗?

In this place, you always have the free will to choose what kind of experience you want, do you understand?

问: 我⼀直也是在努⼒学习,然后到挣扎.我想问我⽬前⼯作的这个机构的未来.

Questioner: I have been working hard and then struggling. I want to inquire about the future of this institution where I currently work.

JO: 刚才就跟你说了,你们的未来是决策于什么? 决策于你每⼀个当下你的⼀个选择,你的⼀个能量状态,明⽩吗? 所以说它的未来是根据你们的⼀个能量显化,明⽩吗? 但是这个永远是充满了变化的.

JO: You just heard that the future is determined by what? By every single choice you make in your present moment, and by your energy state. Do you understand? Therefore, your future lies in manifesting with your energy. Do you get it? But this is constantly subject to change.

问: 我感觉它很容易结束.它是我⽼公的事业,但不是我的.

Questioner: I feel it's easy to conclude. It's my husband's business, but not mine.

JO: 那你已经做了你的选择了.因为你想象⼀下,你⽼公的事业他就好像是需要你和你⽼公的能量来投射出⼀个东西.但是你现在已经投射出你⾃⼰不情愿的⼀个状态,明⽩吗? 你的东西是你的思想投射出去,不是你这个⼈.明⽩这层意思吗? 你说我⼈在,那我这个事业还有.你的思想已经不在了,明⽩吗? 所以⽡解是迟早的事.因为你已经不再给它注⼊你的能量了呀.

JO: So you've already made your choice because imagine your husband's career is like needing the projection of energy between you and your husband to manifest something. But now, you have projected an unwilling state, understand? The thing that you have projected is your thoughts, not yourself. Understand this distinction? You say I'm still here, so my career should still be there. But your thoughts are already gone, do you understand? So dissolution is inevitable because you're no longer injecting energy into it.

问: 没办法,我投⼊不了.

Questioner: There's no way; I can't get into it.

JO: 是的.所以你就已经做出抉择了.问: 我想我跟我妈的关系?

Yes. So you've already made your choice. Questioner: I wonder about my relationship with my mother?

JO: 你稍等.你对她有⼀种抗拒的能量在.就好像你们之间的线断了或者是堵塞了或者是你不情愿… 总之它不是⼀个和谐的状态.

JO: Wait a moment. There's an energy of resistance towards her. It's as if the line between you two is broken or blocked, or you're not willing... In any case, it's not in a harmonious state.

问: 是的.我不知道该怎么缓解.因为从⼩到⼤她就是…. 就像你刚才说的,她就是激发我的呢股能量的…JO: NO NO NO NO,这是你头脑⾥⾯的记忆问题.这么说,就像你爷爷带出来的信息,你爷爷说他是在依照他的本能是吧? 那你现在也是在你的本能.你的本能导致你有呢么多纠结或者是堵塞,明⽩吗? 因为你们这个⾁体有⼀个本能.

Questioner: Yes. I don't know how to cope with it because since she was little...like you just mentioned earlier, she's like the source of my energy...

JO: NO NO NO NO, this is a problem in your memory that exists only in your mind. Like what you said about your grandfather carrying forward information and him doing things based on his instincts; now, you're also acting based on your own instincts. Your instincts are causing all these issues or blockages for you, understand? Because your physical body has its own instincts.

问: 也就是你刚刚说的我的呢个卡点,是吧?

Questioner: That's the checkpoint I just mentioned, right?

JO: 是的.

Yes.

问: 我跟我⼤⼉⼦的关系?

Questioner: What's my relationship with my eldest son?

JO: 你稍等.你⼤⼉⼦是来帮助你的.他是来协助你的.问: 所有的孩⼦都是来协助⽗母的吗?

JO: Wait a moment. Your son comes to help you. He is here to assist you. Questioner: Do all children come to assist their parents?

JO: 这个要看每⼀个主题.

JO: This depends on each individual topic.

问: 再具体⼀点,他协助我什么?

Questioner: More specifically, what did he help you with?

JO: 他协助你这个灵魂转变呀,明⽩吗?问: 不明⽩JO: 他现在还⼩,等你慢慢慢慢你就会明⽩的.这些信息不是你⼀下⼦就能明⽩的,很多⼈都是过了两三年他回来再看,他才明⽩当初的信息什么意思.所以你不需要⼀下⼦今天就要把所有这些东西消化掉.因为你这是没有办法的.

JO: He assists you in this soul transformation, understand? Questioner: I don't understand. JO: He's still young now, but you'll see as time goes by that you will understand. This information isn't something you can immediately comprehend; many people only realize the meaning of what was said after a few years when they come back and review it. So there's no need for you to fully digest all these things today because it simply isn't possible.

问: 他的⿐炎很严重.我不知道是什么导致这种情况? JO: 你稍等.他叫什么名字?

Questioner: His allergic rhinitis is severe. I don't know what caused this situation? JO: Wait a minute. What's his name?

问: XXXJO: 这个是来⾃于他对于他现在⽣存环境的⼀种排斥.问: 我能怎么缓解它吗?

Questioner: XXXJO: This is due to his exclusion from his current living environment. Questioner: How can I alleviate it?

JO: 因为你跟你的孩⼦之间是有⼀条能量线的,明⽩吗? 因为你⽬前对这个社会都会有⼀点点排斥.所以说你要能帮助它,就是说当你全然的热爱上⽣命.然后当你全然的热爱上⽣命,允许爱流⼊你.它就会流向你⼉⼦,明⽩吗?但是你并不需要担⼼.即使他本⾝是来帮助你转变的,所以就算你即使没有帮他的话,他也会帮到你.所以说他会适应和转变的.

JO: Because there is an energetic line between you and your child, understand? Because currently you might have a slight resistance towards society. So it's about being able to help it - meaning when you fully love life. Then, when you fully love life and allow love to flow into you, it will flow to your son, do you see? But there is no need for concern. Even though he himself may be sent to assist in your transformation, so even if you don't assist him, he would still help you. Hence, he would adapt and change accordingly.

问: 我和我⼩⼉⼦的关系,他叫XXX.

Questioner: I have a relationship with my son, he is called XXX.

JO: 你稍等.你的⼩⼉⼦他也是给你带来欢乐的.他会缓解你很多紧张的能量.他会帮你清除很多你紧张的能量.所以说就好像是你在寒冷中的⼀个取⽕的⼩暖炉⼀样,它温暖你.你要知道你有⼀个⼩暖炉的话,你迟早你会被温暖.就算你全⾝都冷透了,你还是会被温暖回来,你知道吗? 所以你只是去允许它.因为他们来到你的⽣命⾥是为了温暖你,转变你的.如果你是没有希望的,你今天就不会听到这些⾼维信息的.如果你是没有希望的,你的两个⼉⼦也不会来到你的⽣命当中来.所以说你就看到你还有指导灵给你带出来的信息,你就知道你有多少能量在背后⽀持你.

JO: Wait a moment. Your child brings you joy. He will alleviate the anxiety and stress in you. He will help you clear out your tension and anxiety energy. So he's like a small heater for you when you're cold, warming you up. If you know there is a small heater beside you, sooner or later, it'll warm you. Even if you're completely frozen, they'll melt you again, right? Therefore, just allow this to happen because they come into your life to warm you and transform you. If you had no hope today, you wouldn't be receiving these higher-dimensional messages. And if you were hopeless, your two children wouldn't have been born into your life either. So from the guidance spirits bringing through their messages, you can see how much support energy you have behind you.

问: 你可以介绍⼀本书给我看吗?

Questioner: Can you recommend a book for me?

JO: 就是我们的传讯⾼维信息的书.

JO: It's our book on high-dimensional messaging information.

# **2023/03/07 — 灵魂主题之同理⼼ Theme of Soul: Empathy**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想连接我的⾼我,让它来给我提点建议.

Questioner: I want to connect with my higher self and ask it for advice.

JO: 你直接问问题.

You asked a question directly.

问: 必须问吗? 我可以让它给我提建议吗?

Questioner: Must I ask? Can I get it to give me suggestions?

JO: 你要知道这⾥的体验没有对也没有错,你才是主⼈.你决定你要体验什么,你决定你要往哪⾥去.所以说你想要什么建议? 只有说你遇到有⼀些不太明⽩或者迷惑,想要指引可以.

JO: You need to understand that the experience here is neither right nor wrong; you are the master. You decide what you want to experience and where you want to go. So, what kind of advice do you seek? Only when you encounter something unclear or confusing and desire guidance.

问: 我想让它对我在⽬前学校的⼀些指引.

Questioner: I want it to give me some guidance on my current school.

JO: 你在学校⽬前遇到什么问题了吗?问: 我总是不能很好的适应学校⽣活. JO: 你想要退出学校是吗?

JO: Have you encountered any issues at school recently? Questioner: I always have trouble adapting to school life. JO: Are you considering dropping out of school?

问: 不是.

Questioner: No.

JO: 你是想融⼊进去是吧?

JO: Are you trying to blend in, right?

问: 对.不能保持⼀个稳定的情感状态.

Questioner: Yes, it's about maintaining a stable emotional state.

JO:你可以说⼀个稳定的情绪的状态.你稍等,连接⼀下.这么说吧,你们现在这个年龄阶段是属于就好像,你们有⼀句话叫,就是在你年轻的时候你们拥有很强⼤的能量.所以外在的任何刺激你都会有很⼤的反应.然后这是你们成长的⼀个过程.⽐如说你们有⼀个叫青春期青少年期,就是在呢个⾎⽓⽅刚的年龄.那在这个年龄你是没有办法去控制你的⼀个能量.因为你越是去控住它,你越是去加强它的⼀个爆发⼒.

JO: You can say a state of stable emotion. Wait for me to connect. Put it this way, your current age is like when you have strong energy during your youth. Any external stimuli would yield large responses from you. This is part of your growth process. For instance, there's a phase called adolescence or puberty in which the energy and emotions are at their peak due to heightened blood flow. At that age, it's difficult to control your energy; the more you try to hold it back, the stronger its explosive force becomes.

问: 我⽬前已经采⽤另⼀种控制⽅法,就是我把呢些所有控制的⽅法都去掉了.我⽬前在把控制这⼀⽅⾯的思想体系删掉,我这样做是否有好处?

Questioner: I have adopted another method of control, which involves removing all the methods of control. I am currently eliminating the system of thought behind control. Is there any benefit to doing this?

JO: 你们有⼀个很⼤的问题就是你们总是去追求好.什么是好? 那呢个好是针对谁来说? 是针对你⽗母来说? 还是针对你⽼师? 还是社会上的⼀些标准? 还是你⾃⼰? 还是你同学? 因为你们每⼀个⼈的好都会不⼀样的.

JO: You have a big issue where you always strive for what is considered good. What constitutes as 'good'? Is that 'good' relative to your parents, teachers, society's standards, or yourself, or your peers? Because each person's definition of 'good' can vary significantly.

问: 针对你个⼈的意愿.

Questioner: Regarding your personal wishes.

JO: 针对你个⼈的意愿怎么算好是吗?问: 对JO: 那你⾃⼰才最清楚啊.你⾃⼰才知道什么是你最舒适的⼀个状态呀,明⽩吗? 所以你不需要别⼈来告诉你我这个好不好.因为⽆论你进⼊哪⼀个房间,哪⼀个房间都有你学习的地⽅,有你去学习或者去感悟去体验的地⽅.就好像你们中国有很多不同的城市,你去哪个城市没什么区别.你都已去创造你想要创造的,明⽩吗? 所以你到底是要如何去过你的⽣活?因为你们在这个年龄阶段最需要的就是尽情的去做你们想做的事情,明⽩吗? 所以你还有什么困扰你的,你需要很明确的提问才能把你需要的信息带出来.

JO: How do you calculate your personal desire? Questioner: Well, JO, only you know best. You are the one who knows what is most comfortable for you, right? So you don't need someone else telling you whether this is good or not. Because no matter which room you enter, every room has a place to learn and explore, like many cities in China. Whether you choose any city doesn't make much difference. You have already created what you want to create. Do you understand? So how are you going to live your life? At your age, the most important thing is to do what you want without any restrictions. So, what are you troubled by that needs a clear question to get the information you need?

问: 我想问⼀下我现在的状况是怎样的呢?

Questioner: I want to know what my current situation is?

JO: 刚才不是说了吗? 你们这个年龄是拥有很强⼤的年龄,就是⾎⽓⽅刚的年龄.这个能量不是来让你控制的,⽽是来让你释放的.你可以通过很多渠道去释放你的能量.就⽐如说运动、健⾝、跑步、或者是看你个⼈喜欢,⾳乐、创作、任何.因为你需要⼀个渠道把你内在的能量给释放出来,明⽩吗?不然的话,你就会有⼀种像你说的很难去稳定你的情绪.所以说你要去看你⾃⼰到底喜欢什么?不停的尝试,然后找到⼀个⾃⼰喜欢的⽅式.⽐如说你喜欢打球的话,踢⾜球的话,那你就经常去打球.你运动完了后你就会感觉,就是当你把呢个能量释放出去了过后,感觉就会特别的良好.你继续问.

JO: Didn't we just talk about this? Your age is a time of great energy and vigor. This energy isn't meant to be controlled by you; rather, it's meant to be released. You can release your energy through various outlets like sports, fitness, running, or any other activity that suits your personal preference such as music, creation, etc. Because you need a channel for releasing the internal energy within you, understand? Otherwise, you'll struggle to stabilize your emotions as they might become unstable. Therefore, it's important to figure out what you truly enjoy. Keep trying different things until you find something you like. For example, if you like playing sports or football, play them regularly. After engaging in physical activity, you will feel especially good because once the energy is released, your feelings are greatly improved. Go ahead and continue asking.

问: ⽬前我按照当下的⼒量所说,我的⼩我⼀直在释放⼀些我不喜欢的信息.这个过程⼀直持续.

Questioner: Currently, I am following the power of what is happening right now; my little self has been releasing some information that I don't like. This process has been ongoing.

JO: ⽐如呢?

JO: What about you?

问: 就是像当下的⼒量说的,它让我脱离当下,总是想到未来会发⽣什么?

Questioner: It makes me detach from the present and always think about what might happen in the future, just like with the current power discourse.

JO: 你所谓的⼩我就是你的物质头脑.你的物质头脑就好像是⼀条狗.这条狗你从来就没有好好的跟它连接或者是去训练它.你如何让它听你的? 你现在是觉得它没有听你的,它不听话.⼀会⼉是这样,⼀会⼉是呢样,⼀会⼉又捣乱.为什么别⼈家的狗呢么乖能够去达到他们想要达到的⽬标? 我的狗每天都是不停地叫? 那是因为什么? 你不知道如何去训练狗.训练狗也是⼀门技术,你也需要学习.你需要花钱把狗送到学校去学习,对不对? 呢些训练狗的⼈他们是需要去培训.那你为什么会觉得你的这个物质⾁体,你的这个⾝体这么强⼤的功能,你不去学习如何运⽤它?那你也需要去了解它,去认识它.

JO: Your small self that you're referring to is your material mind. Your material mind is like a dog. You've never properly connected with it or trained it. How do you make it listen to you? Now you feel like it doesn't listen to you, it's not obedient. Sometimes one way, sometimes another, then chaos ensues. Why are other people's dogs so well-behaved and able to achieve their goals? My dog barks non-stop every day? What is the reason for that? You don't know how to train a dog. Training a dog is also a skill you need to learn. You need to spend money sending your dog to school, right? Those who train dogs require training themselves. Then why do you think your this material body, this powerful function of your body, that you don't learn how to use it? You also need to understand it and get familiar with it.

然后再训练它,然后才会在你们是⼀种很和谐的运作,就好像是合作关系⼀样.就好像你是个警察,它是个警⽝.那它就可以很好的为你服务,⽽不是你被它⼀会⼉拉到这⾥去⼀会⼉拉到呢⾥去,不听管教.

Then train it, and then it will operate harmoniously with you, like a partnership. Just as you are a police officer and it is a police dog. It can serve you well, instead of you being pulled here and there by it, not listening to guidance.

问: ⼩我的存在是我与我在学校⾥的⼈际关系有问题?

Questioner: Is it because of my interpersonal relationships with people at school that there is a problem with the existence of my small self?

JO: 你在学校的⼈际关系有问题是吗? 你具体说⼀下是什么问题? 你是觉得你交不到朋友呢?还是说你不喜欢别⼈还是怎么样?

JO: Are there issues with your interpersonal relationships at school? Could you specify what kind of problems you're encountering? Do you feel like you can't make friends, or do you dislike others, or something else?

问: 主要的问题是我在学校总是顾虑很多,害怕别⼈.

Questioner: The main issue is that I always worry a lot at school, afraid of others.

JO: 你稍等.你在学校顾虑很多,你不知道你需要去控制什么?

JO: Wait a moment. You're concerned about many things at school; you don't know what to control.

问: 我只是想要⾃⼰能够有⼀个稍微平稳的状态能每天好好的学习.把该做的事情都做了,做的时候能够享受它.

Questioner: I just want to have a slightly stable state where I can learn properly every day, doing everything that needs to be done and enjoying it while doing so.

JO: 你叫什么名字?问: 我叫XXXJO: 你稍等.你可以提问你这⼀⽣来到这个世界上的灵魂主题是什么?问: 我来到这个世界上的灵魂主题是什么?

JO: What's your name?

Questioner: I'm called XXX.

JO: Wait a moment. You can ask what the soul theme of your life is that brought you to this world.

Questioner: What is the soul theme of my life that brought me to this world?

JO: 你稍等.你这⼀⽣选择来到这个世界上主要是想发展你⾃⼰内在的⼀个就好像是内在感官,就好像是感觉、直觉、⼼灵.因为这是你⽋缺的⼀部分.就⽐如说如果有⼀些⼈他想要跟你交往,然后你很难跟对⽅产⽣⼀种连接感或者是对对⽅有很强烈的同情⼼、同理⼼,就是能感受到别⼈.⼼灵感应.你⾃⼰感受到就好像你有⼀点绝缘体.所以说你这⼀⽣你想要去发展这⽅⾯的⼀个能⼒.你就会发现建⽴关系对你来说,⽐如说建⽴深厚的关系或者是长远的关系对你来说不是呢么容易的事情.然后让你很好的去猜懂别⼈的⼼思也不是呢么容易的事情.⽐如说想要表达你⾃⼰的⼀个感受也不是呢么容易的⼀个事情,明⽩吗?

JO: Wait a moment. You have chosen to be born in this world mainly to develop your inner aspect, like an internal sense – like feeling, intuition, spirit – because this is the part you lack. For example, if there are some people who want to get into a relationship with you, it's difficult for you to form a connection or have strong empathy towards them, meaning that you can sense others' feelings. You feel as though you're somewhat insulated. So throughout your life, what you wish to develop is this ability. Therefore, establishing relationships becomes challenging for you; building deep or long-term connections isn't an easy task. Nor is it easy for you to truly understand others' thoughts. Similarly, expressing your own feelings isn't an effortless matter either, do you follow?

所以你⽬前感受到的这些困扰,它都是你需要去扩展的领域.正好就是符合了你想要来到这⾥去学习和拿到的东西.

So these difficulties you are currently experiencing are areas that you need to expand upon. They perfectly align with what you want to learn and acquire here.

问: 我现在总是不知道如何去掌握⾃⼰内在的思考状态.我不知道如何把它稳定下来? 对我的⽣活⽅⾯造成很⼤的困扰.

Questioner: I always struggle with understanding and controlling my inner thought process. I don't know how to stabilize it, which greatly affects my daily life.

JO: 你没有办法去稳定.你就好像说天边的云你没有办法稳定它让它有⼀个固定的形状.你所有的念头和思绪它就像云⼀样,它就是飘过.呢些不是你,明⽩吗? 它是流过你.你现在就好像是要去稳定住天上的云⼀样,明⽩吗? 所以这是你⾃我认知的⼀个… 还有什么不懂的吗?

JO: You can't stabilize anything. It's like trying to make the clouds in the sky maintain a fixed shape; you can't control them. Your thoughts and ideas are like clouds, they just pass by. They're not you. Do you understand? They flow through you. Now you're trying to stabilize the clouds in the sky, right? So this is about your self-awareness... Is there anything else you don't understand?

问: 看过⼀的法则之后我对⾥⾯的猎户座和负⾯实体产⽣了⾮常⼤的恐惧.它给我带来很多困扰.想问⼀下该怎么应对?

Questioner: After watching The Laws, I was deeply frightened by the Pleiadians and negative entities in it. It has caused me a lot of distress. I wonder how to deal with this situation?

JO: 这么说吧,你们有不同的思想是吧? 然后不同的思想它会创造⼀个不同的频率在你们的世界上.就好像你们不同的思想建了很多建筑物在你们这个地球上,对吧? 你要去哪个建筑物,到底是要去恐怖屋还是要去欢乐⾕,你还是要去体验咖啡厅还是要去舞厅还是电影院,这些你有⾃由意愿去选择你想要去哪⼀个地⽅,明⽩吗? 你不是没有选择.然后你锁定了什么,你就会体验什么.但是这些体验是可以改变的.这些体验就⽐如说你进去这个恐怖屋,那你肯定就是感受到恐惧呀.因为它本⾝就给你创造的是恐惧的频率嘛.难你去了⼀个说相声的地⽅,你肯定会哈哈哈⼤笑啊.那⼈家创造的就是⼀个欢乐的频率给你呀,明⽩吗?

JO: So you see, the different ideas within you create a unique frequency in your world, much like how various thoughts build different structures on Earth. Do you understand that you have freedom to choose whether you want to go to a haunted house or a funfair, or experience a coffee shop versus a disco or cinema? You are not bound by no choice; the experiences you lock onto is what you will encounter. However, these experiences can be altered. If you enter a haunted house, it's understandable that fear would ensue because the frequency created there is inherently fearful. When you attend a place where comedy shows take place, laughter and joyous atmosphere are to be expected since those frequencies are being projected into your experience.

所以重要的是你去选择关注什么,⽽不是说这个感觉是不是真的.因为你⾝体的感觉对你来说都是真的.所以说去关注你⾃⼰想要去体验的,⽽不是你不想要去体验的.并没有哪⼀个是真的,哪⼀个⽐哪⼀个真,哪⼀个⽐哪⼀个假.没有.明⽩吗?

So what matters is the choice you make about what to focus on, not whether this feeling seems real or not, because all your body's sensations are real to you. Therefore, focus on what you want to experience rather than what you don't want to experience. None of them is truly real, nor one more real than the other, nor one more false than the other. Understood?

问: 我是否是⼀个流浪者?

Questioner: Am I a wanderer?

JO: 你所谓的流浪者是什么?问: 来⾃第⼏密度.

JO: What are the so-called wanderers you speak of? Questioner: From which density do you come?

Note: In Chinese, "你所谓的" can be translated as "the so-called", and "流浪者" means "wanderers". The sentence is discussing something that someone refers to as "wanderers". The question is asking from what level or density does this group originate.

JO: 我不太明⽩你的问题.总之你还是⼀个在成为的状态,还是⼀个在学习的状态,明⽩吗?

JO: I'm not quite sure what you're asking. Essentially, you are still in a process of becoming and learning, right?

问: 刚刚呢个问题我在阐述⼀下,⼀的法则⾥说是世界分为⼋个密度,然后⽆限循环.那我是否是从⾼密度来到低密度的? 还是我就是第三密度⾥的原住民?

Questioner: Just to clarify, the question I'm asking is related to the concept of one law where the world is divided into eight densities and they go in a loop. So, am I transitioning from high density to low density? Or am I simply an indigenous being within the third density?

JO: 你说的是呢⼀个你呢? 如果你说说你的⾁体的话,那你的⾁体就是在地球上.那如果你是说更⼤的存在的话,更⼤的存在你跟它有连接吗? 你跟它有关系吗?

JO: You're talking about a you? If you refer to your physical self, then your body is on Earth. But if you mean a larger entity, are you connected to it or related in any way?

问: ⽬前我⾁体⾥的这个灵魂.

Questioner: Currently, this soul within my body.

JO: ⾸先呢个灵魂并不是困在你的⾝体⾥,明⽩吗? 你基本上的⼀个运⾏的模式就是你的⾁体的⼀个本能的反应,明⽩吗?所以我们现在信息就是来让你看到,就是来帮你认识你⾃⼰,来让你知道你还有什么开关没有打开.这么说吧,你哪怕是⼀个功能再强⼤机器,如果你把开关都不打开的话,呢个机器能正常运⾏吗? 它不可能的呀.那你还去怪呢个机器.你都没有连上电呀.你连上电了吗? 你连电在哪⾥你都不知道,你连有这个功能你都不知道,你连呢个开关在哪你都不知道,开关怎么打开你都不知道,明⽩吗? 但是你既然⾛上了这条路,那就是要来寻找这些信息.那这就是你们可以去学习到….

JO: First of all, this soul is not trapped in your body; understand? Your basic operational pattern is the instinctive response of your physical body; understand? So, our current information is here to help you see it and understand yourself, and to make you aware of what gates are still closed. To put it simply, even if you have a machine with incredible functionality, can that machine operate properly if none of its switches are turned on? It's impossible, right? And then you blame the machine for not working; you didn't plug in the electricity! Have you plugged it in yet? You don't know where the electricity is or that there's even such a function available to you. You have no idea where this switch is or how to turn it on, do you understand? But since you've chosen this path, it means you're looking for this information. That's what you can learn...

它不是说不属于你,你只要去往这⽅⾯探索,然后去学习,明⽩吗?

It's not saying it doesn't belong to you; you just need to explore in this direction and then learn, understand?

问: 我应该如何以爱为出发点与我⾝边的这些⼈进⾏互动呢?

Questioner: How should I interact with these people around me based on love?

JO: 你本⾝就是爱.⾸先你不是说你现在要去逼⾃⼰成为爱.为什么呢? 因为就算你体验呢种分裂感,对你来说它也是你需要的.因为为什么呢? 因为等你体验到了呢种分裂感,你才知道其实跟⼈疏远的体验是不好的.就⽐如说我是感受到寒冷,感受到孤独,感受到冷.然后当你体验完这个感受过后,你最后又会体验跟⼈产⽣连接.产⽣连接你就会变得欢乐、开⼼,整个⼈温暖.你必须有对⽴⾯,你必须要体验对⽴⾯.所以说当你体验完了对⽴⾯,你体验另⼀⾯是⾃然⽽然的事情.但是你不需要去逼你⾃⼰要赶快的按照这个模式去成为.因为你⾃⼰有你⾃⼰的⼀个⽣长曲线,明⽩吗?你没有办法去否定你⾃⼰.我不管你怎么去,就好像我现在会不会偷懒啊?

JO: You are love itself. So why would you say that you're trying to force yourself into becoming love right now? Why is this the case? Because even though you might experience a sense of division, it's still something necessary for you. Why is that so? Because by experiencing that sense of division, you realize how unpleasant it is to be distant from others. For instance, I feel cold, lonely, and chilly. Then, after experiencing these feelings, eventually, you will connect with people. When you connect, you become joyful and happy, feeling warmth throughout your being. You must have opposites; you need to experience them. Hence, it's natural for you to experience the opposite after experiencing this contrast. But you don't need to force yourself into doing so immediately by adhering to a specific pattern. Because you have your own growth curve, understand? You cannot deny yourself. Regardless of how you go about it, like I'm wondering if I might be lazy right now...

我现在会不会耽误我的功课啊?不会的.⽆论你⾛多远,你都是有⼀条线连着的,你迟早都会往回⾛的,明⽩吗?所以你只需要去,⽆论你有什么感受你都去尽情的去感受它体验它,因为这些都是你将来的⼀部分.都会是你的⼀个素材.那你想,如果你是⼀个艺术家,是不是你的素材捡的越多,是不是你将来搞创造你的⼯具箱⾥⾯的素材就越多,对不对?如果⼀下⼩说家他想要去描述各种⼈性或者描述各种感受,他连呢些词语都没有.为什么?他连感受都没有感受过.他没有感受过冷落是什么或者是孤单或者是孤独或者是跟别⼈断开是什么感觉.那他如何去描述⼀个这样的⾓⾊,明⽩吗?所以你不需要去担⼼或者是赶快去成为⼀个状态.

Do I risk falling behind with my studies now? No way. No matter how far you go, there's always a thread that connects you back home; sooner or later, you'll be drawn back in for sure. Understand? So just go ahead, explore and immerse yourself however you feel, because these experiences will all be part of your future, forming the material you use. Imagine if an artist had gathered more materials, wouldn't they have a richer palette to work with when creating in the future? A writer lacking vocabulary to describe various human traits or feelings would struggle because he's never experienced them himself; how can he possibly convey such emotions accurately? Understand? There's no need for concern or haste.

因为你们⾼维信息都说我的状态是爱呀,我不能成为什么什么的.你只要知道所有的体验它都只是你的选择.所以即使你选择进⼊⿊暗,那你也有选择可以再回到光明啊.那你⾄少能能知道在⿊暗⾥是什么感觉.那我以后是不是对⾝处在⿊暗⾥的⼈具有了同情⼼?这个同情⼼才是你最需要的.因为你到过呢⾥,你能感受他

Because all of your high-dimensional information say that my state is love, I can't be anything else. All you need to know is that every experience is just a choice made by you. So even if you choose to enter darkness, there's still a choice for you to return to light. You at least can know what it feels like in the darkness. Will I develop empathy towards those who are in darkness? This empathy is what you need most because you have been through that place and you can feel him/her.

们.你能⾝有体会.你体验不到你没有过的体验.别⼈说的⼀个体验你从来没有体验过.别⼈说巧克⼒是什么味道,你从来没有吃过巧克⼒.你如何去理解巧克⼒是什么味道? 那当你的体验越来越(丰富)的时候,你是不是跟别⼈的连接感就越来越强⼤了?

You can empathize with others, but you cannot experience what you haven't experienced yourself. If someone describes a particular experience that you've never had, how can you truly understand it? For instance, when they say what chocolate tastes like, and you've never tasted chocolate before, how would you comprehend the flavor of chocolate? As your experiences accumulate over time, does this not amplify your connection with others?

问: 我和我妈妈的关系应该怎么处理? JO: 你们现在有什么问题?

Questioner: How should I handle my relationship with my mother?

JO: What is your problem now?

问: 我妈妈总是不会同情别⼈理解别⼈.她只会⽤⾃⼰的主观想法去分析看待问题.

Questioner: My mom always fails to empathize with others and understand them. She only uses her subjective thoughts to analyze and view problems.

JO: 刚才说你今⽣的主题是什么? 连接感、同情⼼、同理⼼、去理解别⼈、去感受别⼈,是不是? 那你妈妈给你了⼀个什么课? 这么讲,你妈妈是⼀个⽼师.这个⽼师她教会了你什么? 她给了你⼀个什么课? 她给你创造了⼀个什么感受? 她让你深深的感受到如果被理解没有被同情只是在⾃⼰的世界⾥⾯,对⽅的感受是多么的难受啊,明⽩吗? 你说你爱我,你根本就不能感受到我.你说你爱我,你根本就不能理解我.这叫爱吗? 那如果你⾃⼰体验到这种感受,那你以后还会不会给你⽼婆创造这种感受啊? 你不会了.那你是不是就变的具有同情⼼同理⼼,⽽不会只在⾃⼰的世界⾥⾯? 因为你本来就是这样的,就是你来到这个世界前你是这个样⼦的.

JO: Just now, you mentioned that your main theme in this life is connection, empathy, compassion - the ability to understand others and share their feelings. So, what kind of class did your mother give you? You said she was a teacher. This teacher taught you something - what lesson did she provide? What experience did she create for you? Did she deeply convey the feeling that it's agonizing when someone is understood but not empathized with, am I right? If you say you love me and can't feel me or understand me, is this considered love? And if you've experienced such feelings yourself, will you still be capable of creating similar experiences for your wife in the future? You won't. So does that mean you've developed empathy and compassion instead of just staying within your own world? Because that's who you were before coming into this world.

所以你需要通过这个去拿到,去成为.明⽩吗? 那妈妈给你创造的这个体验是不是很宝贵? 因为如果你没有这个体验的话你永远都感受不到你是在怎么对别⼈.因为这就是你的状态.因为我们⽣命中所有的⼈,所有的亲⼈在你⾝边他都会来送给你礼物.那你妈妈给你送的礼物就是这个.她是在成就你.

So you need to go through this in order to achieve it and become that. Understand? Isn't the experience your mother created for you very valuable? Because without this experience, you will never be able to feel how you are affecting others. This is your state because all the people in our lives, all our loved ones around us, they come to gift us their experiences. The gift your mother gave you was this; she was nurturing you.

问: 我和我妈妈的前⼏世是否有什么联系?

Questioner: Are there any connections between my past few lives and my mother's?

JO: 你稍等.你选择你妈妈是来共同转变的.你们是来共同转变的.就是当你,OK,那今天我说你妈妈给你了⼀个礼物是吧? 那这个礼物你拿到⼿过后你是不是就拥有这个礼物了? 你这个礼物是什么呢? 就是你跟周围的⼈能产⽣连接感,能理解他们,能同情他们,能深深的感受到他们的痛他们的⽆助.这是个礼物是吧? 那你拿到了,是妈妈送给你的嘛.你拿到了过后,你是不是就可以送给她了? 那你们是不是就可以共同的成长、突破? 彼此给对⽅送礼了,明⽩吗?

JO: Wait a moment. You're choosing your mother to undergo transformation together. It's about both of you undergoing transformation together. If I say today that your mother has given you a gift, is that correct? Once you receive this gift, does it mean you own the gift now? What exactly is this gift? It allows you to connect with others around you, understand them, empathize with them, and deeply feel their pain and helplessness. Isn't this a gift? And if your mother gave it to you, after receiving it, can you give it back to her? Can both of you then grow and break through together by giving gifts to each other, right?

问: 关键是她锁在了⼀个物质的思维模式中,很难看到她有什么转变.不听周围⼈的劝.

Questioner: The key is that she is trapped in a materialistic thought pattern, making it hard to see any change; she doesn't listen to the advice of those around her.

JO:⾸先你们永远没有办法去劝别⼈.你劝别⼈就好像是有⼀颗鸡蛋,你打算去强迫的把这个蛋壳给打开,让这个⼩鸡出来.你打开的是什么?⾥⾯有鸡吗?没有的,只是蛋花蛋液.明⽩吗?那母鸡孵⼩鸡是怎么孵的?它⽤⾃⾝的⼀个温暖让它的新⽣命出来.那如果你⾃⾝你都没有温暖呢?那你怎么样可以帮助妈妈把她的新⽣命给孵化出来呢,明⽩吗?所以如果你⾃⼰想要照亮你妈妈的话,你必须先要让⾃⼰亮起来.在你没有亮起来的时候,你没有办法去照亮她.⽽且你也没有必要去… 你现在想象不到,因为现在的你就好像还是⽑⽑⾍.你想象不到你成为蝴蝶在空中飞翔的样⼦,因为你⼼在连翅膀都没有.你⾝上只有只有很多脚,胖胖的⾝材.明⽩吗?

JO: First of all, you can never persuade others. When you try to persuade someone, it's like trying to forcefully break the shell of an egg to make a chick come out. What are you breaking open? There is no chicken inside; just the yolk and egg whites. Understand? How does a mother hen incubate her chicks? By using her own warmth to bring its new life into being. If you, yourself, have no warmth, how can you help Mom incubate her new life? Understand? Therefore, if you want to illuminate your mom, you must first turn on your own light. When you are not illuminated, you cannot照亮her. And there's no need for… You can't imagine this now because you're still like a caterpillar. You can't visualize yourself flying in the sky as a butterfly since your heart doesn't even have wings yet. All you have is many feet and a fat body. Understand?

问: 如果我想要的问题答案都在我这⼀⽣的⼈⽣经历当中.那我⽬前应该做的是展开我和外在的空间,⽽不只是内在去探索,是吗?

Questioner: If the answers to the questions I want to ask are all within my life experience, then should I be expanding my relationship with outer space rather than just exploring internally at this moment, right?

JO: 这么说吧,你现在是正⾯的在看⼀个物体,然后我把你拉到旁边来,让你侧⾯看,让你从⾥⾯看,让你从外⾯看.那你对这个物体的认知是不是就更⼤更⼴了? 那你就不会再⽤同样的眼光去看呢个物体了,明⽩吗? 所以你的视⾓已经发⽣转变了.因为你已经知道这个物体的⾥⾥外外左左右右上上下下,你没有办法再⽤同样的眼光去看待它了,明⽩吗?

JO: Alright, imagine you're looking at an object from a positive perspective. Then I move you to the side so you can view it from a different angle, inside out, outside in. Would your understanding of this object be broader and more comprehensive? You wouldn't perceive it with the same eye again, right? Hence, your viewpoint has changed. You can no longer view the object through the same lens because you now understand its insides and outsides, top to bottom and left to right, you cannot see it in the same way anymore, do you get it?

问: 刚刚的这⼀块是谁跟我说的? 是我的⾼我吗?

Questioner: Who just told me this part? Is it my higher self?

JO: 是谁跟你说的不重要.因为这个只是你⾃⼰想要给你头脑⼀个交代.⽽且你们⼜中的谁是你们⾃⼰⼈类给⼀个固定的东西给它命名.但是这⾥并没有⼀个固定的,物质的.没有⼀个物质的,明⽩吗? 所以说你去探讨谁给你了这个答案,它其实只是给你的物质头脑的⼀个交代⽽已.你⾃⼰觉得: 哦,原来是谁谁谁.有意义吗? 没有意义.如果说的这些话我说是来⾃于神或者是来⾃于谁谁谁,又怎样呢? 明⽩吗? 所以说你如何去利⽤这些信息才是最重要的.就是你把它当回事还是不当回事,这才是最重要的.⽽不是说它来⾃于谁.难道你取决于这个信息来⾃于谁才决定你要不要接受它? 就好像这碗⽔,你现在⼜渴.我给你递碗⽔在你⾯前.

JO: Who told you that doesn't matter. Because this is just your own desire to justify something in your mind. And who among you assigned a name to it as humans gave them fixed things to name. But here, there is no fixed material thing; you understand? So, discussing who gave you the answer is insignificant; it's merely giving justification to your material mind. You might think: Oh, so and so originally told me this. Is that meaningful? No, it isn't. If I say these words come from God or anyone else, does it make any difference? Do you understand? Therefore, how you use this information is what truly matters. Whether you take it seriously or not is the most important thing. It's not about where the information comes from. Don't you decide whether to accept it based on who provided it? Like this cup of water: if you're thirsty, I'm offering a cup of water in front of you.

你说: 谁给的⽔? 好⼈给的⽔我才喝,坏⼈给的⽔我就不喝,我宁愿渴死.明⽩吗?

You Questioner: Who gives water? I only drink water given by good people; I refuse to drink water from bad people; I'd rather die of thirst. Can you understand this?

问: 现在我处于⼀种转化的阶段.

Questioner: I am now in a phase of transformation.

JO: 转化转变这是⼀直在的.不是说只有现在才有的.你的问题是什么?

JO: Transformation has always been there. It's not just something that started now. What is your question?

问: 我在⼩时候总是有恐惧.这种恐惧对我起到什么作⽤呢? 我应该怎么对待它呢? JO: 你现在还有呢种恐惧吗?

Questioner: I used to be afraid when I was young. What role did this fear play in me, and how should I deal with it now?

JO: Do you still have this kind of fear nowadays?

问: 有可能不是因为以前发⽣的事,但是我现在的⼼还是处于恐惧中.

Questioner: It's possible that it wasn't due to what happened before, but my heart is still in fear now.

JO: 你现在还会有恐惧是吧? 然后这种恐惧来⾃于哪⾥是吧?问: 🗎JO: 你稍等.这种恐惧来⾃于你现在还没有,就这么说,你像是⼀棵⼩树苗,然后你的根还没有接触到旁边的⼤树或者是地底下其他的呢些根.给你⼀种好像你是孤苦伶仃的,你是单独存在的,你是⼀个⼈.那当你的根越长越⼤,你跟旁边的⼤树连接,⼤树滋养着你.你跟⾝边的⼀颗⼩草连接,你也能感受到它的能量.那你跟这朵花也有连接.就是你跟⼀切万物有了连接的话,这种感觉就会消失.你如果现在能听到这些信息,那你就知道你并不是孤独的.你并不是你觉得呢样孤独⽆助,明⽩吗?

JO: Do you still feel fear now? And where does this fear come from? Questioner: 🗎JO: Please wait a moment. This fear comes from the fact that you currently do not have it - like being a small sapling with roots that haven't reached out to nearby trees or other roots underground. You might feel like you are alone, isolated, and exist solely on your own. But as your roots grow deeper and connect with nearby trees, which nourish you, or link with the energy of nearby grass, you can sense its power. And when you're connected to a flower too, it ceases. If you can hear this information now, you understand that you are not alone - you are not feeling as isolated or helpless as you perceive yourself to be.

# **2023/03/07 — 灵魂主题之包容Inclusivity in the Theme of Spirit**

JO: 你问吧,什么问题? 问: 我的天赋在什么地⽅?

JO: Ask away, what kind of question is it? Questioner: Where is my talent located?

JO: 你的天赋跟你⾃⼰这⼀世选择的主题有关系.因为你选择了⼀个就⽐如说你的主题是你想要成为舞蹈家.那你舞蹈的天赋它就会出现在这⾥,明⽩吗? 所以说你可以先问你这⼀⽣的灵魂主题是什么? 然后它就会带出来你天赋的问题.

JO: Your talent is related to the theme you chose for this lifetime. Since you chose something like being a dancer as your theme, your dancing talent will manifest here. Understand? Therefore, you can first inquire about the soul theme of this lifetime, and then it will lead to questions about your talents.

问: 那我的灵魂主题是什么呢? JO: 你稍等.你叫什么名字? 问: 我叫XXX.

Questioner: Then what is my soul theme?

JO: Wait a moment. What's your name?

Questioner: I'm XXX.

JO: 你这⼀世想要达到⼀个状态就是成为⼀种特别包容、知书达理、理解、宽容,想达到这样⼦的⼀个状态.就是你会给⾃⼰设很多挑战让你来…问: 我想达到?

Japanese: This lifetime you want to achieve a state where you become very inclusive, well-read, understanding, and tolerant. You want to reach such a state by setting many challenges for yourself... Questioner: How do I aim to achieve this?

JO: 对,你想成为的⼀个状态是特别有宽容⼼特别能宽容能包容能理解,这是⼀种精神境界⽐较⾼的状态.所以你追求的是⼀种精神境界?

Yes, the state you aim to achieve is one characterized by great compassion, tolerance, and understanding – a high level of spiritual enlightenment. So, you are pursuing a certain level of spirituality?

问: 我为什么会有这样的⼀个追求?

Questioner: Why do I have such a pursuit?

JO: 你⾸先你要知道你们的灵魂选择了这个⾁体来到这个世界上,你们都是有想要突破的.那你们突破什么? 你们就让⾃⼰的就好像精神境界越来越成为就是像你们所谓的圣⼈、菩萨这样⼦的.所以说你就会经历很多体验就是有很多事你就会很想把它想明⽩.有很多事你不是呢么放得下.你可能睡觉就不会睡的呢么好,总是琢磨这个事.别⼈可能同样⼀件事⼀下就过了,然后在你呢它就会对你有⼀点点再继续消耗你.

JO: First of all, you need to know that your souls have chosen this physical body to come into this world, and you are all striving for something. What are you trying to break through? You aim to make your spiritual realm become more like saints or bodhisattvas, which means experiencing many things that you want to understand deeply. There are many matters you struggle with letting go of. You might find it hard to sleep well because you keep thinking about them. Others may easily move on from the same issue, but for you, these thoughts continue to exhaust you.

问: 确实是.我的睡眠确实不是特别好,尤其是最近.就会去想我是不是哪⾥没有做好?

Questioner: Indeed, my sleep isn't particularly good, especially recently. I can't help but wonder if there's something I'm not doing right.

JO: 也就是说你不是呢种没⼼没肺的⼈.你知道有⼀些⼤⼤咧咧没⼼没肺的,然后嘴巴说过就忘了的呢种.然后你就正好相反.

JO: That means you're not one of those heartless people. You know there are some who are carefree and lack empathy, the type who say things without thinking and then forget about them. But you're exactly the opposite of that.

问: 那为了达到这种状态,那我的天赋在哪⾥是不是就是当我达到了这种状态…JO: 你想,当你达到了你要达到的状态,如果你是⼀个有特别⾼的认知… 因为你要包容的话,那所有的你都能容纳下它,对不对? 那当你有这样⼦的⼀个状态和境界的话,你的天赋是什么? 你的天赋就是引导其他⼈啊.你就可以引导别⼈出来啊,明⽩吗?

Questioner: So, for achieving this state, where is your talent located? Isn't it when you reach the desired state... JO: Imagine, when you achieve the state you want to be in, if you have an exceptionally high cognitive level... because to include everything, you can accommodate it all, right? When you're in such a state and realm, what is your talent? Your talent is guiding others. You can guide people out of this state, understand?

问: 引导别⼈变得包容吗?

Questioner: Does guiding others towards inclusivity work?

JO: 不是.就好像别⼈在迷局⾥⾯嘛.因为你如果要达到呢种精神状态的话,你必须没有在迷局⾥⾯,你必须要已经出来了.

JO: No. It's like when other people are in the maze. You have to be out of it to achieve that mental state.

问: 就是我会帮别⼈引导别⼈…JO: 这个是⽆论怎样的,⽆论是你,因为这个还要结合你想要去探索什么,就是你的激情,你想要去探索什么.但是⽆论什么是怎么样⼦的,你都是可以去帮助别⼈成长的.就是⽐如说你去做教育⾏业,那你是去帮助孩⼦成长,是吧? 那如果你做咨询⾏业,那你也在帮助呢些⼈成长,对吧? 所以说这又要看你⾃⼰.

Questioner: I help others guide others... JO: This is regardless of the situation, no matter if it's you, because this also depends on what you want to explore, your passion, and what you want to explore. But regardless of what it is, you can still help others grow. For example, if you work in education, you are helping children grow, right? If you work in the consulting industry, then you're also helping those people grow, aren't you? So this really depends on yourself.

问: ⽐如说⼯作上的事情,我总是觉得我的事业发展的⽐较迟缓.是我的感受还是…JO: 这么说吧,你现在还没有完完全全的成为你⾃⼰.⽐如说你是⼀只蝴蝶,那你现在还是⽑⽑⾍的阶段.那你体验的就是⽑⽑⾍的体验,但是你本质上是⼀只蝴蝶.那当你成为蝴蝶的时候,你就不会觉得呢个距离好远啊.因为你⼀下就可以飞到,你有翅膀.

Questioner: For example, with work-related matters, I always feel that my career development is rather slow. Is it my perception or... JO: Let me put it this way: you haven't fully become yourself yet. To use an analogy, if you were a butterfly, you are still in the caterpillar stage right now. You experience being a caterpillar, but fundamentally, you are a butterfly. When you transform into a butterfly, you won't feel that there's such a great distance because you can fly instantly with your wings.

问: 那就是时间还没有到?

Questioner: That means it's not time yet?

JO: 这是你成长的⼀个过程.

JO: This is a process of your growth.

问: 然后达到我所追求的精神世界是吧?

Questioner: Then, it reaches the spiritual world that I am pursuing?

JO: 这是⼀个过程.

Jo: This is a process.

问: 那这个过程要多久呢? 还是说是⼀直的?

Questioner: How long does this process take? Or is it continuous?

JO: 它取决于你到底有多强的⼀个,多频繁的⼀个觉察⼒.呢个觉察⼒就好像你在加油⼀样.呢是⼀台车,你的车到⽬的地跑的速度是快还是慢它取决于你⾥⾯油够不够,⾜不⾜.然后你是不是⼀直在踩(油门).

JO: It depends on how strong and frequent your awareness is. This awareness is like fueling up for a car. The speed at which your car reaches its destination is fast or slow depending on whether you have enough gas in it, and if you keep pressing the accelerator continuously.

问: 我觉得这种包容很多东西是⼀个挺累的过程.

Questioner: I find that embracing many things is quite a tiring process.

JO:这么说吧,当你没有任何锻炼,你从来没有健⾝,你拿个⼏公⽄你就会觉得好累啊.但是你不断地不断地在挑战你⾃⼰,在增加阻⼒.那你拿个⼏百公⽄都是很轻松的,明⽩吗?但是你不可能从今天拿个⼏⽄,然后没有经过锻炼明天就能拿动⼏百公⽄.你看⼀下举重运动员.

JO: Let me put it this way, if you don't exercise at all and you've never been into fitness, carrying a few kilograms would be exhausting for you. But if you constantly challenge yourself by adding more resistance, then lifting hundreds of kilograms wouldn't be a problem anymore. Do you get it? You can't suddenly switch from lifting a couple of kilograms today to several hundred kilograms tomorrow without any training. Observe the weightlifters.

问: 好的.在感情上我觉得⼀直没有遇到愿意对我付出是不计回报的.我遇到的⼏段感情都没有让我觉得很满意.主要是什么原因呢?

Questioner: Alright. Emotionally, I feel like I haven't encountered someone willing to give without expecting anything in return. The relationships I've had didn't leave me feeling very satisfied. What are the main reasons for this?

JO: 为什么你现在没有⼀段满意的关系状态在⾥⾯是吧? ⾸先就像刚才说的,你要满意它,因为这⾥没有⼀个完美的.就算是你⾃⼰,你去找⼀个跟你⾃⼰拥有⼀模⼀样的品性的⼈来跟你⾃⼰相处,就是你嫁给你⾃⼰.你会满意吗? 你昨天的想法你可能今天就变了.你昨天的要求你可能今天也变了,明⽩吗? 它不取决于到底是你们的这个满不满意,⽽是你对所有事件的⼀个定义,你的看法,你的感受.也就是取决于你的包容度了.

JO: Why are you not in a satisfying relationship status right now? Firstly, as I mentioned earlier, you need to be satisfied with it because there is no perfection here. Even if you were to find someone who has the exact same character traits as you and spent time together, marrying yourself, would you be satisfied? Your thoughts may have changed yesterday, they might change today. The demands you had yesterday could change by today. You understand this concept?

It's not about whether your relationship is satisfying or not; it depends on how you define all the events that occur, your perspectives, and your feelings towards them. It ultimately comes down to your capacity for acceptance.

问: 我想说就是说包容度是⼀⽅⾯,我是说没有遇到没有愿意跟我结婚的⼈.就是可能是我喜欢别⼈但是别⼈不喜欢我,或者对⽅没有和我结婚的状态.总是会遇到这种⼈.

Questioner: I'd say tolerance is one thing; I mean, there are no people willing to marry me. It might be that I like others but they don't like me, or the other person doesn't want to get married to me. This kind of situation always happens to me.

JO: 为什么会遇到这些⼈? 你是说你为什么会遇不到对的⼈?

JO: Why do you encounter these people? Are you saying why can't you find the right person?

问: 对JO: 那你如果你在仔细去听的话,你就会知道你⾃⼰的⼀个⼈⽣功课.因为如果你是需要就是提⾼你的包容度的话,那你需要很全⾯的⼀个眼光可以看到,就⽐如说你不会去放⼊你⾃⼰的⼀个,就是你看出去的东西只是你⾃⼰个⼈的⼀个认为⽽已.就是你认为他是⼀个花⼼的或者他是坏的或者他是不好的.那是因为你看不到其他的,因为你的能量状态在呢⾥.那当你的频率提升的话,你看出去所有的⼀切它都是⼀个完美的状态.那你⾃⼰的功课就是你想要⾃⼰看出去的⼀切都是完美的状态.你会觉得每⼀个⼈都很完美,明⽩吗? 所以你体验的还只是你⾃⼰的⼀个意识状态⽽已.

Questioner: Ask JO: Then if you were to really listen closely, you would understand your personal assignment in life. Because if what you need is to increase your tolerance, then you need a comprehensive perspective that can see beyond yourself. You only perceive things based on your own beliefs; you might think someone is unfaithful, bad, or not good enough. This happens because your energy state limits your view. As you raise your frequency and gain clarity, you'll perceive everything as being in perfect condition. Your assignment then is to see the perfection of every person you encounter, feeling that everyone is flawless. You would understand that what you're experiencing is simply a manifestation of your own consciousness.

问: 那我就是还是要更包容对不对?

Questioner: So I still need to be more inclusive, right?

JO:更包容就好像你练举重,你能拿多重⼀样.它不是你⼀天你就能去呢个,它这是⼀个成为的过程.因为当你的精神境界真正的到达了⼀个程度,你会发现没有什么是需要你包容的.因为它本⾝就已经很完美了.为什么需要你去包容它啊?你包容它的话,就说明他是有问题的有缺陷的,你需要去包容他,明⽩吗?所以说这是你⾃⼰成长的⼀个过程.因为外在的⼈⽆论你去怎么认为对⽅,对⽅都不会让你失望.就是说如果你觉得他是个坏⼈,他不会让你失望.如果你觉得他是个好⼈,他也不会让你失望.不管你怎么去认为对⽅,你都不会失望.

JO: Inclusiveness is like lifting weights; it's about how much you can lift. It's not something you achieve overnight; it's a process of becoming. When your spiritual realm truly reaches a certain level, you'll find that there's nothing you need to be inclusive of because it's already perfect in itself. Why would you need to include it? You'd have to acknowledge that there is an issue or flaw, which requires inclusion. Understand? This is part of your own growth process because externally, no matter how you perceive the other person, they won't let you down. That means if you think they're a bad person, they won't disappoint you. If you believe they're good, they won't either. No matter how you view them, you won't be disappointed.

问: 那⽐如说我⼀起会遇到有⼥朋友和有家庭的男性.这些⼈我是不能跟他们在⼀起.但是我又跟他们有感情.这是我过去某⼀世带来的影响? 还是说我在性格上或者是在我的课题上要解决的问题呢?

Questioner: For example, I often encounter men who are in relationships with women and have families. These people are not suitable for me to be close to, yet I still develop feelings for them. Is this effect from a past life? Or is it an issue related to my personality or the challenges I need to address in my personal development?

JO: 你稍等.我帮你连接⼀下.你现在为什么还没有遇到就像你们所谓的⼀个正缘,就是正⼉⼋经的你⾃⼰的⼀个缘分? 那是因为你还需要⼀个⾃我探索和⾃我成长.就好像这么说,刚才说你是蝴蝶,那只有你蜕变成了蝴蝶你才能遇到跟你是⼀样的蝴蝶.然后你们才能⼀起翩翩起舞.明⽩吗? 但是你并不需要去纠结于这个.为什么呢? 因为它这个都是⼀直充满了变化,它并不是说⼀直会这样⼦.它只是你的⼀个阶段性,就是你成长的⼀个过程.就好像是过眼云烟吧.然后它并不是你最终的样⼦,所以你不需要去担⼼就是被这个困扰.它不是个问题.

JO: Wait a moment. I'll help you connect. Why haven't you encountered what you refer to as true love, the genuine and straightforward connection that should be yours? It's because you still need self-exploration and personal growth. Just like when we said earlier you're like a butterfly, only when you transform into a butterfly will you encounter someone of similar nature. Then you can dance together harmoniously. Do you understand? But there's no need to obsess over this. Why is that so? Because everything around it is constantly changing; it doesn't remain the same all the time. It's merely a phase, part of your journey towards growth. Like fleeting clouds, it's not the final form you'll take. You shouldn't be concerned or troubled by this. There's no issue here.

问: 只是觉得好的感情是否会来?

Questioner: Just wondering if good feelings will come?

JO: 你只需要去成为你⾃⼰.

JO: All you need to do is be yourself.

问: 关于⽗母的问题.因为我⽗母关系不是很好.他们在我⼩的时候会吵架打架,对我造成了⼀些困扰.我想看⼀下我跟我⽗母的关系?

Questioner: Regarding issues with parents. Because my parents' relationship isn't very good. They would argue and fight when I was young, which caused some disturbance for me. I want to understand more about my relationship with my parents.

JO: 你稍等.你从你的⽗母的呢个,他们就好像来让你看到⼀个通情达理⼀个有包容⼼的⼈格是多么的难得,或者是多么的珍贵,或者是多么的让⼈向往.它会激发出你向往的⼀个状态.那他们发⽣冲突是因为什么? 不能容忍对⽅对吧? 那⾃然⽽然你就会觉得⼀个拥有很⼤包容⼼和理解⼈的⼈他是多么的难得,多么的珍贵,多么的美好.所以它会激发出这个强烈的愿望,想要去成为的⼀种状态.因为这就是你想要去成为的.

JO: Wait a moment. They're trying to show you how rare and precious it is to have someone who understands others and has empathy, or how desirable such a person is. This inspires the desire within you for that state of being. What causes them to conflict? Is it because they can't tolerate each other? Naturally, this makes you appreciate deeply someone with great understanding and compassion as something extraordinary, valuable, and wonderful. Therefore, it sparks a strong wish to become that kind of person because that's what you aspire to be.

问: 我睡眠最近⼀段时间不好是因为什么?

Questioner: Why has my sleep been poor recently?

JO: 你稍等.你睡眠不好是因为现在是你⾃⼰,就好像把你带领上你⾃我探索⾃我寻找,就是把你逼上梁⼭让你去找到解决的⽅案.找到解决⽅案的这个过程就是你成长的过程,你提⾼你认知的过程.就好像你通过这些它会强烈的让你⾃⼰想要去解脱,想要去找到为什么.

JO: Wait a moment. Your poor sleep is because you are now yourself, as if guiding you on your journey of self-discovery and self-finding, forcing you to find solutions by yourself. The process of finding a solution is your growth process, the process of enhancing your cognitive abilities. It will strongly motivate you to seek relief and understand the reasons behind it.

问: 我很在乎⼯作事业上的成就感的原因是什么? JO: 这个有问题吗?

Questioner: What is the reason I care so much about achievement in my career?

JO: Is there a problem with that?

问: 这个没有问题是吧?

Questioner: There's no problem with that, right?

JO: 基本上的⼈都会在乎他⾃我的⼀个价值.你如果是问为什么你会去在乎别⼈对你的⼀个评判? 或者是别⼈有没有说你好或者不好?

JO: Essentially, people care about their own value. Are you asking why one would care about others' judgment of them, or whether others say good things or bad things about them?

问: 会有⼀些.我是很在乎我的⼯作或者是我事业上的成就感的.

Questioner: There will be some... I care about my work or the achievement of my career.

JO: 那你在乎就在乎.它对你来说是个问题吗? Bother 你吗? 你是想变得不在乎吗?问: 因为我很在乎,所以我会特别的拼命,就是很累.

JO: So you care about it, alright? Is it a problem for you? Does it bother you? Do you want to stop caring so much? Questioner: Because I care very much, I work extremely hard and feel exhausted.

JO: OK,那你是想变得不太在乎吗? 就是让⾃⼰不是呢么累吗?问: 我是希望变得轻松⼀点,不是说不在乎.

JO: Alright, are you aiming to become less concerned? That is, making yourself not so tired? Questioner: I hope to become more relaxed, not that I don't care.

JO: 如何变得轻松⼀点是吗? 你现在⼯作很累是吗?问: 对JO: 你稍等.这种感受是你⾃⼰给的.因为你⾃⼰对⾃⼰有⼀种总是去push,就是有⼀个⾼要求⾼标准,明⽩吗? 是你⾃⼰给⾃⼰的.那如果你想问就是说如何不让⾃⼰这么累? 那又涉及到⼀个你对⼈的评判或者是认识或者是怎么去定义他的⼀个,就是又回到包容的问题.因为你会去评判⼀个⼈他有没有能⼒,他的能⼒是体现在⼯作上⾯他完成⼯作的⼀个效率是怎样.你就会通过外在去评判对⽅.那也就跟你这⼀⽣的功课也有关联也有关系.因为你会体验⼀些,就⽐如说你想偷懒,你就会说你⾃⼰: 你怎么能偷懒呢? 你怎么能做⼀个业绩不好的⼈呢?

JO: How do you make it easier, right? Are you feeling very tired at work now? Questioner: To JO: Wait a moment. This feeling is something you give yourself. It's because you constantly push yourself, setting high standards and expectations for yourself, understand? You're the one giving it to yourself. If you want to ask about how not to be so exhausted, then we are back to the issue of your judgment or understanding of people and how you define them, which brings us back to the question of tolerance. Because you judge whether someone has the ability, based on their efficiency in completing work tasks. You would evaluate others based on their external appearance. And this also relates to your lifelong journey as it connects with experiencing situations like when you want to slack off and tell yourself: How can you be lazy? How could you become a person with poor performance?

那你连你⾃⼰都不能去包容或者是认识到她的好或者是看到她的发光点的话,那你也很难去对别⼈.所以这也是你⾃⼰成长的⼀个过程.

If you cannot embrace or recognize her goodness or see her shining points even for yourself, it will be difficult for you to do so with others as well. This is also part of your own growth process.

问: 我想减肥,但是又⽐较难.有没有什么好的⽅法?

Questioner: I want to lose weight, but it's quite difficult. Are there any good methods?

JO: 减肥,⾸先它并不难.减肥难只是你⾃⼰还停留在你⾃⼰对你⾃⼰的⼀个记忆当中.因为什么? 因为你曾经减肥失败啊,曾经体验过困难啊,然后你就给它定义难.但是呢只是你⾃⼰记忆的问题,它并不是事实,明⽩吗?

JO: Weight loss is not hard at all. It's just difficult for you because you are still stuck in your own memory of yourself. Why? Because you failed to lose weight before, experienced hardships, and then you define it as difficult. But it's just a problem with your own memory; it's not the truth, right?

问: 但是我会控制不住吃.

But I can't help eating it.

JO: 你控制不住吃那是因为你⾃⼰频率的问题.它不是难的问题.明⽩吗? 因为当你处在这个频率的话,就⽐如说你在这个频率你会产⽣⼀些焦虑.为什么呢? 我会焦虑我的⼯作完成的怎么样.那这个焦虑就会给我带来压⼒.给我带来压⼒过后呢,我就想要去解压.因为我的⾝体想要调整到⼀个舒适的状态.那我可能通过吃来解压,是吧? 那你就能看到你⾝体是呈现什么状态它是因为你⾃⼰的⼀个频率去投射出来的⼀个状态.那当你的频率提⾼,你没有任何压⼒.为什么呢? 因为你能handle everything,就是什么你都能处理好,你根本就没有压⼒.因为你的⼒量变的越来越强⼤了.五⼗公⽄对你来说就不是个事,是吧?

JO: It's because of your own frequency issue that you can't control eating. It's not a difficult problem; do you understand? Because when you're at this frequency, for example, if you're at this frequency, you might experience anxiety. Why would that happen? I'm anxious about how my work is progressing. This anxiety will then create stress for me. Stress creates pressure on me, and in order to relieve that pressure, my body wants to return to a comfortable state. So, I may turn to eating as a way of relief. You can see that your body's state reflects an issue with the frequency you're at. When your frequency increases, there is no pressure. Why? Because you can handle everything; there isn't anything you can't manage well, and therefore, you have no stress. Your strength becomes increasingly powerful. Fifty kilograms are not a problem for you anymore.

问: 那过去对我影响最深的前世是什么样⼦?

Questioner: What was my most impactful previous life?

JO: 你稍等.呢⼀世你有⼀个⾝份,这个特殊的⾝份让你特别渴望能得到包容.导致你在内在形成⼀个特别渴望得到包容的⼀个状态.这么说吧,你们有⼈总会说吃饭吃的很快就会被⼈说你是饿死⿁变的,是吧? 因为你之前是饿死的,你见到⾷物就会很迫不及待,就很饿的呢种感觉.那你呢? 呢⼀世连接感⽐较强的就是你对呢种包容、理解、允许的需求特别强烈.它还继续带来这⾥.明⽩吗?

JO: Wait a moment. In this lifetime, you have a particular identity that makes you especially yearn for acceptance, leading to an internal state of intense desire for acceptance. To put it simply, some of you might always say that eating quickly will make people think you're an animal that starved to death, right? Because before you starved to death, seeing food would give you a sense of urgency and hunger. As for you, your strong connection in this lifetime is the intense need for acceptance, understanding, and permission. It still carries over here. Do you understand?

问: 明⽩,但是呢是什么样⼦的经历会让我想要这么强烈的包容感呢?

Questioner: I understand, but what kind of experiences would lead me to have such a strong sense of inclusiveness?

JO: 因为我们只是来连接呢个能量,呢个就是还继续印在你这个灵魂⾥⾯的能量.就是散发出来的⼀个,就⽐如说恐惧能量啊、渴望能量啊,渴望什么,来看到.你这⼀⽣最重要的主题就是你渴望达到呢样⼦的状态.为什么呢? 因为你在过去世还是在现在世,你都体验到了这个到底有多重要.⽐如说你过去世是被饿死的,这⼀世你又体验饥荒.所以说⾷物对你来说就特别的重要,明⽩吗? 因为你有强烈的体验.那这个也是.

JO: Because we're just coming to connect that energy, which is still imprinted in your soul's essence. It's the energy that radiates out, such as fear energy or desire energy, to see what you yearn for in this lifetime. Why? Because whether in past lives or this life, you've experienced how important it truly is. For example, if you were starved to death in a past life, experiencing famine again in this life makes food exceptionally significant to you. You understand? There's also...

问: 我可以连接到⼀些具体的⼈跟我的关系吗?

Questioner: Can I connect to some specific people in relation to my relationship?

JO: 可以,可以.我现在连接到你将来的⽼公就是⼀个包容度特别强的⼈,就是你对象,你的另⼀半.他是⼀个精神境界⽐较⾼,⽐价宽容,⽐较包容,就是⼀个什么都OKOK,没有问题的呢样⼦的⼀个状态.然后你特别欣赏他.这是你⾃⼰喜欢的类型的是吧?

JO: Alright, alright. Currently, I'm connecting you with your future husband, a person with exceptionally high tolerance and acceptance. He's highly spiritual, quite forgiving, very understanding; everything is fine by him, without any issues. You particularly admire him. This is the type of person you prefer, isn't it?

问: 那按照你说的主题的话,那⼤概率我会喜欢这样⼦的吧.我也确实会喜欢呢些对我⽐较包容和认可的⼈.

Questioner: If we follow the theme you've mentioned, then with a high probability I would like someone who is more tolerant and accepting of me. And indeed, I do prefer those kinds of people.

JO: 是的.他的存在就好像是亦师亦友,又是爱⼈.所以说你们会有很融洽的关系.他能帮助你很⼤的突破和转变.然后你成为你⾃⼰想要成为的呢种状态.

JO: Yes, his presence is like a mentor and friend, as well as a lover. So you will have very harmonious relationships. He can help you achieve significant breakthroughs and transformations. Then you become the kind of person you want to be.

问: 那这个就是未来的⽼公都能感受的到是吧?

Questioner: So, this means that even future husbands can feel it?

JO: 这个就是跟你连接感⽐较强烈的⼀个灵魂就是这样⼦的⼀个状态.问: 我现在的领导,我们刚认识有半年.我更多的时候希望他好.

This is someone whose connection with you feels quite strong. Questioner: My current supervisor, whom I've just gotten to know for half a year. I more often hope that he does well.

JO: 你的问题是为什么你会想要他好是吗?问: 对JO:⾸先他能成为你的领导,那在某些层⾯你就已经是赞同他了.就是你已经给出你的能量是去赞同他.然后这个赞同就好像… 这个是你给出去的能量.这么说吧,我领导他想要他的意念建⼀个城堡.OK,那你加⼊了过后,你也会把你的意念投射出去建这个城堡.那当你们都有相同的⼀个意念,明⽩吗?那你肯定就会⽀持你⾃⼰想要创建的.因为你们的频率是⼀致的,你们的⽬标是⼀致的,明⽩吗?

JO: Your question is why you would want him to be good, right? Questioner: For JO: Firstly, he can become your leader, which means that on certain levels, you already approve of him. You've given your energy towards approving him. This approval is like... This is the energy you're giving out. Let me put it this way; I want my leadership's thoughts to build a castle. Okay, then after joining, you also project your thoughts into building this castle alongside them. When both of you have the same thought, understand? You'll definitely support what you want to create because your frequencies and goals are aligned, do you understand?

问: 那因为⽐如说并不是因为我的认同他成为我的领导.他是从别的公司过来的,我也是从别的部门调过来的.就是⾮常突然的⼀个变化.

Questioner: That's because he didn't become my leader due to our shared identity; we both transferred from other companies and departments, experiencing a very sudden change.

JO: 这是属于你们有很多想同的,就⽐如说思想啊、频率啊、⽬标啊、节奏啊.然后你们又是在同⼀个频率上⾯的话,就会有想要创造相同的⼀个东西出来,明⽩吗?

JO: This is about sharing many things, such as thoughts, frequencies, goals, and rhythms. If you are on the same frequency, you would want to create something similar together, right?

问: 没有其它原因?

Questioner: Is there no other reason?

JO: 那如果我跟你讲,如果你要是跟他分开,你要是没有和他相同的⽬标,你们这种感觉就会消失了,明⽩吗? 那你就会跟另外⼀个跟你共同创造的⼈产⽣另外的连接.

JO: So if I were to say that, if you were to break up with him and didn't share the same goal as he did, this feeling would fade away. Can you understand? You would then form a connection with someone else who shares your creation process.

问: 那我再问⼀个⼈.这个⼈是我⼗⼏年前认识的.当时他有家庭.我们分开后就成为了朋友.那这个⼈为什么会出现在我的⽣活⾥?

Questioner: But I have another person to ask about. This person was someone I met over ten years ago. At that time, he had a family. After we went our separate ways, we became friends. Why did this person end up appearing in my life?

JO: 这么说吧,你就好像你就好像是⼀个落⽔的⼈,你总会想要去抓住⼀个东西来让⾃⼰有⼀个地,就是来让⾃⼰有⼀个真实的体验和存在感.所以说你们就会去⽤你们的思想去抓东西.你们就会去抓⼀些跳到你⽣活中的⼀些东西.然后就觉得这个肯定是有点什么有点什么.那只是你关注点的问题.为什么呢?因为当你的格局不⼀样,你的关注点变了,就⽐如说从这个舞台跳到呢个舞台上,你又要抓其它东西了.那你跳到另外⼀个舞台,你还会抓呢个东西吗,明⽩吗?只是你现在还在这个舞台上,你必须要去抓⼀些东西你才会体验到这个物质世界是真实的.不然这个物质世界对你来说就是个假象了,你体验不到它.

JO: Let me put it this way, you are like a person drowning in water, always wanting to grasp onto something for the sensation of having ground, thus to experience and exist authentically. Therefore, you use your thoughts to seize things, grabbing at what happens into your life. You feel that there must be something because of this. This is merely an issue with your focus. Why? Because when your perspective changes, so does your focus; for instance, transitioning from one stage to another means catching onto something else. If you jump to a different stage, would you still grasp at things? Understand? You are currently confined to this stage and must seize objects to experience the material world as real. Otherwise, it becomes an illusion to you that you cannot perceive.

问: 那可以理解为当时的我⽐较孤独吗? 我不太理解.

Questioner: Could that be interpreted as me being more lonely at that time? I don't quite understand.

JO: 也就是说你可以不⽤去在乎这个,⽽是去focus在你⾃⼰到底想要什么,去focus在你漆⾯的⽬标.⽽不是往回看.你开车你到底是向你的⽬的地呢? 你还是往后看呀?

JO: So, it means you don't have to care about this anymore; instead, focus on what you really want, focus on your own goals with the paint job. Not looking back. Are you driving towards your destination or are you looking behind?

问: 因为他还是我的朋友.

Questioner: Because he's still my friend.

JO: 这么说吧,你刚才说为什么我的⼈⽣中总是遇到⼀些有家庭的男⼈呢? 你现在知道为什么了吧? 你是把呢些有家庭的男⼈放不下.你怎么还惦记着别⼈呢?

JO: In other words, you just asked why I always end up with married men in my life. Now do you understand the reason? You can't let go of those married men, and yet you're still thinking about others.

问: 我没有放不下他呀.

Questioner: I don't have anything I can't let go of him.

JO: 那为什么在你的脑海⾥会变成问题来问呢?

JO: Why did it become a question in your mind?

问: 因为我内⼼会觉得这个是不道德的.我会纠结在这个过程中,觉得为什么当时会做这样⼦的选择?

Questioner: Because I feel that it is immoral inside myself. I would be torn during this process, wondering why I made such a choice at the time?

JO: 你的⽣活是往前,就是你的⽬标到底是想去哪⾥.⽽不是纠结于过去.因为过去有很多⽆意识的⾏为,有⼀些随机事件.那你把每⼀个都拿出来,你到底你的⼈⽣你想要创造什么?

JO: Your life is forward-moving, meaning your goal is where you want to go. It's not about dwelling on the past because there were many unconscious actions and random events. You should take every one of them and figure out what you want to create with your life?

问: 我总会想说这些是巧合呢? 还是这些像你说到⽆意识的⾏为呢?

Questioner: Are these just coincidences, or are they like unconscious actions as you mentioned?

JO: 你只是想给你的头脑有⼀个交代⽽已.但是如果你没有⼀个big picture,没有前⾯的⼀个⽅向.你会不断地往回看的.

JO: You're just trying to give your mind a sense of closure. But if you don't have a big picture, no forward direction, you'll constantly look back.

问: 我是希望能遇见像你说的呢么好的⼈.

Questioner: I hope to meet someone as good as what you described.

JO: 那你就先进⼊这种感觉.先感受⼀下呢个对你充满了包容和理解的⼈,亦师亦友又像爱⼈的呢种存在,明⽩吗? ⽽不是不停的去回头看你曾经怎么样怎么样.因为呢样⼦的话,你就好像是在告诉宇宙,你想要这样⼦的关系,你想要进⼊这种混乱的关系,明⽩吗? 你就想象⼀下你在开车,你能⼀直回头看吗? 你需要盯着你的⽬标,你的⽬的地.⽽且这个只是你头脑创造的⼀些意相给你,因为你们头脑需要抓东西.它不抓东西的话,它就跟这个物质世界产⽣不了连接,那你就像在梦游⼀样.物质体验本⾝就不是真实的,所以你们会有这个功能,就是去体验感受到它好像是真实的存在⼀样.

JO: So just immerse yourself in that feeling first. Imagine being surrounded by someone who is accepting and understanding of you, like a mentor, friend, and lover all in one, do you get it? Rather than constantly looking back at how you used to be or did things before. Because if you do that, it's as if you're telling the universe that you want such relationships, that you want to enter into this chaos, do you see? Just imagine driving a car, can you keep looking backwards continuously? You need to focus on your destination, your target. And this is just an illusion created by your mind because your mind needs something to grasp onto; if it doesn't grab anything, it loses connection with the material world, so you're just wandering aimlessly. Material experiences themselves aren't real, which is why you have this function of experiencing them as though they are true realities.

问: 我⾃⼰对⽞学⽐较有兴趣.但是我又不是很有耐⼼去坚持.这个是什么原因?

Questioner: I am somewhat interested in Daoism, but I don't have much patience to stick with it. What could be the reason?

JO: 因为你热爱的东西你不需要坚持啊.你不需要去坚持,你坚持你只是坚持你不热爱的.问: 就是说我不是呢么热爱?

JO: Because what you love, you don't need to stick to it. You don't need to force yourself, you're just forcing yourself not to do what you actually love. Questioner: So am I not loving it?

JO: 你不需要坚持,你不需要有坚持在.因为你就会有激情.问: 我爷爷奶奶都过世了.可以知道他们现在…JO: 你稍等.看⼀下你爷爷奶奶有没有什么信息想要带给你? 你奶奶说让你不要担⼼你的未来.因为你会⾮常的幸福.

JO: You don't need to persist, you don't need to have persistence in that because passion will come your way. Questioner: My grandparents have passed away. Can we know what they are… JO: Hold on for a moment and see if there is any message from your grandparents trying to bring over to you? Your grandmother told me not to worry about your future because you will be very happy.

问: 能不能连接到我的⾼我?

Questioner: Can I connect to my Higher Self?

JO: 你稍等.你现在已经⾛上了呢条路.然后就好像你已经进门了,所以你会最终达到你的⽬的地.这是它给你的信息.

Jo: Wait a moment. You have already embarked on this path. It's as if you've entered the door, so you will eventually reach your destination. This is the message it gives to you.

问: 我能问⼀下所有⼈的⾼我都会跟他这么说吗? 这是⼀种⿎励吗?

Questioner: Can I say this to everyone who is taller than me? Is this an encouragement?

JO: 不是的.如果你去看我们⾼维的信息你就会看到,并不是的.因为你们每⼀个⼈体验的主题不⼀样.所以带来的信息也不⼀样.

JO: No, not really. If you were to look at our high-dimensional information, you would see that it's not like that. Because each of you experiences different themes, therefore the information brought forth is also different.

问: 通灵的原理在哪⾥? 有的问题会觉得⾮常击中我的内⼼,就是想哭的呢种感觉.

Questioner: Where is the principle of communicating with spirits?

Sometimes, questions hit my heart so deeply that I feel like crying.

JO: 通灵的原理就是说你们⾸先你们本⾝就是连接的状态.这个⼥孩⼦她只是进⼊了⼀个你们本来的⼀个状态,是连接的⼀个状态,是吧? 因为你们跟万物⼀切,这么说吧,你们是不同的机器,是吧? 那你们机器插上电,呢个电就是源头,对吧? 那你呢个机器就能正常的运作,就能运作的很好,就能发挥出这个机器本⾝,⽐如洗⾐机就是⽤来洗⾐服的,冰箱就是⽤来冰⾷物的对吧? 电风扇就是⽤来乘凉的,取暖机就是⽤来取暖的.那你们每⼀个电器都有不同的功能.这个功能需要你们插上电它才能去完完全全的发挥,⽽不只是⼀个摆设.如果你没有通上电,那你就只是⼀个摆设.你可能你这个洗⾐机就⽤来堆⼀下⾐服,明⽩吗?

JO: The principle of clairvoyance is that you are inherently connected. This girl merely entered into a state that was already yours, a connected state, right? Because you're all different machines compared to everything else, aren't you? Then your machine gets powered up, the electricity being the source, right? And then your machine can function properly, perform well, and truly utilize its own capabilities. For example, a washing machine is meant for washing clothes, a refrigerator for cooling food, correct? A fan is for cooling off, a heater for heating, and so on; each appliance has different functions. This function requires you to power it up in order to be fully utilized, not just as decoration. If you don't have the electricity, then you're just decoration. You might use this washing machine to store clothes, understand?

问: 可能需要理解理解.

Questioner: It might require some understanding.

JO:这是最接近,就是你能⽤物质世界的眼光和理解能⼒.因为你不能理解你头脑⾥⾯没有的东西.所以以你们的⼀个认知,在你们的头脑⾥⾯我来找出来最接近的最能理解的呢种.你们每⼀个⼈都有你们的价值.就⽐如说我把你这个机器创造出来到底是⼲什么的,对吧?那通灵的状态就是插上电了.那插上电了,你的能量是不是源源不断的被输⼊了?因为你有电了呀.那你就能⼀直不断地去运⾏起来了,对不对?

JO: This is as close as you can get with your understanding of the material world using your cognitive abilities. You cannot understand what you do not have in your mind. So, within your cognitive framework, I am finding the closest and most understandable aspect for you all. Each one of you has a value. For example, when I create this machine, what is its purpose? When it's plugged in, that's the state of channeling spirits. Once it's plugged in, energy isn't continuously inputted into it because it has electricity now. You can keep running it endlessly, right?

问: 我感觉这些问题最终都回到我的灵魂的主题.

Questioner: I feel that these issues ultimately come back to my theme of the soul.

JO:因为你们这个⾁体不是你.你们都觉得呢个⾁体是你们,那是因为你们在物质世界这个幻像太⼊相了,明⽩吗?就是被催眠太深了.真正的真正的是你的灵魂选择了这个⾁体来去达到它想要的.这么说吧,⽐如说你们这⼀世你⽤你的⾁体拿到了你的宽容,是吧?另外⼀世,你⽤另外⼀个⾁体拿到了智慧.另外⼀个拿到了慈悲,另外⼀个坚强,另外拿到了⼀个… 那你要知道这些东西它都在你的灵魂⾥⾯.当你再选择⼀世的话,这些都是你已经拥有的了,明⽩吗?为什么有⼀些灵魂有⼀些⼈格他天⽣具备如此多的⼀些,就是他又坚强他有慈悲他又有爱他又有智慧等等?为什么有的灵魂他连爱都不懂是什么,明⽩吗?这就是不同.那你们唯⼀能带⾛的就是这些.

JO: Because this body you have isn't yours; you all think that this body is you because you're too immersed in the illusion of this material world, don't you understand? You've been hypnotized too deeply. The true and real reason is that your soul chose this body to achieve what it wants. To put it simply, for example, in one lifetime you used your body to gain tolerance; right? In another life, you used another body to gain wisdom. Another gained compassion, another gained strength, and another gained... you need to know that these things are already within your soul. When you choose again, you'll have these already, don't you understand? Why do some souls, with their different personalities, naturally possess so much—strength, compassion, love, wisdom, etc.? Why does there exist a soul who doesn't even understand what love is? This shows the difference. The only thing you can take away is this.

其他你都带不⾛.物质世界所有东西在你的⾁体结束的时候,它就全部⽡解了.

Everything else you can't take away. All things in the material world will be reduced to ashes when your physical body ends.

问: 那我的灵魂现在它都拥有点什么呢?

Questioner: Well, what does my soul possess now?

JO: 原来它拥有什么? 这么说,刚才说你还没有通上电,是吧? 那当你通上电了,你该拥有的⼀些功能全部都被开发出来了.

JO: What did it originally have? So, when you said earlier that the electricity hadn't been connected, is that correct? And when the electricity is connected, all the functions that you should possess are fully developed.

问: 就是其他的都有,就缺包容?

Questioner: It's just that everything else is there; it's the inclusiveness that's missing.

JO: 你⼀直是在成为的⼀个状态当中.⼀直.它不是⼀个⼀步到位的.它不是⼀个这个课完结了你就完了.

JO: You're always in a state of becoming. Continuously, it's not a one-size-fits-all. It's not that this course ends and you're done.

# **2023/03/09 — 种族歧视Racial Discrimination**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我最近遭受了⼀些种族歧视的事情,我报警处理了.这样做对吗? 需要额外做其他的吗? JO: 你只是想问问题本⾝呢? 还是想看⼀下你最近的能量状态为什么会吸引这样的事情?

Questioner: I have recently experienced some acts of racism, and I reported it to the police. Is this the right thing to do? Are there any additional steps I should take?

J.O.: Are you just asking for information about this situation, or are you looking to understand why your recent energy is attracting such incidents?

问: 可以都看⼀下.

Questioner: Can I look at everything?

JO: 好.⾸先来看看你为什么会吸引这样的事件到你的⽣命当中来? 你叫什么名字?问: 我叫XXX.

JO: Alright. Let's start by understanding why you attract such events into your life. What's your name? Questioner: I'm XXX.

JO: ⾸先你需要这样⼦的⼀个经历是因为在你的灵魂层⾯精神层⾯你还需要就好像对⼿来让你变得强⼤,也就是说你还需要来让⾃⼰变得强⼤的这个课程,明⽩吗? ⽐如说这个灵魂它来到这个世界上它已经拥有强⼤的灵魂,它不需要再继续去…这么说,你已经是个武林⾼⼿,你便不需要有如此多的陪练来让你变的更加强⼤.那你会遇到这样的事情是因为你创造了这样⼦的课程给你⾃⼰.为什么? 是因为通过这个课程它可以让你变得更加强⼤.因为是你⾃⼰想要去变的更加强⼤.就好像是⼀个练武的,他想要去变成⼀个武林⾼⼿,他想要变让⾃⼰的技能变得更加的好,让⾃⼰内在的潜⼒不断地激发.那他就会去选择⼀个对⼿来跟他对练.那你也是⼀样的,明⽩吗?

JO: So you need this kind of experience because on a spiritual level, you still require opposition to become stronger - in other words, you still need this course for self-strengthening. For example, if the soul already possesses a strong spirit when it arrives in this world, it doesn't need to continue... If you're already an expert martial artist, you wouldn't need so many sparring partners to make yourself stronger. But you would encounter such situations because you created this course for yourself. Why? Because through this course, it can make you stronger. It's because you want to become stronger. Just like a martial arts practitioner who wants to become an expert and enhance their skills, continuously tapping into their inner potential. They choose an opponent to spar with them. You are in the same situation, understand?

所以⾸先你要明⽩这个事情它是来让你变得强⼤,就是让你的内在变得强⼤,不会因为别⼈⼀碰就碎掉或者怎样.就是这样⼦的.然后这个被你看到是很重要的.为什么呢? 因为如果没有被你看到你可能就把它当成⼀个外在的,就是这个世界很恐怖.然后它会给你留下来⼀个就好像是疤痕⼀样,因为这会产⽣⼀个创伤.那么它对你⽽⾔就是⼀个创伤.这么说吧,你对⾯跟你练武的呢个⼈他实际上是你的师傅,师傅来教你技术,是吧? 那如果你不把他当成师傅,你把他当成杀⼿的话,你是不是对⼈就会产⽣恐惧? 所以这两种态度得到的体验和结果是不⼀样的.那⼀个是你可以通过这个师傅让你的技能得到提升.

So first you need to understand that this thing is meant to empower you, to strengthen your inner self, so it won't break or get shattered by others. That's how it works. And seeing this is crucial. Why? Because if you don't see it, you might treat it as an external factor, perceiving the world as scary. It would then leave a scar-like impression on you, because it would cause trauma. So for you, that would be trauma itself. Let me explain further: The person you practice martial arts with actually serves as your master. Your master is teaching you skills, right? But if you don't see him as a master and instead view him as an attacker, wouldn't this make you fearful of people in general? Thus, the experiences and outcomes from these two different attitudes are vastly different. This approach allows your skills to improve through guidance from the master.

那另外⼀个这个杀⼿会让你下次再见到同类的⼈后产⽣恐惧.你看又是呢个红头发的⼈,那你就产⽣恐惧.

The other killer will make you fear those who are like him when you see them next time. If you see that red-haired person again, then you will feel fear.

问: 那就是让我变得强⼤起来,以后再⾯对他们不会抱有恐惧的态度.

Questioner: That would make me strong enough to face them without fear in the future.

JO: NO NO NO NO.因为当你这个课拿到了过后,你不会再遇到这样的事情了.为什么? 因为你不会再进⼊这样的事件⾥⾯.因为你不同的能量状态,你会卷⼊不同的事件.这么说,你看到⼀个振动频率,是吧? ⽐如说振动频率是… 你把它的频率开到了⼀百,开到了两百,开到了五百.它上⾯呈现的结果和呢个相是不是不⼀样的? 所以说你的这个也是⼀样的.当你的,⽐如说你以前振动是⼀百,那通过这个事件过后你的技能变得更加的⾼强,能量更加的强⼤.那你就变到两百,那你两百的时候你遇见的事情又是不⼀样的了.

JO: No no no no. Because once you have this class, you will not encounter such situations again. Why? Because you won't enter into such events anymore. Your different energy states lead you to engage in different incidents. This means that when you observe a vibration frequency, right? For example, the frequency is... if you turn it up to 100, then 200, and then 500, wouldn't the outcomes displayed on them be different? Therefore, your situation is similar. When your previous vibration was 100, after going through this event, your skills become stronger, and energy becomes more powerful. Then you move to 200, and when you are at 200, the incidents you encounter are different again.

问: 我从⼗五岁开始⼀直在发青春痘.⼀直都不见好.为什么我会这样?

Questioner: I have been breaking out with acne since I was fifteen years old and it never gets better. Why is this happening to me?

JO: 这么说吧,这是你⾃⼰⼈⽣的⼀个功课.你的功课是什么呢? 就是说当你不去在乎外在的时候,你的外在才会平息.你越是去在乎外在的时候,你越是投射出这些来给你去体验.那是因为什么呢? 是因为你这个灵魂在选择这个⾁体的时候你就有⼀个就是: 我很在乎外在.那我要如何才能变得就是知道外在都是⼀个虚幻的,外在都是⼀个变化的呢种状态呢? 就是你需要去学这个功课,明⽩吗?

JO: Let me put it this way, this is a lesson in your life. What's your lesson? That means when you stop caring about the outside, the outside will calm down. The more you care about the outside, the more you project these onto yourself to experience. Why is that? Because when you chose your body as your soul, you have chosen: I really care about the outside. So how can I learn to understand that what's outside is illusory and in a state of constant change? You need to do this lesson, understand?

问: 那我具体要怎么做呢? 因为从⼩到⼤就会有⼈夸奖我的外表.那没有⼈夸奖我的话,我的⼼⾥落差特别⼤.那我怎么样才能不在乎外在?

Questioner: But how exactly should I go about this? Because throughout my life, people have always praised me for my appearance. Without compliments, the impact on my self-esteem is significant. How can I stop being so concerned with what's outwardly perceived of me?

JO: 那你有这⼀列体验你就看到这都是你⾃⼰需要去突破的⼀个点.这么样才能去突破这个点是吗? 那就是说加深你对⽣命的⼀个认知.就⽐如说你以前的⼀个认知是你觉得漂亮的东西就是好的.那你慢慢的你就去看到有⼀条漂亮的毒蛇它不停的去咬你,那你还会觉得它好吗? 那你觉得丑的东西就是不好的.你说.

JO: Then you have this series of experiences where you see that these are all points you need to break through on your own. How do you go about breaking through these points? That's essentially deepening your understanding of life. For example, if you had the belief that pretty things were good, then slowly you realize there's a beautiful snake attacking you non-stop. Would you still consider it good then? And similarly, if you thought ugly things were bad, what would you say about that?

问: 我觉得我个⼈的颜值是可以让我⾝边的⼈觉得⼼情愉悦的.那我发痘痘的话可能就会让他们觉得我不注重个⼈卫⽣啥的.

Questioner: I feel that my personal appearance can make those around me happy. However, if I break out with acne, it might lead them to believe that I don't care about my personal hygiene.

JO:⾸先这么说,像刚才呢个信息,当你的频率转变你是不会有痘痘的.那你的频率来⾃于哪⾥?来⾃于你的认知,来⾃于你核⼼的⼀个你到底相信什么?就是你的⼀个认知.那你的认知变了过后,你便不需要有这堂课了.那这堂课也不需要摆到你⾯前来让你学习,明⽩吗?⽽且你觉得好的颜值会给别⼈带来愉悦的感觉,这只是⼀个信念,明⽩吗?这只是⼀个信念,你是抓住这个信念不放.如果是说好的颜值会给别⼈带来好的感觉.那OK,有⼀个很漂亮的⼥⼈她不停的辱骂你,说了很多难听的话,然后还不停的打你,不停的攻击你还不停的吐⼜⽔在你⾝上,说你⼀个中国⼈怎样怎样,种族歧视你.你看她还美吗?她给你创造的感觉还好吗?她还让你愉悦吗?

JO: Firstly, if your frequency changes like the information just mentioned, you won't have acne anymore. Where does this frequency come from? It comes from your cognition, coming from your core of what you actually believe in, essentially it's about your cognition. Once your cognition changes, you don't need to have these lessons anymore. This lesson doesn't need to be presented to you for learning either. Understand? And you think that good looks bring joy to others; this is just a belief, understand? This is merely a belief that you cling onto. If it were true that good looks would bring good feelings to others... then let's say there's a very beautiful woman who constantly berates you, saying many unpleasant things and continuously physically attacks you, spitting on you while she speaks negatively about your Chinese identity, calling you out for being racist. Do you think she is still attractive? Does she create pleasant feelings for you?

那你是不是就可以看到你的呢个认知根本就不成⽴的.所以说你反复的这样⼦去推问的话,你才相信你的呢个信念,你持有的呢个东西,它是不成⽴的.你发现它是不成⽴的时候,你就有⼀个新的信念去代替了.你就不需要再持有它了.它便对你没有影响⼒了.

If that means your cognition simply doesn't hold water. So when you keep asking and probing like this, it's only then that you'll believe that your beliefs, the things you're holding onto, are not valid. When you realize they aren't valid, you develop a new belief to replace them. You no longer need to keep it, as it has no impact on you.

问: 我的⼈⽣主题是什么呢?

Questioner: What is the theme of my life?

JO:你稍等.这么说,你这⼀⽣来的时候就像是⼀朵易碎的花,它经不起风吹⾬打.然后就像这样⼦的状态.然后你想成为⼀个坚韧不拔.就是你想从外⾯转到⾥⾯,转变的⼀个过程.就是表⾯的⼀个转到内在的⼀个⼒量.就⽐如说⼀朵漂亮的花想变成⼀颗⼩草.为什么?⼩草你把它剪断了,它又长出来了.你把它烧掉了,它又长出来了.就好像是这样⼦的⼀个转变,这是你的⽬标.就是你想要去通过这⼀世达到这个蜕变和转变的⼀个过程.

JO: Wait a moment. This means that your life has been like a fragile flower that can't withstand the wind and rain since you were born. Then, it's in this state. You want to become resilient, meaning you want to transform from the outside inwards; a process of changing from superficial to inner strength. It's akin to wanting a beautiful flower to turn into a small grass. Why? Because no matter how much you cut or burn the grass, it will regrow again. This is your objective – to achieve transformation and change through this lifetime.

问: 那我⽣命中的⼀些考验是不是当我有内在的⼒量的时候,是不是就不会有这些考验了呢?这些考验就是帮我转向内在,⽽不是障碍?

Questioner: So, would it be that some of my challenges in life won't exist if I have the inner strength?

These challenges are meant to guide me inward rather than being obstacles.

JO: 那就不是考验啊.那只是你去成为的过程.就好像你路上遇到的⼀些挑战来帮你提升的.

JO: That's not a test, though. That's just the process of you becoming it. Like obstacles on your path that help you grow.

问: 那我最终的快乐在哪⾥呢? 什么才能让我感受到长久的快乐呢?

Questioner: So, where is my ultimate happiness? What can bring me lasting joy?

JO: 它不是说只有你达到了呢⼀步你才快乐.⽽是说每⼀步你把你⾝上的呢些,就是你开⼀⽚叶⼦,每往上长⼀⼨,你都会体验到⽣命的愉悦.然后你会觉得你的束缚又少了⼀点.为什么呢? 因为我内在的⼒量越来越强⼤了.你说问: 我就是很依赖呢种万众瞩⽬的感觉.我也很享受被⼈仰望的感觉.我这种⼼态需要改变吗?

JO: It's not about achieving some level where you become happy; it's about experiencing joy in each step of your growth, like unfolding a leaf and feeling the happiness of life as you grow an inch taller. Then, you feel that your constraints are slightly lessening. Why is that? Because my inner strength is becoming stronger. You Questioner: I'm very dependent on that sensation of being the center of attention, enjoying being looked up to by others. Do I need to change this mindset?

JO: 你的问题是什么?

Your question is what?

问: 就是我⾃⼰⾮常沉浸别⼈对我的正⾯评价.我需要舍弃这些是吗?

Questioner: I am very immersed in others' positive feedback about me. Do I need to let go of these?

JO: 不是舍弃.是因为当你内在没有强⼤的⼒量的时候,你才需要外在给你创造⼀个你有⼒的⼀个画⾯来给你体验,明⽩吗? 也就是说⼀个真正真正强⼤的东西,它不需要⽀撑.因为它本⾝就有⼒量站起来.那⼀个不强⼤的它可能需要⼀个拐杖,需要⼀个椅⼦才能站起来.它需要外部的⽀撑.

JO: It's not about giving up. It's because when you don't have a strong force internally, you need the external to create an image of strength for you to experience it, understand? That is, a truly powerful thing doesn't need support as it can stand on its own power. For something not so strong, it may need a crutch or a chair to stand up. It needs external support.

问: 那我最需要报答的⼈和我的贵⼈是谁呢?

Who should I most appreciate and who was my lucky guardian?

JO: 你需要报答的⼈? 那就是每⼀个⼈.你⽣命中遇到的每⼀个⼈你都需要报答,你都需要感恩.因为他们成就了你.就好像今天传递信息的这个⼥孩⼦,她带出来的信息也是成就了你,明⽩吗? 那包括呢次给你种族歧视的呢个⼈.他让你看到你⽬前的⼀个…⾄少他给你创造了这个感觉让你不爽.你不爽你才会想着要去找到答案,才会把你带上智慧的路.

JO: You owe a debt to everyone? Yes, everyone you've ever met in your life you need to repay and be thankful for because they are what has made you who you are today. As the girl delivering this message today, she is bringing out this message that is making you who you are as well, do you understand? This includes even those people who have given racism or prejudice towards you, he is giving you a feeling of discomfort which makes you think and look for answers, which then brings you onto the path of wisdom.

问: 那会对我⼈⽣影响的契机都有哪些呢?

Questioner: What are the turning points that would significantly impact my life?

JO: 你不需要去注意这些.为什么呢? 因为你内在永远都会有⼀个就好像指南针⼀样,它会把你指引到你需要去的地⽅.所以这个你不需要去担⼼.这个就好像,这么说吧,你是⼀台车,你是⾃动驾驶的状态.⽆论你怎么样你都是在驾驶当中.

JO: You don't need to pay attention to these things. Why not? Because within you, there is always a compass-like entity that guides you to the place where you are needed. So this is something you don't need to worry about. Imagine it like this, you're a car in autonomous driving mode. No matter what, you're always in the process of driving.

问: 我觉得我爸妈压⼒很⼤.我特别想独当⼀⾯.我很想有⾃⼰的收⼊,然后还能帮到他们.我怎么样才能做到呢?因为我现在很迷茫.因为我现在学的东西将来还是得给别⼈打⼯.

Questioner: I feel that my parents are under a lot of stress. I really want to take on responsibilities independently. I'm very eager to have my own income, and at the same time be able to help them out. How can I achieve this? Because I am now quite confused as I wonder if what I am learning will still require me to work for others in the future.

JO: 你的问题是什么? ⾸先你来这⾥问,我们永远不会告诉你你选择这个或者是选择呢个.为什么呢? 因为选择权永远是在你⼿上.就好像是说你来问我这个⽔温适合你还是呢个⽔温适合你? 你才是呢个泡澡的⼈.你才是呢个知道在什么温度下你才是舒服的.所以你不是⽤外在的来告诉你哪个好还是不好.为什么呢? 因为这⾥没有哪个好还是不好.因为外在的⼀切都是你⾃⼰这个能量投射出去的,明⽩吗? 你才是呢个决定了你会投射出去什么样⼦事件的呢个⼈.就好像你说地上的影⼦,你说这个好还是呢个好? ⽆论什么,它都是你⾃⼰带着的影⼦.它是跟你形影不离的.也就是说⽆论你选择什么⾏业,⽆论你做到多⼤多好,呢是你的能量决定的.

JO: What's your question? First of all, you coming here to ask us means we will never tell you which one you should choose or not. Why is that so? Because the choice always rests in your hands. It's like asking me whether this water temperature suits you better than that water temperature; you are the one taking a bath. You're the one who knows at what temperature you feel comfortable. So, you don't use external factors to tell which one is good or bad for you. Why? Because there is no good or bad here. Everything outside is just your own energy projection, do you understand? You are the one deciding the kind of events that you project onto yourself. Like asking whether this shadow on the ground is better than that shadow; regardless of what it is, it's always a shadow brought about by your own self. It's inseparable from you. That means whatever industry you choose or how successful you become is determined by your energy.

⽽不是⾏业决定的.

And not industry-driven.

问: 那我应该怎么提升我的能量让我的⾏业做⼤呢?

Questioner: How should I increase my energy to grow my business?

JO: 那就是说你⾃⼰在你的⼈⽣的路上,这么说,两个你啊.⼀个你他是经历了种族歧视的事情,然后就骂骂咧咧的充满了愤怒,充满了对⿊⼈的愤怒,以后看到他们也害怕.然后你就继续持续这样⼦,是吧? 因为你的⾁体它不断地在吸收这些负⾯事件,然后在创造记忆,创造记忆然后在给你反应.你就是⼀个根据外在⽽反应的⽽已.OK,那另外⼀个呢? 就是现在跟我交流的这个你,你知道你的灵魂使命,你知道你需要去拿到强⼤,你需要对⼿.你感恩他出现,然后把你带向智慧的路来找到了我今天的信息,对吧? 然后通过这个信息,你知道⽣命的每⼀步都有礼物给你.就算是你被歧视的事件,它也是⼀个礼物.那每⼀步你都拿到了礼物,你想⼀下.

JO: That means you are on your own path in life, right? So there are two of you. One of you has experienced racism and is filled with anger towards black people, cursing them and being afraid to see them after that. You continue like this because your body keeps absorbing negative events and creating memories that give you a response. You react based on the outside world. Alright, what about the other one? The you who is currently communicating with me knows their soul's mission; they know they need strength, courage against the enemy. They are grateful for the appearance of this situation that led them to wisdom through this message today. Every step in life gives you a gift, even the event of being discriminated against. You have received gifts at every step, so think about it.

那另外⼀个是你每⼀步你都充满了,就是在储存呢个恐怖的记忆还有怨恨.⼀个是⾝上装满怨恨和恐惧的频率,⼀个是不断地是有美好的礼物的频率.你说哪⼀个你会显化美好和丰盛? 那你⾝上不断就散发着我感恩.为什么? 因为每⼀个⼈都是来帮我的,他们都是我⽣命中的恩师.你充满了感恩,你充满了⾼频率.为什么呢? 因为你恐惧的能量和害怕的能量是低频率啊.低频率是什么? 就是你遇到别⼈,别⼈就想要排斥,不想要靠近你.你⾃⼰也会知道,因为你也不会想去靠近呢些负能量的⼈.那充满了⾼频率的⼈,你们都想要去靠近.为什么? 因为当你靠近他,你会觉得⾃⼰变得有价值或者是强⼤,明⽩吗?

The other one is filled with every step you take, it's all about storing that terror and resentment. One is a frequency loaded with anger and fear, the other is a continuous stream of positive gift frequencies. Which one would you manifest for beauty and abundance? So when you're continuously exuding gratitude, why is that? Because everyone comes to help me; they are my life coaches. You are filled with gratitude, you are filled with high frequency. Why is that so? Because the energy of fear and fearfulness are low frequencies. What is a low frequency? It's when you meet others, they want to reject you or avoid being close to you. You would know this too because you wouldn't want to approach those negative energy people either. Those filled with high frequency all want to be close to them. Why is that so? Because when you're near them, you feel valued or strong; do you understand that?

问: 那我现在每天念经,菩萨对我的修⾏还满意吗?

Questioner: If I chant scriptures every day now, would the Bodhisattva be satisfied with my practice?

JO: ⾸先外在所谓的菩萨或者是满意,根本没有任何.这只是你的⼀个观念⽽已,明⽩吗? 因为如果你真正的觉得什么菩萨,菩萨是在你的内在.她在你的⾥⾯,不是在外⾯.她不是在你的对⽴,不是在你的对⾯作为上.她是在你的⼼,就是在你的根⾥⾯,明⽩吗? 呢股能量你们是连接在⼀起的,不是外⾯的.所以你不需要去拜或者什么任何.然后念经是关于你⾃⼰个⼈的⼀个喜好.如果你觉得这件事情能让你安⼼,能让你达到⼀个好的状态,你可以去做.如果它不可以给你创造这种感觉,你就不要去做.那如果你听⾳乐可以给你创造⼀个美好的感觉,就听⾳乐.并不是念经本⾝,⽽是说这个事情它让你处在⼀个什么样的频率状态才是最重要的.

JO: Firstly, externally the concept of a Bodhisattva or satisfaction is completely irrelevant; it's merely your perception. Do you understand? Because if you really believe in something like this, the Bodhisattva resides within you - she is inside, not outside. She isn't opposite to you on some external plane; she resides in your heart, at the root of yourself, do you understand? Thus, that energy connects with yours internally, not externally. So there's no need for any form of worship or anything else. Reciting scriptures is a personal preference for you. If this practice brings you peace and helps you achieve a good state, then it's fine to do so. However, if it doesn't create the desired sense of harmony within yourself, then you shouldn't engage in it. Should listening to music bring about a positive feeling for you, then by all means listen to music. The point isn't just the act of reciting scriptures; rather, what's most important is maintaining a particular frequency state that aligns with your personal experience and well-being.

因为你们所有的⼀切都是频率.

Because all of your everything is frequency.

问: 那我⽬前来说处于⼀个什么频率呢?

Questioner: So, where am I currently in terms of frequency?

JO: 你没有必要去看你⽬前处于⼀个什么频率.为什么呢? 因为你的频率它⼀直是在变化的.你每⼀秒都可以,就是你这⼀秒是这个频率下⼀秒是另外⼀个频率.它并不是⼀个持续不变的,除⾮你⾃⼰选择持续的沉浸在痛苦当中.那你就是不断地去选择痛苦,明⽩吗?

JO: There's no need for you to be concerned about the frequency that you're currently operating on. Why? Because your frequency is always changing. You can be at a different frequency every single second; this moment may be one frequency, and the next moment it could be another. It doesn't remain constant unless you choose to keep yourself immersed in pain. Then, you continuously choose to experience pain, understand?

问: 我现在这个⼥朋友,我们需要给彼此带给对⽅什么? JO: 你稍等.你⼥朋友叫什么名字?

Questioner: I have a girlfriend now. What do we need to bring to each other?

JO: Wait a moment. What's your girlfriend's name?

问: XXXJO: 你们之间会映射出很多双⽅彼此有的⼀些问题,就是需要去被看到和注意到的⼀些⾃⼰内在的⼀些问题.就好像你们是双⽅彼此的⼀⾯镜⼦,明⽩吗?

Questioner: XXXJO: There will be many reflections of issues that each of you possesses internally, things that need to be seen and acknowledged. You are like mirrors for one another, understand?

问: 那我需不需要知道我们能不能结婚的可能性这样⼦?

Questioner: So do I need to know about the possibility of us getting married?

JO: 跟她结婚的可能性? 这个是来⾃于你⾃⼰.就好像你⾃⼰⼿上拿着⽅向盘,你说我是往左还是往右? 是你⾃⼰选择.因为你的⾃由意愿你是永远不会被任何⼲涉的.⽽且你们需要对婚姻有⼀个理解就是说,你即使纸上你们结婚了.它并不代表什么.真正的连接感,它不是受任何你们物质世界的⼀张纸或证件产⽣的了.如果通过⼀张纸能产⽣的了的话,你们世界上就不会有呢么多痛苦的婚姻了.很多⼈都在痛苦的婚姻当中,明⽩吗? 所以说结婚不结婚它来⾃于你的⾃由选择.但是你们之间有没有深的连接感,这个才是最重要的.因为你们可以领证,但是你们之间并没有建⽴很深的连接感.

Jo: The possibility of marrying her? This comes from yourself. It's like you're holding the steering wheel and asking me whether to go left or right - it's your own choice. Because your free will is never subject to any interference. Moreover, understanding marriage involves realizing that even if you legally get married on paper, it doesn't mean anything. The true sense of connection doesn't stem from a piece of paper or a document in this physical world. If it could be generated by such means, there wouldn't be so much suffering in marriages across the globe. Many people are enduring painful marriages, right? Therefore, deciding whether to marry or not is based on your free choice. But what truly matters is whether you share a profound connection with each other. Because even if you can get a marriage certificate, it doesn't mean you've established a deep bond between yourselves.

问: 我之前是开赛车的,我是不是给⽗母造成了很⼤压⼒? 然后这⼋年的赛车经历给我带来了什么?

Questioner: I used to race cars. Did this put a lot of pressure on my parents? And what did these eight years of racing bring me?

JO: 你赛车给你⽗母造成了很⼤压⼒?

JO: Racing put a lot of pressure on your parents?

问: 对.我给他们造成了很⼤压⼒,他们也这样觉得.我不知道他们有没有怨我?

Questioner: Yes, I put a lot of pressure on them, and they felt the same way. I wonder if they are upset with me?

JO: 因为不知道你⽗母产⽣的压⼒是什么? 他们产⽣的压⼒有可能是觉得这是⼀件危险的事情,然后他们不想让他们所爱的⼈去做⼀些有危险⾏为.他们有可能是因为这个事件给他们带来的⼀些不确定性⽽导致的.

JO: Because I don't know the pressures your parents are experiencing. The pressures they might be feeling could stem from the perception that this is a dangerous activity, leading them to not want their loved ones to engage in risky behaviors. They may also be influenced by the uncertainty this event has brought upon them.

问: 不是经济⽅⾯的吗?

Questioner: Not economic?

JO: 你的问题不太明显? 你是需要去问有没有给他们带来压⼒? 还是已经给他们带来了压⼒?还是需要怎么去… 我不知道确定你的问题是什么?

JO: Is your question not clear? Are you asking if it has put pressure on them, or if it already has, how to... I don't know, what exactly is your question?

问: 我确定给他们造成压⼒了.我⾃⼰经常后悔.我不知道给他们造成的压⼒是哪⼀⽅⾯的,这样我才能去弥补.

Questioner: I'm sure I've put them under a lot of pressure. I often regret this. I don't know which aspect of the pressure I have caused, so that I can make it up to them.

JO: 你唯⼀就是说能弥补的只有成为真正的你.因为就好像你跟你⽗母,你们是⼀个拼图的⼀⼩块.你们全部拼到⼀起才是⼀个完整的拼图.如果你不能成为真正的你的话,那你跟他们是有缝隙的,你这个拼图是有缝隙的.所以说在去允许你成为真正的,就⽐如说你曾经是⼀个易碎的花瓶,然后变成⼀个摔不烂的东西过后,你成为这样⼦的状态,你⾃然⽽然你就会服务到你的⽗母,明⽩吗? 所以说这是⾃然⽽然的⼀个过程,⽽不是你刻意去做的事情.如果你要刻意去做的话,其实你还是⼀朵花还没有变成你想要的像⼩草⼀样的境界.

JO: The only thing that can be remedied is being your true self because you are just one piece of a puzzle with your parents. When all the pieces fit together, they form a complete picture. If you cannot be your true self, there will be gaps between you and them, as if your puzzle piece has cracks. Therefore, allowing you to become your true self is like transforming a fragile vase into something unbreakable after it breaks; naturally, you would then serve your parents, understanding? This is a natural process, not an intentional one. If you were to刻意do it, it's akin to being a flower that hasn't yet transformed into the grass-like state you desire.

问: 那是不是所有能量都是由内⽽发的,⽽不是做了什么事情.就是如果你个⼈是完整的,你做什么都是完整的.你个⼈如果不是完整的,你做什么都是不完整的?

Questioner: Does that mean all energy originates internally rather than from doing anything? If you are whole as an individual, whatever you do is whole. If you are not whole as an individual, whatever you do is incomplete?

JO: ⾸先你如果是所谓的个⼈不完整,那其实你的⾏动也是你所谓的不完整.这么说吧,⾏动它就好像是你墙上的影⼦.但是如果你的…. 你想幻灯⽚它投射出来⼀个东西,怎么样都会是(幻灯⽚上)呢样⼦的状态.所以你不需要去太纠结于你需要去做⼀些什么⾏为去满⾜他们.如果你只是去从⾏为层⾯去讲的话,你永远都不能满⾜他们,明⽩吗?

JO: If you consider yourself incomplete as an individual, then your actions are also the very incompleteness you claim to possess. Let me put it this way: actions are like shadows on your wall. But if you want a slide projector to project something onto them, however you do it will always result in that particular state on the slides. So there's no need for you to excessively worry about needing to perform certain actions to meet their expectations. If you try to discuss this purely from an action standpoint, you'll never be able to satisfy them, understand?

问: 但是我觉得你说的从表⾯转为内在的⼒量,我感觉没有办法去具体的实⾏.

Questioner: But I feel that you're talking about transforming superficial power into inner strength, and I can't see how to apply it specifically.

JO: 就是你需要去好像是别⼈来指导你,你的⽣命需要⾛这⼀步呢⼀步.那你不是把你的⽣命交给了别⼈吗? 但是你才是你⽣命的主⼈,明⽩吗? 如果你是把⽣命交给了别⼈,你呢不是活出你⾃⼰的.你还是依附着别⼈,⽽且你也不会有⼒量.为什么呢? 你想,你是⼀棵藤,你⼀直缠到树上⾯.你依附的是树的⼒量,明⽩吗? 那你这样⼦你永远不会觉得你有⼒量,明⽩吗? 因为⽣命真正的强⼤之处是,你们拥有你们⾃主的选择.你们选择你们想要体验什么,创造什么,然后所有的选择都是被⽀持的.⽽不是说这个事情是对的,你要去做.呢个事情是错的,你不要去做.这⾥没有对和错.只有体验.因为每⼀个体验对你的成长都是有利的,明⽩吗?

JO: It's like you need to have someone else guide you, taking that step in your life. Wouldn't you be giving control over your life to others? But you are the master of your own life, do you understand? If you give your life to others, you're not living for yourself. You're still dependent on them, and you wouldn't have any power either. Why is that so? Imagine, you're a vine clinging onto a tree. You depend on the tree's strength, do you see? Then how can you ever feel empowered in this way? Because truly, the strength of life lies in your own independent choices. You choose what experiences you want to have and creations you wish to make, and every choice is supported. There's no right or wrong here. Only experiences. As each experience benefits your growth, do you understand?

问: 那我前世是做什么的?

Questioner: Well, what did I do in my previous life?

JO: 你可以连接⼀下对你这⼀世有影响的⼀世是什么? 因为有呢么多世,你要哪⼀个? 因为就算是有,它跟你没有任何关系.你这个⾁体,你的⽣命⾥的这个⼈格它只有这⼀世,明⽩吗?但是有⼀些是的,它会在能量层⾯影响到你这⼀世.就⽐如说你还带着呢⼀世的内⼼的⼀些需要去完善或者去改善或者去改进的⼀些地⽅.

JO: You can connect with which lifetime has an impact on you in this life? Because there are so many lifetimes, which one do you want to choose? As it may be relevant even if it does exist, but it has nothing to do with you. The human personality within your life only exists for this single lifetime, understand? But some do influence you at an energetic level in this current lifetime. For instance, you might still carry over inner needs from a past lifetime that require completion, improvement, or enhancement.

问: 那具体是哪⼀世呢?

Questioner: Which particular life are you referring to?

JO: 你稍等.我们现在连接到有⼀世你是作为⼀个⼥性的⾝份.因为她的外貌受到了很多的关注导致她想要让别⼈去关注她的内在.然后影响到了别⼈去关注到她的内在.所以这是她想要去突破的.这么说吧,你知道玛丽莲梦露她就是因为有⾮常吸引⼈的外在,导致她⾮常渴望⼈们能看到她内在的东西.但是⼈们都看不到.为什么呢? 因为她的光芒太强了,所以⼈们看不到,明⽩吗?就好像是这样⼦的⼀个状态.所以其实在你真正的在乎的东西,⼼灵深处在乎的东西实际上根本不是外貌.你会慢慢发现的,你可能会觉得你现在⽐较在乎外貌.但是这只是你蜕变前的⼀个现象.

JO: Wait a moment. We are now connecting to a past life where you were a woman because her appearance attracted much attention, leading her to want others to focus on her inner self instead. This influenced others to do the same. This is what she aims to overcome. Think of Marilyn Monroe; she was so visually appealing that she desperately wanted people to see beyond her exterior and recognize her inner qualities, but they couldn't because her radiance was too strong. It's as if this was a state where your true concerns, your deep soul desires, were not actually about appearance. You'll gradually realize this; you might feel that you currently prioritize appearances more due to your current transformation process.

问: 我只是想让⼤家能认可我.

I just want everyone to acknowledge me.

JO: 就像刚才说,那为什么会导致你需要得到外界的认可? 是因为你⾃⼰内在没有⽀撑,你才会需要外⾯的⽀撑,明⽩吗? ⼀个腿没有⼒站不起来的⼈,他才需要拐杖.

Japanese Original:

JO: Like what I said earlier, why do you need external validation for that? It's because internally you don't have the support, hence you're relying on external support. Right? A person who can't stand without a cane will need it.

Japanese to English

JO: Just as I mentioned before, why would one require acknowledgement from others in this case? It stems from the inner lack of support; thus, you seek external validation. Understood, like someone needing a walking stick due to being unable to stand on their own two legs?

问: 所以说我在团体⾥喜欢当领袖,这也是因为内在不强⼤吗?

So it's because I lack inner strength that I enjoy being a leader in groups?

JO: 你可以去做任何你喜欢的.为什么呢? 因为你们就好像有⼀个特性,有⼀个⼈格特质.任何你喜欢的你都可以去做.你不需要去评判你这个⾏为对不对或者好不好.你只需要跟别⼈展现你是谁.

JO: You can do anything you like. Why not? Because you have a certain trait, a personality characteristic. Whatever you like, you can do it. There's no need to judge whether your action is right or good. All you need to do is show others who you are.

问: 那今天说的就是主要就是⾃⼰内在的⾃我转变…JO: 最主要就是,因为有⼀些想法和观念可能会限制你的⾏动.就⽐如说你觉得你爸妈现在需要钱,你需要马上去找到钱.然后你的⽬标可能就变成钱了.但是你真正最重要的是 focus on yourself,你需要去做你⾃⼰活出你⾃⼰,然后成为你⾃⼰.然后钱是⾃然⽽然的事.因为当你在focus on 在钱的时候,你可能会不顾⼀切的,这么说,你可能会把你的器官这个卖掉呢个卖掉,然后变成钱.那呢个你就没了.为什么? 因为你把⾃⼰卖光了呀.然后

Questioner: Today's discussion is mainly about self-transformation within oneself...

JO: Primarily, because certain thoughts and beliefs might limit your actions. For instance, you feel that your parents need money now, so you must find the money immediately. Your goal could then become money. However, what truly matters most is focusing on yourself; you should focus on living your own life and becoming who you are. Money will come naturally as a result. When you're fixated on the concept of money, you might be willing to do anything, such as selling your organs, just to get it. You would end up losing everything because you've essentially sold yourself short.

你把钱拿给爸妈,你觉得爸妈会开⼼吗?那如果你是完完全全成为你⾃⼰,你又健康又快乐又幸福又圆满,在这样的状态下你什么都是圆满的.为什么呢?因为在这样的状态下,你⾃然⽽然就会拥有强⼤的吸引⼒.那所有的⼀切都是圆满的状态,⽆论你去做什么你都成功的.那到时候你不需要给你爸妈做什么他们也会快乐.为什么呢?他们⼉⼦什么都好呀.给他们是⾃然⽽然的呀.因为当你这边太多了,你⾃然⽽然会流到他们⾝上啊.就你的⽔太满了,⾃然⽽然就会流到你爸妈⾝上呀,明⽩吗?所以你知道这个区别吗?

Chinese: 你把钱拿给爸妈,你觉得爸妈会开⼼吗?那如果你是完完全全成为你⾃⼰,你又健康又快乐又幸福又圆满,在这样的状态下你什么都是圆满的.为什么呢?因为在这样的状态下,你⾃然⽽然就会拥有强⼤的吸引⼒.那所有的⼀切都是圆满的状态,⽆论你去做什么你都成功的.那到时候你不需要给你爸妈做什么他们也会快乐.为什么呢?他们⼉⼦什么都好呀.给他们是⾃然⽽然的呀.因为当你这边太多了,你⾃然⽽然会流到他们⾝上啊.就你的⽔太满了,⾃然⽽然就会流到你爸妈⾝上呀,明⽩吗?所以你知道这个区别吗?

English When you give money to your parents, do you think they will be happy? But if you are completely being yourself, healthy, joyful, content and whole, in this state everything is already whole. Why is that? Because in such a state, you naturally acquire strong magnetism. Everything else exists in a state of completeness, no matter what you do; you succeed. At that point, you don't need to do anything for your parents because they will be happy. Why is that? Their son is all good, it's natural like that. Because when there's too much here, naturally, it flows towards them. Like your water being full naturally flows to your parents. Understand this distinction?

⼀个是在成为你⾃⼰⾝上,⼀个是⽬前对经济的⼀种,就是我⽬前的情况是怎么样… 其实如果你真诚的和你爸妈聊天,他们并没有想要得到你任何⾦钱上的⽀持,明⽩吗?

One is about becoming yourself, and the other is about the current economic situation, namely, how I am currently doing... If you have an honest conversation with your parents, they don't really want any financial support from you, understand?

问: 但是我⾃⼰想给他们.因为我觉得他们很累.

Questioner: But I want to give them myself, because I feel they must be very tired.

JO:那你可以那这个当成是你的动⼒,成为你⾃⼰的⼀个动⼒呀.就好像你是个农民,你说你把种⼦刚刚种下去,你就想要马上把它拿出来给家⾥⼈吃啊?那你秋天怎么办呢?农民会做这样的事吗?那你现在就想着做这样的事.我种⼦刚种下去,我马上就想要把它挖出来给家⾥⼈吃.我迫不及待.我想要他们不挨饿.那你现在不挨饿,你秋天总会挨饿的.为什么?因为你根本就没有种任何东西.所以现在是播种的时候.⽽且你没有物质上对你⽗母直接的表达,但是你可以给他们精神⼒量.为什么?你可以说妈妈你看我们今年秋天,你拿个图⽚,你说你看我们今年秋天会收好多好多苹果装满屋⼦,我们都吃不完.吃不完,我们就把它卖掉,能卖好多好多钱.

JO: You can use this as motivation for yourself, becoming your own driving force. Imagine you're a farmer; would you want to harvest your crop just after planting it, wanting to feed your family immediately? What happens in the autumn then? Farmers wouldn't do such a thing. Why are you thinking like that now - that I've planted my seeds and immediately want to dig them up for my family's sustenance, being impatiently eager not to see them suffer hunger when they inevitably will come winter, due to having failed to sow anything in the first place? Now is your time to plant. And while you lack material expression towards your parents, you can give them mental strength. Why not show them a picture of an abundant apple harvest this autumn, saying that we'll be so full we won't eat it all, and could sell what's left for lots of money?

这个钱可以买这个买呢个.这个才是强⼤的⼒量.让她看到前进的美好和希望,这个才是最重要的.那如果你说我现在把仅有的种⼦给了你,我们今年可能会什么都吃不到.那她吃完这个,吃完今天没明天,明⽩吗?所以说允许⾃⼰成长,然后你可以从其他⽅⾯去表达你对你⽗母的爱.

This money can buy this or that; it's the true strength. It shows her the beauty and hope of progress, which is what matters most. If you argue that by giving me all our seeds now, we might starve this year, then after she consumes this - today with no certainty for tomorrow - she would understand. So allow yourself to grow, and then you can express your love towards your parents in other ways.

问: 那你帮我传讯的信息我可以跟别⼈分享吗?

Questioner: If I ask you to deliver a message, can I share it with others?

JO: 可以的.我这边会录⾳,然后会整理成⽂字,然后再发给你.到时候还会有⽂字版本,录⾳的版本你要没有的话,我也可以给你.

JO: Alright. I will record it and then compile it into text. Afterwards, I'll send it to you. There will also be a written version; if the recorded version is unavailable for you, I can provide it as well.

问: 其他的话我还有没有什么需要知道的?

Questioner: Are there any other details I should be aware of?

JO: 需要知道的是如果这些信息你以后你在迷茫的时候或者什么时候你可以再拿出来看.因为当下你其实并不能理解.当下你只能吸收⼀丁点.然后很多时候你可能是⼀年后两年后三年后哪怕是五年后,这些信息它这⼀⽣对你都会有帮助.因为你就会变成不断地去拿礼物,⽽不是去积压怨恨.这个是完全两种不同的⽣命状态.所以说在今天你的命运也被改变了.你永远要记住,你的⼈⽣就像你在开车⼀样.当你左边你觉得开的不好,你可以再转到右边.就像转⽅向盘呢么容易,你只需要去做出你的选择.就是我要选择我要积极的去迎接我的挑战,我还是去选择它这是个困难要把我打到.你永远都有这个选择.

JO: What you need to know is that this information will be of use to you whenever you are lost or at any time in the future, because right now, you actually cannot understand it. You can only absorb a little bit of it immediately. And often, you might find its significance and benefits years later — even after one year, two years, three years, or perhaps five years. This information will continue to be helpful throughout your lifetime because it transforms into continuous gifts rather than accumulated resentment. It represents entirely different life states: receiving gifts versus accumulating hatred. That's why your fate has been altered today. You must always remember that your life is like driving a car; you can simply switch the direction whenever you feel you are not doing well on the left side. Changing directions, just like turning the steering wheel, is easy — all it takes is making the choice: I choose to face my challenges with positivity or I decide that this difficulty will defeat me. You always have that choice.

我是选择积压怨恨还是接受礼物还有鲜花,你永远都有这个选择.但是不同的⽅向盘,就是左边还是右边,它有不同的结果.

I have the option of choosing to harbor resentment or accepting gifts and flowers; you always have this choice. But different steering wheels, whether left or right, lead to different outcomes.

问: 还是要靠⾃⼰去感受或者说跟着⾃⼰内⼼去⾛.

Questioner: It's still about relying on one's own experience or following one's inner self.

JO: ⼈⽣就这么简单,随时都可以转⽅向.

JO: Life is so simple, you can always change direction at any time.

问: 但是其实如果没有什么顾虑的时候,什么时候都可以转.如果有很多顾虑的话,转的时候还要想很多东西.

Questioner: But actually, if there's nothing to worry about, you can switch at any time. If there are many concerns, you have to think about a lot when switching.

JO: 什么顾虑?

JO: What concerns?

问: 各种⽅⾯的顾虑吧.⽐如说⾃⼰之前的努⼒前功尽弃啊? JO: 什么叫前功尽弃?

Questioner: There are various concerns, such as losing all the effort one has put in before? JO: What does it mean to lose all the effort before?

问: ⽐如说之前我在做项⽬A,然后我又转去做项⽬B.那我项⽬A的努⼒是不是就⽩费了?

Questioner: For example, if I was working on Project A and then switched to Project B, would the effort for Project A be in vain?

JO: 你⽣命中的⼀切都不会有⽩费的.⽽且你说你喜欢赛车是吗? 赛车呢⼋年给了你⾮常⼤的⼀个礼物.赛车的过程它需要⾮常强的专注⼒.你需要达到⼀种忘我的状态.然后你只有真正的在这样⼦的⼀个状态下,你才拥有⼀个强⼤的创造和显化的能⼒.就是⽆论你去做什么,当你达到了这样⼦的⼀个境界,什么东西你都可以显化出来.因为这是最强的,像激光⼀样的.那这个好像是你已经训练得到的⼀个技术.那你拥有这个技术你是不是可以去显化任何你想要显化的? 就好像你现在有⽆限的钱,你可以拿这个钱买任何你想要买的.那你现在拥有这个技术.什么技术? 就是⼀种强⼤的专注能⼒.那这个专注能⼒⽆论你想要在哪⽅⾯显化,它都可以显化出来.

JO: Everything in your life will not be for nothing. And did you say you like racing cars? Racing has given you a tremendous gift over the last eight years. The process of racing requires an extremely high level of concentration and focus that needs to reach a state of self-forgetfulness or immersion. Only when you are truly in this state do you possess a powerful ability to create and manifest. Essentially, regardless of what you do, when you reach this level, anything can be manifested because it is the strongest form, akin to laser intensity. It seems that you have trained yourself with this technique. If you possess this technique, could you use it to manifest anything you want? Imagine having unlimited money, being able to buy whatever you desire with that money. Now you're saying you have this technology, what exactly is this technology? It's a powerful ability of concentration. This concentration ability can be used to manifest in any area you wish.

所以说这⼋年并没有浪费.然后就算是以前成功的项⽬也没有浪费,为什么呢? 因为你会⾛很多路,你会发现在⾛的过程,你就会发现什么才是你真正想要去创造的.为什么? 因为你真正想要创造的东西,它必须要有你的激情在⾥⾯.激情是不需要意志⼒去坚持的东西,明⽩吗?所以当你在投⼊到又有你的激情又有你的专注⼒在⾥

So those eight years were not wasted. Even with previous successful projects, why weren't they wasted? Because you travel many paths and discover along the way what truly drives your creativity. Why is that? Because what you want to create must be infused with passion; something that doesn't require effort to maintain. Understandably, when you fully commit with both your passion and concentration involved.

⾯,那就是百分之百的已经成功了.

That's one hundred percent successful, face.

2023/03/09 — 如何改变信念

How to Change Beliefs - March 9, 2023

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我四到六岁的时候,我妈妈当着我的⾯想要跳楼以此威胁我爸爸.她这个⾏为让我感到很害怕她离开我.这个事情我要怎么去疗愈呢?

Questioner: When I was four to six years old, my mother attempted to commit suicide in front of me as a means to threaten my father. This action has left me feeling very afraid that she might leave me. How should I heal from this experience?

JO: ⾸先这么说你当时如果在你还没有去认识你⾃⼰,⽐如说你是⼀颗绿⾖,你⾝上有⼀层⽪,是吧? 然后你现在来问我怎么样可以把⾝上的这层⽪脱掉呢? 就算你把呢个⽪脱掉了,你还是个绿⾖,明⽩吗? 但是如果你成为⾖芽,你的⽪它⾃然⽽然会脱落.然后你的⽣命也便不是绿⾖了,你是⾖芽.你还会继续长出⾖⼦,你还会产出很多很多⾖⼦奉献给每⼀个⼈,明⽩吗? 所以说你还是只是想要把呢个⽪去掉吗?

Firstly, if you were to ask me how to remove the shell when you have not yet gotten to know yourself - like being a green bean with a skin on, right? Then now asking me how to take off that skin. Even if you manage to remove the skin, you are still just a green bean, understand? But if you become a sprout, your skin would naturally peel off, and then your life would no longer be that of a green bean, but rather a sprout. You would grow beans yourself and produce many beans for everyone, understand? So it's like, you're only wanting to remove the shell, right?

问: 我不太理解.这个和我妈妈的事情有什么关系?

Questioner: I don't quite understand how this relates to my mother's situation.

JO: 因为当你有新⽣命,当你认识你⾃⼰,当你突破你⾃⼰,所有的⼀切它都对你造不成任何影响.因为你是⼀个新的你.你是⾖芽.⾖芽有你全新的⽣命.你不需要去为它做任何.

JO: Because when you have new life, when you know yourself, when you break through yourself, everything it doesn't affect you anymore because you're a new you. You are a sprout. The sprout has your whole new life. You don't need to do anything for it.

问: 那我要怎么办才能不害怕失去呢?

Questioner: What should I do if I don't want to be afraid of losing?

JO: 成长.这么说吧,你现在还没断奶,我现在还在吃妈妈的奶.那你说我要怎么样才能不害怕妈妈离开我呢? 那你婴⼉时期害怕妈妈离开你,妈妈⼀⾛开你就会哭.你觉得你到了三⼗岁你还会这样吗? 你妈妈让你吃奶,你可能都嫌弃,你不要吃.妈妈让你不要⾛,你说我偏要⾛,我有这么多事,明⽩吗?

JO: Growth. To put it simply, you're still breastfeeding, and I'm still drinking mother's milk. So how can I not be afraid of mom leaving me? When you were an infant, you cried whenever your mom left the room. Do you think you'll feel this way even when you turn thirty years old? Your mother tries to breastfeed you but you reject it. You want to walk away, saying "I won't listen," and complaining that you have so many responsibilities. Understand?

问: 那我要怎么把这个内在权威从我妈妈⼿⾥转移到我⾃⼰⼿⾥呢?

Questioner: How do I transfer this inner authority from my mom to myself?

JO: 那就是你妈妈并没有任何权威.她是弱她才这么做.你想⼀个真正有⼒量有权威的⼈,她需要去要挟任何⼈吗? 是她没有⼒量,没有选择,没有办法.你可以让妈妈跟你学习,明⽩吗? 让她看到我们会有很多选择,我们不需要这么极端的⽅式.⽽且这个选择是没有⽤的.

JO: That means your mom doesn't have any authority; she does this because she's weak. Imagine someone really powerful and authoritative - would they need to threaten anyone? It's because she lacks power, has no choice, and has no way out. You can teach your mom about this, understand? Show her that we have many options and don't need such extreme methods. And by the way, this option is useless.

问: 我⼩时候四到六岁的时候,我妈妈当时在她的同学聚会上偶遇到了她的初恋.然后就引发了和我爸的离婚危机.她每次都会借⼜出去约会,把我⼀个⼈留在家.呢个时候我会怕她跑了,我就体验到⼀种被抛弃的感觉.我想知道我要怎么转化这种感觉?

Questioner: When I was a child between the ages of four and six, my mother happened to meet her first love at one of her school reunions. This sparked a crisis in her marriage with my father. She would always make excuses to go on dates, leaving me alone at home. At that time, I was scared she might leave, experiencing a sense of abandonment. How do I deal with this feeling?

JO: 这么说吧,你⼩时候跟⼤⼈玩藏猫猫.然后你突然⼀下就找不到⼤⼈了,然后就害怕⼤哭: 哎呀,你们在哪⾥呀? 我找不到你? 然后等你长⼤了,你们再玩躲猫猫,你看到你妈妈藏在窗帘⾥⾯.它会引起你的恐慌吗?

JO: Let me put it this way, you used to play hide-and-seek with grown-ups when you were a child. Then suddenly you couldn't find them, and you would cry out in fear: "Where are you guys? I can't find you?" And then as an adult, you played hide-and-seek again, seeing your mother hiding behind the curtains. Would that cause you panic?

问: 不会.

Questioner: No.

JO: 那就好了.当你成长,成长是什么? 成长就是你的视⾓、观念、所有的⼀切它都在不停的去变化,就是你可以从不同的地⽅去看待同⼀件事情.因为你⼩时候你还不知道,你觉得你看不到妈妈,妈妈就不见了.这是你的⼀个认知,对吧? 因为是你有限的认知去认为事情会这么发⽣.它导致你⾝体产⽣了⼀个恐惧.那等你长⼤了过后,她本⾝就behind the curtain.Why do you cry ? 所以你的⾝体也不会panic.所以说你知道就是说你妈妈当时的⾏为是什么? 她是因为你爸爸⼀直不在场,你也看到了,对吧? 孤独⽆助,她觉得可能外⾯的呢个⼈是她的依靠.

JO: Alright, that's great. When you grow up, what does growth mean in this context? Growth means your perspective, your ideas, everything changes constantly. You can view the same thing from different perspectives because when you were young, you didn't understand that you couldn't see your mother and so she seemed to disappear. This was your cognition, right? It's due to your limited understanding causing you to perceive things this way, leading to fear within your body. As you grow older, she remains behind the curtain. Why do you cry? So your body wouldn't panic either. Therefore, you understand her actions at that time - she acted like that because your father was absent all the time, and you saw it too, right? She felt helpless and alone, assuming that the person outside might be her依靠.

但是你如何认知更⾼的话,你才发现你妈妈呢会⼉很可怜.为什么呢? 因为她觉得外⾯的才是依靠.她不断地想要找到依靠.但是实际上她想找到依靠是因为她内在没有⼒量.但是如果她内在强⼤她拥有⼒量的话,她不会想要靠任何⼈.因为她⾃⼰的腿能⾛的话,她是不需要拐杖的.那她现在找拐杖的话,是因为她的腿⽆⼒,明⽩吗? 所以说也不存在⼀个她会抛弃你.为什么她不会抛弃你? 因为就算她需要拐杖,⽆论她的拐杖是谁,她也不会抛弃你,明⽩吗?

But how can you know the higher truth, when you realize that your mother was so pitiful. Why is it so? Because she felt that what's outside is a crutch. She kept trying to find something to lean on. But in reality, she sought for support because she lacked strength internally. However, if she were strong and had power within herself, she wouldn't desire any reliance from anyone else. For her legs can walk without needing a stick. So, when she now needs the stick, it's because her legs are weak, right? Thus, there is no possibility that she would abandon you. Why wouldn't she abandon you? Because even if she needed the crutch, regardless of who provided it, she wouldn't leave you behind, understand?

问: 确实是.我呢会⼉就意味她离开就会抛弃我.

Questioner: Indeed, it means I would be left behind and abandoned by her.

JO: 是的.所以既然你现在的认知已经变了.所以你⼩时候的呢些就不会再困扰你了.但是呢,这些经历和这些认知的变化是不是可以很好的服务于你? 就是在你将来以后,就⽐如说你对你的另⼀半会产⽣各种的情绪或者是感受.呢个也会变的,呢个不是⼀成不变.你可能最开始: 哎呀,我离不开我⽼公,我离不开我男朋友.他⼀⾛我就哭,对吧? 那就像⼩朋友⼀样,当他离开⼏次在之后,你知道他还会回来.你需要哭吗? 不需要了.所以你也要允许你今后的⽇⼦⾥,如果产⽣任何这样⼦的,就是怕被抛弃或者没有安全感或者是不知所措.你知道呢个只是暂时的,呢个只是你当时的⼀个认知让你有了呢样的体验.

JO: Yes, so since your current understanding has changed, the things that troubled you when you were a child shouldn't bother you anymore. However, can these experiences and changes in cognition serve you well? For instance, as you grow older and might experience various emotions or sensations towards your partner - they will evolve, not remaining static. Perhaps initially, you might say: "I can't live without my husband," or "I'm clingy to my boyfriend." You'd cry when he leaves, right? Like a child who needs constant reassurance that their parent will return after leaving them for short periods of time - do you need to continue crying in such situations now? No longer necessary. Similarly, in your future, if you ever feel afraid of being abandoned or lack security or feel overwhelmed by uncertainty, know that this feeling is temporary and stems from the way your mind perceives the situation at that moment.

当你的认知发⽣转变的时候,你体验也会转变的,明⽩吗? 它并不是真实的.因为你⾝体的感受、反应和情绪状态它是来⾃于你当时的⼀个认知.但是认知是⼀直在变的⼀个东西,它不是真实的,它不是⼀成不变的,它不是来控制你的.你认识到了就可以把它放下了或者你有了新的,呢个就可以消失了.

When your understanding changes, so does your experience, do you understand? It's not real because the sensations, reactions, and emotional states in your body come from your current cognitive state. But cognition is always changing; it's not real, it doesn't remain constant, and it doesn't control you. Once you realize this, you can let go of it or a new understanding can replace it.

问: 也是在我四到六岁的时候,我去我⼩姨家玩.然后她们带我逛街送给我⼀个桌布.然后当我把这个桌布带回家,就被我爸妈狠狠骂了⼀顿说我不可以接受别⼈的东西.当时我哭很⼤.我觉得这个成为我接受别⼈的礼物和好意的⼀个卡点.我想要知道这个要怎么去转化?

Questioner: This happened when I was between the ages of four and six, when I went to my aunt's house for a visit. Then they took me shopping and gave me a tablecloth as a gift. Later, when I brought the tablecloth home, my parents severely scolded me for accepting something from others. At that time, I cried very much. This experience seems to have become a barrier or hesitation in my acceptance of gifts and kindnesses from others. I wonder how I can overcome this?

JO:你要知道你的任何就是说这些观念只是他们的观念.当你看到只是他们的观念,⽽且呢个观念不能服务于你,你便不需要去运⽤他们的观念来运⾏了.你们⼈类成长是成长于什么? 成长于你们的观念是在⼀直被突破,不是吗? 如果观念没有被突破的话,你们不会带来任何的成长和转变的,你们的社会也不会发展.那你们是不是就还停留在钻⽊取⽕啊.因为只有钻⽊头才能取⽕嘛.那你现在打⽕机⼀打就有⽕了,你还需要去使⽤这种⽅法吗?所以你并不需要去拿着别⼈的观念不放.

JO: You need to understand that these ideas are just theirs. When you see their ideas, and those ideas do not serve you, you don't need to apply their ideas anymore. What does human growth come from? It comes from constantly breaking your own ideas, right? If the ideas were not broken, there would be no growth or transformation for you, and your society wouldn't develop either. Are you still just using the fire-making technique by rubbing sticks together? That's because only rubbing wood can make fire, after all. Now with a lighter, you just strike it and there is fire. Do you still need to use that method? Therefore, you don't need to cling onto other people's ideas.

问: 这个牵扯到⼀个问题就是当我持有和对⽅不同的观念的时候会遭到对⽅的强烈攻击.

Questioner: This involves a problem where I might face strong attacks from the other party when I hold differing opinions.

JO: 并不会.为什么呢? 因为如果你把你的观念拿出来你才会有⼀个箭对不对? 你才会有⼀个突出来的地⽅.那如果你没有任何突出来的地⽅呢? 你如何和别⼈发⽣冲突?

JO: You won't. Why not? Because if you bring out your idea, then there's an arrow, right? There's a sticking point. But how can you have conflict with others if you don't have any sticking points?

问: 就是直接会被他们认为我是不对的.

Questioner: I would just be immediately regarded as wrong by them.

JO: NO NO NO NO,对⽅有⼀个箭,你没有.为什么你没有啊? 因为你的观念是所有⼈的观念都是有形的.他们在他们⾃⼰创造的世界⾥,是真实的.我尊重每⼀个⼈,明⽩吗? ⽽不是说我的观念拿出来,你的呢个是假的,我的这个才是有效的.并没有.都是有效的,都是真实的,明⽩吗? 每⼀个⼈他有他⾃⼰的⾃由选择去选择他想要体验什么.每⼀个体验都是可以被转化的,每⼀个体验都是有效的,每⼀个体验都是可以服务你们的.

JO: No no no no, the other person has an arrow, you don't. Why don't you have it? Because your belief is that everyone's perception is tangible. They exist in their own created world as real. I respect everyone, understand? Not saying my perception is true and yours is false; mine is valid. No. All are valid, all are real, understand? Everyone has the freedom to choose what they want to experience. Every experience can be transformed, every experience is valid, every experience serves you.

问: 那当我不服从他的信念的时候,我会被惩罚.

When I do not adhere to his beliefs, will I be punished?

JO: 这⾥没有服从.你如果觉得你要是不服从别⼈就会被惩罚,这只是⼀个你的观念⽽已.只是你的这个观念需要去认清楚.是什么导致了你去相信这个? 因为你相信了,你就会创造这个体验.那你要是不相信呢? 你就不会创造此类的体验.并不是说有了体验你才有了观念.你先是有了呢个观点,你就好像是呢个投影,玩呢个投影游戏.是你先把⼿放出去墙上才有和影⼦.你把⼿拿回来呢? 影⼦就没有了.

JO: There is no obedience here. If you believe that you will be punished for not obeying others, this is merely your perspective. It's necessary to recognize what has led you to believe in this notion. Why do you trust it? Because of this belief, you create these experiences. But if you don't believe, you won't create such experiences. It doesn't mean that experiencing something generates the concept; rather, you first have the viewpoint and act as a projectionist playing a game of projections. You extend your hand on the wall, creating shadows, and when you pull it back, the shadow disappears.

问: 是因为我先有了如果我不服从对⽅,他们就会惩罚我的这样⼦的信念,然后他们才会惩罚我?

Questioner: Is it because I first had the belief that they would punish me if I didn't obey them, and then they would actually do so?

JO: 你有这个定义.你会觉得我要这样,不然会呢样.

JO: You have this definition. You would think I should do it, otherwise what?

问: 我⼤概在26岁的时候,我买了⼀个⼏百块的装饰性的包包.然后我妈妈看到就说我太乱花钱了,然后转⾝就⾛了,表现出对我很失望的样⼦.我为什么会吸引她这样对我?

Questioner: Around the age of 26, I bought a decorative bag for about $100. My mother then scolded me for wasting money and walked away, showing her disappointment in me. Why would she react this way towards me?

JO: 她怎样对你不重要.重要的是你能不能看到她背后是什么导致她这样的? 那如果你知道她有⼀些观念,就不⽐如说不能买⼀些不实⽤的东西.为什么呢? 因为她觉得钱要⽤在⼑刃上,是吧? 因为她有⼀个匮乏的观念,就觉得我这⼀辈⼦只有⼀百块钱,所以我只能明智的花.那这只是她的⼀个观念⽽已.她的观念你是不是可以去突破的? 你是她的新⽣命啊.你并不是来跟随她的,你是去打破她,不是去延续她,明⽩吗? 那当你⾃⼰在创造财富的时候,你让她看到我花了⼗块可以赚⼀百块,我花了⼀百块可以赚⼀万块,我花了⼀万块我可以赚⼏⼗万⼏百万⼏个亿⽆数个亿.那她的观念是不是就被你突破了?

JO: It doesn't matter how she treats you. What matters is whether you can understand the root cause that led her to be this way? If you know she has certain beliefs, for example, that one shouldn't buy things that aren't practical. Why is that? Because she believes money should be spent wisely, right? Because she has a scarcity mindset, thinking she only has $100 in her lifetime and thus can only afford to spend wisely. That's just one of her beliefs. Can you break through her beliefs? You are her new life force; you're not there to follow her but to challenge her, not to perpetuate her ways. When creating wealth for yourself, show her that spending $10 can yield $100 in return, $100 can yield $10,000, and $1 million can lead to hundreds of millions or even billions. That's when her beliefs will be broken down by you.

她便不会再⽤她旧有的观念去看待⾦钱了,对不对?

She would no longer view money through her old perspectives, right?

问: 那有些时候我缺乏⾃信,我没有办法做到我花⼀百然后可以笃定的确定之后⾃⼰可以进账⼀百⼀千啊.我对⾃⼰没有这个⾃信.

Questioner: Sometimes I lack confidence, I can't guarantee that after spending a thousand dollars, I will make back one thousand and one hundred dollars. I don't have faith in myself.

JO: 但是你却很相信你⾃⼰说的这个话,对不对? 那既然你相信,那你不是⾃信是什么?问: 那我就是相信我说的这个话?

JO: But you do believe what you said, right? So if you trust it, then what are you not if not confident? Questioner: So I just believe what I said.

JO:⾃信是什么?⾃信不就是相信⾃⼰吗?那你有没有⾃信,你再告诉我?你只是信错了东西.就好像JOJO⽼师跟你说话,然后你妈妈跟你说话,你是要信JOJO⽼师的,还是信你妈的?

JO: What is confidence? Isn't confidence just believing in oneself? Do you have any confidence? Tell me again. You're putting your trust in the wrong thing. It's like when JOJO teacher speaks to you and then your mom speaks to you; should you believe in JOJO teacher or your mother?

问: 我肯定是听你的.

Questioner: I must be listening to you.

JO: 那就是了.那你明明可以选择⼀个更好的去相信,那你⼲嘛不去选择⼀个更好的去相信呢? 都没有区别啊.为什么? 因为你相信你妈也是对的.为什么? 因为钱要节约着花嘛,不然没得了,是吧? 那你就会创造这样的体验呀,明⽩吗? 那JOJO⽼师说你⽆论花多少,你都可以⽆数倍的赚回来.那也是真的.没有说我的难,你妈的简单.这么说,就好像刚才说往墙上投影.JOJO⽼师拿了⼀双⼿投出来,然后你妈妈拿了⼀只脚投出来,就这么简单,明⽩吗?

That's the point. Why wouldn't you choose to believe in something better when you have the option? There is no difference either way. Why do you choose not to pick the better one? Because you trust that your mother is right too. Why is that? It's because money needs to be spent wisely, otherwise there won't be any left, right? This kind of experience will be created by you, understand? JOJO teacher says no matter how much you spend, you can earn it back many times over. That's true. I didn't mean my life is difficult and your mother's is simple. Like when we talked about projecting onto the wall. If JOJO teacher shows her hands, and then your mother projects her foot out, it's just as straightforward, understand?

问: 但是我会很好怕她会情感操控我,然后会让我产⽣内疚感之类的.

Questioner: But I'd be very afraid that she would emotionally manipulate me and make me feel guilty.

JO:那你要知道呢个匮乏的感觉是来⾃于她,⽽不是来⾃于你.你不需要去连接她的能量,明⽩吗?就好像你妈妈和JOJO⽼师都在你旁边.JOJO⽼师的能量是这个,让我相信我可以拥有⼀切.我妈妈的能量觉得我不配拥有⼀切.那你要连接哪个能量啊?因为当你连接JOJO的能量,你就是可以得到⼀切.你连接你妈的能量,你就是不配⼀切.所以你要插上哪个电啊?

JO: You need to understand that the feeling of scarcity comes from her and not you. You don't need to connect with her energy, do you see? Imagine your mother and JOJO teacher are right next to you. JOJO teacher's energy is this - believing I can have everything. My mother's energy feels like I am unworthy of having anything. So which energy should you connect to? Because when you connect to JOJO's energy, you get everything. When you connect to your mom's energy, you are unworthy of everything. Therefore, which outlet should you plug into?

问: 我要插上你的电.

Questioner: I want to plug into your electricity.

JO: 那就⾏了.你只是需要选择⽽已.它不是难.不是你妈容易,这个难,明⽩吗? 你只是要对准.就好像⽅向盘我到底是要向左还是向右? 开车的时候你就知道,左打⼀下右打⼀下,没有区别的.不是说左打难,右打容易.

JO: That's it. You just need to choose. It's not hard, unlike...it's harder, do you understand? You just have to aim correctly. Like when I'm driving and I don't know if I should turn left or right? When you're driving, you know that turning either way is the same. It's not that turning left is difficult and turning right is easy.

问: 我最近察觉到当我喜欢上⼀个⼈的时候就容易被对⽅牵着⿐⼦⾛怎么办? JO: 被对⽅牵着⿐⼦⾛是什么意思?

Questioner: I've recently noticed that I tend to be led around by the nose when I like someone. How can I handle this situation?

JO: What does it mean to be led around by the nose by the other person?

问: 譬如说我喜欢你,即使你说的是不对的.但是我可能会因为你开⼼⽽还是会按照你说的去做.

Questioner: For instance, if I like you, even if what you say is wrong. But I might still do as you say because of your joy.

JO: ⾸先你把定义定错了.这叫什么? 这叫我在乎你的感受胜过于事实的本⾝.就是事情本⾝不重要,你的感受才是重要的.呢是你表现出的⼀种爱,⽽不是说你牵着别⼈的⿐⼦⾛.这是你对对⽅的爱,明⽩吗? 因为我不管事情对和错,你要是感受不爽,那我就理解你的不爽,我就会尊重你的不爽,我就会在乎你的不爽.⽽不是事情到底对的还是错的.因为在这⾥事情没有对和错.每个⼈他都有他⾃⼰的⼀个世界.那你们俩恋爱的时候或者是相爱的时候,其实你们俩就是在⼀个世界⾥⾯,明⽩吗? 当你们在⼀个世界的时候,那⾥就是他觉得怎样你就会觉是怎样.

JO: First of all, you got the definition wrong. What is this called? This is called valuing your feelings more than the truth itself. That means that what matters is not the thing itself, but how you feel about it. It's a way to express love, rather than pulling someone else around by their nose. This is your love for the other person, understand? Because I don't care if something is right or wrong, as long as you're unhappy, I will understand and respect your unhappiness, and I'll care about it. Not about whether it's actually right or wrong. Because here, there are no rights or wrongs. Everyone has their own world. When you two were dating or in love, you were both in the same world together, understand? And when you're in one world, he feels how you feel and that's how you feel.

问: 但是即使明明知道对⽅的这个点是处于匮乏,那我去迁就他对我⾃⾝反⽽是不好的.

Questioner: But even if I clearly know that this aspect of the other person is lacking, accommodating them negatively impacts me.

JO: 你觉得对⽅的⼀些观念是因为匮乏是吧? 然后你觉得去迁就他是什么?问: 就是在迁就他的时候我反⽽是为难了我⾃⼰.

JO: Do you think their certain ideas stem from a sense of lack, right? And then what do you think about accommodating them?

Questioner: It's actually me being difficult with myself when I'm trying to accommodate them.

JO: 如果你这⾥没有你呢? 你怎么定义你? 呢个你只是你的⼀些观念、你的想法、你的记忆、你把这个认为是你.为什么? 你在拿出来你的观念、你的想法和你的记忆,然后来说这个是我.你跟我产⽣冲突了,你跟我的观念产⽣冲突了.我拿的是JOJO⽼师的观念,你拿的谁的观念? 那你还是把你的观念拿出来了呀,明⽩吗? 那我们的观念是什么? 我们的观念是所有⼈他体验的世界都是真实有效的,不否定任何⼈他们的体验,明⽩吗? 因为这⾥只要选择,所有的体验都是有价值有意义的.只有你想要去选择什么体验.有的⼈就喜欢看恐怖⽚,没办法.那你喜欢看喜剧⽚,你去看你的喜剧⽚啊.你没必要去说:哎呀,这么恐怖.你赶快来跟我看笑话.

JO: If you're not here yourself, how do you define yourself? That 'you' is just your concept, your thoughts, your memories, something that you consider to be you. Why is that? When you bring up your concepts, thoughts, and memories to say this is me, you are in conflict with me, because they are conflicting with my concepts. I'm holding onto JOJO Teacher's concepts, what about yours? Then you're still bringing forth your own concepts, do you understand? Our concepts are that everyone's experience of the world is real and valid, we don't negate anyone's experiences. Because here, it's about choice - all experiences have value and meaning. It's only up to each person to choose what experiences they want. Some people enjoy horror movies, there's nothing wrong with that. If you prefer comedy, watch your comedy films instead. There's no need for you to say: oh my god, this is so scary. Come on and let's tell jokes together!

所以你尊重别⼈⾃⼰的选择.⽽且你也相信每⼀个⼈⽆论他拐了多少道弯,他总会到达他的⽬的地.这么说吧,有的⼈他可能是睡了九⼗九天,他在最后⼀天马不停蹄的使尽全⼒,然后每⼀秒都在奔跑到达了终点.你有可能我今天跑⼀个消失,明天跑⼀个⼩时,后天跑⼀个⼩时,每⼀天都跑,然后跑了⼀百天最后达到了终点,明⽩吗?没有区别的,你不能每天跑了⼀个⼩时然后就看着他说:看你这个⼈,过了⼀个⽉不跑,过了两个⽉不跑,过了三个⽉过了半年还不跑,这么说⼈家.

So you respect others' own choices. And you believe that everyone, no matter how many twists and turns they take, will eventually reach their destination. To put it this way, some people might have slept for 99 days and then on the last day, without stopping, use all their strength to run continuously until they reach their goal every second. You could be someone who ran a minute today, an hour tomorrow, another hour the next day, running every day and reaching your destination after 100 days. Understand? There's no difference. You can't look at someone who runs for an hour each day and say: see this person, they don't run after a month, two months, three months, half a year, and so on, criticizing them like that.

问: 我能不能留在英国这个事? 我家是开封的,我毕业去了深圳实习.我妈妈想让我回到开封,但是我不快乐.我妈妈现在就想要我回过,但是我不想.

Questioner: Can I stay in the UK? My family is from Kaifeng. After graduating, I went to Shenzhen for an internship. My mother wants me to return to Kaifeng, but I'm unhappy there. Currently, she just wants me back, but I don't want to.

JO:⾸先你们是对别⼈的要求的⼀个满⾜有⼀个错误的理解.这么说吧,你妈妈她要求的不是你回到开封,她要求的是跟你有更多的连接感.她更多的可以看到你感受到你,明⽩吗?如果你就算在开封,然后你又不见她又不理她,天天忙你的.你觉得她还开⼼吗?她不会要求:你多陪陪我呀,你来看看我呀.她还是会对你有要求的.所以说重要的是你给她出创造了:妈妈,我⼀直都在.我跟你有连接感.你今天在这⾥看到⼀个⽐如说,我把我的⼯作室跟她分享⼀下,我今天在约会的时候跟她分享⼀下给她发个照⽚,打个电话.然后让她感受到你在这⾥.她有了这种感受她还会去要求吗?所以说就算你在她⾝边,你又不跟她说话也不理她,然后不停的打游戏不停地看⼿机.

JO: You have a mistaken understanding of what your mother is asking for. To put it simply, she doesn't demand that you return to Kaifeng; instead, she seeks greater connection with you. She needs to see and feel you more. If you were in Kaifeng but didn’t visit her or acknowledge her presence, how happy do you think she would be? She wouldn't just ask you to spend time with her or come and visit her; she still has expectations of you. The key is that you've created the impression: Mom, I'm always here for you. We share a connection. For instance, if you share your studio with her when you're dating, or send her pictures and call her during dates, making her feel as though she's included in your life. Once she experiences these feelings of inclusion, will she still demand more? Even if you are physically by her side but don't communicate or neglect her, continuously playing games and checking your phone would indicate a lack of engagement.

你觉得她就不会去对你有要求了?所以说你要看到她提出要求背后的动机.你知道她背后的动机过后,你才好下⼿.你才好知道你要做什么.⽽不是说她提出的要求本⾝.

You think she won't make any demands on you anymore? So you need to understand the motivation behind her requests. Once you know what's driving her actions, then you can take action accordingly and figure out what needs to be done, rather than just reacting to the demands themselves.

问: 她特别希望我可以有⼀个稳定的⼯作,哪怕⼯资很低.但是我不适合⼀板⼀眼的⼯作.那我要怎么办呢?

Questioner: She particularly hopes I can have a stable job, even if the salary is low. But I'm not suited for jobs that require strict adherence to rules. What should I do then?

JO:那就回到刚才呢样⼦,你要看到她要求的不是她要求的本⾝.⽽是说她背后产⽣的⼀些,就是导致她有这样⼦的⼀个想法或者是要求的⼀个动机或者是负⾯信念.她相信什么?她觉得稳定就好的,⽽不要折腾.你⾄少不会明天没饭吃,明⽩吗?她还停留在他们的⼀个经验和记忆中.就觉得你要失业了会怎样啊、连饭都吃不起啊、没地⽅住啊,怎么办啊?不能去体验这个.所以这来⾃于他们对⽣存的⼀种恐惧,明⽩吗?那如果你能消除她对⽣存的⼀个恐惧呢? 我跟你讲,如果你今天⽐如说你让她看到: 妈妈,我⼀个⽉只⽤⼯作⼀天,我⼀天就能赚个⼀百万,明⽩吗? 那她的认知又被你突破了.你是在不断地不断地去突破她的认知,明⽩吗?

JO: Let's go back to the situation we discussed earlier. What she wants is not necessarily what she explicitly asks for; rather, it stems from underlying motivations or negative beliefs that drive her thoughts and demands. What does she believe? She values stability, preferring not to engage in disruptions or upheavals because it ensures that there will be food on the table, understand? She's still stuck in their past experiences and memories, worrying about what would happen if they lost their jobs, couldn't afford meals, had no place to live—how to deal with such situations. She can't experience this herself. This fear of survival comes from them, do you see? If you could eliminate her fear of survival, I'd tell you that if you showed her something like: Mom, I only need to work one day a month, and in just one day, I'll earn ten million yuan—understand? You're constantly challenging her perceptions.

让她有了新的认知,她就不会停留在旧有的认知上⾯了.因为她新的认知会⾃然⽽然的取代这些旧有的.就好像你们新的认知就是你们可以有新的洗⾐机可以洗⾐服,你便⾃然⽽然不去⽤⼿洗了,明⽩吗?

Let her have a new perspective, and she won't be stuck in her old one. Because her new perspective will naturally replace the old ones as it comes. Just like your new understanding that you can use a new washing machine to wash clothes, you would naturally stop washing by hand, do you understand?

问: 关于房⼦的问题.我觉得我⾃⼰对能量很敏感的.这就导致了我找房⼦难.所以我就住在酒店,我就担⼼⾃⼰没有办法维持下去.然后就陷⼊到⾃⼰要怎么搞到更多的钱,然后就陷⼊到不够相信⾃⼰这样⼦.

Questioner: Regarding the issue of houses. I feel that my energy is very sensitive. This leads to difficulty in finding a house for me. So, I live in hotels and am worried about not being able to sustain myself. Then I get stuck thinking about how to earn more money, then it's like I don't trust myself enough.

JO: ⾸先如果你能感受到影响,是因为你本⾝… 只有能量强⼤的能够影响能量弱的,对吧? 那当你的能量⽆⽐强⼤了,你是不是就可以去影响弱的了? 那在你现在还没有强⼤的能量之前,你可以⽤⼀些辅助的⼯具.⽐如说对能量场清理的⼯具.这么说,你可以把你居住的环境打扫的⼲⼲净净.然后放上鲜花,然后放上流动的⽔,放上绿⾊的植物,但是是有根基的有⽣命的,或者是放上有⽣命的⼀些⼩宠物,就是有⽣命的.因为⽣命是活的,或者是⼩⾦鱼,是吧? 因为当你被呢些活的东西包围的话,你就会活起来.当你全部都是死⽓沉沉的死的东西,你就会被带⼊到呢种感觉是受到限制的能量状态⾥⾯.

JO: Firstly, if you can feel the influence, it's because of your own... Only those with powerful energy can influence those with weaker energy, right? So when your energy is incredibly powerful, can you then go on to influence the weaker ones? And before you have the strong energy, you can use some auxiliary tools. For example, tools for cleaning energy fields. With this approach, you could keep your living environment clean and tidy. Then you can add flowers, moving water sources, green plants that are rooted and alive or have a life of their own, or live creatures like small pets, because life is dynamic, or even little goldfish, isn't it? As you surround yourself with living things, you will come to life. But when everything around you is dead and dull, you'll be drawn into a state of energy that feels constricted.

所以你可以通过你⾃⼰对居住环境的⼀个设计和布置来让你达到⼀个感觉你充满了活⼒的感觉.

So you can achieve a feeling of being full of energy by designing and arranging your living environment to your own satisfaction.

问: 那如果说我现在就是很喜欢这个酒店的这个房间,我就是想要住在这⾥.但是它很贵.那接下来我如何对⾃⼰充满⾜够信息,就是说我可以去挣到更多的钱?

Questioner: Suppose I really like this hotel room and wish to stay here, but it's expensive. How can I acquire enough information about how to earn more money in the future?

JO: 也就是说你不想要解决你的能量场的问题,你是想要解决钱的问题,是吗?问: 对,是的.

JO: So you're not looking to resolve issues with your energy field, but rather with money, right? Questioner: Yes, that's correct.

JO: 如何要赚到更多的钱?

How can I make more money?

问: 对,如果我⾜够相信我⾃⼰,我就可以赚到更多的钱.我就可以cover住我这个费⽤了.

Questioner: Yes, if I believe in myself enough, I can make more money. I can cover this cost.

JO: 它这个跟你们每个⼈的⽣命阶段还有关系.为什么呢? 因为你要去拿钱的话,钱是你的⽬标,对吧? 那但是如果你这个阶段的⽬标是要先拿到你的⼀个技能呢? ⽐如说你是⼀个舞蹈家,那你的前半⾝可能就不断不断地去训练你的舞蹈技术.那你的技术还没有全会的时候,你就想着去赚钱,你赚来的只是你的⾟苦钱,就是你花时间啊,不停的在给每个⼈表演啊,对吧? 所以说那你的这个⽣命阶段,就好像没⼀棵果树它是到秋天你才有果⼦吃的.你现在还是春天的时候,还开着花的时候,你就想吃果⼦? 这就是你们所谓的时运,明⽩吗? 那你觉得你现在如果去赚钱,那你依靠的是什么?

Joel: It's related to each person's life stage. Why is that so? Because when you're trying to get money, the money is your goal, right? But if your goal during this stage is to first acquire a skill, say you are a dancer, then in the first half of your life, you continuously train your dance technique. You earn money only from your hard work, which involves spending time performing for everyone, right? So, this life stage feels like a tree that doesn't bear fruit until autumn; while you're still in spring, during when flowers are blooming, you want to eat the fruit? That's what you call good fortune, understand? And if you think about earning money now, what would you rely on?

就好像之前⾼维信息说,你还是棵⼩树苗,你就想着别⼈的果树已经结了呢么多果⼦.那别⼈花了多长时间结果⼦啊? ⼈家花了多少年,是吧? 那你才刚出⽣呢.但是果⼦结了,它可能⽣命也快结束了.为什么呢? 它果树太⽼了,对吧? ⽼了你最终会消失,对不对? 那你不是才刚开始吗? ⼈家还愿意拿他呢棵⽼树来跟你这棵⼩树交换呢.所以你要知道你每⼀个⽣命的阶段你需要focus on的,明⽩吗? 那你就知道你有什么取舍了.

It's like the high-dimensional information said before - you're still a young sapling, and you're thinking about how many fruits others' trees have already produced. How long did it take for others to bear fruit? It took them years, right? But you're just born. However, once the fruit is ripe, its life might be nearing its end too. Why is that? Because the tree is too old, isn't it? Eventually, even if you're old, you will disappear, won't you? You're just starting out, aren't you? People are willing to swap their old tree for your young one. Therefore, you need to understand what phase of life you should focus on. You'll know how to make choices and trade-offs.

问: 在宇宙的层⾯,⼀分钱和⼀百块和⼀万它是有分别的吗? JO: 什么意思?

Questioner: In the universe, is a penny, one hundred dollars, and ten thousand dollars different in any way? JO: What do you mean by that?

问: 就是你显化⼀百块和⼀万块的难度是有区分的吗?

Questioner: Does the difficulty of manifesting a hundred dollars and one thousand dollars differ?

JO: 这么说吧,你其实显化的不是钱,钱只是⼀个代表,⼀个数字.你显化的是呢个事情本⾝,明⽩吗? 那就不如说我想要这套房⼦.有⼀个⼗万的房⼦和⼀千万的房⼦,它实际上没有区别的.那在你们眼⾥有区别的是⼀个是⼗万,⼀个是⼀千万,然后就觉得… 显化⼗万和⼀千万有区别吗,明⽩吗?

JO: Let me put it this way, you're not manifesting money; money is just a symbol, a number. You're manifesting the thing itself, do you understand? So let's say I want this house. There's a house worth ten thousand and one worth ten million, but they are essentially the same. What makes them different in your eyes is that one is ten thousand and the other is ten million, and then you think... Is there really a difference when manifesting ten thousand versus ten million, do you see?

问: 就是是⼤脑对这个产⽣了评判,认为它是不同的对吗?

Questioner: Is it that the brain is making a judgment, deeming it different?

JO: 我不知道你的意思.是你⾃⼰有⼀个定义,你会觉得你显化⼗块钱容易,显化⼀百块钱不容易,是这个意思吗?

JO: I don't know what you mean. Are you saying that you find it easier to manifest ten dollars and more difficult to manifest one hundred dollars, based on your own definition?

问: 差不多吧.

Questioner: About right.

JO: 那就是你有⼀个信念就是你并没有得到⽀持.问: 对,就是会觉得经常得不到⽀持.

JO: That's because you believe that you don't get support. Questioner: Yes, it feels like you're often not getting support.

JO: 那这个是你信念的问题.因为如果你的信念是造物主给我的⼀切都是我需要的,⼀切我需要的我都会得到,都会受到⽀持.那如果是这样的状态下,它不管是⼀个房⼦还是⼀百块还是两百块还是五个亿,你都会受到⽀持的.

JO: That's because it's a problem with your belief. If you believe that everything the creator gives me is what I need and that I will receive all that I need and get support for them, then if this state were a house or $100 or $200 or billions of dollars, you would still receive support.

问: 是因为我先有⾃⼰是被⽀持的这样的信念? 我发现⾃⼰会把⾃⼰的价值等同于物品的价值.⽐如说我⽤的东西越好越贵,我的⾃我价值越⾼.我要怎样把我的价值和物品的价值划分开?

Questioner: Is it because I first believe that I am supported? I find myself equating my value with the value of objects. For example, if the things I use are better and more expensive, my self-value is higher. How can I separate my value from the value of objects?

JO: 那就是你去认识到这些东西不是⽤物质能衡量的呀.那是你⾃⼰的认知的⼀个过程啊.问: 那我⾃⼰的价值又是什么呢?

That's because you need to understand that these things can't be measured by material means; it's a process of self-awareness for you. Questioner: And what about my own value?

JO: 你⾃⼰的价值就是你⽣命这⼀⽣就是你⾃⼰不断去发现的过程,不是我来告诉你的.不是我们来跟你说,哎呀你好有价值.为什么呢? 我突然跟你说,你就是皇上.你能成为皇上吗,明⽩吗? 别⼈给你个名字: 啊,你就是⼥王.你觉得你就是⼥王了? 需要你⾃⼰活出来⼥王的感觉.

JO: Your own value is a process of discovering yourself throughout your life, not something I'm going to tell you or anyone else will tell you how valuable you are. Why would someone suddenly say to you, "You're the emperor"? Can you actually become an emperor? Understand that it's about experiencing the feeling of being a queen when others just give you a title like, "Oh, you're the queen," and expecting you to immediately feel that you truly are one. It requires you to embody the essence of what it means to be a queen in your own life.

问: 就是⾃我价值是我⾃⼰去赋予的,对吧?

Questioner: Is it true that I give myself my own value?

JO: 是你⾃⼰,⽐如说去经历⽣命去体验⽣命,⼀步⼀步的.就好像⼀棵⼏百年的树,你不能说我给你写上⼏百岁,它就成了⼏百岁.⽽是它需要去经历⼏百年,然后历经风霜.

JO: It's your own experience of life, step by step, like going through and experiencing life itself. Imagine a tree that has been around for hundreds of years; I can't just say that if I write "hundreds of years" on it, it becomes hundreds of years old. Rather, it needs to endure through centuries and survive numerous challenges and hardships.

问: 我时常会觉得⾃⼰不值得遇到好的⼈事物.这是什么样的⼀个核⼼信念?

Questioner: I often feel unworthy of encountering good things. What kind of core belief is this?

JO: 你并没有觉得你不值得遇到好的⼈和事物.你没有这种,你反⽽是特别想要,明⽩吗?问: 难道是我的⼤脑欺骗了我吗? 为什么我会觉得我不值得呢?

JO: You don't feel that you are not worthy of good people and things. You don't have this feeling; instead, you really want to understand it. Right? Questioner: Could my brain be deceiving me? Why do I feel unworthy?

JO: 那是什么让你觉得你有这种想法? ⽐如?

JO: What makes you think that way? For example?

问: ⽐如说前段时间,我的⽇薪⽐较⾼.我就会觉得我真的值得⽇薪这么⾼的状态吗?

Questioner: For example, if my daily wage was quite high recently, would I feel that I truly deserve such a high daily wage?

JO: 只是⼀个想法,⼀个念头.⼀个想法和念头并不代表任何.它跟你的核⼼信念是不⼀样的,明⽩吗? 跟你的状态.

JO: Just an idea, just a thought. An idea and a thought don't mean anything. They are not the same as your core beliefs, do you understand? Your state.

问: 我时常觉得我的⼼轮是痛的.如何解决⼼轮这块⽐较痛?

Questioner: I often feel that my heart chakra is in pain. How can I address this issue with a more painful heart chakra?

JO: 它有可能只是你的想法的问题,它有可能不是你真正的physical problem.问: 就是本⾝我的⼼是没有问题的,但是我硬是觉得它有问题,是吗?

JO: It might just be an issue with your perception, it might not be a true physical problem. Questioner: That is, my heart is fine, but I insist that there's a problem, right?

JO: 是的.

Yes, JO.

问: 我发现我存在⼆元对⽴.就是我觉得钱多就是好的,钱少不好.我要怎么破?

Questioner: I've noticed a binary opposition in my beliefs. I feel that having more money is good, and less money is not. How do I overcome this?

JO: ⾸先这只是你觉得有选择有⾃由就是好.你的想法是有选择有⾃⼰是好,没有选择没有⾃由是不好.因为钱代表了⾃由.你可以⾃由选择你任何想要的.那就是⼀种选择的状态.那没有钱代表了什么? 你没有选择.那就好像是说,坐牢不好,不坐牢好.有错吗? 这没有任何问题.因为在你们内⼼深处你们都知道你们是不受任何限制的,你们是⾃由的.所以你们会对⾃由有很⼤的向往.因为呢是你们本⾝,就好像⼀只鸟⼀样.你如果把它的翅膀给捆住了,让它感受到限制.它不会痛苦吗?

JO: This is just your perception that having choices and freedom is good. Your idea is that the ability to choose and have autonomy is beneficial, while lack of choice and freedom is detrimental. Money represents freedom because it allows you to make free choices about anything you desire. It's a state of having options available to you. What does not having money represent? Absence of choice. Isn't it like saying, being in prison is bad, whereas not being in prison is good? Is there anything wrong with that? There is no problem because deep down inside, you all know that you are not limited by any constraints and you are free. Thus, you have a great yearning for freedom. It's essentially like how a bird feels when its wings are tied up, experiencing limitations - wouldn't it feel pain?

问: 我会把开⼼的情绪定义为好,把悲伤的情绪定义为不好,所以我⾮常排斥悲伤.我要怎么正确的看待好的情绪和不好的情绪呢?

Questioner: I define happiness as good and sadness as bad, so I strongly disapprove of sadness. How should I view good emotions and bad emotions correctly?

JO:那是因为你们知道开⼼是你们本来的状态,不开⼼是你抗拒的⼀个状态.所以说本⾝有问题的是你在抗拒呢个不是你原本的状态的⼀个状态.就是不开⼼不是你嘛.那你做着你不开⼼的事情,那你肯定是不情愿的呀.但是你可以去通过呢个让你去看看你到底是持有了什么让你不是你,因为呢背后只是⼀个信念⽽已,就是东西卡住了.就⽐如说你是⼀个⼀直在不停的转到的齿轮,没有任何问题.你扔个⽯头进去,那肯定会咯吱咯吱响啊.你眼睛⾥⾯本来好好的,你放个沙⼦进去,你肯定会不舒服的呀.那你不舒服你是不是把它排出来你就舒服了?那悲伤你可能背后有⼀个信念,相信了什么,就是你到底相信了什么?

JO: That's because you are aware that happiness is your natural state, and unhappiness is a state you resist. Therefore, the issue lies with you resisting something that is not your original state. It's not that you're unhappy; it's that you're doing things that don't suit you, making you unwilling to do them. However, you can look at what you've been holding onto that isn't truly you because behind this is just a belief - an obstacle blocking your path. Imagine yourself as a continuous spinning gear with no issues. If you throw a stone in, it will definitely make noise. Your eyes were fine until you put sand in them; then they would be uncomfortable. Wouldn't it feel better once the discomfort was relieved? Similarly, if sadness has a belief underlying it - what are you believing in?

然后你把它拿出来,你把你相信的东西拿出来看到,呢只是我相信的东西,呢只是⼀个观念、⼀个想法、⼀个念头.那你把它拿掉了,你眼睛不就不会有进沙⼦的呢种不适感了吗?

Then you take it out, and you bring out what you believe in to see that it's just the things I believe in, a concept, an idea, or a thought. Then when you remove it, wouldn't your eyes no longer have that uncomfortable sensation of having sand in them?

问: 我在17岁的时候,遇到了⼀个男⽣.我和呢个难上相处的时候时常会感到亏⽋感.我要怎么处理我⾃⼰这样?

Questioner: At the age of seventeen, I met a boy. There are times when I feel indebted towards him due to my difficulty in getting along with him. How should I deal with these feelings about myself?

JO: 你现在还有吗?问: 还有⼀点.

You still have it now? JO: A little bit left.

JO: 所以是什么导致你把别⼈的情绪归咎到⾃⼰⾝上,是吗?问: 对.

So what leads you to take on other people's emotions as your own, right? Questioner: Yes.

JO: ⾸先你可以说怎么样去看待这样⼦的⼀个情绪反应.为什么当别⼈痛苦的时候你会难受?是因为你们本⾝所有的⼀切它是连接着的.这就是当你们发现你们在奉献的时候,在给出爱的时候,在做出⼀些有爱的⾏动的时候,在让别⼈快乐的时候,你们会特别开⼼.那是因为你们是连在⼀起的.那对⽅爽、开⼼,就是爽,对不对? 明⽩吗? 那对⽅痛苦你就痛苦.但是呢,对⽅痛苦你就痛苦,你要知道你没有办法去认定它的痛苦⽽帮它解脱痛苦.你只是在加深他⾃⼰创造的⼀个幻像⽽已.你们共同的进⼊了共同创造的呢个幻像⾥⾯,明⽩吗? 所以说你可以改变别⼈创造的⼀个幻像.就像换个⼥孩⼦她现在在改变你⾃⼰创造的呢个幻像⽽已.

JO: You can start by asking how to perceive such an emotional response. Why do you feel uncomfortable when others are suffering? It's because everything about yourselves is interconnected. This explains why, when you discover the act of giving and receiving love, making loving actions, or bringing joy to others, you feel exceptionally happy. That's because you're connected as one. When they are happy and joyful, it feels good; do you understand? When someone else suffers, you suffer too. But, when someone else suffers, knowing that you can't relieve their suffering by attributing it to their pain is important. You're merely deepening the illusion created by themselves, not helping them. You both have entered into a shared illusion together. Do you see? So, you can change the illusions created by others. It's like the girl changing her own illusion that she herself has created for herself.

因为你的所有问题它都在你⾃⼰创造的⼀个幻像⾥⾯.那她现在来让你看到你这个幻像不是真的,来,放上我这个幻像,明⽩吗?

Because all your questions are within the illusion you created for yourself. Now she comes to show you that this illusion is not real, come, place my illusion on it, understand?

问: 那我经常会遇到喜欢我,但我不喜欢的男⽣.当我拒绝他们,他们就很伤⼼.然后我就会产⽣愧疚的感觉.那我要怎么样和他们接触?

Questioner: Well, I often encounter men who like me but whom I do not like. When I reject them, they become very upset. This makes me feel guilty. How should I interact with them?

JO: ⾸先你们⼈都是能感受到对⽅是什么样的⼀个企图和⼼态的.那如果你⾃⼰是⼼有所属,就是你是在恋爱的状态,明⽩吗? 就好像你本⾝就跟对⽅隔了⼀层强.他跟你产⽣不了连接感,明⽩吗? 所以你⾃⼰的状态决定了对⽅对你产⽣的状态.他有可能是: 这个⼥孩⼦不错.但是他不会有⾮分之想.因为知道你在墙的⾥⾯.如果他想跟你发⽣点什么.那你肯定会是给他创造的感觉就是you are looking for sth, you are looking for someone.就是你是空窗状态,你在寻找.你在寻找归宿,你在寻找连接.你在嗷嗷待哺,你张着嘴巴到处找.然后他正好也是.

Firstly, people can sense the nature of each other's intentions and mindset. If you are in a state where your heart is taken, meaning you're in a relationship or love, do you understand? It's as if there's a barrier between you and them; they can't feel connected to you. You determine the state that the other person feels towards you based on your own condition. He might think: "This girl isn't bad." But he wouldn't have any improper desires because he knows she's inside the fence. If he wants to develop something with you, it would make him feel like you're searching for something or someone, in a state of longing for completeness and connection, desperately looking for that connection. He finds himself in need, his mouth open wide as he seeks across everywhere, and coincidentally, so is she.

那当你拒绝了他,就好像否定了他,他配不上你,明⽩吗? 是这种.

That's like saying no to him and denying that he deserves you, do you understand? It's something like this.

问: 我在24岁呢年谈过⼀个军⼈男友.我们只是⽹上聊天.但是最后分⼿的时候悲伤欲绝.为啥我会呢么的痛苦呢?

Questioner: I dated a military boyfriend when I was 24 years old. We only communicated online, but I was heartbroken when we broke up. Why was I so upset?

JO: 这么说吧,你们在恋爱的时候,你们每个⼈⾝上都有⼀个管⼦.你们在恋爱的时候就好像把管⼦插到别⼈⾝上,从别⼈⾝上得到你的存在感、价值感还有你的被关注、重要性、被需要,就好像从呢边输⼊到你的⾝体⾥⾯来.然后当对⽅消失了过后,你就会觉得所有呢些输⼊的东西,就是被关注被赞美被爱被什么什么的、连接感、重要性,好像全部都消失了,明⽩吗? 那如果我问你,当你⾃⾝已经拥有这些,你还需要到处插管⼦吗? 然后别⼈都把管⼦插你⾝上,明⽩吗?

JO: Let me put it this way, when you're in love with someone, each of you has a tube. While you're in love, you stick the tube into the other person to gain your sense of existence, value, and attention, as if these are being input into your body from them. Then, once they disappear, you feel that all this input—being noticed, praised, loved, and so on, along with a sense of connection and importance—seems to vanish. Understand? If I ask you whether you would still need to stick tubes everywhere when you already have these feelings, then others are sticking the tubes into you, do you get it?

问: 我还有⼀个信念就是我觉得我的能量场弱,导致我⾃⼰没有办法承受太多钱.⽐如说别⼈要是给我很多钱,我会担⼼这些钱会流失掉.这个是什么样的信念? 我要怎么转换呢?

Questioner: I have a belief that I feel my energy field is weak, which prevents me from handling too much money. For example, if someone were to give me a large sum of money, I would worry that the money might be lost. What kind of belief is this? How can I change it?

JO: 那你有体验过你拥有很多钱,然后又被你流失掉吗?问: 有.就是有的时候我花钱会⽐较冲动.

JO: Have you experienced having a lot of money and then losing it all?

Questioner: Yes, sometimes I tend to spend impulsively.

JO: 然后呢?

Then what?

问: 然后就是把所有的钱都花完了.

Questioner: Then it's all gone.

JO: 然后呢?

Then what?

问: 然后就会陷⼊到⼀种匮乏的状态.就是钱花了就回不来了.

Questioner: Then you would fall into a state of scarcity, where once the money is spent, it's gone.

JO: 所以说你想要改变是吗? 你稍等.这个是跟你情绪的稳定的⼀个状态有关系.因为你的情绪状态本⾝就不是呢么稳定.就是你整个⼈的频率和能量状态.所以⾦钱它也会随着这个波动的.那当你逐渐的达到⼀个很稳的状态… 这么说吧,你现在就像⼀个⼩孩⼦在学⾛路⼀样.你现在⾛⼏步就要倒下,就是不稳定,是吧? 那等你慢慢长⼤了,你⾃然⽽然就稳定了,所以你不需要去太纠结于这个.

So you want to change, right? Please hold on. This is related to your state of emotional stability because your own emotional state isn't very stable. That's due to the frequency and energy state of your entire being. So, money will also fluctuate with this vibration. Now, as you gradually reach a more stable state... To put it simply, you're like a child learning to walk at this point. You take a few steps and then fall down because you're unstable, right? Eventually, as you grow older, you naturally become stable, so there's no need for too much concern about it.

问: 我在爸⾝上看到负能量、脆弱.总是告诉我⼈性是恶的.我该怎么和他接触? JO: 你现在还需要和他接触吗? 你不是在国外吗?

Questioner: I see negativity and fragility in my father, always telling me that human nature is evil. How should I approach him?

JO: Do you still need to interact with him now? Aren't you abroad?

问: 对.我已经把他拉⿊了.

Questioner: Alright. I've blocked him.

JO: 那你现在就不⽤去处理这个事情,如果它没有在你眼前.因为你现在还是⼩孩⼦,⼩孩⼦去处理⼤⼈的事情,他肯定会觉得吃⼒.等你慢慢慢慢⼤了,你⾃然⽽然就可以处理⼤⼈的事情了.

JO: So right now, you don't need to deal with this matter if it's not in front of you. Because you are still a child, children handling adult matters would definitely find it burdensome. As you grow older and older, naturally, you will be able to handle adult matters on your own.

问: 我存在⾃我攻击.就是我不允许⾃⼰脆弱,我会攻击⾃⼰的脆⾁.我要怎么接纳⾃⼰的脆弱?

Questioner: I engage in self-inflicted harm. Specifically, I don't allow myself to be vulnerable; instead, I attack my own soft spots. How can I learn to accept my vulnerability?

JO: 你稍等.这也是属于你的⼀个能量状态还没有平衡.这么说吧,你是⼩孩⼦的时候,你遇到⼀点问题,你马上就躺在地上有哭又闹的,不停的狂哭.随着年龄慢慢的长⼤,你⾃然⽽然不会做这个动作了.你会觉得我已经三⼗⼏岁了,我为什么还躺地上哭啊.

JO: Wait a minute. This is also an energy state that you have yet to balance. To put it simply, when you were a child and encountered a problem, you would immediately lie on the ground crying and fussing uncontrollably. As you grew older, naturally, you wouldn't do this anymore. You'd think, why am I still lying on the ground crying at my age of thirty-something?

问: 关键是我会攻击⾃⼰的脆弱.

Questioner: The key is that I will attack myself where I am vulnerable.

JO: 你现在只停留在你⾃⼰曾经的记忆⾥⾯,你曾经做过的⼀些事情⾥⾯.就好像你还停留在你三四岁⼩时候做过⼀些,在地上苦恼啊,这些事情.你现在已经不是呢个年龄了呀.所以你也不需要去纠结它.这是每个⼈都会有的⼀个经历.但是你现在⼀直在成长,因为你的视⾓⼀直在转变.就⽐如说我们今天⾼维信息,你就⼀直在跟着我的视⾓转变转变.那你的转变你就在成长.你就越来越明⽩,原来这样原来呢样,明⽩吗? 所以传讯前的你和现在的你已经不⼀样了.你就没必要再去拿我曾经怎样怎样,我会怎样怎样.呢个已经不是你了.

JO: You are currently only dwelling in your past memories, the things you used to do. It's like when you were a toddler trying hard on the ground; these actions defined that time. But now, you're not that age anymore, so there's no need to obsess over it. This is an experience every individual undergoes. However, as you continue growing, your perspective keeps evolving, allowing you to see things differently today than yesterday. The high-dimensional information we are discussing today reflects this transformation; each time our perspectives shift together, it signifies progress and understanding. Your growth leads to a clearer insight on how things were or are, right? Consequently, the person who received the message before and the current one are different now. There's no need to hold onto what I was capable of or did in past times because that isn't you anymore.

⼀个⼩时前的你已经死掉了.你想要什么新的你,你再重新去创造.

An hour ago, you were already dead. What kind of new you do you want, and create yourself again.

问: 那为什么我会牢牢的抓住之前的⾃⼰不肯放⼿呢?

Questioner: Why do I cling so tightly to the old me that I won't let go?

JO: 因为你还不认识你呀,你会觉得记忆⾥⾯呢个你才是你呀.

JO: Because you don't know yourself yet, you would think that the one in your memory is who you are.

# **2023/03/10 — 运⽤隐形的能量 Utilizing Invisible Energy**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我今⽣的⼈主题是什么? JO: 你叫什么名字?

Questioner: What is the theme of my life? JO: What is your name?

问: XXJO: 你这⼀⽣你会对能量,对灵性层⾯就是⼀些看不到的层⾯,⼀些隐形的能量的探索和体验.

Questioner: XX. JO: In your lifetime, you will explore and experience energy, the spiritual层面 where unseen forces and invisible energies exist.

问: 什么算是隐形能量?

Questioner: What counts as invisible energy?

JO:就⽐如说你们有能量疗愈之类的,就是并没有任何的实质的接触.⽐如说你不去碰对⽅,也不去⽤任何器材.

JO: For example, with things like energy healing, there's no physical contact at all. You don't touch the other person or use any equipment.

问: 是远程的呢种吗?

Questioner: Is it a remote one?

JO: 对,远程的.也有当⾯的呢种,就是你们不会有任何接触.不是通过按摩⼿法或者是碰触这类的,明⽩吗?

JO: Yes, there are also in-person ones where you won't have any contact at all. Not through massage techniques or touching like that, do you understand?

问: 那就是说我可以当⼀个能量疗愈师,有这个天赋?

Questioner: That means I can be an energy healer with this talent?

JO: 你只是对这⽅⾯很感兴趣.就是你会向这⽅⾯去探索,你会被引导这⽅⾯,让你感兴趣,让你想要去探索.

You are just very interested in this area; you would explore in this direction, be guided towards it, and find yourself drawn to it and wanting to delve into it.

问: 所以这就是我的⼈⽣课题, 那我需要怎么去做呢?

So this is my life's challenge, and how should I go about it?

JO: 你不需要怎么去做,因为所有的⼀切都会把你推到呢⾥,引导呢⾥.所以你不需要去怎么样做,明⽩吗?

JO: You don't need to do much because everything will push you there and guide you there. So you don't need to do anything specific, understand?

问: 它是我这⼀⽣的兴趣爱好还是⼈⽣课题呢?

Questioner: Is it a hobby or a life lesson that has captivated my interest in life?

JO: 如果你是说怎么样去做的话,你就是在听从你的物质头脑⾥.但是你内在它有指引,明⽩吗? 就好像这个浪潮把你推到岸上去的感受.

JO: If you're talking about how to do it, then you're listening to your physical mind. But there is guidance inside of you, understand? It's like the feeling of being pushed onto the shore by this wave.

问: 我只需要去享受这个过程就可以了,是吗?

Questioner: I just need to enjoy the process, right?

JO: 你只要去允许和抓到每⼀个到你⽣命当中来的机会,抓住每⼀个指引.问: 怎么去判断呢?

JO: Just go and allow and seize every opportunity that comes into your life, and grab every guidance. Questioner: How do you discern this?

JO: 你⾃⼰内在会知道的.因为当你拒绝了,你⼼⾥会产⽣不⽢⼼或者是不愿意放弃或者是忐忑不安.所以你不需要特意的去让外在的信息来告诉你我有没有做错啊.因为就算你当时拒绝了,其实也是给你⼀次机会让你去发现原来你真的是想要做呢个选择,明⽩吗? 所以就算是你拒绝,你其实也是在把你引上呢条路.

JO: Your inner self will know this. When you refuse, there is an unwillingness or reluctance to give up or a sense of anxiety inside you. Therefore, you do not need to intentionally seek external information to tell you whether you have made a mistake. Even if you refused at that time, it actually gave you another chance to discover that you really wanted to make that choice, right? So even if you refuse, you are still leading yourself down that path.

问: 那我⼯作的⾓⾊最好是⼀个能量疗愈师?

Questioner: In that case, what would be my role working as an energy healer?

JO: 没有,并没有这么说.因为这个是你们⾃⼰物质世界去定义的.当你真正的对能量感兴趣,你即使没有在做相应的⼯作,你也会去做相应的事情,你也会去做这个.所以它跟⼯作不⼯作没有关系.就好像这个传递信息的⼥孩她没有在上班,但是她还是在做着你们所谓的⼯作.她还是做她⾃⼰热爱的事情.是你⾃⼰就会引向导向呢个⽅⾯.

No, I didn't say that because this is something you define in your own material world. When you are genuinely interested in energy, even if you're not doing the corresponding work, you will do it, and you will do what's required. So, it has nothing to do with whether or not you're working. It's like the girl who delivers information; she may not be at work, but she still does what's considered work in your world, and she still does what she loves. Ultimately, it's you that leads yourself in that direction.

问: 那我需要让更多⼈去了解能量吗?

Questioner: So do I need to make more people aware of energy?

JO: 你不需要刻意的去.⾸先你要知道外⾯没有⼈,你来到这个世界上是你⾃⼰创造和你⾃⼰体验你的世界.那有⼈是什么呢? 是如果你需要出现⼈来和你互动或者需要⼀个就像模特⼀样他来⽀持你⾃⼰想要体验的,他们就会出现,明⽩吗? 你需要呢样的⾓⾊来跟你互动,你需要呢样的对⼿来跟你对练切磋,你需要呢样的导师进⼊你的⽣命⾥来给你引导,所有它都会出现的.所以你并不是为了什么什么⽽什么.就像你们在传讯前说的,同步性会安排好⼀切,明⽩吗?所以没有外⾯你需要去处理的.因为你们物质头脑不会去明⽩也不会去理解,但是它只是来让你可以focus在你的物质世界⾥⾯让你跟物质世界有连接⽽不会失去连接.

JO: You don't need to force it. First, you should know that there is no one outside; you came into this world by yourself and experienced your own world. What are people? They appear if you need interaction with someone or if you need a model-like figure supporting what you want to experience, they will show up, do you understand? You need the role of who to interact with, you need opponents for practice and sparring, you need instructors entering your life to guide you. All these things will come about because you are not seeking anything in particular. Like what was mentioned before communication, synchronicity takes care of everything, do you understand? So there's nothing outside that needs handling. Your physical mind doesn't comprehend it or understand it, but it only serves to help you focus on your physical world and maintain a connection with the physical realm without losing it.

因为当你失去连接你就发⽣不了任何体验了,明⽩吗?这是你们头脑的功能.⽽且就算它理解,它也是在它⽚⾯的⼀个认知去理解它.它也不能理解到全部的意义,明⽩吗?所以你就完完全全可以让它relax and enjoy.

Because when you lose connection you can't have any experience anymore, right? This is what your mind does. And even if it understands, it only comprehends it from its own perspective as a form of cognition. It cannot grasp the full meaning, right? So you could completely let it relax and enjoy.

问: 那只有这⼀个课题吗? ⼀个⼈的⼀⽣只有这⼀个课题吗?

Questioner: Is this the only topic? Is one person's entire life just one topic?

JO: 这不是说只有⼀个课题.你要知道你们,就像这个传递信息的⼥孩⼦她热衷传播信息.那她就会使⽤很多很多的传播途径.那她的途径她有可能是在⼀个饭店⾥⾯,有可能是在⼀个企业⾥⾯,有可能是在⼀个⼯⼚⾥⾯,也可能在学校⾥⾯,也可能在出租车上,任何地⽅.明⽩吗? 那你说有限制在哪个⾏业哪个领域吗? 没有啊.但是你却看到怎么又在做这个又在做呢个,那到底是在做哪个啊? 是你们头脑才把这⼀切给它,这么说吧,就像你们地球上的⽔⼀样.然后你说只有海⾯有⽔吗? 你看到有河⽔,有湖⽔,有洪⽔,有长江⽔,然后还有井⽔,⼭泉⽔,各种.明⽩吗?就⽐如说你的能量,OK,那你可以⽤在你跟你的家⾥⼈.

JO: This isn't to say there's only one subject. You need to understand that you all are like this girl spreading information. She will use many ways of dissemination. The channels she uses could be in a restaurant, in an enterprise, in a factory, or even at school, or on a taxi, anywhere. Do you get it? You ask if there's any limitation to which industry or field is allowed for such practice? No, but how come people are doing this here and there? Which one is the right choice then? It's your mind that decides all of this. Like water in Earth, do you only see ocean water? You'll see river water, lake water, floodwater, Yangtze River water, or well water, spring water, etcetera. Do you understand? Take your energy for example, yes, you can use it to connect with family members at home.

⽐如说⽣病或者⾝体不好或者情绪低落,那你都可以去运⽤你的能量.为什么呢? 因为你对这个感兴趣.那你可能是在普通的公司⾥⾯做⼀个职员,那你可以运⽤这个能量,明⽩吗? 那你可能去做⼀个健⾝教练,那你也可能去使⽤这个能量.因为那也需要强⼤的能量去激发别⼈啊,明⽩吗? 所以说这个是你⾃⼰要探索的⼀个主题和想要去发展的⼀个能⼒和技能.但是它却可以去在任何地⽅.没有说你这⼀⽣就是来做能量疗愈师的.那不是限制了你想成为⼀个企业家的可能性,对不对? 你就说我怎么做个能量疗愈师啊? 因为什么? JOJO传讯说的.你没有任何限制的,⽆论你到哪⾥你都可以去运⽤它体验它.

For example, if you're ill or physically unwell or feeling down, then you can use your energy for that. Why would you do that? Because it interests you. You might be working as an employee in a regular company, but you could still utilize this energy, right? Or perhaps you become a fitness trainer, and you might also use this energy because it requires substantial energy to motivate others, right? So, this is something for you to explore as a subject and a skill you want to develop. But it can be applied anywhere. It's not about being limited to becoming an energy healer for your entire life. That doesn't restrict your possibility of becoming an entrepreneur, does it? You're saying how do I become an energy healer? Why is that necessary? JOJO said so; you have no limitations in applying and experiencing it wherever you go.

问: ⽆论我的⼯作是什么我都可以去体验运⽤这样的能量?

Questioner: Can I experience using such energy regardless of what my job is?

JO: 跟⼯作没有关系,跟你⾃⼰有关系.跟你⾃⼰成为⼀个什么样性质的你有关系.

JO: It's not about work, it's about you and yourself. It's about becoming a certain kind of person for yourself.

问: 我的天赋是什么?

Questioner: What is my talent?

JO: 你稍等.你的天赋也是运⽤能量.就是你可以把能量运⽤的很好.⽐如说你可以创造⼀个充满爱的能量场充满疗愈的能量场.然后来疗愈他们,来让他们感受到爱,明⽩吗?

JO: Wait a moment. Your talent is to utilize energy. You can use it very well. For example, you can create an energy field full of love and healing energy to heal them and make them feel loved, understand?

问: 就⽐如说我想创造什么样的能量场都可以是吧?

Questioner: Can I create any kind of energy field I want?

JO: 你不会去创造恐惧的能量场,明⽩吗? 因为去创造恐惧的能量场,是因为他本⾝就是⼀个充满恐惧能量的⼀个,就是呢个频率在⾥⾯.他是断开连接的,明⽩吗? 但是你要去创造有爱或者疗愈的能量场,你需要去插电的,就是连接状态.那如果你是连接状态你就不是断开的状态,你就永远都创造不了恐惧的能量场,你明⽩这层意思吗? 你如果要创造⼀个恐怖的能量场,就是你会感受到⼈家的能量场很恐怖很恐惧,是吧? 他们都是跟源头断开连接的.就因为断开连接,所以他们是有⼀个恐惧恐怖的能量场在⾥⾯.那当你插上电的话,呢个恐惧的能量场就没有了啊,明⽩呢个意思吗?

JO: You won't create an energy field of fear, understand? Because creating an energy field of fear means that he himself is filled with fear energy, which is the frequency inside. He is disconnected, understand? But when you're creating an energy field of love or healing, you need to be plugged in, meaning connected state. If you are connected, you are not disconnected, and you will never create a field of fear, do you understand this implication? If you want to create a terrifying energy field, you'll feel that other people's energy field is very scary, right? They are all disconnected from the source because of being disconnected, so they have a terrifying fear energy inside. But when you plug in, the fear energy field disappears, do you understand that concept?

问: 我现在的状态算是已经插上电了吗?

Questioner: Am I already plugged in in my current situation?

JO: 你⾃⼰去体会体验,你才是呢个体验体,你不需要任何⼈来告诉你,明⽩吗? 不是外在的⼈来告诉你,你有没有插上还是断开的,你⾃⼰就知道.

JO: Experience it for yourself, you are the one experiencing. You don't need anyone to tell you, understand? Not someone from outside telling you whether you're connected or disconnected, you know this on your own.

问: 我的爸爸妈妈弟弟分别与我这⼀世的课题是什么?

Questioner: What are my parents and brother's issues in this lifetime related to me?

JO: 你和你的原⽣家庭的连接感并没有很强烈,反⽽你会有⼀种断开连接的感觉.然后这个导致你会有⼀种很渴望有连接感有安全感或者是呢种跟源头有连接的感觉.这种感觉就好像有⼀种缺失或者是它会你造成⼀种渴望,然后就会推向你⾛上这条道路.

JO: You don't have a strong connection with your biological family; instead, you might feel like there's a disconnection. This leads to a desire for connection and security or a feeling of being connected to the source. The sensation feels like it is missing something or creates a sense of longing that pushes you towards this path.

问: 所以说他们的出现也是有助于我⾛上这条道路的?

So their appearance was also helpful in leading me down this path?

JO: 因为如果你⼩时候你⼀直得不到缺失的东西,你长⼤后你会不会就特别渴望它? 因为它就⼀直给你⼀个,就好像你⼩时候⼀个玩具⼀直没买到,你这⼀辈⼦都遗憾,你都想要.

JO: Because if you didn't get what was missing when you were young, would you crave it a lot as an adult? Because it's always been like that for you since childhood; you never got your hands on the toy you wanted, and you're regretting it all your life, wanting to have it.

问: 所以跟家庭没有连接感才导致想要跟能量连接?

Questioner: So, is it because of a lack of connection to one's family that you desire an energy connection instead?

JO: 因为要激发出你对⼀个东西的渴望,你⾸先是得不到它,明⽩吗?问: 这算是⼈⽣剧本吗? 就是有这样⼀个家庭⽽导致…JO: 这不是导致,这是你想要通过这条桥或者这条路⽽达到这样⼀个⽬的地,明⽩吗?问: 我和我⽼公的课题?

JO: Because to stimulate your desire for something, you first have to not get it, right? Questioner: Is this a life script where there's such a family... JO: This isn't a cause, but rather you want to cross this bridge or take this road to reach that destination, right? Questioner: My husband and my topic?

JO: 你⽼公就好像他也是在来等待你去转变他的呢⼀个⾓⾊.问: 转变什么呢?

JO: Your husband seems to be the one waiting for you to transform him as well. Questioner: Transform what?

JO: 也就好像是你的⼀个功课⼀样.因为你是呢种不喜欢去强迫或者是从表⾯上去强迫或者是去⼲涉或者是去做太多呢种push对⽅的⼀些⼯作,明⽩吗? 就⽐如说你指着你⽼公的⿐⼦说你要这样做.你是不喜欢这种⽅式的.但是呢,你喜欢的⽅式是什么? 像温暖的太阳慢慢照射着⾃⼰,你⾃⼰就把⾐服脱掉了,明⽩吗? 然后这个就是⼀种能量的影响.

JO: It's like a lesson for you. You don't prefer to force or to exert pressure from the surface, nor interfere, or push too hard in your interactions with others. Do you understand? For example, if you pointed at your husband's nose and said you want him to do something specific, it doesn't align with how you operate. But what kind of approach do you prefer? Imagine the warmth of the sun gently enveloping you as you remove your own clothing. This is an energetic influence.

问: 他是需要我去⽤能量转变他?

Questioner: Does he need me to transform him with energy?

JO: 他的⼀个状态,你就好像是⼀个催化剂,就好像是母鸡孵⼩鸡,鸡蛋.所以你会经历在你⾃⼰没有去催化他之前,你可能还是会去接触到他是鸡蛋的呢⼀⾯.就还没变成⼩鸡.那等你具备了使⽤你的温暖的能量,然后他的⽣命就会被转化.然后就变成⼩鸡,明⽩吗?

JO: His is a state where you are like the catalyst, akin to a hen incubating chicks in an egg. So you would experience encountering him as the egg before it transforms into a chick on its own, even before he becomes anything more than an egg. Then, with your ability to utilize warmth and energy, his life will be transformed. And then he'll become a chick, understanding?

问: 周围总有⼈嫉妒诽谤我,我其实很低调.我为什么总是会遇到这样的⼈?

Questioner: Around me, there are always people who envy and slander me. I am actually very low-key. Why do I always encounter such people?

JO: 这是因为你⾃⼰需要去清楚你内在的⼀些,怎么说,你现在不是要连接能量,是吧? 那你就必须是个管道,是吧? 那你这个管道⾥⾯如果还会有残留堵塞,那你需要把它清理掉.所以这些体现在你的⽣活中的是你需要清理掉的⼀些东西.

JO: This is because you need to clarify some things within yourself, how do I say this, now that you're not connecting with the energy, right? Then you have to be a channel, right? If there are still remnants of blockages in your channel, then you need to clear them out. So these are the aspects that manifest in your life which you need to clear away.

问: 清理我⾃⼰的内在是吗?

Questioner: Is it about clearing my inner self?

JO: 对,你清理你⾃⼰的⼀些观念或者是信念或者是记忆这样的事情,明⽩吗? 就⽐如你成为这个⾁体你就会记录,就好像你是个摄像机⼀样,你的⾁体就会记录.⽐如说你有很多恐惧能量啊,或者是集体意识啊,这些东西都会携带在你的⾁体⾥⾯.那这些东西它就会像是堵塞了⼀样,对吧? 那⼀个东西堵塞,就好像你从幻灯⽚上看有很多斑点.呢些斑点都是需要你清理的.你清理了过后你才能去更加的充分的凸显出源头本来的⼀个状态,明⽩吗?

JO: Yes, you're cleaning up some of your own concepts or beliefs or memories, right? For example, when you incarnate into a body, it's like being a camera; your body records everything. You might have carried fear energy or collective consciousness within you. These things get stuck in your body, like spots on a slide show. They need to be cleared out so that you can more fully reveal the original state of the source, do you understand?

问: 这个状态需要持续到什么时候呢?

Questioner: How long does this state need to continue?

JO: NO NO NO NO,这个地⽅是需要你notice到sth.那只要我意识到了我就是清理了吗? 你⾃⼰要去挖取你个⼈的⼀些信念.你刚才说的是什么? 你觉得⼈们想要来跟你去⽐较? 你觉得你很低调? ⽐如呢?

JO: No, no, no, no. This place is about noticing something. If I notice it, does that mean I'm cleaning? You need to dig into your own beliefs and personal stuff. What did you just say? Do you think people want to compare themselves to you? Do you feel under the radar? How about that?

问: ⽐如⼩的时候学习好就会有⼈嫉妒,家庭条件好就会有⼈嫉妒,长的漂亮就会有⼈嫉妒.

Questioner: For example, someone might envy you if you were good at studying when young, or if your family was wealthy, or if you were beautiful.

JO: 先不说⼩时候的事,先说现在.

Jo: Let's not talk about childhood things first; let's talk about now.

问: 现在越来越少了,但是在我⼆⼗多岁的时候很多.

Questioner: There are fewer now, but there were many when I was in my twenties.

JO: 你⾸先要知道你会去体验这个世界,因为你来到这个世界你就会体验它的任何⾯.有爱的或者是断开连接的,我们不说他是没有爱就是恶,他是断开连接,对吧? 那就是有体验有连接的状态和断开连接的状态.当你有这些体验你就会知道他们断开连接是多么的恐怖,因为他们会把他们的匮乏投射在你⾝上,对吧? 那这些东西你⾸先你⾃⼰要认清楚的是它并不是真实的,明⽩吗? 它为什么变成真实呢? 因为它在你的记忆⾥⾯,你当下创造了这样的记忆继续去给你体验.那你为什么还会继续,你说你从⼩到⼤肯定有⾮常多有爱的记忆.那你为什么只记住这些记忆呢?

JO: First of all, you need to understand that you will experience this world because when you come into the world, you will experience any aspect of it. It's loving or disconnected, we don't say that someone who is not full of love is evil; they are simply disconnected, right? That's about experiencing and connecting states versus being disconnected. When you have these experiences, you'll understand just how terrifying it is to be disconnected because they will project their lack onto you. Right? The first thing you need to recognize is that this isn't real, do you see? Why does it become real? Because it's in your memory and you create such a memory at the moment for continuous experience. But why would you continue when you say you have many loving memories from childhood onwards? Then why only remember these memories?

问: 觉得它对我的伤害挺⼤的.

Questioner: I feel it did quite a lot of damage to me.

JO: 呢是你⾃⼰在伤害你⾃⼰.你拿着以前的定义,就是你对他的定义.你为什么没有觉得,⽐如说你长得漂亮她对你嫉妒,你为什么没有把她这个⾏为当成是对你最好的称赞和夸奖呢? 如果你长的丑她会不会去嫉妒你? 她不会,对不对? 那她已经给你发出了这个信号,就是我嫉妒你.那就是她给你发出信号: 哇塞,你太漂亮了.那你为什么没有去创造这样的记忆给你⾃⼰呢,明⽩吗? 因为别⼈的⼀些⾏为和做法你永远都没有办法改变.你能改变的是什么? 你能改变你如何去体验它.因为你改变了你如何去体验它,你的结果就改变了.为什么? 这个结果就是你得到了⽆⽐⾄⾼的⼀个赞美.再说这个世界上根本没有什么恶.嫉妒是因为什么?

JO: It's self-harm that you are inflicting upon yourself. You're holding on to the definition that he placed on you. Why don't you recognize, for instance, that if she envies your beauty, why haven't you seen her behavior as a form of the highest praise and compliment directed at you? If you were unattractive, would she envy you? No, right? She has already sent out this signal: I am envious of you. That's how she communicates to you: Wow, you are so beautiful. Why can't you create memories that reflect such admiration for yourself? You understand why it is this way, don't you? Because others' actions and behaviors cannot be changed. What can you change? You can alter how you experience them. When you change your perspective on experiencing them, the outcome changes as well. Why? This outcome is an incomparably high praise bestowed upon you. And yet there's no such thing as evil in this world. What causes envy?

是因为他们还不认识⾃⼰.当他们认识⾃⼰,你们每⼀个⼈都充满了独⼀⽆⼆的,都是发光发热的,都是像diamond⼀样shining,not only you,明⽩吗? ⽆论你多漂亮,⽆论你是再漂亮的花,你总会凋谢的.难道你七⼋⼗岁你还能像⼆⼗岁⼀样,明⽩吗?

Because they don't know themselves yet. When they do know themselves, each and every one of you is filled with unique brilliance, shining like diamonds, not just you, understand? No matter how beautiful you are, no matter how beautiful your flower might be, it will eventually fade. Do you think you can still be as radiant at seventy or eighty as you were in your twenties, understand?

问: 对啊,我也觉得.所以说她们的嫉妒…JO: NO NO NO NO,不是她们的嫉妒,是你⾃⼰.是你⾃⼰把这个太当回事了,因为你觉得你的美你的家庭优越.家庭优越没有任何关系.为什么呢? 你们拥有能⼒去创造任何你们想要创造的,每⼀个⼈都有这个能⼒.所以家庭有关系吗? 没有关系,明⽩吗? 所以说你把呢两件事当成⼀个好像我⽐别⼈与众不同或者是我⾼⼈⼀等或者是怎么样怎么样.是你跟对⽅划开了,就是区分区别.你把你跟别⼈区别开了,明⽩吗? 那如果你没有区别的话,那你就可以帮对⽅发现,⼈家如果觉得你漂亮,你可以说你的眼睛好美,你的⽪肤好好,你的⾝材好好.你就会发现对⽅很多发光点,⽽不只是看到你⾃⼰.

Questioner: Indeed, I feel the same way. So their jealousy...

JO: NO NO NO NO, it's not about their envy; it's about you. You are taking things too seriously because you think highly of your beauty and your family status. Family superiority has nothing to do with this. Why? Everyone possesses the ability to create what they want. Thus, does having a superior family have any relevance? No, understand? Therefore, you perceive these situations as something that makes you stand out or be above others in some way. It's about distinguishing yourself from others. You are highlighting your differences. Understand? If there is no distinction, then you can help the other person see this too. If someone finds you attractive, you can complement them on their eyes, skin, figure, etc., and you would notice many positive aspects of that person instead of just focusing on yourself.

那当你发现了对⽅很多发光点,你就会觉得其实我们是平等的.我并没有⽐你有多与众不同.当你发现你的家庭优越,那⼈家家庭贫穷对⼈家是⼀种bless,就是对他是⼀种什么.因为就像刚才说的,只有你⼩时候体验到了如此渴望,他⼩时候体验到了贫穷让他产⽣对⾦钱的渴望,他长⼤了就不断的赚钱不断地赚钱.呢个欲望逼你强烈多了.为什么? 因为你从⼩就不缺钱,你没有呢个渴望啊.那他有.那他以后就赚超多钱,你都没有赚到钱,明⽩吗? 如果是这样⼦,你还会觉得你跟别⼈有区别吗? 因为当你能觉得我们所有的众⽣都是⼀体,都是平等的,所有⼈的机会都是⼀样的,所有⼈的潜⼒都是⼀样的都是⽆限⼤的.

When you discover many shining points in the other person, you would feel that we are equal. I am not more distinct than you. When you realize your family's superiority, for someone else, it can be seen as a blessing because it signifies they lack opportunities similar to what you've experienced. As mentioned earlier, only when you longed deeply during your childhood did their poverty fuel their desire for wealth, leading them to continuously strive and earn money. This desire is much stronger than yours. Why? Because you never lacked money since childhood; you didn't have that longing. He did. Thus, he ended up making an enormous amount of money later on, while you haven't been able to earn as much. Understand this concept: If this were the case, would you still feel that there is a difference between yourself and others? Because when you understand that all sentient beings are one, equal, with identical opportunities and infinite potential, you realize everyone's experiences are similar.

你便不会去创造呢种,⽐如说在你眼⾥别⼈漂亮别⼈条件好他们就优越.为什么呢? 你没有优越和差的分别,那你也不会创造这样的体验给你⾃⼰了,明⽩吗?

You wouldn't create something like that, for example, where others seem better or have more advantages in your eyes. Why is that? If you don't differentiate between what's superior and inferior, then you wouldn't create such experiences for yourself either, do you understand?

问: 是不是当我转变这种看法也意味着我未来的道路也会转变呢?

Questioner: Does changing my perspective also mean that I will take a different path in the future?

JO: 这是⼀个你逐渐成为的⼀个过程.你逐渐就好像,你看⼀个新⽣命它要不断地蜕⽪,你们蛇它就要不断地蜕⽪,⼀棵树它也会蜕⽪.那你在你成长的道路上你也会不断地蜕⽪,明⽩吗?

JO: This is a process you gradually become through. You gradually resemble, as you watch a new life constantly shedding its skin, like snakes do, and trees also shed their skins. Similarly, on your path of growth, you will also continually shed your skin. Do you understand?

问: 现在都说要成为真正的⾃⼰就可以吸引⼀切来到⾃⼰⽣命了⾥.那⽐如⼀个⼈只喜欢打坐冥想,不想跟社会接触.那她怎么在这个社会⽴⾜呢? 没有什么赚钱的⼿段,那这样是不是就⽭盾了?

Questioner: Nowadays, it's said that by becoming your true self, you can attract everything into your life. But what about someone who only likes to meditate and doesn't want to interact with society? How would she stand in this world without any means of earning money? Wouldn't this be contradictory?

JO: 不⽭盾.因为⽆论你去任何认为你都是受到⽀持的.因为如果你觉得打坐和赚钱你只能选择其中⼀个,OK,这是你的观念,是吧? 那你的观念是受到⽀持.那如果你的观念是说,我只要在做我热爱的事,我的所有⼀切都会受到⽀持,就是我所有⼀切都会安排好.那你的这个观念也是受到⽀持的.这也是你创造你⾃⼰想体验的,你明⽩这个不同吗? 那如果你决定我不能去做我热爱的事情,我只能先赚钱.那你也会创造这样的体验给你⾃⼰,你能明⽩这个不同吗? 所以说你刚才呢个问题只是你的⼀个观念⽽已,你只是受到了⽀持⽽已,明⽩吗?

JO: There is no contradiction because regardless of where you go, you feel supported. If the idea that sitting meditation or making money means choosing one over the other is your concept, okay, that's your view. The support for your view is given. If instead you believe that as long as you are doing what you love, everything else will be arranged and supported, then this view of yours also receives support. You create the experiences you want to have based on these concepts. Do you understand the difference?

If you decide that I cannot do what I love; I must first make money, you would also create such an experience for yourself. Do you get this distinction? So your previous question was just a concept of yours and it's simply support given to you, correct?

问: 就是我⾃⼰创造这个概念,它是被⽀持的.那加⼊我从反⽅向创造这个概念,宇宙也会⽀持我?

Questioner: If I create this concept myself and it's supported, then if I create it from the opposite direction, will the universe support me?

JO: 这本来就是好像是理所当然的事情,不是说要选择性的⽀持,明⽩吗?问: ⽆论怎么样都是被⽀持的?

JO: It was always supposed to be that way, not about selective support, do you understand? Questioner: Is it supported no matter what?

JO: ⽆论你觉得怎么样,那你就已经是在体验呢个了,明⽩吗?问: 我想知道对我这⼀世影响最⼤的呢⼀世是怎样的?

JO: Regardless of how you feel about it, you are already experiencing that, understand? Questioner: I want to know what past life had the biggest impact on this lifetime.

JO: 你稍等.对你影响⽐较⼤的呢⼀世你对⼈性是充满恐惧的,然后也是不太想要有太多连接的.就是你⽐如说有⼀句话叫⼈性本善或者⼈性本恶.然后呢,你会觉得⼈性是本恶的.所以说你想这⼀世去转变你的这个观念.问题是你并不是呢种强迫别⼈或者是跟别⼈发⽣争论,表⾯上的冲突或者是argue或者是辩解跟别⼈辩论.就⽐如说⼈家说你这个不对,你不会拍桌⼦起来说我这就是对的,然后有⼀⼤堆道理说出来.你不是这样的⼈,所以你就会想要去运⽤能量层⾯来替你⾃⼰发声.然后去影响别⼈.

Jo: Wait a moment. In your previous life, you were greatly influenced by the belief that human nature is inherently fearful and lacks desire for connection. You might have held the view that human nature is fundamentally evil or good, but you would lean towards thinking it's inherently evil. This is why in this lifetime, you're trying to change this perspective of yours. The issue is not about being confrontational or arguing with others on a surface level, such as debating or justifying your position during discussions. You are not the type who forces others into debates or arguments, by forcefully asserting that you are right and presenting numerous reasons why they should agree with you. Instead, you want to use energy levels to speak for yourself and influence others through it.

问: 他呢⼀世体验的恐惧所以我要在这⼀世转变成爱吗?

Questioner: Is it that he experiences fear in one lifetime and thus I have to transform to love in this lifetime?

JO: 不是恐惧.更多的是就好像前⾯说的你这么去认为,你这么去定义,那你当然是这么去体验了,明⽩吗? 然后也不是说你要把它转化成爱.你只是需要看到其实这个世界你如何认为,你就怎么体验.就这么简单.因为这⾥没有什么所谓的恶,明⽩吗?

JO: It's not about fear. More like, if you think and define it that way, of course, you will experience it that way, do you understand? And it's not about transforming it into love; you just need to see that whatever your perception of the world is, that's how you experience it. That's all. There's no such thing as evil here, do you understand?

问: 最适合连接我的⾼我的⽅式是什么?

Questioner: What is the most suitable way to connect with my higher self?

JO: 也就是⽐较幽静的环境,然后没有其它太多的⼲扰.

JO: It's also about a quiet environment and little to no other disturbances.

问: 可是我没有感受过跟他有连接,他也没有跟我任何的信号.

Questioner: But I haven't felt a connection with him, and he hasn't given me any signals either.

JO: 他是谁?问: ⾼我JO: 那是你⾃⼰创造了⼀个记忆中应该是什么样⼦,明⽩吗? 你还活在你的脑海当中、记忆当中和定义当中.它应该以什么⽅式来,它应该是感受什么样,明⽩吗?

JO: Who is he? Questioner: It's like you created a picture of what should be in your memory, do you understand? You're still living inside your mind, memories, and definitions. How should it appear, how should it feel, do you get it?

问: 那我怎么能感受到它呢?

Questioner: But how can I experience it?

JO: 就是你不去想怎么感受它这个问题.当你去想你怎么感受它,它是什么样⼦,你就在阻碍它进来了,明⽩吗?

JO: It's about not worrying about how to experience it. When you think about how to experience it and what it feels like, you are preventing it from coming in, do you understand?

问: 不应该给它⼀个定义? JO: 你如何去定义?

Questioner: Shouldn't there be a definition for it?

JO: How do you define it?

问: 所以我总觉得我是不是没有连接到我的⾼我?

Questioner: So I always feel like I'm disconnected from my higher self?

JO: 你要没有连接到的话你就不会有体验了.问: 我不确定我是否连接到了它.

JO: You won't have the experience if you're not connected to it. Questioner: I'm not sure if I've connected to it.

JO: 你如果连接不到的话或者是感受不到的话,你就不会有今天的信息进来了.问: 能不能请我的⾼我帮我清理⼀下⾝体⾥⾯堵塞的⼀些能量呢?

JO: If you can't connect or feel it, then today's information won't come in for you. Questioner: Can my High Self please help me clear the blockages of energy inside my body?

JO: 就是你头脑⾥⾯的⼀些想法、看法和记忆和定义这些东西.你需要从你的⽣活当中你⾃⼰去觉察到.任何让你感受到不舒服的,然后你就可以慢慢的⽤这个不舒服的感觉挖掘出来你到底相信了什么?

JO: It's about the thoughts, opinions, and memories in your mind that define these things. You need to perceive them from your own life. Anything that makes you feel uncomfortable, then you can slowly dig out what it is that you actually believe.

问: 有⼀个说法是⼈⽣是本⾃具⾜的,还有⼀个说法是⼈需要不断地积累福德才能享受的到.我觉得这两个有⽭盾.

Questioner: There's a saying that life is self-sufficient, and another one suggesting that one needs to continuously accumulate virtues and merits to enjoy it. I feel these two are contradictory.

JO: 不⽭盾.⽆论你们怎么认为怎么说你们都是对的,明⽩吗? 因为你们都在创造你们⾃⼰想要的体验.所以说如果你觉得你本⾃具⾜,那你就可以体验本⾃具⾜.如果你觉得你需要积累什么你才能配得享受,那你就会体验这个.明⽩吗?

JO: There's no contradiction. Regardless of what you think or say, you are all correct, understand? Because you're creating the experience that you want. So if you feel self-sufficient, then you can experience self-sufficiency. If you feel like there is something you need to accumulate in order to deserve enjoyment, then you will experience that. Understand?

问: ok,所以也是头脑⾥的概念.

Questioner: Alright, so it's also a concept in the mind.

JO: 所有你认为是真实的,你觉得是呢样⼦的,你都可以体验到,明⽩吗? 你不是来让我们来告诉你这个是对的呢个是错的,呢个是怎样怎样.所有的体验对你们来说都是真实的,因为你们创造了这样的体验给你们⾃⼰.你们需要这样的体验去认识⾃⼰,明⽩吗? 你⾸先要知道不是来讲道理,你们可能会觉得我们的信息是来讲道理.但是这⾥并没有讲任何道理.因为如果让你们只遵循道理的话,你们会失去你们⾃⼰⾃⾝对⽣命的⼀个认知.这个才是最重要的.你们只听从了道理.⽽且你们也不⼀定能明⽩呢个道理.所以我的意思是说不要去从外在去寻找哪⼀个说法更可靠,哪个说法更权威,哪个说法是来⾃于谁谁谁更加的厉害,明⽩吗?

JO: All that you consider true and how you perceive it can be experienced by you. Understand? You're not here for us to tell you what's right or wrong, how things should be. Every experience is real for you because you created these experiences for yourselves. You need such experiences to understand yourself. Do you see? This isn't about presenting reasons; you might think our information presents reasons. But there are no reasons here. Because if we just followed logic with you, you would lose your own understanding of life, which is the most important thing. You simply follow logic, and it's not guaranteed that you understand the logic either. So what I'm saying is don't look to external sources for which statement seems more reliable, who's authority sounds better, or whose claim comes from a more powerful source; do you see?

因为就算⼤街上的⼀个流浪汉来告诉你这个世界是充满恐惧的,这个世界是贫穷的,这个世界是充满恶的,他说的也是对的.你去否定他吗,明⽩吗? 所以说你就不需要再继续去对⽐啊再继续去寻找信息啊,哪个⽅法是对的呀? 释迦摩尼是这么说的,圣经是这么说的.

Because even if a homeless person on the street tells you that this world is full of fear, it's poor, and it's filled with evil - what they're saying is true. Would you refute them? Do you understand? So, you don't need to continue comparing or searching for information - which method is right? The Buddha said so, as did the Bible.

问: 我想连接⼀下未来的⾃⼰,她对我有什么想说的?

Questioner: I want to connect with my future self; what does she have to say to me?

JO: 她想要让你多⽤这样的⽅式去探索,就是带领你⾛上你最想要⾛的路.问: ⽤这样和你们沟通的⽅式?

JO: She wants you to explore more in this way, guiding you on the path you most want to take. Questioner: Using this method of communication with you?

JO: 是

JO: Yes

# **2023/03/10 — 疗愈前世的伤痛Healing Past Lives' Wounds**

JO: 你问吧,什么问题? 问: 我毕⽣的功课是什么? JO: 你叫什么名字 ?

JO: Ask your question, what kind of question is it? Questioner: What is my lifelong homework? JO: What's your name?

问: XXJO: 你今⽣要处理很多曾经在⼼理层⾯给你带来的伤害.所以你从⼩到⼤总会有⼀点莫名其妙的悲伤或者是酸楚,就像是林黛⽟的感觉,就是总是很忧伤的感觉.但是你其实你⾃⼰特别向往或者喜欢呢种没⼼事没烦恼的状态.所以说你会通过你的⽣命你很想去转变你⾃⼰,把消极悲伤转变到以及积极快乐这样⼦的⼀个状态.因为当你⾃⼰转变成⼀个特别快乐的状态,就是你被疗愈过后.然后你⾃⼰就可以成为⼀个帮别⼈解脱,就是给别⼈带来快来,然后帮助跟你同样的⼈.因为这些是属于灵魂层⾯的.然后在你的前半⽣就会有很多事件来加深你的体验.加深你的体验就是说什么呢? 就让你的记忆或者印象当中储存了很多的悲伤或者是悲痛.

Questioner: XXJO: You have to deal with a lot of traumas that you've experienced on a psychological level in your life. Therefore, since you were young until now, there's always been an inexplicable sadness or bitterness within you, like the feeling of Lin Daiyu, which is constantly filled with sorrow.

But actually, you deeply yearn for or prefer a state without worries and troubles. So, you strive to transform yourself through your life, turning from being depressed and sad into a more positive and joyful one. Because when you turn into a particularly happy person after being healed, then you can help others find relief, bringing happiness to them and assisting those who are in the same situation as you. These changes belong on a soul level. In the first half of your life, many events will deepen your experiences. Deepening your experiences means that they'll store more sadness or grief in your memories or impressions.

问: 也就是说我的烦恼痛苦是为了让我解脱,然后帮助更多像我⼀样的⼈,是吗?

Questioner: In other words, my distress and suffering are meant to help me attain liberation, and in turn assist more people like myself, correct?

JO: 这是你疗愈⾃⼰,以后才能疗愈别⼈.问: 那我怎样才能尽快的做到呢?

JO: This is about healing yourself so that you can heal others in the future. Questioner: How can I do this as quickly as possible?

JO: 这个办法没有快的.就好像你的⾝体受伤了,你是不是需要时间愈合啊? 然后你要是伤筋动⾻,你们有句话叫伤筋动⾻⼀百天,对不对? 所以说你想要快吗? 快不了啊.因为你只有安⼼的养伤,来允许你疗愈的过程.但是安⼼养伤并不是你什么都不做.为什么呢? 因为你今天接触到这些信息就知道你的⼈⽣并不是就是痛苦的,⽽是说你是来转化痛苦的.就是说把它转化成⼀个你⾃⼰想要达到的⼀个状态,明⽩吗? 它是来供你转化的,⽽不是说你就这样了你这⼀辈⼦.

JO: This method is not quick. Like when your body gets hurt, don't you need time to heal? And if it's broken bones, there's a saying that it takes one hundred days for bones to mend, right? So, if you want it fast, it can't be done. You just have to take the time to let yourself heal and allow the healing process. But being content with letting yourself heal isn't about doing nothing. Why is that so? Because today when you're exposed to this information, you realize your life isn't just suffering; it's about transforming pain into what you want to achieve. It's for you to transform, not that you are stuck like this for the rest of your life.

问: 也就是说我此⽣的任务就是把这个转化好?

In other words, my task in this life is to achieve this transformation well?

JO: 疗愈好了.

JO: Healing has been done.

问: 对我这⼀世影响最⼤的前世是什么?

Questioner: Which past life had the greatest impact on my current existence?

JO: 刚才说你有前世携带来的悲痛或者是需要疗愈的悲伤是对你影响⽐较⼤的.你稍等,我连接⼀下.我们能够连接到的是有⼀世你体验了失去很多的⾄亲的亲⼈这样⼦的能量在⾥⾯.所以导致你这⼀世导致你⾮常没有安全感,会进⼊到⼀种害怕失去或者是害怕分离或者是害怕就⽐如说找不到家⼈或者是亲⼈,就会有⼀种莫名的恐惧.然后对⽣病这种事件你也会特别的提⼼吊胆,就觉得它是很⼤件事,就是⽐较让你不能轻松的⾯对.

Just now, I mentioned that the sorrow or pain you carried from a past life might have had a significant impact on you. Please wait as I connect to it. The energy we can access involves an experience in another lifetime where you lost many close relatives. This has led to feelings of insecurity in this lifetime, causing anxiety about losing, being separated from, or not being able to find your family members, which manifests as a莫名 sense of fear. Additionally, when faced with sickness or similar events, you are overly concerned, viewing them as significant issues that make it hard for you to handle them easily.

问: 那这个我应该怎么做呢?

Questioner: But what should I do about that?

JO: 这个又是⼀个能量层⾯的疗愈.然后所有的疗愈它只有在当下发⽣.当下发⽣是什么时候呢? 是任何时候你感受到这种悲痛感,然后呢个时候… 这么说吧,你想疗愈你⾝上的伤⼜.等你伤⼜疼的时候你才知道你的伤⼜在哪⾥,对吧? 如果它不疼的时候,你也不知道你的伤⼜在哪.你也不知道哪⾥疼.等它开始疼了,你才发现原来它在我的⼤腿上.然后你就能去处理⼤腿上的伤⼜了.

JO: This is another healing on an energetic level. Then all healings happen only in the present moment. When does this present moment occur? It occurs whenever you feel that sense of pain, and at that moment… Let me put it this way: if you want to heal your wounds. You only know where your wounds are when they start hurting you. Right? If not, you wouldn't know where they are or where the pain is located. Only once it starts hurting do you realize that your wound was actually on your thigh. Then you can address and treat the wound on your thigh.

问: 我当下最⼤的束缚?

Questioner: What is my greatest constraint right now?

JO: 你当下的束缚就是有时候你在⼀种痛苦或者悲伤的能量状态,你⾃⼰可能⽐较很难很快的⾛出来或者很快的恢复.这个疼痛的感觉会持续的⽐较长.这个对你会是⼀个影响.为什么呢? 因为当你痛苦的时候,你就会想要把别⼈也拉到你的痛苦当中来.不然你就会觉得只有我⼀个⼈在痛苦,你们都看不到我在痛.就是这个,这个是⽐较影响到你的⼀个点.

JO: The constraint you're experiencing sometimes is that you find yourself in a state of pain or sorrow, which can be difficult for you to quickly overcome or recover from. This painful sensation lasts longer than desired. This affects you because when you are suffering, you tend to want others to share your pain. Otherwise, you feel like you're the only one experiencing it while everyone else doesn't seem to notice your suffering. That's why this aspect impacts you.

问: 也就是说当我以后再痛苦的时候我要尽快的让⾃⼰⾛出来对吗?

Questioner: So, when I experience pain again in the future, I should quickly get myself out of it, right?

JO: 如果你是⽤这种尽快调整⾃⼰⾛出来的话,实际上你并没有处理到伤⼜.它还在呢,还是会影响到你个⼈的⼀个运作.就⽐如说你是⼀个没有伤⼜的⼈,你跑啊跳啊打闹都是没问题的.那如果你⾝上有伤⼜,别⼈碰你⼀下你就嗷嗷叫,然后你也跑不了,就是有⼼⽆⼒.你也不会展现出你⽣命本来的样⼦.

JO: If you adjust yourself quickly to get out of this, in fact, you haven't dealt with the wound. It's still there and it will affect your personal operation. For example, if you are a person without a wound, running, jumping, or playing around is not an issue. But if you have a wound on your body and someone touches you, you start crying out in pain, but you can't run away either; it's like having the heart with no power. You won't be able to show who you truly are as a being.

问: 那我应该怎么做呢?

Questioner: What should I do then?

JO: ⾸先就是你不需要去逃避这个情绪,因为你们很多⼈会觉得我现在很痛苦,那我喝点酒或者我抽根烟或者我个东西,然后就把这种情绪给压抑下去了,明⽩吗?

JO: First of all, you don't need to run away from this emotion because many people feel that they're suffering now, and they think if I drink a little or have a cigarette or indulge in something, then I'll suppress this emotion, do you understand?

问: 就是做⼀些可以让⾃⼰放松的事情?

Questioner: Is it about doing things that make yourself relax?

JO: 刚才说了如果你是想要通过外在来转移⾃⼰的感觉的话,你其实就是没有去处理它,明⽩吗?

JO: You just said if you're trying to redirect your feelings through external means, then you're actually not dealing with it, right?

问: 那你刚刚讲我可以喝酒抽烟,我可以⽤这种⽅式?

Questioner: But you just said I can drink and smoke, can I use this method?

JO: NO NO NO NO,不是让你⽤这种⽅式.我是说⽐如⼀般⼈我悲伤我不开⼼那我去抽烟喝酒.我说这个只是吃⽌痛药的感觉,但是你并没有疗愈你⾃⼰,明⽩吗?

JO: No, no, no, not like this way. I mean, for example, when a normal person feels sad or unhappy and turns to smoking or drinking. I'm just talking about the feeling of taking painkillers, but you haven't healed yourself, understand?

问: 那在这种情况下我怎样去更好的疗愈⾃⼰呀?

Questioner: How can I heal myself better in such a case?

JO: 你⾸先要知道,OK,从现在开始是我要开始清理我⾃⼰的时候了.⽽不是说我再沉浸在这个事情让我不开⼼,⽽不是说我⽼公今天骂了我让我不开⼼,或者是我⽼公今天不听我话让我不开⼼,明⽩吗? 就是你停⽌从外找原因,你就不再责怪你⽼公了.就是我现在有⼀恶种很悲伤的感觉,我允许我⾃⼰悲伤.然后你⾃⼰停留在呢个地⽅.⽽不是着急的想把这个感受给赶⾛,也不是着急的去指责外在去打外在,去打外⾯的⼈骂外⾯的⼈你为什么让我伤⼜痛,明⽩吗?

JO: First, you need to know that starting from now, it's time for me to clean up my own issues. Not by getting lost in the things that make me unhappy, not because my husband scolded me and made me unhappy, or because he didn't listen to me and it upset me. Understand? You stop looking outside for reasons and you no longer blame your husband. If I have this feeling of deep sadness now, it's okay to allow myself to be sad. And then stay in that place without rushing to chase away the feeling or blaming the outside world and other people for hurting me. Do you understand?

问: 我吸收⼀下啊,您的意思是说…JO: 没有关系.你后⾯会有⽂字版.所以说你不需要去着急⼀下⼦去理解.因为很多信息你可能⼏年后你才能理解,明⽩吗? 所以刚刚说的是不要着急.

Questioner: Let me summarize, you mean that...

JO: It's okay. You'll have a written transcript later. So don't rush to understand right away because there are many pieces of information that you might not fully grasp until years later. Understand? Just now, the key point was to avoid rushing yourself.

问: 你刚刚说的清理要怎么清理呀?

Questioner: How do you clean as you just described?

JO: 清理,你⾸先要知道这个伤⼜不是伤⼜不是别⼈插了你⼀⼑.因为如果你不清理的话,你可能会觉得是别⼈插了你⼀⼑,是吧? 别⼈给你造成的伤⼜,你可能会去追究别⼈的责任.就觉得这个⼈不好,我换⼀个⼈.那这就是⼀个反⽅向,对吧? 那你正确的⽅向是在哪⾥? 是在你⾃⼰.为什么我这么敏感别⼈⼀碰我就疼? 因为我这⾥有伤⼜.那你⾸先要知道伤⼜是在你⾃⼰⾝上,你才能找到你的伤⼜在哪⾥,从呢⾥⼊⼿,明⽩吗?

JO: Cleaning up, you first need to understand that this wound is not someone else stabbing you with a knife. If you don't clean it up, you might feel as if someone else stabbed you in the back and thus blame them for causing your hurt. You might think negatively of that person and consider changing things around. That's going in the wrong direction. Now, where is the right direction? It's within yourself. Why am I so sensitive to being touched by others because it hurts me? Because there's a wound here. So you need to understand that your wounds are on you. This way, you can find out where your wounds are and start addressing them correctly, do you understand this?

问: 也是⾃我的⼀个反省对吗?

Questioner: Is it also a self-reflection, right?

JO: 没有什么反省,你也没做错事.因为你们所有⼈来到这个世界上你们都是有⾃⼰想要去成为的⼀个状态,想要去体验,想要去更新.就⽐如说我曾经留下了很多伤,我是来疗愈.这怎么是叫反省呢,明⽩吗?

JO: No self-reflection, and you didn't do anything wrong either. Because all of you have come into this world with a state that you want to be in, experiences you want to go through, and updates you want to make. For example, I once had many scars - I'm here for healing. How is that called self-reflection? Do you understand?

问: 我的⾼我和指导灵有什么信息吗?

Questioner: Does my high self and my guiding spirit have any messages?

JO: 你稍等.你可以就是想象有⽩⾊的光,因为⽩⾊的光对你的疗愈效果是很明显的.你可以想象你是被⽩⾊光,像躺在雪地⾥⾯全是⽩⾊的⼀⽚或者是棉花堆⾥⾯,就是想象这个⽩⾊的光笼罩着你,然后来疗愈你⾃⼰.

JO: Wait a moment. You can visualize white light, as the therapeutic effects of white light are quite obvious. You can imagine being enveloped by white light, like lying in a snowy area where everything is white or amidst a pile of cotton, visualizing this white light surrounding you and healing yourself.

问: 我和我⽼公我们彼此的课题?

Questioner: I have issues with my husband and he has issues with me?

JO: 你⽼公就好像他总会碰撞到你的伤⼜,就好像总是会把你伤⼜的⽪给揭下来.就会让你的伤加痛,然后就会让你不得不去寻找⽌痛或者疗愈的⽅式.所以他就像是⼀个催化剂,让你⾛上⼀条⾃我疗愈的道路.

JO: Your husband behaves as if he always inadvertently triggers your wounds, as if he constantly peels away the scabs, making the pain even more unbearable. It forces you to seek out methods for pain relief or healing. So, he acts as a catalyst, guiding you on a path of self-healing.

问: 他是来帮助我早⽇⾛上⾃我疗愈的道路的对吗?

Questioner: Is he here to help me embark on the path of self-healing early in life?

JO: 催化.就是可能如果你不碰的话你的伤⼜可能不会疼,是吧? 那他⽼是来碰你把你的伤⼜给撕开,那你是不是就要去处理你的伤⼜了,明⽩吗?

JO: A catalyst is like if you don't touch your wound, it might not hurt. Right? But if he keeps touching you and opening up your wound, wouldn't you have to take care of your wound then, understand?

问: 我跟我⽼公的性⽣活不是特别和谐,这个有什么办法吗?

Questioner: My sexual life with my husband isn't particularly harmonious. Is there anything we can do about this?

JO: 刚才的⾼维信息说你们的关系是什么? 是他总是来揭开你的伤⼜或者是不⼩⼼撞到你的伤⼜促使你想要去疗愈,明⽩吗? 你想象⼀下如果他是在这样⼦的状态,你全⾝都是伤⽽他是在撞你的状态.你们能和谐吗?

JO: What was the high-dimensional information about your relationship just now? Was it that he always comes to uncover your wounds or accidentally bumps into them, prompting you to want to heal, right? Do you understand? Imagine if he were in this state, with you being all hurt and him bumping into you. Could you still have a harmonious relationship?

问: 那我该怎么办呢?

Questioner: So, what should I do then?

JO: 你要知道就是外在的⼀切它都是来⽀持你⾛上你⾃⼰的道路的.那就是在你⾃⼰的路上,然后你知道外界所有的⼀切就像是催化剂⼀样来push你来让你不要忘记你的功课.

Jo: You need to understand that everything external is here to support you on your own path. That's on your own path, and then you know that all the external things are like catalysts pushing you not to forget your lessons.

问: 我的财富在哪⾥? 我怎样做才能实现财富⾃由?

Questioner: Where is my fortune? How can I achieve financial freedom?

JO: 你的财富你必须是⾸先你要⾃⼰健全,明⽩吗? 如果你遍体鳞伤的话,你没有⾜够的 energy你没有⾜够的能量,你没有⾜够的精神状态或者是⼀个稳定的energy level,就是⼀个能量状态.就是你会总觉得你做事不会得⼼应⼿,你总会觉得阻碍挺多,就是开展起来挺吃⼒挺费⼒的.不是呢么的顺畅,不是呢么的你想要的样⼦.就是你不能去施展你的拳脚,总是觉得受限制,就呢种感觉.

JO: Your prosperity hinges on your first being well yourself, understand? If you're all wounded up, you don't have enough energy, the kind that fuels your mental state or a steady level of energy. You'll always feel like everything you do doesn't come naturally to you, like there are too many obstacles, making it hard and laborious to get things started. It's not smooth sailing; it doesn't align with what you desire. Essentially, you can't fully express yourself, constantly feeling constrained, that sort of sensation.

问: 所以我还是需要先让⾃⼰疗愈好了之后才可以对吗?

Questioner: So I still need to heal myself first before moving on, right?

JO: 那你可以先做⼀些不需要去放开的施展你的拳脚,就是你可以维持能让你⾃⼰⽣存下去的⼀些不太消耗你强⼤的能量或者精⼒的状下去活动.就是它能让你维持在这样的状态.那你想⼀下,等你复原了过后,你就能⼤⼤的去吸引财富.你可能都不需要你去拳打脚踢了,明⽩吗? 在这个阶段你可能就是要缩⼩你的范围了.你都知道⼈如果他在受伤的时候,他肯定是先疗愈先养伤,对吧? 他不会去消耗⾃⼰太多的精⼒.为什么呢? 因为他消耗⾃⼰太多的精⼒的话,他就是消耗⾃⼰的元⽓呀.就是这种道理.

JO: So you can start with activities that don't require much exertion to showcase your capabilities. This means engaging in pursuits that allow you to sustain yourself without draining too much of your powerful energy or mental vigor. You're maintaining a condition that keeps you at such a state. Imagine, once you recover, you'll attract wealth significantly. You might not even need to physically fight or struggle for it. Can you understand? At this stage, you may have to narrow down your focus. Do you know what humans do when they are injured? They first heal and take care of their injuries, right? They don't want to exhaust themselves too much. Why is that? Because if they expend too much energy, they're essentially exhausting their vital essence or qi. That's the logic behind it.

问: 我的开店⽼遇到顾客退卡,为什么我⽼是遇见这样的事情呢?

Questioner: My older store owner often encounters situations where customers return their cards, why do I keep facing these issues?

JO: 刚才我们信息说的什么? 说的是你需要缩⼩你的范围是吧? 缩⼩你的范围就是说,让你不需要消耗太多的精⼒在这个上⾯.如果这个让你消耗太多的精⼒,那是不是就要去选择⼀个它不是呢么消耗你能量状态,但是又能让你…问: 是换⾏业吗?

Just Now (JO): What information did we just discuss? Were we talking about narrowing your scope, yes? Narrowing your scope means not expending too much energy on it. If this consumes too much of your energy, would you then choose something that doesn't consume so much of your energy state but still allows you... Questioner: Is it a change of industry?

JO: 不⼀定是换⾏业呀.就⽐如说你之前有⼀千个客户,但是你的energy level并不能让你去服务⼀千个客户.为什么呢? 因为你是受伤的嘛,对吧? 但是你却可以很好地服务五⼗个.有⼀句话叫量⼒⽽⾏.那你现在的⼒⽓你如果把它全部都透⽀掉了,那你是不是就快死掉了?你把⾃⼰逼死了.

JO: It doesn't necessarily mean switching industries. For example, if you had 1000 clients before but your energy level couldn't support serving all of them because you were hurt, right? But you can serve 50 effectively. There's a phrase that says 'do what you can with what you have'. If you exhaust all your strength now, are you going to die soon? You're killing yourself.

问: 因为店的⽣意不好,所以我的精神也不好.

Questioner: Because the shop's business was bad, so my spirits were also low.

JO:那你眼⾥现在都是在店⾥,你没有在个⼈⾃⾝的功课或者是成长或者是疗愈这上⾯呀.因为你的注意⼒关注是在店上⾯.但其实你们⼈类犯了⼀个⾮常⼤错误就是说你们会关注公司或者是⽣意或者是钱赚的好不好,但是这个是⾮常错误的⼀个….这么说,你是⼀棵果树,是吧?你这棵果树才是结果⼦的.你这棵果树如果长的很⼤很壮,然后不断地吸收各种营养.那你就是果实累累的⼀个状态是吧?那如果你这棵果树如果不断地排斥排斥,长的又黄又⼩,可能⼀个果⼦都结不出来,明⽩吗?那如果你是让你的果树不断地去吸收营养,不断地跟⼟地扎根,不断地让你的根扎的越来越深吸收各种营养.那你的果⼦是不是⾃然⽽然就会结的很多?

You are currently fixated on the business inside the store, not in your personal self-study, growth, or healing. You're focusing too much on the store. Humans have made a huge mistake by placing too much emphasis on companies, businesses, or financial gains. This is very wrong. Imagine you're a tree – and this tree bears fruit. If your tree grows big and strong, constantly absorbing various nutrients, then it naturally yields abundant fruit. However, if your tree keeps rejecting things, growing yellow and small, possibly not bearing any fruit at all. Do you understand? You need to continually absorb nutrients, deepen roots in the soil, and ensure the health of your roots by absorbing different types of nutrition. Wouldn't that lead to an abundance of fruit naturally?

也就是说你如果对你⾃⾝的关注,就⽐如说去关注你的精神层⾯啊、⼼灵层⾯啊、⽣理层⾯啊各种状态,让它维持在⼀个健康蓬勃朝⽓蓬勃的⼀个状态.让它健康的成长.那结果⼦是不是是⾃然⽽然的事? 那如果你又不给这棵果树⽔喝,你说我成天忙着到处

That is to say, if you focus on yourself, such as your spiritual dimension, mental state, physical condition, and various states across these aspects, keeping them in a healthy, vibrant, and flourishing condition. Letting it grow healthily. Is it not natural for the fruit to ripen? But if you do not water this fruit tree, saying that I am constantly busy running around...

去找吃的哪有时间管这个呀,然后你就不管果树了.到头来你就看⼈家都要果⼦,救你果⼦结不出来或者就结了⼀两颗,明⽩吗?

How could I have time to look after the orchard when I'm trying to find food? So you just ignore the fruit trees. Eventually, people would want your fruits but you can't grow them or they only produce a few, understand?

问: 我可能不是特别理解.

Questioner: I might not be understanding it very well.

JO: 没有关系,你到时候可以去看⽂字版.也就是说你关注你⾃⾝⽐关注公司更加重要.为什么呢? 因为当你⾃⾝,你⾃⾝就在产⽣出⼀个频率.呢个频率就决定了你能显化出多少⾦钱.这么说吧.

JO: It's alright, you can watch the text version when it comes out. The thing is, focusing on yourself is more important than focusing on the company. Why? Because when you focus on yourself, you're creating a frequency, which determines how much money you manifest. Like this...

问: 就是还是要更爱我⾃⼰,关注点还是要放在我⾃⼰的内在成长上,对吗? JO: 对你来说你觉得你没有爱你⾃⼰吗?

Questioner: Isn't it that you should love yourself more and focus on your own inner growth, right? JO: Don't you think you haven't loved yourself enough?

问: 我这么痛苦难过不是因为我不爱⾃⼰造成的吗?

Questioner: Is my suffering and sadness caused by a lack of self-love?

JO: 你这么痛苦难过那是因为你这⼀⽣本⾝就是来疗伤疗愈的,你本⾝就是来转化它的.你本⾝就携带了这个能量来供你转化.

JO: The reason you feel so much pain and sadness is because this lifetime is for healing and transformation for you; it's already within you.

问: 我现在的情况就是店⾥⽣意不好,导致我的⼼情也不好.我的店的租期也要到了,我不知道我还能不能找到位置和租⾦对我来说都⾮常满意的新店?

Questioner: My current situation is that the business in my store isn't doing well, which has affected my mood. The lease for my store will soon be up, and I'm unsure whether I'll be able to find a new location with rent that suits me both in terms of position and cost.

JO:你知道我们不是来帮你解决果的.因为呢个果是根据你的频率、状态,它显现的.我们帮你什么?调整你的频率.因为当你的频率变了,你的果⾃然⽽然就变了.这么说吧,你去跟你的房东谈的话,如果你的频率不变你去跟他谈,你的结果是⼀样的.当你的频率变了,你去跟他谈的话,你的结果就不⼀样了.所以说这个才是最重要的,明⽩吗?你不是今天来请教⼀个我怎么来解决谈判?怎么和房东谈判?教我这个技巧.⽽是说你整个⼈频率变了过后,你⽆论什么事它都发⽣了变化.不只是房租的问题.所有⼀系列你⽣命中的东西都变了.你⽼公的状态变了,你孩⼦的状态变了,你房东的状态变了,你客户的状态变了,全都变了,明⽩吗?

JO: You know that we are not here to solve the fruit for you because the fruit is manifested according to your frequency and state. What can we help you with? Adjusting your frequency. Because when your frequency changes, your fruit naturally changes as well. Here's how it works: If you go and talk to your landlord without changing your frequency, regardless of what you say or do, the outcome will be the same. However, if you change your frequency and then communicate with them, the outcome will differ. This is the key point - can you understand this? It's not about teaching you how to negotiate a deal or how to talk to your landlord; it's about your entire being changing, resulting in changes across all areas of your life, not just rent-related issues. Every aspect of your life - your husband's state, your child's state, the landlord's state, even your client's state - everything can change when you transform your frequency, do you understand?

不是说我们只解决房东的问题.

It's not just about solving problems for landlords.

问: 我想开悟觉醒要怎么做?

Questioner: How do I achieve enlightenment and awakening?

JO: 你想开悟觉醒是因为你想要⾛上⼀条像刚才说的,你痛苦你想要变得快乐想要变得不痛苦,喜悦的⼀个状态.呢是你追求的,是你向往的,是你想要达到的⼀个状态.

JO: You want to enlightenment and awaken because you desire to embark on a path of happiness, to alleviate your pain and longing for joy, which is the state you aspire to, aim for, and strive to achieve.

问: 跟疗愈⾃⼰冲突了是吗?

Questioner: Does it conflict with healing oneself?

JO: 没有冲突呀.这本⾝就是你的⽣命主题呀.但是你要知道你的⼀⾝来这⾥你就是为了这个⽽来的呀.你就是为了解脱⽽来的.

JO: There's no conflict here; this is actually the theme of your life, but you need to understand that you came into this world for this purpose alone - to achieve liberation.

问: 那我就是要遇到事情去⾯对然后去解脱去疗愈⾃⼰对吗?

Questioner: So, I should face issues and resolve them to heal and recover myself, right?

JO: 其实你们很多⼈在追逐物质世界的⼀个发展的时候,他们很多⼈都注重地表⾯的东西.就是地上你能看到的现象.你们很多都追求表⾯上你能看上去: 哇,结了好多果⼦.但是你去看呢个根,它呢个根就是不断地不断地往⾥⾯伸展发芽才是最重要的.我的意思就是你可能看到你在物质世界没有积攒很多的财富或者什么的.但是你的根不断地不断地往地底下延伸发芽扎根,这个才是最重要的.这是你今后⼀切⼒量的来源.你的这个根扎的越深,你以后越不容易被⽣活打倒.你如果扎的越浅的话,⽐如⼀次性中了多少彩票的话,你⼀下也会被弄倒,明⽩吗? 因为你的根太浅了,所以扎根是⼀件⾮常重要的事情.

JO: Actually, many of you who are chasing the development of the material world focus on superficial things. That is what you can see on the surface like phenomena above ground. Many of you pursue the visible outcomes that appear to be abundant; you might say wow there are so many fruits hanging off this tree or plant. But when you dig down and look at its roots, it's that continuous process of extending those roots deep into the earth that is the most important thing. My point is that while you may not have accumulated a lot of wealth in the material world, what's crucial is how deeply your roots are growing underground and establishing themselves. This is where all your future strength originates from. The deeper you plant your roots, the less likely you are to be overcome by life challenges. Conversely, if you plant shallow roots, such as winning a lottery once which might initially seem like an instant solution to financial troubles, it could just as easily bring about downfall later on because of how superficial your root system is. It's clear that planting deep roots is a very important matter.

你不要把它跳开,也就是说不要⼀味的只去追求表⾯你能看到的,⽐如说财富啊或者是什么的.只要你的⽇⼦它能够cover,就是它能够去⽀撑你⽬前的⽣存状态就⾜够,为什么呢? 因为你知道你要不断地把你的精⼒放在扎根上.你的根扎的越深,然后你以后就是遍地开花,然后你也不会轻易的就是风⼀吹你就连根拔起了,明⽩吗?

Don't just dismiss it; that means don't solely pursue the superficial things you can see, such as wealth or whatever else. As long as your days are sufficient to cover and support your current survival state, why is that? Because you know you have to constantly focus your energy on rooting yourself. The deeper your roots grow, then in the future you'll flourish everywhere, and you won't be easily uprooted even if the wind blows, understand?

问: 那对我来说扎根最好的办法就是看⼀些灵性的书籍和静坐对吗?

Questioner: Wouldn't the best way for me to ground myself be by reading spiritual books and meditating?

JO: 你是说扎根是吗? 你⾸先当你把你的从外求,就是我想去开店啊、我想去拉客户啊,就是这种精⼒收回来,明⽩吗? 因为这些会消耗你很多精⼒.消耗精⼒你会遇到很多挫折,遇到很多挫折你就会有⽆⼒感.那就好像我说你⽣病了,那你⽣病了你先不要做事,好不好? 对不对? 你们有⼀句话叫养精蓄锐是吧? 那你先做这个事好吗? 那你开始在把你从外区抓的呢个⼒量拿回来.为什么呢? 因为你知道我们每⼀个⽣命它的阶段不⼀样,我现在并不说说没有发展,我在地底下我在不断地发展,只是你们看不到⽽已,明⽩吗? 并不代表我没有动,明⽩吗? 那你是不是就不会进⼊到⼀种: 我怎么今天又没有赚到钱呢?

JO: You mean grounding yourself right? When you first start by seeking externally, like I want to open a store or attract customers, you should pull your energy back in. Do you understand? Because this can consume a lot of your energy. When you lose energy, you encounter many setbacks, and when you face setbacks, you feel helpless. Imagine if I said you're sick, wouldn't it be better for you to not do anything first until you recover, right? Isn't that what you would say? There's an expression in Chinese that goes "nourish your essence and accumulate strength." Would you agree with doing this first thing? Then start gathering the energy you've been spending externally. Why is that necessary? Because we each have different stages of life; I'm not saying there's no development happening underground, just that it might be invisible to you. You understand that I am not standing still, right? And then wouldn't you stop asking yourself, "Why didn't I make money today?"

我今天怎么今天⼀点收⼊都没有啊? 我今天又没有发展啊.你便不会从表⾯上去看你有没有什么发展了.那你是不是就不需要焦虑着急了.因为你进⼊焦虑着急的状态你也在消耗你.你说你从外去抓,想要赶快发展是在消耗你,你又焦虑着急也是在消耗你.你不断地消耗你你还会有⼒⽓吗? 你本⾝就是⼀个病⼈,明⽩吗?

Why didn't I make any income today? And why hasn't anything developed today? You shouldn't just look at the surface to see if there's any development. So then wouldn't you not need to worry and rush anymore? Because when you enter a state of anxiety and urgency, you are also draining yourself. You say that trying to grab from outside to want things to develop quickly is draining you, but being anxious and rushed is also draining you. If you keep draining yourself, will you still have the strength? You're already ill, understand?

问: 我不知道怎样更好的去扎根,我需要去做些什么?

Questioner: I don't know how to better establish my roots; what should I do?

JO: 刚才很直接的告诉你了你的观念是要改变的.你⾸先⼼态从⼀个我要赚钱我要发展的转态变成⼀个我要扎根的状态.我不去⽤外在的收获或者收⼊来评判我现在的发展状态.为什么呢? 因为我的发展状态是看不到的,我不断地在往地底下衍⽣.因为这是两种不⼀样的状态.你现在来求我你还在想着我要怎么样扩展? 怎么样开店? 怎么样保住⾦钱? 你还在往这个⽅⾯去想.

JO: I just bluntly told you that your mindset needs to change. You should shift from a state of wanting to make money and develop, to a state of grounding yourself. I don't judge my current development based on external gains or income. Why not? Because my development isn't visible; it's constantly unfolding underground. These are two different states. You're still seeking me out with thoughts like how to expand, how to open a store, and how to secure your finances. You're still focusing on these aspects.

问: 那我扎根我需要做些什么?

Questioner: Well, what do I need to do to settle here?

JO: ⼼态的变化.你如果还想着我今天去冥想⼀下然后让它吸引多少客⼈来到我这,明⽩吗?你深层次的呢个观念你需要… 没有关系,你可以到时候听录⾳.

JO: A change in attitude. If you're still thinking about meditating today and hoping it will attract a certain number of guests to me, understand that? For your deeper understanding, there's no problem; you can listen to the recording later.

问:以前有⼈帮我看⼋字说我我的太奶奶转移在我⾝上就是我可以有帮⼈看⽣⾠⼋字的能⼒,这是真的吗?

Questioner: Previously, someone helped me read my八字 (feng shui horoscope) and said that the energy of my great-grandmother is in me, which means I have the ability to help others read their feng shui八字. Is this true?

JO:如果像刚才说你能转化你⾃⼰⾃⾝然后疗愈,然后你以后能疗愈他⼈.你如果你能疗愈他⼈的能⼒的话,你必须像这个⼥孩⼦⼀样你是从源头通着的.当你是是从源头连接的时候,别⼈在你⾯前便没有任何秘密,明⽩吗?

If you can transform yourself and heal as mentioned earlier, then you will be able to heal others in the future. If you possess the ability to heal others, you must have connected from the source like this girl does. When you are connected from the source, there are no secrets for others when they are in front of you, do you understand?

问: 就是这是真的,对吗?

Questioner: Is it true that this is really the case?

JO: 这是你可以成为的⽅向.

This is the direction you can go in.

问: 我的祖先有什么想要跟我说的吗?

Questioner: Do my ancestors have anything they want to tell me?

JO: 你稍等.他们让你现在不要着急.

JO: Wait a moment. They told you not to rush right now.

问: 我想如何实现让我们⽗母公婆过上好⽇⼦?

Questioner: How do I ensure that my parents and grandparents live good lives?

JO: 你最主要的就是要让他们安⼼.因为如果你真的能理解我们今天的信息.你⾃⼰就能成为⼀个安⼼的状态.当你⾃⼰达到了⼀个安⼼的状态,你就散发的就是安⼼的能量.当你散发的是安⼼的能量,他们也会受你的影响进⼊到⼀种安⼼的能量,明⽩吗? 你们并不是说需要⼤量的物资或者是⾦钱你们才能过上幸福的⽣活,明⽩吗? 因为你们⽬前社会上的物资⼀点都不匮乏.这个才是最重要的.

JO: The most important thing is to make them feel at peace. Because if you truly understand the message we are giving today, you can become a state of peace yourself. When you reach that state of peace within yourself, the energy you emit is one of peace. When you emit an energy of peace, they will be influenced by you and enter into a peaceful energy, do you understand? You don't need large amounts of material goods or money to live a happy life, do you understand? Because there are no shortages of resources in your current society. This is the most important thing.

问: 我看到我内⼼的⼩⼈她到底受了多少委屈? 我怎样才能让她开⼼快乐?

Questioner: I see my inner little person; how much wrong has she endured? How can I make her happy and joyful?

JO: 就是今天所有的信息你能去理解.

JO: You can understand all the information today.

问: 今年我能否顺利的怀孕? 然后能否既能陪伴我的⼤宝又能怀上聪明的⼆宝?

Questioner: Can I have a smooth pregnancy this year, and then be able to both accompany my first child and conceive a smart second child?

JO: 如果你真的能进⼊到安⼼的状态,你是可以要到宝宝的.问: 我想要⾃⼰更⾃信得体⼤⽅充满正能量.

If you truly enter a state of peace, you will be able to bring your baby. Questioner: I want to gain more confidence, poise, grace, and positive energy for myself.

JO: 那这个必须要你刚才说的安⼼下来就会得到.你看吧,你⾃⼰真正想到其实就是你⾃⼰的⼀个⽣命功课,就是你⾃⼰的⼀个⽣命道路和步伐.

That's something you'll receive once you calm down as you mentioned. See, what you're truly reflecting on is your personal life lesson, your own path and rhythm in life.

问: 这就是我毕⽣要完成的?

This is what I want to accomplish in my lifetime?

JO: NO NO NO NO ,你现在想的呢个状态你只有等你安⼼下来你才能达到,安⼼下来你就是呢样.安⼼,⽽不是⼀⼼想要这个⼀⼼想要呢个.⽽是把⼼安住于当下.然后与当下发⽣连接,这样你的根才会不断地不断地往⾥⾯扩,往地底下扎根这个过程.

JO: NO NO NO NO, The state you're currently imagining can only be reached when you calm down and become stable. Being at peace means being this way, not focusing entirely on one thing while neglecting the other. It's about settling your mind in the present moment. Then connecting with the present, which allows your foundation to continuously expand inwardly and anchor deeply into the ground throughout this process.

问: 我好像⽼是被头脑控制去想⼀些负⾯不开⼼的事情.我想让我头脑⼀直都是正能量的.

Questioner: It seems like I'm always being controlled by my mind to think about negative and unhappy things. I want my mind to be filled with positive energy all the time.

JO: 是的.你的这个想法和渴望就是你⾃⼰⽣命中会达到的⽅向.问: 有⼈说我五⾏缺⾦,我该怎么做啊?

Yes, your idea and longing are the direction you will reach in your life. Questioner: Someone said I lack metal in the five elements, what should I do?

JO: 如果是根据你今天带出来的你的⽣命的主题,然后⾦⼦对你们来说是什么?问: 也是我需要去做的⼀个功课是吗?

JO: If we were to base it on the themes of your life that you've brought today, what would gold be for you? Questioner: Is this also a task I need to do?

JO: NO NO NO,因为所有东西你都可以去理解它运⽤它或者是去定义它,你给它定义.那你就可以从这⾥看到,实际上⾦⼦它就是能量.那你缺少能量是因为你⽬前你的伤还没有疗愈.那当你疗愈好了,你便不缺能量了呀.刚才我说你本⾝就是个病⼈,你还⼀会⼉要⼲这个⼀会⼉要⼲呢个,你都不好好休息.那你当然没有能量了.你休息好了能量就充⾜了嘛,那你就有⾦了嘛,对不对?

JO: NO NO NO, because everything you can understand it and use it or define it, by giving a definition to it. Then you can see that actually gold is energy. You are missing out on energy because your injury has not been healed yet. Once you get cured, you won't lack energy anymore, right? Just now I said that you being yourself is a patient, and you're running around here and there without taking proper rest. That's why of course you don't have enough energy. When you rest well, you will be full of energy, and thus you will have gold, do you understand?

问: 所以我要养精蓄锐?

Questioner: So I need to accumulate energy?

JO: 对,因为当你养好了你的能量状态就不⼀样了呀.你养好了过后你便不是⼀棵病恹恹的树结不出果⼦.你养好了过后你就是⼀棵健康强壮的树可以结很多很多果⼦,那就有很多钱咯.

JO: Yes, because once you have cultivated your energy state properly, it changes. You then are no longer a sickly tree that bears no fruit. Once you've cultivated well, you become a healthy and strong tree that can bear many fruits, hence earning much money.

问: 所以我养病就是不要想不开⼼的,活在当下,然后去快乐是吗?

Questioner: So, when I'm recovering, it's about not getting upset, living in the present, and then being happy, right?

JO:是的.有时候你们慢下来就是在快.你看⼀下你们武功⾼强的⼈和⼀个武功不⾼强的⼈过招.武功⾼强的⼈他好像动都没动⼀下,他很淡定,是不是?他来了什么能量他都是跟着呢个能量,顺着.那武功不⾼强的呢个是不是很急躁,⼀会⼉要使出全⾝的⼒⽓,明⽩吗?知道这两种状态吗?

JO: Yes. Sometimes when you slow down, you're actually speeding up. Observe a highly skilled individual versus someone with less skill engaging in combat. The skilled person barely moves, remaining composed and calm. Does that make sense? They follow the energy they receive, going with it. Conversely, the one with less skill might be agitated, using all their strength sporadically. Are you aware of these different states?

问: 就是我的⼼要保持平静.

Questioner: My mind needs to stay calm.

JO: 你去做⼀个武功⾼强的⼈,⽽不是着急的使出你全⾝的⼒⽓.你这样别⼈还没打你,你的⼒⽓就被你⾃⼰使完了.

JO: Do be a person of great skill, rather than rushing to exhaust all your strength. By the time others attack you, you've already spent your energy on yourself.

问: 算命说我的名字不好,我要通过什么样的⽅式来更改我的名字?

Questioner: If fortune-telling says my name is bad, what methods should I use to change my name?

JO: 你命改了,你的名字就改了,明⽩吗? 你如果能把今天的信息听进去,你的命运就改变了.当你命运改变了,你名字的含义它⾃动就改变了.是你的能量影响了名字,名字它没有能量.

JO: Your fortune has changed, and your name will change accordingly, do you understand? If you can absorb the information I'm giving you today, your destiny will change. When your destiny changes, the meaning of your name automatically adjusts itself according to that new reality. It's your energy that influences your name, for names themselves do not possess any inherent energy.

问: 我的道在哪⾥? 我怎样尽快⼊道?

Questioner: Where is my path? How can I enter it as quickly as possible?

JO: 扎根 稳住.

JO: Root down and stabilize.

问: 然后去帮助更多的⼈对吧?

Questioner: Then help more people, right?

JO: 你不需要去帮任何⼈,你只需要去成为你⾃⼰就好了.为什么呢? 就好像你现在是⼀棵病恹恹的树,你⾃⼰长强壮了结了很多果⼦,那你的果⼦⾃然就会⾹甜很多需要果⼦的⼈,明⽩吗? 因为你的果⼦会掉落,⼩鸟没吃的就会来吃你的果⼦,明⽩吗?

JO: You don't need to help anyone; you just need to be yourself. Why is that? It's like you're a sickly tree right now. If you grow strong and produce many fruits, your fruits will naturally be much sweeter for those who need them, understand? Because when you drop these fruits, birds without food will come to eat your fruits, get it?

问: 我之前打过⼏次胎.我想知道他们有什么恨我吗? 他们有什么想对我说的吗? 我该如何补偿?

Questioner: I have aborted several times before. I want to know if they hate me for it? Are there any messages they want to convey to me? How should I compensate?

JO:只有你们⼈类才会有恨.因为你们会把⼀个事情定义,然后才会有呢个恨的情绪在⾥⾯,明⽩吗? 它还没有成为⼈类,所以它就不会有…问: 不会像我想的呢样吗?

JO:Only humans have hatred. Because you define something as such and then there is the emotion of hatred within it, do you understand? It has not become human yet, so it won't have... Questioner: Not like what I think it should be?

JO: ⾸先都没有东西进去.只是⼀个空壳⽽已,明⽩吗? 意识都还没有⼊住进去.问: 我有三个亲⼈去世.我想知道他们现在好吗? 他们有什么话对我说吗?

JO: There's nothing inside to begin with; it's merely a hollow shell, do you understand? Consciousness has not yet moved in. Questioner: I have lost three family members. I wonder if they are well now and if they have any messages for me?

JO:还是刚才呢句话,不要着急.因为当你不着急你的能量就变了.你能量变了,你的运⽓、其他外在⼀切都会变.

JO: It's still that advice, don't rush. Because when you stop rushing, your energy changes. Your energy changes, and everything else, your luck, and all the external factors will change as well.

问: 我奶奶在我⼋岁的时候就去世了,她以前打过我.我想知道她为什么不喜欢我?

Questioner: My grandmother passed away when I was eight years old; she used to scold me. I wonder why she didn't like me?

JO: ⾸先他们并没有不喜欢你,打你并不是不喜欢你.打你是他们⾃⼰对⾃⼰情绪的⼀个失控.是他们⾃⾝的问题,是他⾃⾝情绪的⼀种失控.所以并不说因为不喜欢你⽽打你.这是⼀个你们误会的⼀个事情.这么说吧,她如果真的不喜欢你,她可能并不会打你.

JO: First of all, they don't dislike you; hitting you is not because they don't like you. They hit you due to an uncontrollable outburst of their own emotions - it's a problem within themselves, stemming from their inability to control their emotions. It doesn't mean that they dislike you just for hitting you. This misunderstanding comes from how the situation was perceived by some. To put it another way, if she truly didn't like you, she might not have hit you at all.

问: 是因为我弄坏了我姐的东西,我觉得她疼我姐不疼我.

Questioner: Is it because I broke something of my sister's, and I feel like she cares more for her than me?

JO:你⾃⼰创造的呢些记忆,然后你⾃⼰创造的呢些感受在呢⾥.如果你真的是想要连接你奶奶问这件事情的话,问题是你觉得有必要吗?你觉得有必要你把你奶奶请出来就让她给你解释这件事吗?因为你⾃⼰决定了这件事情的定义.那通过这个事情你就可以知道,然后就是说⼀个⼈他⾃⼰在⼀个快乐喜悦的状态⾥是⾮常重要的.因为当你⾃⼰不快乐觉得痛的话,你可能就会把你⾃⼰的痛显现出来投射出来给别⼈.你也会给别⼈带来痛苦.

JO: The memories and feelings that you have created for yourself, where are they at? If you really want to connect with your grandmother on this matter, the question is whether you feel it's necessary? Do you think you need to bring your grandmother in so she can explain this situation to you? Because you have defined what has happened. Through this experience, you will realize that being in a state of happiness and joy for oneself is very important. For when you are not happy and feeling pain, you might project your own suffering onto others, causing them distress as well.

问: 我爷爷现在好吗?

Questioner: Is my grandfather well now?

JO: 只有你们⼈类才会有不好的状态.但是这个不好也是假象,明⽩吗?问: 你⼀直在说我们⼈类,那我又是谁呢?

JO: Only human beings have bad states. But this badness is an illusion, understand? Questioner: You've been talking about us humans; who am I then?

JO: 什么意思? 你现在就是在⽤你⼈类的头脑跟我交流呀.你的⼈类是什么? 就是你活在记忆⾥⾯,你活在你对你⾃⼰的⼀个定义⾥⾯,你活在你⾃⼰投射的世界⾥⾯.所以你就是⼈类呀,明⽩吗?

JO: What does that mean? You're communicating with me using your human brain. What kind of human are you? You exist within your memory, within the definition of yourself, and within the world you project for yourself. So, you are a human being, right?

问: 那我其实是什么样⼦的? 活着这么累,是我摆脱⾁体就会很喜悦?

Questioner: But what kind of person am I? Is it so exhausting to be alive that I would feel relieved if I could escape my body?

JO: ⾸先你觉得⼈类这只是⾃⼰投射出来的⼀个体验给你⾃⼰.为什么呢? 因为这个⼥孩⼦⾮常享受她的⽣命,明⽩吗? 所以你的呢个说法只是属于你⾃⼰,它并不是真是的.因为只有你⾃⼰投射出这个世界给你体验.但是呢,这个⼥孩⼦⾮常享受她的⽣命,那她是不是就给你看到了⼀个模板? 就是⽣命是不需要累的.那这个模板让你看到什么? 你也可以做到,明⽩吗? 导致你们觉得累的原因是,这么说吧,你们的意识程度决定了你们的灵活性.当你们的灵活性越来越⼩,束缚越来越⼤你就会觉得很累.那怎么样可以让你更加不受束缚? 今天我们的信息就讲了很多,就⽐如说你的外在的⼀切是什么决定的? 是你的频率.

Jo: Firstly, you believe that humans only project this experience onto themselves. Why is it so? Because the girl really enjoys her life, right? So your statement applies only to yourself; it's not true. Only you project this world for yourself to experience. But the girl really enjoys her life, does she show you a template? That life doesn't need exhaustion. What does this template show you? You can do it too, understand? The reason that leads you to feel exhausted is because of your level of consciousness determining your flexibility. When your flexibility decreases and your constraints increase, you will feel very tired. How can you be less restrained? Today, our message has provided many insights, such as what determines your external world? It's your frequency.

所以说当你的频率越⾼,你就会发现你就会发现没有任何能控制你的,能限制你的.你呢会⼉你就不会体验到任何的限制了,明⽩吗? 这就是为什么你们需要⽼师.像这个⼥孩⼦现在就是你的⽼师.那你们还是孩⼦的时候,你肯定觉得这个题怎么这么难啊? 这个东西怎么这么难啊,搬不动啊.然后⽼师给你演⽰了⼀下,轻轻⼀推就可以了.为什么呢? 因为⽼师有技巧呀,对吧? 那你还是在⽤你⾃⼰⼩孩⼦的眼光在看待这个世界,在体验.

So when your frequency is higher, you will find that there is nothing to control you or limit you. You will not experience any constraints anymore, understand? This is why you need teachers; this girl here could be your teacher. When you were a child, you must have thought the question was so hard, this thing was so difficult and unmovable. But then the teacher demonstrated it for you - just a gentle push did the trick. Why? Because the teacher has techniques, right? You are still viewing the world through the lens of your childish perspective, experiencing it.

问: 你刚刚说的这个⼥孩⼦是哪⼀位?

Questioner: Which girl are you referring to when you just said that?

JO: 现在跟你传递信息的这个⼥孩⼦呀.问: 她可以帮到我啊?

Now, regarding the girl who is conveying messages to you. Questioner: Can she help me?

JO: 她现在没有帮你她在做什么?

JO: What is she doing for you now?

问: 我确实有时候会莫名其妙的流泪,我确实希望这⽅⾯的解脱.

Questioner: I do sometimes weep without reason, and I truly wish to be relieved of this.

JO: 你会的.你养伤是需要时间的.问: 那我闲杂伤养到多少了?

JO: You know it. Healing injuries takes time. Questioner: How much of my miscellaneous injuries have I healed?

JO: 你现在才刚开始呢.因为你⼀直在消耗它,⼀直在让⾃⼰越来越累越来越疲惫.问: 所以我还没开始养伤对吗?

JO: You're just starting now because you've been wearing it down, making yourself more tired and exhausted constantly. Questioner: So, I haven't started healing yet, right?

JO: 对问: 会不会很长啊?

JO: Asking: Will it be long?

JO: 你越是允许它就会变得越短,你越是不允许它就会越来越长.问: 那就是⾯对不好的事情我平和的去对待就⾏了吗?

JO: The more you allow it, the shorter it becomes; the less you allow it, the longer it gets. Questioner: So, does that mean I just need to calmly face bad things?

JO: 没有不好的事情.所有的都是好的.你只是还没有看到它的好.问: 我有⼀次去寺庙,我看到佛像就很想哭.这是什么原因导致的?

There's nothing bad. Everything is good. You just haven't seen its goodness yet. Questioner: I once went to a temple and felt like crying when I saw the Buddha statues. What could be causing this?

JO: 这是你连接了呢个能量.

JO: This is where you connect to that energy.

问: 呢这种能量我连接到的话是好事对吗?

Questioner: If I connect to this kind of energy, is that good?

JO: 没有没有.这么说吧,你的泪⽔它就好像是你⾝体本⾝积攒的污⽔,那你连接源头的能量,它把你的污⽔给洗刷掉.它就会通过泪⽔给排出去,明⽩吗? 那你现在也是连接了源头的能量,然后就允许你⾝体通过泪⽔把污⽔排出去.

JO: None, none. Let me put it this way, your tears are like the accumulated impurities in your body. By connecting to the source of energy, it cleanses away those impurities from you. It does this through your tears, right? You're now connected to that source of energy, allowing your body to release the impurities via your tears, understand?

问: 我认识了⼀个做⼼灵数字的朋友.他⼀直邀请我去他们会场.我⼀直没去,不知道是因为没钱还是…JO: 这么说吧,真正能帮到你的永远会把选择权给在你⼿上,明⽩吗? 所以如果让你觉得你没有选择你必须要来这边,呢不是帮助.

Questioner: I know a friend who deals with spiritual numbers. He has always been inviting me to their meetings. I haven't gone because I'm not sure if it's due to lack of money or... JO: Here's the thing; what truly assists you will always empower you to make your own choices, understand? So if someone makes you feel like you have no choice but to come here, that's not a help.

问: 所以我现在也是有点恐惧,我害怕错过让我灵性觉醒的道路.

So I am also a bit fearful now, afraid of missing the path that leads to my spiritual awakening.

JO: 不会的,你永远不会错过任何.任何让你觉得我这⾥才是唯⼀的出路,呢就是操控.问: 他只是说他可以帮到我.

JO: No, you will never miss any. Any situation where you feel that there is no other way but me, that's manipulation. Questioner: He just said he could help me.

JO: 你可以选择任何你想要去体验的,在没有消耗你的情况下,明⽩吗? 因为你现在没有东西消耗了.

JO: You can choose anything you wish to experience without depleting you, understand? Because you don't have anything to consume right now.

问: 所以我现在只剩下尽快的疗愈⾃⼰了?

Questioner: So now I'm left with healing myself as quickly as possible?

JO: 是的问: 那我可以理解成我的苦难结束了,剩下的就是养伤? JO: 是,你需要把你给出的精⼒拿回来然后养精蓄锐.

Yes, you can understand that your suffering has ended, and what remains is to recover and heal.

JO: Yes, you need to regain the energy you've given and prepare for recovery.

# **2023/03/13 — 紧张的能量Tense energy**

JO: 你问吧,什么问题? 问: 我的灵魂主题是什么?

JO: Ask away, what kind of question is it? Questioner: What is my soul theme?

JO: 是什么导致了你想要在这个点来找到你的灵魂主题?问: 是因为我感觉被羁绊住了,⽆法前进.

JO: What led you to want to explore your soul's theme at this point? Questioner: It's because I feel stuck and can't move forward.

JO: 你叫什么名字?问: XXXJO: 我们这⾥接受到的信息是你这⼀⽣的主题是来学会信任、放⼿、允许.也就是说你可能之前会⼀直感受到⽣活很吃⼒,就是什么东西都很操⼼都需要⼤量消耗你的精⼒和思考在⼀些事情上⾯.就是⼀个事情别⼈可能不需要太上⼼,但是你可能就是百分之百的上⼼.所以你想⼀个⼀直在⽤⼒的⼈和⼀个都不⽤⼒的⼈,那你们两的状态相⽐,你是不是就会觉得很累? 所以⽣活对你来说就好像有⼀种压⼒感,就是不是呢种轻松的感觉.因为你⽣活的很认真,然后你什么事情都想做好.所以你会投⼊你⼤量的精⼒和思考在⾥⾯,明⽩吗?

JO: What's your name?

Questioner: XXX

JO: The message we're receiving for you is that the theme of your life is to learn trust, release, and allow. This means you might have felt like life was very challenging in the past where everything required a lot of effort, thought, and energy spent on certain things. You might be someone who would obsess over even minor details while others could afford not to worry so much. So, comparing yourself to someone who doesn't put in as much effort versus you, wouldn't you feel exhausted? Thus, life feels like it carries pressure for you rather than a sense of ease because you're very serious about your living and want everything to be done well. You invest lots of mental energy into this, right?

但是你的⼈⽣主题是转化这个模式,就是把这种模式转换成信任、允许、⾂服的呢种状态,就是放⼿.所以你会感受到什么东西你都很⽤⼒的去抓,但是抓又抓不到.你就感觉⽆论什么你都付出很⼤的努⼒,但都好像没有什么收获⼀样,就好像⽵篮⼦打⽔反⽽把你弄得筋疲⼒尽.所以这⼀⽣就是你⼀个转变和转换的过程.这就是你需要去从⽣命中拿到的礼物,达到⼀种全然信任的状态.所以说对⽣命的信任,对你⾃⼰的呢种信任.

But your life theme is transformation, the process of turning this pattern into a state of trust, allowance, and surrender, which is letting go. So you feel that whatever you try to grasp very hard, you just can't get it. You feel that no matter what, you put in a lot of effort but there seems to be no收获, like beating your head against a wall without any result, making you feel exhausted. Therefore, throughout this life, you are going through a process of change and transition. This is the gift you need to receive from life, achieving a state of total trust. So, it's about trusting life and yourself.

问: 可以帮我看⼀下我⽬前的能量状态? 我当下的束缚是什么? 然后如何清理堵塞的能量?

Questioner: Could you help me understand my current state of energy? What is binding me now? And then, how do I clear the blocked energy?

JO: 能量状态就是在⼀种消耗呀,跟刚才前⾯说的⼀样.因为你现在还没有转变,你现在还在体验前⾯,那你的状态是不是就是⼀直在努⼒呀,消耗呀,就觉得⽤尽全⼒却没有很⼤的收获的状态.

JO: The state of energy is a kind of consumption, just like what we discussed earlier. Because you have not yet undergone transformation, you are still experiencing the previous phase. Therefore, isn't your state one of continuous effort and consumption, feeling as though you've exerted all your strength but without seeing significant results?

问: 我的天赋才华是什么?

Questioner: What are my talents and gifts?

JO: 就是你的⾏动⼒特别强,你特别能吃苦,你隐忍的能⼒、吃苦耐劳、咬紧⽛关坚持下去的能⼒⾮常好.

JO: That's because you have a strong drive, you're exceptionally resilient, and you possess excellent ability to endure hardship and persist despite adversity.

问: 我觉得我的⾏动⼒不是很强.

Questioner: I feel that my drive isn't very strong.

JO: 你今年多⼤?问: 30JO: 那你是在拿这三⼗年你对你的⼀个评判,就是说我这三⼗年我的⾏动⼒强不强.你知道为什么你会觉得你的⾏动⼒不强吗? 是因为你对你⾃⼰的要求⾮常的⾼.所以你会觉得我怎

JO: How old are you this year? Asking: 30 years old JO: Then, you're judging the past thirty years of your life, asking if my actions were strong during that time period. Do you know why you feel like you weren't very active back then? It's because you have extremely high expectations for yourself. So, why do you think you felt inactive in those days?

么样都⽋缺,我还不够努⼒,我虽然已经⽐别⼈努⼒⼀百⼆⼗倍了但是我还没有做到百分之⼆百的努⼒.那你这个是不是就刚才说的吃苦耐劳,然后隐忍能⼒,对不对? 所以说你不需要去拿你过去的经验去评判你这个⼈.为什么呢? 因为,这么说吧,⼀个⼈的⼀⽣他有童年阶段、青少年阶段、成年、中年、⽼年,对吧? 你说⼈家⼩孩⼦才⼗岁,你就说: 你这个⼈⾏动⼒⼀点都不强.你这个⼈怎么样怎么样.⼈家这⼀辈⼦还没有过完,你就说他怎么样怎么样了.你觉得你的说法是成⽴的吗? 就好像你是⼀只⽼虎,现在只是你幼虎的阶段.你就说这个⽼虎⼒⽓⼀点都不⼤,明⽩吗? 所以说不要去对你的任何去评判,就是我这个怎么样怎么样,我呢个不好.

Whatever is lacking, I am not working hard enough; although I have already worked more than one hundred and twenty times harder than others, I still haven't achieved two hundred percent effort. Is this what you just mentioned about diligence and the ability to endure hardship, right? So, there's no need to use your past experiences to judge that person. Why is that so? Because consider this: a person goes through stages of childhood, adolescence, adulthood, middle age, and old age, correct? If someone says a child aged ten has no strong drive, you're saying this person behaves in a certain way, right away. You're judging their entire life based on one point in time without it being over yet! Do you think your judgment makes sense? It's like calling yourself a tiger but only being at the stage of a cub—telling others that the full-grown tiger doesn't have much strength, do you get it? Therefore, don't judge anyone based on any fleeting moments or their past experiences. I can't be described as this way or that way; there are certain aspects of me that aren't good either.

但是从你⾃我的评价和定义当中你就能看出,在你⼼灵深处你是⼀个对⾃我要求特别⾼的⼈.

But within your self-assessment and definition, you can see that deep down, you are a person with very high standards for yourself.

问: 对我影响⽐较深的前世是什么?

Questioner: Which past life has had a significant impact on me?

JO: 我们感受到有⼀世你残留了很多紧张的能量,呢个紧张的能量让你很难放松下来,导致你⾝体也会经常感受到紧张、紧绷.所以有⼀种你就必须要去⾏动、去做事.不然的话你就会觉得,就是你没有办法很好的relax.就好像你的⾝体⼀直处于紧张的状态,好像备战的状态,好像快要⾼考了,就是有⼀种这样⼦的⼀个焦虑的⼀个状态.所以这种好像是莫名的,就好像是热锅上的蚂蚁⼀样让你感受到呢种很难放松下来的感觉.然后这个是对你这⼀世还有影响.但是你选择这⼀世你本⾝就是来信任、放松,然后去达到⼀种放⼿和允许的状态.那就是说这个状态是在你蜕变之前体验的,然后你再去突破它,然后再去转换到另外⼀个状态.

JO: We sense that you carried a lot of tense energy in your previous life, which made it difficult for you to relax, resulting in constant tension and stiffness both physically. This compelled you to always feel like you had to act or do something instead of being able to fully unwind. It's as if your body was perpetually wound up, like being on high alert, akin to the stress before a major exam. There is this constant anxiety that makes it hard for you to relax. This tension in your life from a previous incarnation continues to affect you but you chose this life to trust and relax, aiming to achieve a state of letting go and allowing things to happen. This state was experienced just prior to your transformation and then broken through before transitioning to another one.

所以它这个只是暂时的⼀个现象,只是你没有转变前的⼀个现象.这个就是对你影响⽐较深的,从能量层⾯来说.

So it's just a temporary phenomenon, merely what you were before you transformed. This has influenced you deeply, in terms of energy levels.

问: 我之前流产过⼀个孩⼦,我想知道他有什么话对我说? JO: 怀孕多⼤?

Questioner: I had a miscarriage before, what would he have said to me if he was here? JO: How far along was the pregnancy?

问: 我记不太清楚了.

Questioner: I'm having trouble remembering it clearly.

JO: 你稍等.他说你不需要担⼼这个,因为当everything is ready,就是当⼀切合适的时候,还会… ⽽且⾸先你需要明⽩的是你并没有去流掉任何,你并没有miss anything,你没有错过任何.因为有⼀句话叫天时地利⼈和,就所有的因素都好了,是最佳时机了,呢个⽣命就会选择来.那如果他觉得呢个时机不⾏的话,他会等⼀下.这么说吧,你就好像出门去⼀个⽬的地,对吧? 如果你觉得今天暴风⾬不适合出门,那你可能就会安排明后天,对吧? 所以说对于他们来说也是⼀样的.因为出门我总是要出门的,呢个地⽅我肯定是要去的,但是我要选择⼀个perfect timing,就是⼀个最佳的⽇期.

JO: Wait a moment. He said you don't have to worry about this because when everything is ready, that is when everything is suitable, it will still happen... and moreover, what you need to understand is that you haven't missed anything; you didn't miss anything; you didn't miss any opportunities. Because there's a saying called 'the right time, the right place, and harmony', meaning all factors are perfect, it's the best time, then life will choose to come. If he feels that this time isn't suitable, he would wait. To put it simply, think of going to a destination. If you feel that today's stormy weather isn't suitable for leaving home, you might arrange to go tomorrow or the day after. So it works similarly for them. Since I always have to go out and I'm determined to visit that place, but I need to choose the perfect timing, an optimal date.

就好像对⽅也有空,你也有空,你就好像跟别⼈约会.那对⽅有空,你也有空,天⽓又好,⼀切都是呢么的完美.那我们就去约会了.

It's as if both of you are free, I'm also free, you're just like going on a date with someone else. When the other person is free, I'm free too, and it's sunny, everything seems so perfect. That's why we went on a date.

问: 跟我连接感⽐较强的⼈是谁?

Who has a strong connection with me?

JO: 这么说吧,你们建⼀栋房⼦,你们需要钢筋、⽔泥、⽯头、⽯⼦、沙⼦、⽔,还别说装修房⼦⾥⾯的各个⼩件.都会需要.⼤到房屋的横梁、地基结构,⼩到⼀个沙⼦都在帮助这栋房⼦.你能说只有呢个梁才重要,沙⼦不重要吗? 如果⼀个房⼦只有横梁,没有沙⼦的话… 那这个事情说明什么了呢? 也就是说你们⽣命中出现的每⼀个⼈,哪怕是现在在跟你传递信息的这个⼥孩⼦,她也是形成你的⼀部分,她也在⽀持你.因为你们每⼀个⼈都是相互⽀持的,你也在⽀持他.为什么? 就⽐如说他是个沙⼦,那他在你这个房⼦上⾯便体现了他的价值.他便不是在路边地⾯上随便的沙⼦.为什么?因为他早就了这个房⼦给你挡风遮⾬,对不对?

JO: Let me put it this way, when you build a house, you need steel bars, cement, stones, gravel, sand, water—and don't forget the various little things inside the house for decoration. Everything is needed, from the beams of the house and its foundation to even the sand that helps in construction. Can you say only the beams are important while the sand isn't? If a house only has beams and lacks sand… what does this indicate? It means that every person appearing in your life, like this girl传递ing information to you right now, is part of forming you; she supports you because everyone supports each other. Why? For example, if he's just sand, his value shines through when he contributes to your house. He isn't just random sand on the ground because he helps protect you from wind and rain, isn't that right?

所以说你⽣命中的每⼀个⼈,只要他出现在你的⽣命当中,那么他就是来⽀持你的.所以这⾥不会有错.只是⽀持的⽅式,在你们眼⾥你们可能只会想要⼀个友好的或者是有爱的⽀持.⽽不想去有⼀个所谓的负⾯的,看上去很恶的⽀持.那你看你们农民种庄稼.你们种庄稼需要⽔、⼟地.为什么还需要粪呢,明⽩吗?粪它会影响呢颗青菜变的更加可⼜变的更加绿吗?不会的,对吧?所以说就算你⽣命中遇到⼀些骂你打击你的⼈,他会让你变得更加weak吗?如果你因为别⼈打你⼀下就变得更加懦弱,那是因为你本⾝就是懦弱的,明⽩吗?

So every person in your life, whoever appears in it, is there to support you. Thus, there's no mistake here; only the manner of that support might not align with what you might expect, like a friendly or loving kind of assistance rather than something perceived as negative or malicious.

Consider farming: farmers need water and soil for their crops. But why do they also require manure? Understand that it doesn't make the vegetables taste better or look greener? Correctly, right? Hence, if you come across someone in your life who criticizes or undermines you, does this make you weaker? If because of a hit from someone else you become timid, then it's due to your inherent weakness, do you see?

问: 可是这些头脑上我是理解的.但是我⼼⾥⾯⾯对这些的时候还是会…JO: 这就是为什么你们有永恒的时间,不需要⼀下⼦就把所有…. 这就是为什么你会有这个体验,你又来到这⾥,明⽩吗?⼀个功课你觉得你没有学透,你还想继续体验.你有这个权⼒.这⾥没有时间的.你们⾃⼰创造时间是你们集体意识的需求,是你们物质世界需要.但是你是永恒的存在.就算所谓的你这⼀⽣,就算你这⼀个⼈格她没有呢个什么,你还有其他世,他也会去突破的他也会去理解的.所以你不需要着急,明⽩吗? 你所谓的理解,你的头脑是⼀回事.⽽且你的头脑它永远都是有限的,它的理解能⼒永远都是有限的.

Questioner: But I understand intellectually, but when it comes to facing these things, I still... JO: That's why you have the time for eternity; you don't need to immediately grasp everything. That's why you're experiencing this, returning here and understanding that you haven't fully learned a lesson yet and want to continue experiencing it. You have the power; there is no time restriction here. The time you create is a necessity of your collective consciousness and something required in your physical world. But you are an eternal being. Even if this life or persona is considered finite, you still have other lives where they will find ways to break through and understand. So you don't need to rush; understand that? Your so-called understanding comes from your intellect, which has its limitations, as does its ability to comprehend.

所以你不需要去试图理解任何,你只需要去相信,任何时候都是你该吸收的.就好像⼀棵植物想把⼤海⾥⾯的⽔全部都喝掉.明⽩我意思吗? 你想,如果植物你给它太多⽔会怎样? 所以你只需要

So you don't need to try to understand anything; you just have to believe that everything is what you're supposed to absorb at any given time. Like a plant trying to drink all the water from the ocean. Do you get my point? Imagine if you gave a plant too much water, how would it be? So you just need to

⾜够的养分去维持你就⾏了.就是说你只需要⾜够去理解你当下需要去理解的.⽽且等你长⼤了,你需要多⼀点.那⾃然⽽然就会供给你多⼀点.

You just need enough nutrition to sustain you. That means you only need enough to understand what you need to understand at the moment. And as you grow up, you will need more. Naturally, it will supply you with more.

问: 我特别讨厌被⼈偷窥,但是我⽼体验这种感觉.我感觉⾃⼰陷⼊了恶性循环.尤其讲到关于性的.

Questioner: I particularly hate being spied on, but I constantly experience this feeling. I feel like I'm stuck in a vicious cycle, especially when it comes to matters of sex.

JO: 这么说吧,如果是真正的偷窥你能看到吗? 如果被你看到它还叫偷窥吗? 所以你的问题是什么呢?

JO: Let me put it this way, if it's a real case of voyeurism, can you see it happening? Would it still be considered voyeurism if you were to witness it? So, what's your question?

问: 就是我该如何缓解⼀下?

Questioner: How should I ease up a bit?

JO: 你先说你⽣活中发⽣了什么事? 你把事件说出来.

JO: Tell me what happened in your life first? Explain the events to me.

问: 就是我⽆论⾛到哪⾥,我都觉得别⼈能听到我说话.或者我的男朋友来找我,我觉得我的邻居会听到,感到很羞耻.然后总觉得别⼈盯着我的⼀举⼀动.

Questioner: I feel like everyone can hear me talking no matter where I go. Or when my boyfriend comes to see me, I feel that my neighbors will overhear and it makes me ashamed. I constantly feel as if people are watching my every move.

JO: 这么说吧,你不去盯⼈家,你能知道⼈家在盯你吗? 是你在盯着别⼈的⼀举⼀动好吗? 你盯着别⼈的⼀举⼀动说: 你有没有在看我?你有没有在看我? 所以到底是谁在盯谁呀? 谁在偷窥谁呀?你真正的问题是你在⼼⽬中对你⾃⼰的⾏为有⼀个评判的声⾳,这个才是问题.因为如果你给你⾃⼰的定义这是⼀个有爱的⾏为,你为什么会害怕别⼈看到或者别⼈怎么说呢?你只会觉得你在做⼀件羞耻的事情,怕被别⼈看到你才会去防范才会去检查外⾯有没有⼈看你.但是你不需要太去纠结这个.为什么呢? 因为这些它都会随着你不断地成长,⾃然⽽然它就不在你的⾝上了.

JO: Let me put it this way, can you know if someone is watching you if you don't look at them? Are you the one observing everyone's every move? You're saying to others constantly: are you looking at me? Are you looking at me? So who is actually being watched and who is being eavesdropped on? Your real issue lies in having a judgmental voice about your own actions in your mind. This is what matters. If you define this as an act of love, why would you be afraid of others seeing it or how they might talk about it? You would only feel ashamed and fear being seen by others, which prompts you to be cautious and check if there are people watching you from the outside. But you don't need to overthink this too much. Why is that? Because as you grow and mature, these concerns will naturally leave you alone.

问: 我的⾝体控住不住的震颤已经影响到我的⽣活了.坐在呢⾥就特别的紧张.

Questioner: The constant shaking of my body has affected my life, especially when sitting.

JO: 你刚才问的呢⼀世给你带来的影响就是紧张的能量,是吧? 所以你这个是需要去专门针对这个做⼀次清理.

JO: The impact that you just asked about for your lifetime is stressful energy, right? So, this is something that needs to be addressed specifically with a cleaning session.

问: 怎么做呢?

Questioner: How do you do it?

JO: 你需要跟这个⼥孩⼦继续约,深⼊的针对这⼀个伤⼜.这么说吧,就好像你⾝体会有很多伤⼜.那你要处理这⼀个伤⼜的话,那你就必须要去针对这⼀个伤⼜去做出处理.

JO: You need to keep seeing this girl and work deeply on this wound. To put it simply, your body has many wounds. If you want to address this particular wound, then you have to specifically attend to that wound.

问: 我跟我现在的男友是怎样的连接?

Questioner: How am I connected to my current boyfriend?

JO: 你稍等.⾸先你问的这个问题就已经是在误导这个⼥孩⼦了,明⽩吗? 你可以重新提问.你可以问⽬前的这段关系怎么服务于你? 因为怎么样的连接,你来说你们是怎么样的连接.

JO: Wait a moment. Your question itself is misleading the girl, do you understand? You can rephrase your question. You could ask how this relationship serves you right now? And based on what kind of connection, as you describe how you are connected.

问: 那我现在的男友能带给我什么样的….

Questioner: What kind of... can my current boyfriend bring me?

JO: 你稍等,你们⽬前的这段关系可以如何更好的服务于你? 他是就好像在你的路途当中对你的⼀种陪伴和⽀撑.就⽐如说你有⼀个⽬的地,对吧? 你要去呢⾥.然后呢,他跟你⾛,然后你们就有⼀个朋友聊聊天,然后陪伴⽀撑你,让你在这个路上会觉得⽣命真美好.

JO: Wait a moment, how can your current relationship better serve you? He's like company and support on your journey. For instance, you have a destination, right? You're going there. Then he accompanies you, and then you have someone to chat with, and the companionship supports you, making your journey feel truly wonderful.

问: 我过年给我奶奶买了⼀个刻了⼼经的银镯⼦.她说她看到它发光之后就消失了.这是有什么信息要带给我吗?

Questioner: I bought my grandmother a silver bracelet inscribed with the Heart Sutra for the Spring Festival. She said it disappeared after she saw it shine. Does this have any message for me?

JO: 你稍等.这是奶奶她⾃⼰的⼀个体验.然后这个体验来把她带上像⼀种精神上的依靠或者是信仰.因为你们中国的信仰的菩萨会让你们在你们这些族类,就是你们中国⼈当中,会共同的显化很多这种现象,明⽩吗?

JO: Wait a moment. This is an experience that Grandma herself had. This experience led her to adopt something like spiritual support or faith. Because in China, the belief in Buddhist deities would manifest many phenomena among you Chinese people collectively. Do you understand?

问: 她本⾝是不懂这些的,她也不知道⾥⾯有⼀部⼼经.

She doesn't understand these things herself and has no idea there's a Heart Sutra inside.

JO: 所以我就说这些现象会带领她去更多的去探索关于精神层⾯的更多的⼀些信息.就是来让她知道她并不是孤独的,也不是孤单的.因为这是你们⼈总会⾛上的⼀条路,就是你会发现你并不是孤单的.

So I would say that these phenomena would lead her to explore more information on the spiritual level. This is to let her know that she's not alone and doesn't feel isolated because this is a path everyone eventually walks down; you'll realize you're not alone.

问: 我奶奶现在⾝体如何? 我如何在她最后的时光给她正确的…JO: 你们只要是有爱的⾏为永远都是好的.因为你们是在展现你们的爱.就好像你是阳光,然后你的温暖永远都会温暖,明⽩吗? 所以说没有任何⼈会拒绝爱.因为爱它不是去攻击,不是去强迫.它没有任何.你连对⽅拿去对⽅拿去怎么⽤,就是你奶奶拿去怎么⽤怎么想,这些你都不会想.为什么我要强迫她必须要⾛上灵性道路呢,明⽩吗? 如果她觉得好就是好.所以说当你是在以爱出发点,永远都没有你所谓的强迫或者是有没有不好有没有⼲涉.

Questioner: How is my grandmother physically now? How can I do right for her during her last days?

JO: Any actions driven by love are always good. Because you're showing your love. Like the sun, your warmth will always warm others, understand? So no one would reject love as it's not about attacking or forcing; there is nothing to that effect. You wouldn't even consider how someone else might use something, be it your grandmother's actions or thoughts. Why should I force her to follow a spiritual path? Understand? If she finds it good, then it is good. So when you're starting from the perspective of love, there is no question of forcing or whether anything is bad or interfering.

问: 我跟我的⽗母和姐弟之间,他们能带给我什么样的帮助?

Questioner: What kind of help can I receive from my parents and siblings?

JO: ⾸先,帮助,你要注意你的提问.你如果问帮助的话,就像我刚刚说就算是⼀坨粪它都可以帮助你.虽然你觉得它又臭又恶⼼的.帮助是你如何去提取你需要的⼀部分,去转化呢个能量去变成你能运⽤的能量,明⽩吗? 也就是化阻⼒为助⼒,也就是说⽆论怎样你都会得到帮助的.它取决于你如何去运⽤它.

JO: First of all, help, you need to pay attention to your question. When you ask for help, like I just said, even a pile of feces can help you, although it may seem disgusting and unbearable to you. Help is about how you extract the necessary part from it, transforming that energy into usable energy, do you understand? In other words, turning resistance into assistance, meaning you will always receive help regardless of how you use it. It depends on how you utilize it.

问: 就是和刚才和我男友同样的问题,我忘了怎么提问了.

Questioner: It's a question similar to the one I asked my boyfriend just now; I've forgotten how to ask it.

JO: 你可以说你们共同的主题是什么? 因为你们选择了⼀个对象,选择了⼀个⼈来到你们⽣命,他们有礼物给你,你也有礼物给他们.

JO: You can say what your common theme is. Because you both chose an object, a person to come into your life, they have gifts for you and you also have gifts for them.

问: 那我跟我⽗母还有姐弟…JO: 你先问⼀个.每⼀个都是不⼀样的,每⼀个都是独⼀⽆⼆的.问: 那我跟我⽗亲.

Questioner: What about me and my parents, siblings...?

JO: Start with one question first. Each scenario is unique in its own way.

Questioner: And me and my father...

JO: 你稍等.你⽗亲他会有⼀种增加你的紧张能量,增加你必须要努⼒,你必须要控制.因为你从⼩就是受他的⼀些能量影响,然后就导致你还会继续加深你之前的现象.就⽐如说你之前涂了⼀个颜⾊,它可能是灰⾊.然后你⽗亲越涂越⿊,然后就变的很⿊了,明⽩吗? 就是在你原有的束缚上⾯在加重.

JO: Wait a moment. Your father will enhance your anxious energy, pushing you to work harder and control yourself. You've been influenced by his energy since childhood, leading to the intensification of your previous conditions. For instance, if you initially painted a gray color, as your father continued painting it darker, it turned pitch-black. Understand? This is adding to the existing constraints.

问: 他为什么要这个样⼦呢?

Questioner: Why does he look like that?

JO: 他是来让你必须要去转化呀.因为如果你疼,你们⼈都知道我要不是疼的要死要活的,我不会去看医⽣,我不会去做什么.⼀点点疼就不管它了.

JO: He came to make you convert because if you hurt, everyone knows that I won't go to the doctor unless it's unbearable pain; even a little bit of pain, I would ignore it.

问: 那我跟我母亲呢?

Questioner: And what about me and my mother?

JO: 你稍等.你母亲她让你看到了⼀种就是当你转化过后的状态是多么的重要.那她有可能会呈现⼀个就是说,⽐如说她也跟你⼀样是特别焦虑、着急、紧张,就是这种.那她也有可能是⼀种就是特别不焦虑、特别放⼿、特别允许的这种状态.所以她会是这两种状态的其中之⼀,来让你看到你要去达到的呢种状态是多么的重要.

JO: Wait a moment. Your mother showed you the significance of reaching that transformed state. She might display either anxiety, stress, and tension like you, or she could be in a completely different state where she is not anxious at all, very laid back, and permissive. Therefore, she would exhibit one of these two states to highlight how crucial it is for you to achieve the desired transformation.

问: 是她会在这两种状态来回切换让我看到这两种状态的样⼦是吗?

Questioner: Does it mean she will switch between these two states so I can see both of them?

JO: 不是不是.你母亲她是这两种状态的其中⼀种.因为这也要根据她个⼈的⼈格,明⽩吗?也取决于她这个⼈在这⼀世形成的⼈格.所以说要么就是属于跟你差不多⼀样,就是特别容易紧张着急啊.要么她就是⼀个完完全全放⼿,坦然,就是你想达到的呢种状态.为什么呢? 因为这两种状态都让你看到呢个状态的重要性.

JO: Not this or that. Your mother is either of these two states. This depends on her individual personality, right? It also depends on the personality she has formed in this lifetime. So either she's like you, very easily stressed and anxious, or she completely lets go, being open and at peace, which is the state you want to achieve. Why is that? Because both of these states show their significance.

问: 那我跟我姐姐的共同主题是什么? JO: 你亲姐姐吗?

Questioner: Then, what is the common theme between me and my sister? JO: Your actual sister?

问: 对JO: 你姐姐⼤你⼏岁?问: 2岁.

Questioner: JO: How much older is your sister than you? JO: 2 years.

JO: 你在你姐姐⾝上看到了勇⽓.然后她会给你⼀个,⽐如说你要突破这个的时候成为这个的时候,你需要战胜你的恐惧吧.然后她会给你⼀股⼒量,通过她你会看到⼀股⼒量,然后来突破.这么说吧,你就好像在学游泳.你需要去放⼿,对吧? 放⼿你就可以浮起来.但是你却特别害怕,你不敢放⼿,你觉得你放⼿就会死掉.然后就像是这样⼦的过程,你的这个恐惧.然后你姐姐就是呢种,不要怕不要怕,我陪着你,我在.

JO: You see courage in your sister. Then she gives you that strength - like when you need to break through or step up and conquer your fear. She then lends you a force, allowing you to witness this power within yourself as you push forward. Picture learning how to swim; you have to let go, right? Letting go lets you float, but you're terrified of the water, too afraid to let go because you think it will be fatal. This is akin to your fear journey. And your sister's there, fearless, saying 'don't worry', 'I've got you'. She's with you through this.

问: 那我跟我弟弟之间呢? JO: 你弟弟⼩你⼏岁?

Questioner: What about me and my younger brother?

JO: How much younger is your younger brother than you?

问: 2岁JO: 你弟弟他是属于呢种特别欢快、欢乐,就是特别轻松的能量的状态.跟⼩孩⼦⼀样.他的这种能量状态会感染你,也会让你的能量不是呢么紧张.

Questioner: For a 2-year-old JO: He's that kind of exceptionally joyful, lively energy state, like with children - just very relaxed and carefree. His energy affects you and makes your own energy less tense.

问: 可是他现在因为赌博负债跑路了.为什么会发⽣这种事情? 然后他现在怎么样了?

Questioner: But now he's run away owing to his gambling debts. Why did this happen? And what is happening to him now?

JO: 你看他做的是什么事情? 他做的在你们眼⾥看上去就好像是不负责任的事情,对不对? 那你觉得⼩孩⼦会负责任吗? ⼩孩⼦有责任吗? ⼩孩⼦只有说我想做这个我就做这个,我不想做这个我就不做.我⼲嘛要负责任啊,对不对? 因为当我⼈消失了,我所有东西都消失了呀,包括所有责任对不对? 那他是不是像⼩孩⼦⼀样? 那你为什么呢? 你的责任太重了呀,是不是? 那他是不是就让你看到了你需要平衡,明⽩吗? 在⼀个超负责任和超不负责任之间的平衡.

JO: What is he doing? He's doing something that looks like irresponsibility to you, right? Do you think children are responsible? Children have responsibility? Children only say they want to do this and then they do it. If they don't want to do it, they just don't do it. Why should I be responsible, right? Because when I disappear, everything disappears, including all the responsibilities, right? Is he like a child? Why is that so? Your responsibility is too heavy, isn't it? He's showing you that you need to balance, understand? Between being over-responsible and under-responsible.

问: 就是我就是想体验财富⾃由的感觉,有什么⽅法吗?

Questioner: I just want to experience the feeling of financial freedom. Is there a way to do that?

JO: 这个是不是跟你主题就⼀样了? 因为你前⾯你会经历呢种我努⼒的赚钱,⽤⼒的赚钱,我要每个⼩时,就是这种很消耗你的能量花⼤把的时间在这种事情上.那你最后变成什么? 就是我的⼀个念头⼀动,然后钱就⾃动到账了,明⽩吗? 这就是你内在的呢股…. 你说.

JO: Isn't this similar to your theme because you mentioned the effort in earning money, exerting yourself to earn money, aiming for every hour, which is a very energy-consuming process. Then what does it lead to? It leads to a situation where my thoughts are just one movement away and then the money automatically arrives. Do you understand? This is the inner force that...you were referring to.

问: 我觉得我以后会达到呢种状态,但是现在⽬前就卡住了.

Questioner: I feel that I will reach that state in the future, but I am stuck at this point now.

JO: 你没有啊.你现在就⾛在呢条路上啊.你今天找这个信息你就能很清楚了你现在经历的就是为了以后.

You don't have it yet. You're walking on that path right now. Finding this information today will make it clear to you what you are experiencing is preparing you for the future.

问: 其实你没说之前我就知道我的主题是什么了.因为已经很明显了.我以前做梦梦见过我妈妈,不知道是不是你给我的信号.我还是需要找出⾃⼰的负⾯信念.

Questioner: Actually, I already knew what my topic was before you spoke, because it was quite obvious. I had dreams about my mother before, wondering if that was your signal to me. I still need to identify my own negative beliefs.

JO: 这是⼀步⼀步的,所以你不需要着急.就好像你现在是⼀棵苹果树的种⼦,你说我好想有好多好多苹果呀.那你慢慢慢慢长⼤成为⼀棵树,你⾃然⽽然就会结好多好多苹果.这是必然的事情.

JO: This is step by step, so you don't need to rush. Like you're now a seed of an apple tree, you say I really want lots and lots of apples. So gradually grow into a full-sized tree, naturally you will bear many, many apples. It's inevitable.

问: 我⼀跟⼈在⼀起就有莫名的恐惧,除了我男朋友.

Questioner: I feel莫名其妙fear when I'm around people, except for my boyfriend.

JO: 这是你需要清理的,你也是为了这个⽽来的,来转变的.问: ⾼我有什么信息给我吗?

JO: This is what you need to clean up, and you are here for this purpose, to transform. Questioner: Does the High Self have any information for me?

JO: 你稍等.你不需要去着急,因为你会逐渐的从你的⽣活中发现所有的⼀切都已经安排好.你只是需要去把你的注意⼒放在当下,⼀步⼀步的你就会看到.因为你的头脑需要很多证据,来证明给你看你不需要去做任何.当你看到的越来越多你就会相信,所以你只需要去看到⽽已.并不是说没有证据,只是说你有没有注意到.

JO: Wait a moment. You don't need to be in a hurry because you will gradually discover that everything has been arranged in your life. You just need to focus on the present, and as you take it step by step, you'll see. Your mind requires evidence to prove that there's nothing for you to do. As you see more and more, you'll believe, so all you have to do is observe. It's not that there isn't any proof; it's just whether you've noticed it or not.

问: 镯⼦发光的事情让我更相信灵性…JO: 你们总是说相不相信灵性,就好像⼀个草它说它相不相信它有根⼀样.没有这个根你是从哪⾥来的? 你草都没有,明⽩吗? That’s where you come from.就好像你是树上的苹果,你不相信树根.没有呢个树根你这个苹果还存在吗? 所以它们并不是分开的,要么物质世界,要么灵性世界.它们是⼀体的.

Questioner: The appearance of the bracelet shining convinced me more about spirituality... JO: You always talk about believing in or not believing in spirituality, like a blade saying whether it believes in or doesn't believe in having roots. Where do you come from if there's no root? If you don't have that grass, understand? That's where you come from. Like you are an apple on the tree and you don't believe in the roots of the tree. Without that tree root, would this apple still exist? So they're not separate; either the physical world or the spiritual world. They are one whole thing.

问: 我想知道专注当下到底是什么意思?

Questioner: I want to know what it means to be fully present.

JO: 你其实只需要认清你没有过去,你也没有将来.你只有当下.你要不停的去思考明天怎么办呀,那是因为你对⽣命的⼀个不理解,明⽩吗? 因为你觉得还有明天,呢只是⼀个错误的观念⽽已.就像⼀个不懂事的孩⼦⼀样,他觉得应该怎样.那当你明⽩了你们只有现在,你们根本就没有所谓的明天.

JO: Actually, all you need to understand is that you don't have a past and you don't have a future either. You only have the present moment. You keep thinking about how to handle tomorrow, because it's due to a misunderstanding of life, right? Because you think there will be a tomorrow, which is just a wrong concept. It's like an inexperienced child who thinks that should be the way it is. When you realize that you only have now, you'll understand that you don't actually have a 'tomorrow' at all.

问: 那我现在专注当下就是要去找⾃⼰真正喜欢的…JO: 不是,当你长⼤了,你的认知越来越明⽩了,你的认知是不是就不会像孩⼦⼀样去思考了? 当你没有学习到呢些,你是不是就会觉得你只有呢样做? 所以你们现在来学习的就是来提⾼你们集体的认知.当你们集体的认知都这么认为了,你还会觉得,就好像⽤电⼀样.以前你们没有电,对不对? 那现在你们有电了,这不就是理所当然的事吗? 那等你们集体意识全部提升了,都知道我们只有当下.那是不是你们就根本不⽤去焦虑明天或者是担忧明天或者沉浸于过去.因为你知道这是⼀件stupid thing to do,这是⼀件很傻的事情,你们不会去做傻事情的,明⽩吗?

Questioner: So, now focusing on the present means finding what you truly like...

JO: No, when you grow up, your understanding becomes clearer and more nuanced. Does that mean your understanding won't be as naive as a child's? If you haven't learned certain things, wouldn't it seem to you that this is the only way to do it? So, learning what you're doing now is to elevate your collective understanding. When everyone in your group shares this understanding, you'll think of things like electricity: before there was no electricity, right? Now that you have it, isn't it logical and natural? Once your collective consciousness has improved so much that you all understand we only have the present moment, won't you stop worrying about tomorrow or being concerned about what's to come, or getting lost in the past? Because you know it's a foolish thing to do, something very stupid, and you wouldn't do such things, right?

所以说就这样啊,只是⼀个认知的转变啊.

So that's it, just a change in perception.

问: 那⽐如当下我⾯前有⼀个垃圾,但是我不喜欢垃圾.但是我不得不打扫.

Questioner: For example, if I have a piece of trash in front of me, but I dislike trash. Yet I still have to clean it up.

JO: 这么说吧,你说的呢个你只是当前的呢个能量状态.就⽐如说你的振动频率是⼀百,对吧? 你会有⼀种我不想打扫.当你的振动频率在五百,你的想法会不⼀样,明⽩吗? 你的活⼒不⼀样.为什么你⼀百的时候你不想打扫呢? 因为你的振动频率很低,你低你就不想动.那当你的振动频率很⾼的时候,你就不停的想要动,明⽩吗?

JO: Let me put it this way, what you're saying is that the energy state you have now is just your current vibration frequency, for instance if it's 100, right? When your vibration frequency increases to 500, your thoughts will change. Can you understand that? Your energy changes. Why don't you want to clean when you're at 100? Because your vibration frequency is low and when it's low, you don't feel like moving. But when your vibration frequency is high, you continuously want to move, can you understand that?

问: 那怎么样提⾼⾃⼰的振动频率呢?

Questioner: How can one increase their vibration frequency?

JO: 你看到你们所有⼈都跟你⼀样的观念吗? 那有的⼈他⼀看到垃圾他就迫不及待的想要把它打扫掉.为什么? 他不停的想动啊.他的energy要找地⽅去释放出来啊,明⽩吗? 有些⼈不喜欢运动是吧? 他不想动.那有些⼈他恨不得每天24⼩时运动呢.所以说你说的呢个只是你当时处于呢样的频率才会导致呢样.那什么可以去提⾼你的振动频率是吧? 你应该说是什么阻碍了你的振动频率? 并不是说你的振动频率天⽣就是低的.为什么? 因为你们天⽣就是有活⼒,天⽣就是⾼的.是什么导致了你变低了? 那是什么? 你想象⼀下是什么? ⽐如说什么导致了你能量变低? 这么说吧,你本⾝是轻的,就是没有重量的.

JO: Have you observed that everyone shares the same perspective as yours? Some individuals cannot wait to clean up when they see trash. Why is that? They are always on the move, seeking outlets for their energy. Do you understand? Not everyone enjoys sports; some are reluctant to move. Conversely, others wish they could exercise 24 hours a day. So your experience reflects your current frequency at that moment. What can elevate your vibration frequency? You should inquire about what's hindering it. It's not as if your natural vibration is inherently low. Why? Because you're naturally energetic and vibrant by birth. What causes this drop in energy levels? And what could it be? Imagine what might cause a decrease in your energy level. For instance, what might lower your energy if you were weightless?

那你不断地在把呢个你上⾯放: 我昨天经历了啥不好的事放在上⾯、哎呀我明天还要交呢个bill放在上⾯、我跟男朋友吵架了又放在上⾯.你的⼀思⼀念⼀想,所有东西都在往上⾯放重量.那你的重量越来越重的时候,你能轻逸吗? 所以说不是说你怎么样才能提⾼,⽽是说你怎么样才能不去让这些东西增加你的重量让你变的沉重.

That's like continuously placing everything on top of you: the bad things that happened to me yesterday, oh my God I have to pay this bill tomorrow, and I argued with my boyfriend. All your thoughts and worries are added as weight on top of you. When your burden gets heavier and heavier, can you still move gracefully? So it's not about how you can improve, but rather, how you can prevent these things from adding more weight to you, making you feel weighed down.

问: 我跟我姐姐的⼥⼉之间有什么共同体验的主题?

Questioner: What are some common thematic experiences between me and my sister's daughter?

JO: 你稍等.你们之间会有很强的连接感,然后她好像是⼀股活⼒,给你注⼊活⼒⼀样.就⽐如说你有时候没有活⼒啊,然后她突然⼀下就会让你很有活⼒,就想去动想去做想去⾏动呢种,就像给你打⽓⼀样.

JO: Wait a moment. There will be a strong connection between you two, and she seems to have an energy that invigorates you like giving you energy. It's like when sometimes you lack energy, then suddenly she would make you very energetic, wanting to move, want to do things, want to act in the same way as if she were cheering you up.

问: 她是来帮助我们整个家庭进步的吗?

Questioner: Is she here to help our entire family improve?

JO: 你们所有的,就是在你⽣命中出现的⼈都是彼此⽀持彼此帮助.你也有礼物给她,明⽩吗? 都是相辅相成的.就好像⼀个房⼦的形成,你说哪扇门哪扇窗不是在让它变得更加牢固,是吧?

JO: Everything you have in your life are all mutually supporting and helping each other. You also give gifts to her, understand? They are all complementary. Like the formation of a house, which door or window is not making it more solid, right?

问: 我适合做什么样的⼯作呢?

Questioner: What kind of jobs am I suitable for?

JO: 我这么跟你说,你的⼯作就是你当时能量状态投射出去的⼀个状态.如果你的能量是在⼀百,OK,那你就会体验⼀个⼀百的⼯作状态.那如果你的能量状态是五百,那你就体验的是五百的.所以你还会觉得有适合做什么⼯作吗,明⽩吗? 你只需要focus on在你的能量状态.因为你不同的能量状态就会投射出不同的⼯作场合⼯作状态.是不⼀样的.

JO: Let me explain this way - your job is essentially a projection of your energy state at that moment. If your energy level is 100, okay, you will experience a job state of 100. If your energy state is 500, then you will experience a job state corresponding to that. So do you still feel there's something suitable for you in terms of work? Get it? You just need to focus on your energy level. Because different energy states project out different work scenarios and job states - they are not the same.

问: 我遇到呢些我呢些不舒服的点的时候,就⽐如说我的震颤,我就⽼想着专注在它上⾯…JO: 这么说吧,你就算让这个⼥孩⼦帮你疗愈了.如果你的信念没有变… 这么说,你还没有长成⼀棵⼤树,那它肯定会影响你结果的.那随着你长成⼤树的话,那你⾝上的印⼦啊,对你的影响就越来越⼩了.就⽐如说你现在还是⼩树苗,有⼀个⼑印在你⾝上,就很明显.然后你就觉得这个⼑印又⼤,它会影响你怎样怎样的.那当你长成⼏百岁的时候,呢个⼑印看都看不到了,明⽩吗? 所以说当你不断地成为你⾃⼰的时候,这些事情对你不会有很⼤的影响.只是你现在…问: 我特别特别在意别⼈的看法.

Questioner: When I encounter those uncomfortable points, like my tremors, I tend to focus on them... JO: To put it this way, even if you allow that girl to heal you. If your belief doesn't change... This means you haven't grown into a big tree yet; hence, it will definitely affect the outcome for you. As you grow into a bigger tree, then those marks on your body would have less impact on you. Imagine you are still just a sapling with a visible cut. You perceive that cut as significant and believe it affects you in various ways. But when you've grown to be several hundred years old, that cut wouldn't even be noticeable anymore, understand? So, when you continuously become yourself, these matters won't have much impact on you anymore. The issue is just now...Questioner: I'm extremely concerned about what others think of me.

JO: 这个也是跟刚才⼀样,那是你现在年龄还⼩.你就会去在乎别⼈怎么说你.当你长⼤⾜够⼤的时候,你不会去在意任何⼈说你什么了.你也不会去体验别⼈说你这件事了.

JO: This is similar to what we just discussed; when you were younger, you would care about what others thought of you. But as you grow old enough, you won't mind what anyone says about you anymore. You also wouldn't experience the impact of others' comments on you.

问: 可是我觉得我真的体验够了.我真的⼼⼒交瘁.我发现我怎么都找不出负⾯信念.

Questioner: But I feel like I've experienced enough. I'm truly exhausted. I can't find any negative beliefs for some reason.

JO: 就是在乎别⼈看你这件事吗? 然后你的问题是说怎么样去找到在乎别⼈怎么看你的负⾯信念的这件事是吗?

JO: Is it about caring what others think of you? Then, your question is about how to find the negative belief about caring what others think of you, right?

问: 是的JO: 那就是说你可以不⽤去在乎你⽬前的⼀个感受或者是想要去改变它.为什么呢? 你只是成长.这么说吧,你现在还是个⽑⽑⾍你想象不到你变成蝴蝶能飞.你说我现在还是⽑⽑⾍,我这么多脚我长的这么胖我这么沉重,我怎么飞的起来? 我连翅膀都没有,只有有翅膀的才能飞呀,明⽩吗? 当你转化了过后,你翅膀⾃然⽽然就出来了.所以这不是你⽬前需要去呢个什么的.你只需要去相信、允许.相信你的⽣命会不断不断地成长,对不对? 那这个事情是不是又回到了你需要去信任和允许? 你看今天给你带来的信息是什么? 说你不允许,好努⼒,然后就感觉没结果.你现在是不是在努⼒的找负⾯信念? 呢是不是⽵篮⼦打⽔⼀场空?

Questioner: Yes.

JO: That means you can disregard your current feeling or desire to change it. Why is that? You're just growing. Imagine you are still a caterpillar, unable to fathom how you will transform into a butterfly capable of flight. You say you're still a caterpillar with so many legs and being overweight and heavy, how could you possibly fly? You don't have wings; only those who have wings can fly, right? After transformation, your wings naturally emerge. So this isn't something you need to do now. All you need is belief and permission. Believe that your life will continuously grow, correct? Does this situation bring back the need for trust and allowance? Look at the information brought to you today: refusing, trying hard, and feeling as though there's no outcome. Are you actively searching for negative beliefs right now? Is it like banging your head against a wall with no results?

你还消耗了你⾃⼰.

You also expended yourself.

问: 我为什么会如此注重外貌?

Questioner: Why do I place such importance on appearance?

JO: 这么说,⾸先说外貌它是⼀个⼒量.为什么呢? 你拥有好看的外貌你就拥有⼀些⼒量.这个⼒量是什么呢? 就是让⼈关注你的⼒量,是吧? 那当你有⼀个强⼤的能量让所有⼈的眼光都在你⾝上的时候,你还需要去在乎呢个? ⼀个弱⼩的⼒量来让⼈关注你,明⽩吗? 这么说吧,你们的马云他长的不好看,对吧? 你说⼀个长的特别漂亮默默⽆闻的⼀个⼥孩⼦和马云,他们两个⼈都要开⼀个讲座.谁的⼈多? 那你就知道了.明⽩吗? 只有当你没有去拥有强⼤的能量的时候,你才会去在乎呢个⼩的能量,明⽩吗? 当你拥有呢个强⼤的能量的时候,你就不会去在乎呢个⼩的能量了.为什么呢?

JO: So, the first thing is that appearance is a power. Why is that so? If you have good looks, you have some power. What kind of power is it? The power to attract attention, right? So when you possess a strong energy that draws everyone's gaze onto you, why would you still bother with a small power to attract attention instead? Understandably, it seems like your Ma Yun doesn't look very appealing, do you agree? Imagine if you had to choose between an exceptionally beautiful but unknown girl and Ma Yun for a lecture; which one would draw more people? You get the idea. Only when you don't have the strong energy to rely on, do you worry about that little power. Understandably, once you possess this strong energy, you wouldn't bother with those small ones anymore. Why is that so?

就好像你已经有⼀个转速是⼀万的和⼀个转速⼀千的,你还会去在乎呢个转速⼀千的吗? 所以说当你知道什么是最强⼤的⽣命的⼒量过后,你便不会去在乎这个了.这也是你的⼀个认知和逐渐成为的⼀个过程.

It's as if you already have a motor spinning at 10,000 RPM and another at 1,000 RPM; would you still care about the one spinning at 1,000 RPM? So when you understand what is the power of the strongest life form, you wouldn't bother with it anymore. This is also part of your cognition and a process that you gradually become aware of.

# **2023/03/14 — 让关系呈现本来的样⼦Let Relationships Reveal Their True Form**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 觉得在亲密关系中我有卡点,⽐如说跟我爸我先⽣和我孩⼦的关系都不太顺.我亲密关系的卡点是什么?

Questioner: I feel stuck in intimate relationships, such as with my father, husband, and children. What is the issue that blocks me in these close relationships?

JO: ⾸先你觉得⽐较顺是什么样⼦的关系?

JO: Firstly, what do you consider a smooth relationship to be?

问: 就是⼤家互相都能彼此理解滋养.愿意交流.

JO: It's about everyone being able to nourish each other and be willing to communicate.

JO: 这么说吧,⽐如说你有孩⼦是刚出⽣的婴⼉,然后你就来问我怎么跟他交流不了? 我⽆论怎么说他也听不进你去.你看我想睡觉他也不理解,他就哭只想喝奶奶.为什么就不能像我想要的呢样就是他能理解我呢? 我想说说话的时候陪我说说话呢? 你能明⽩吗? 你们给关系⼀个定义,有⼀个期待你想要的样⼦,有⼀个你想要的形象在呢⾥.就是你觉得应该这样⼦才好.就好像刚才呢个问题,你跑过来说我刚⽣了个宝宝,我想跟他说说话他也不理我就知道哭.我很累了但是他还是哭.他⼀点都不理解我.你们俩在不同的⽣命阶段,虽然你们是有关系,OK,母⼦关系,明⽩吗? 所以重要的连接感是来⾃于⽆条件的爱和允许.

JO: Let's put it this way, for instance you have a newborn baby and then you come to me asking how can I communicate with him when he won't listen. No matter what I say, he doesn't understand. When I want to sleep, he doesn't get it; he just cries wanting his bottle. Why can't he understand me like the way I want him to? When I try to talk with him, why doesn't he join in my conversation? Can you see my frustration? You define a relationship and have expectations of how you should be treated. It's as if your baby isn't aware that you're trying to communicate; they just cry when they feel hungry or need comfort. Even though you're both experiencing different stages of life, being mother and child, right? The essential connection comes from unconditional love and acceptance.

你知道你们的连接感永远在呢⾥,不然的话你们这⼀世也不会在⼀起.既然在⼀起,那就说明,这么说吧,你们都来⾃于同⼀个根.然后你们是⼀棵树上的枝,你是这⼀个分枝,他是呢⼀个分枝.看似你们好像是不⼀样的.所以你需要放下你⾃⼰对关系的⼀种定义还有期待它应该呈现什么样⼦.如果你是觉得你们之间有冲突或者⽭盾的话,那如果你没有你呢?你没有你所谓的记忆?记忆就是说你没有关于这个⼈的任何记忆或者形象.你没有你个⼈的所有观念,你也没有关于你个⼈的记忆、形象这些存在.还会产⽣⽭盾吗?

You know that your sense of connection is always there, otherwise you wouldn't have found each other in this lifetime. Since you are together, it means that, to put it simply, you all come from the same root. Then, you are branches on the same tree; you are one branch, and he is another branch. It might seem like you are different. Therefore, you need to let go of your definition and expectations for this relationship. If you feel there are conflicts or disagreements between you, then if you didn't have what you consider as memories? Memories mean that you don't have any recollection or image of the person, nor do you hold personal notions about them. Without your individual memories, images, or concepts about yourself existing within you, would this still create conflict?

问: 特别是跟孩⼦他爸的关系卡了20多年.我也放不下这个关系.我不知道是什么愿意我放不下他?

Questioner: Specifically, there's a deadlock of over 20 years between me and his father. I can't let go of this relationship. I wonder what keeps me from letting him go?

JO: 那就是说你要去重新定义关系.你让它,就是让关系本来应该呈现的样⼦来让它呈现,⽽不是你想象中的样⼦来呈现.就是你期望,你看别⼈的夫妻关系是怎么样⼦的或者是我想要夫妻关系是怎么样⼦的.

JO: That means you need to redefine the relationship. You allow it to manifest in its natural form rather than how you imagine it should be. It's about expecting and observing how others perceive their marital relationships or how you wish your own marital relationship to be.

问: 但是在这段关系中我并不享受,所以我就想放下它.

Questioner: But I don't enjoy being in this relationship, so I want to let it go.

JO: 所以你觉得所有的关系就是来让你享受的吗? 享受是什么呢?问: 就是我认为在关系中能彼此滋养,有爱.

So, you believe that all relationships are for your enjoyment? What does enjoyment mean in this context? JO: I think that in relationships, we should nourish each other and have love.

JO: ⽔可以滋养鲜花和蔬菜,粪便也可以更好的滋养鲜花和粪便,明⽩吗? 所以是你决定了如何去转化它,转化成养分.就好像你⾝体的功能它可以把⾷物转化成你需要的养分来⽀持你这个⾝体.你也有这个能⼒和这个功能.所以说你看到了影响你的并不是外在,并不是你⽼公或者是你孩⼦或者是对象,⽽是你⾃⼰头脑⾥⾯有很多你觉得应该有的样⼦: 舒服、滋养,任何.是你们给这了这个关系定义.因为从你的物质头脑当中来说,你是不知道这个关系是如何来服务于你的.这就是为什么你们头脑只会去追求⼀些好的,屏蔽⼀些不好的.

JO: Water nurtures flowers and vegetables; feces can also better nourish flowers and feces, got it? So it's you who decide how to transform them into nutrients. Just like your body's function that transforms food into the nutrients needed to support your body, you have this ability and function as well. This means you see that what affects you isn't external - not your husband or child or anything else - but that there are many expectations in your mind about how things should be: comfortable, nourishing, any way at all. You give this relationship these definitions because from your material mindset, you don't understand how this relationship serves you. This is why your mind only pursues the good and shields off the bad.

你要知道呢些真正所谓的不好的,你们最不能接受的… 这么说,不好的它就好像是你们去健⾝的时候的呢个weight就是重量,它才能真正的让你的肌⾁变得强⼤.好的舒服的就好像是按摩,就是你健⾝健完了,你可以按摩⼀下.哇,好爽好舒服.明⽩吗? 但是真正呢些变得强⼤的,让你不断地扩展的,让你不断地突破的,是你们头脑抗拒的.

You need to understand those truly所谓bad things, the ones you can't accept... In this context, what's bad is like the weight you lift during exercise; only then does it actually make your muscles stronger. What feels good and comfortable is akin to a massage, something you might do after finishing an exercise session: oh, how refreshing and delightful! Do you see? But it's the things that truly strengthen you, expand you, and push you past your limits—those are what your mind resists.

问: 我确实没有去允许,因为我不能容忍.那我能让JO帮我清理⼀下吗?

Questioner: I did indeed not allow it because I cannot tolerate it. Can JO help me clean up then?

JO: 你⾸先要知道你外在投射出去的你不满意的⼀切,关系或者是⼈或者是物,它只是你内在的⼀个投射⽽已.当你觉得你内在是圆满的,就是什么都是好的什么都是幸福圆满的⼀个状态.你看到的外在的⼀切你都不会想要去,你都不忍⼼去改变它.你觉得你的任何⼲涉都是在破坏.

JO: First, you need to realize that everything you project externally as unsatisfactory, whether it's a relationship or people or objects, is merely an internal projection of yours. When you feel that your inner self is complete, in which everything is good and all aspects are filled with happiness and fulfillment, you would not desire to alter anything you see from the outside. You would not find yourself having any urge to change it, as it feels like every external thing is already perfect. You believe that any interference on your part would be considered as an intrusion or destruction.

问: 那我现在不是还没有圆满嘛.那在这个阶段我该如何去做呢?

Questioner: But haven't I still not achieved perfection yet? What should I do during this stage then?

JO: 你接受你现在不圆满的状态.你不需要去做什么.你只是知道你的这些经历把你引上了智慧的路.你没有呢些经历你就不会得到今天这些信息,是吧? 那没有今天的信息,你的认知就不会提升,你的意识就不会被转变,是吧? 所以说那是不是把你引到了⼀条你⾛向解脱或者是智慧或者是圆满的⼀条路,对不对? 那这是不是⼀件好的事情? 那你现在已经⾛上这条路了呀.

JO: You accept your current imperfect state. There's nothing you need to do. You just know that these experiences are leading you towards wisdom. Without those experiences, you wouldn't have received this information today, right? And without today's information, your cognition couldn't have been elevated, and your consciousness wouldn't have been transformed, would it? So, isn't this what guides you on the path to liberation, enlightenment, or perfection, correct? Isn't this a good thing? You're already on this path now.

问: 但是就是感觉很痛苦.

Questioner: But it just feels very painful.

JO: 这么说吧,你现在的痛苦不是来⾃于关系或者是外在.你的痛苦是来⾃于什么? 来⾃于你现在没有呢种连接感.所以你就想从孩⼦⾝上从⽼公⾝上或者从其他⼈⾝上找这种连接感.

So, you know what I mean? Your suffering now isn't stemming from the relationship or external factors. What is it stemming from? It's coming from a lack of connection. That's why you're trying to find that connection with your child, your husband, or others.

问: 你说的这个连接感是什么?

Questioner: What do you mean by this sense of connection?

JO: 连接感就是你们每⼀个⼈内⼼深处都会有⼀种,因为你们知道你们是跟源头连接的,你们会体验断开连接.所以你们就会⼀直想要去找回连接感.这么说吧,你本⾝是⼀台机器,你本⾝知道你需要插上电才能完全的运作.那你现在本断开了,所以你就⼀直想要去插电,明⽩吗? 那呢个连接感是什么? 就是你和造物主的关系.那当你跟源头连接,你变不需要从任何地⽅去找呢种创造假象的连接感.你知道创造假象的连接感就⽐如说有些⼈他们找到了所谓的爱情或者是信仰,就是跟⼀些宗教组织,找到信仰啊找到归宿啊,他们就觉得好像这是我的连接感.他们就觉得好像是连接上了,呢个是假象,明⽩吗? 但是真正的连接感是在你的内在,你和源头的连接感.

JO: The sensation of connection is something that each and every one of you has within your core because you know that you are connected to the source. You will experience a disconnection, so you are always seeking to regain that sense of connection. To put it simply, you are like a machine; you inherently understand that you need electricity to function fully. If you were disconnected now, you would constantly strive to reconnect, right? What is this sensation of connection? It's the relationship between you and the Creator. When you connect with the source, you no longer need to seek out that sense of false creation-based connection anywhere else. This false connection might be something like finding so-called love or belief in some religious organizations, finding faith or a sense of belonging. They feel as though they are connected. They believe it's an actual connection; understand? However, the true sensation of connection is within you, your connection to the source.

明⽩吗? 你其实断开连接也是假象.为什么呢? 为的就是体验.为的就是各种体验.所以这只是你⾛到这条智慧的路的⼀个必经的阶段.所以你只是去允许它,你知道这个现象是你成长的⼀个过程.就好像你在转变,你在蜕⽪.这是你蜕变的⼀个过程.然后你信任⽣命会把你带领到你真的要去的地⽅,你不会错过任何,你只要放⼿.因为你们头脑不是⽤来去思考我要怎么样为我的下半辈⼦保证啊? 怎么样安稳啊? 怎么样可以找到归宿感呀? 明⽩吗? 因为头脑它没有办法,头脑只会在它已经储存的⼀些东西⾥⾯去归类去总结.然后呢些东西全是幻像,全是假相.所以你是不是可以释怀、轻松放松很多? 因为这个不是你需要去弄明⽩或者是去学习去忍受的东西.

Understand that disconnecting is an illusion too? Why would this be the case? It's for experiencing. So it's all about experiencing various things. This just represents a necessary phase on your path to wisdom. You're simply allowing it, understanding that this phenomenon is part of your growth process. Imagine transformation and shedding skin; this is part of your process of transformation. Then you trust that life will guide you to where you truly belong; you won't miss any paths. Because your mind isn't meant to ponder how I should ensure stability for the rest of my life? How can I find a sense of belonging? Understand, because your mind operates within pre-existing frameworks and categorizations, all of which are illusions, mere fabrications. So can this not alleviate your worries, making you more at ease and relaxed? Because it's not something that requires understanding or learning to tolerate;

问: 但是我发现我放不下⼿.我发现我可以放下我爸妈.他们⼲什么活累呀,我也允许他们.孩⼦我也基本上能放⼿.但是对孩⼦他爸我就很难.

Questioner: But I find it hard to let go. I can let go of my parents; they work so hard and suffer, and I allow them to do so. My children are mostly manageable too. However, with respect to the father of my child, it is very difficult for me.

JO: 刚才放⼿说的是什么意思? 不是说你放⼿⼀个⼈.因为这个⼈跟你,你是没有办法做到好像是要切开连接断开连接,明⽩吗? 你没有办法.就好像刚说你们是来⾃同⼀个根,你们是树枝上的枝叶⽽已.这⾥说的放⼿是你的头脑它不会理解你⽣命的⾛向,它不明⽩⽣命安排的意义.就是说你不去期待你们的关系是⼀个什么样⼦的状态,它怎样来服务于你,它应该是以什么样的⽅式存在,明⽩吗? 是你的头脑不去想,不去弄清楚或者不去做决定.你让你们的关系⾃动的呈现给你它是怎么来服务于你的.不是说你要去这个⼈让你烦恼,你就把他放开不理他不管他.你⽆论怎么做你们都做不到.为什么呢? 因为你们是连接在⼀起的.

JO: The meaning behind letting go just now refers to not letting go of a person as if you are separating and disconnecting because your life's path cannot be understood by your mind, it doesn't comprehend the significance of life's arrangement. It means that instead of expecting what kind of state your relationship should be in or how it serves you, you let the relationship naturally present itself to serve you in whatever way it is supposed to exist. This isn't about you removing someone from causing distress and not attending to them; it simply cannot be done because you are connected together.

问: 那我就觉得跟他直接的关系特别的难处. JO: 也就是说你觉得你们之间的关系很痛苦是吧?问: 不舒服.

Questioner: That's why I feel it's particularly difficult in my relationship with him. JO: In other words, you find the relationship between you two very painful, right? Questioner: It's just not comfortable.

JO:这么说吧,你想象⼀下如果你每天你的银⾏卡⾥都会多⼀个亿,你天天都中奖.然后任何你想要的事情你都马上瞬间的成功.如果是在这样⼦的状态下你还会有不舒服吗?也就是说你如果能让你⾃⼰进⼊到⼀种激情的状态,就是完全活出了你的真我活出了你⾃⼰想要活出的样⼦.我不知道你的梦想.但如果你的梦想是你⼀打开⼿机马上就是你今天到账⼀千万,明天到账⼀千万,后天到账五千万.因为⾦钱是最能让你们兴奋的嘛.你会不会特别的迫不及待,⽼公⽼公我今天中了⼀千万.你刚才输钱输了⼗万?没事.你只要活出你⾃⼰的⼀个⽣命状态,外在⽆论什么事情影响不了你.

JO: Alright, imagine if you had a billion yuan added to your bank account every day, and you won the lottery every day. If you could instantly achieve any desire you had, would there still be anything that made you uncomfortable? Essentially, are you able to fully embody your true self, living exactly how you want to live, without anyone else's influence? I don't know what your dreams are, but if they involve receiving one hundred million yuan in your account immediately upon opening your phone, followed by another one hundred million the next day, and then five hundred million the following day, because money can excite you so much, wouldn't you be eagerly anticipating it, saying "Husband, husband, I won one hundred million today"? And if earlier you lost ten million? It's fine. As long as you live your own life to its fullest, nothing in the external world will affect you.

只有你⾃⼰很微弱本⾝就是很低的时候,你才会⼀点⼩事你都会觉得是很⼤⼀件事情,明⽩吗?

Only when you are very weak yourself at a low point, will even small things seem like big ones to you, understand?

问: 但是在这个情感关系中我觉得我⽆法做⾃⼰,我总是去关注对⽅⽐较多.

Questioner: But in this emotional relationship, I feel unable to be myself; I always tend to focus more on the other person.

JO: 那是因为你没事啊.你们头脑总是要抓⼀些东西.你想象⼀下如果你忙着,就不如说你像这个传递信息的⼥孩⼦⼀样是⼀个⼼灵导师,不停的全世界到处去演讲去分享,很多⼈都在听你的声⾳.你还会关注你⽼公? 你会吗? 如果你今天要跑到另外⼀个国家去谈⽣意,明天要跑到另外⼀个国家去谈项⽬,然后今天分享你的成功⼼得,后天分享你的成功⼼得.你⽼公可能给你打电话,你连讲电话的时间都没有.你还会去把他的⼀个⽑病去把它放⼤,然后在⾥⾯不停的去烦恼? 当你们的头脑没有其它可关注的,它就会关注你眼前的这些.当你把把它放⼤其它更⼤的关注点上去,它⾃然⽽然不会去把精⼒放在这边.它傻呀.

JO: That's because you have nothing to worry about. Your mind always needs something to focus on. Imagine if you were busy, then you'd be like that girl spreading messages worldwide with numerous people listening to your voice. Would you still pay attention to your husband? Would you? If you had to run to another country for business today and discuss a project in another country tomorrow, sharing your successful insights on both days. Could your husband call you when you don't have time even to make a phone call? Could you amplify his annoying habit and constantly worry about it? When there's nothing else for your mind to focus on, it naturally gravitates towards what is right before you. And by shifting the focus elsewhere, it automatically diverts its energy from here. It just can't help itself.

我外⾯这么多成就感,有这么多让我感受到⾃我价值的事情我不做,我天天来picky来挑你的刺呀.挑你的刺我能挑出来⼀千万吗? 那你在外⾯别的地⽅挑,⼀挑就是⼀千万.那你到底挑哪⼀个?

I have so much satisfaction from the outside, with so many things that make me feel valuable, yet I come every day to pick on you. Can I find a million flaws in you? If not, you can find them elsewhere and there would be a billion of them. But which one are you going for?

问: 对,我就是太闲了.

Questioner: Yes, I was just too idle.

JO: 你不是.呢是你头脑的⼀个功能.你头脑它就像狗⼀样.你想象⼀条狗,如果你去训练它,让它奔跑跳⾼,那它的能⼒就越来越⼤了,是吧? 它就越来越兴奋.要是你让它什么事都不做,让它在家⾥⾯,它就会拆家的呀.它就会⼀会⼉把你的沙发咬了,⼀会⼉把你呢个什么咬了.⼀会看到这个⾻头啃⼀下,看到呢个咬⼀下,对不对? 你们的⾝体就跟这个狗没有什么区别.你们需要去训练它,让它关注不同的点,让它不断地去突破,让它不断地去⼀步⼀步的.所以你只是需要更好的跟你的头脑去合作.外在本⾝没有任何事情,就看你们关注什么.因为有⼀句话你要记住,⽆论你认为什么,你都会得到相应的⽀持.⽆论你关注什么,都会给你更多的来让你关注.

JO: You are not this thing, but it's a function of your mind. Your mind is like a dog. Imagine a dog; if you train it and make it run high jumps or something like that, its ability increases over time, right? It gets more excited too. If you let the dog do nothing all day at home, it will just destroy the place—it will chew on your sofa one minute, then chew on some other thing. It might see a bone and bite it here, see another thing to bite there—right? The same goes for your body; you're essentially no different from this dog. You need to train it to focus on various points, constantly challenging it with new tasks, stepping through them gradually. So all you really need is better collaboration between yourself and your mind. The external world offers nothing on its own; what matters is what you choose to focus on. There's a saying: whatever you believe in will support you accordingly. Whatever you pay attention to, will give you more of the same for you to focus on.

这就是你们意念强⼤的⼒量.因为这就是你们物质世界就好像是游戏规则⼀样.

This is the power of your strong mind. Because this is how your material world works, just like game rules do.

问: 我现在就想活出我⾃⼰.

Questioner: I just want to live my own life now.

JO:你可以给你的⽣命重新定义.在你接收传讯信息的前⼀刻旧的呢个你已经全部死掉了.呢个你已经不存在了.呢个新的你你要怎么定义?因为你⾃⼰才是呢个决策者.你刚才说的是⼀个story是⼀个剧本是吧?呢个剧本你拿到我⾯前,我现在给你全部撕掉.我现在给你⼀张⽩纸,我要你重新写你的剧本.⽆论什么你能想象到的,⽐如说你说我余⽣要赚个20亿哪怕200亿,任何,就跟你打个⽐⽅.因为每⼀个⼈的⽬标不⼀样,你可以focuson⾦钱,你可以focuson具体的你想成为⼀个什么样的⼈,都可以.你想成为⼀个什么领域的⼈都可以.那你重新来给⾃⼰写剧本.因为你刚刚写的剧本已经被我撕掉扔掉了.因为呢不是你想要的.

JO: You can redefine your life. The old you died the moment you received the message. It no longer exists. This new you, how do you define it? Because you are the decision-maker. What you said was a story, a script, right? I'm going to tear this script that you brought to me and give you a blank piece of paper. I want you to write your own script anew. Whatever you can imagine, like earning 20 billion or even 200 billion yuan for the rest of your life as an example. Everyone's goals are different; you can focus on money, or becoming a specific type of person, or any other area you're passionate about. You write your own script anew because the one you just wrote has been discarded and is not what you want.

然后你现在重新写,你就好好想⼀下,你到底想要成为什么样⼦的你.抛开任何,哎呀不⾏我现在年龄⼤了,我现在⼀点技能都没有,我的学历有限,我的能⼒有限,任何这些都不要想.只是去想你到底想要体验什么? 你到底想要成为什么样⼦的你? 明⽩吗?

Then, with this in mind, start anew and really contemplate who you want to become. Forget about any concerns like, "Oh no, I'm too old now," or that I have no skills, limited education, or abilities. Don't think about these limitations. Just focus on what experiences you want to have? Who do you want to be? Understand?

问: 那我之前为什么会选择呢样的剧本呢?

Questioner: Why did I choose that script before?

JO: 所以你才能得到今天的信息呀.那你永远都不知道你有能⼒去写剧本,对吧? 你说你们世界上有⼏个⼈知道这个事? 知道的呢些⼈他们早已经是⾃⼰写的剧本了,活在⾃⼰写的剧本当中.你不信你跟呢些成功的⼈聊⼀下,他们现在过的是不是他们⾃⼰想象的样⼦?

So you can receive today's information. But you'll never know that you have the capability to write scripts. Right? You ask how many people in your world know about this thing? The people who do know are already writing their own scripts and living within them. You wouldn't believe it if you spoke with successful individuals, whether they live up to the lives they imagined or not.

问: 我觉得我对⾃⼰不够⾃信,这个最深层的原因是什么? 我觉得我不是太关注我⾃⼰,不太爱我⾃⼰.

Questioner: I feel that I lack confidence in myself. What is the deepest reason for this? I feel that I don't pay enough attention to myself and don't love myself much.

JO: 你⾮常关注你⾃⼰.你如果不关注不爱你⾃⼰的话,你就不会去要⽼公也要听我的,孩⼦也要听我的,都要顺我的意怎样怎样,要滋养我.哪个不是我呀?

JO: You are very focused on yourself. If you don't care about loving yourself, then your husband wouldn't listen to you and your children wouldn't either, everything would not go according to your wishes, failing to nourish me. Who else could it be besides me?

问: 发现在关系中我需要去改变他.

Questioner: I find that in our relationship, I need to change him.

JO:你不需要在活在你的过去了,呢个剧本已经不存在了.所以说任何记忆中你曾经经历过如何如何他们怎样怎样,全部都翻篇.你重新去定义你想要的孩⼦他们是怎样的.OK,你想要你的孩⼦多跟你聊天是吧,⽐如.然后你就在你头脑⾥⾯想象你跟你孩⼦欢快聊天的场景.等下⼀次你们见⾯,哪怕他跟你聊了两句话说妈妈你好吗?你就说,哇宝贝,谢谢你的问候.你的话语让我好开⼼,我今天本来⼼情不好,⼀听到你的话我就⼀下开⼼了.然后妈妈眼睛都发光了,然后我很喜欢你跟我交流.你要感恩它,哪怕是⼀句话.⽽不是说,我等你半天你就跟我说⼀句话就⾛了?你就这么不想跟我聊天?

JO: You don't need to dwell in the past, that script doesn't exist anymore. Therefore, any memories of how you used to experience things and what they did to you, are all behind you. You redefine what your child should be like. Okay, if you want more conversation with your child, for example. Then imagine yourself having a joyful chat with your child in your mind. Next time you meet, even if he talks to you for just two sentences, say "Wow, baby, thank you for your问候. Your words have made me very happy. I was feeling bad earlier today but now I'm really glad after hearing what you said. Then the mother's eyes light up and she likes communicating with me a lot. You should be grateful even for one sentence. Not that you waited for half a day for them to say one word and then left without talking to you?

聊都不聊,然后我去问⼀下⼼理咨询师为什么我⽣了⼀个逆⼦都不跟我说话? 明⽩吗? 你知道这两种不同的状态吗? ⼀种你不断地是在感激他感恩他,我跟你讲迟早他会成为你⼜中想象的呢个,就是你⼀直感激的呢个版本.为什么呢?因为这个世界,你在你的世界⾥⾯,你创造你想要体验的版本,不是他.你创造你想要体验对⽅的什么版本,不是他.这句话你要记住.因为这是你的世界.

Chatting away, then I went to ask the psychologist why my rebellious son doesn't talk to me? Do you understand? Can you tell the difference between these two states? One is where you keep thanking him and being grateful for him, telling you that he will eventually become the version of himself that you've always been thankful for. Why is that? Because in this world, within your own world, you create the versions you want to experience, not him. You create the versions you want to experience from others, not him. Remember this sentence because it's your world.

问: 那我的问题的就是重新定义我⾃⼰,重新改写我⾃⼰就⾏了?

Questioner: Then my issue is just to redefine myself and rewrite myself?

JO: 你没有问题,ok? 就算是你觉得呢些是问题,那呢些问题也是帮你带出这些信息,让你⾛上这条道路,让你拥有这个⼒量和能量的.这是⼀个什么? 这是⼀个福⽓.你说你有多⼤的福⽓你才能拥有这样⼦⼀个改写剧本的能⼒? 你说这个是得需要多⼤的福⽓? 你说你拿你们最出名的马云,你看他当初为了完成他的梦想被拒绝多少次? 然后多少⼈不相信他看他的笑话,多少⼈觉得他都是吹⽜的.然后呢? 为什么呢? 因为他在他创造的世界⾥⾯.

JO: You don't have any issues, okay? Even if you think those are problems, those very problems are leading you to extract this information and guide you onto this path, empowering you with this force and energy. This is what? This is a blessing. You ask how big of a blessing one needs to possess such a rewriting script capability? How much blessing does that require? Take for example, the most famous person like Ma Yun, consider how many times he was rejected when trying to fulfill his dreams? And how many people did not believe in him and mocked him, believing he was just blowing smoke. But why? Because of where he created himself.

问: 那就是所有的我准备的都没啥可问的了.

Questioner: That means there's nothing else you need to ask about what I've prepared.

JO: 你本⾝就没有问题.然后呢,这是你的礼物,这是你⽣命的礼物.那你就知道⽣命的每⼀步它都会有礼物带给你.

Japanese-Originator (JO): You don't have a problem in yourself. Then, this is your gift, this is the gift of your life. That means you will understand that every step of life brings gifts for you.

问: 我现在就是我想去到跟造物主连接的状态,我就想⾛这条路.

Questioner: I want to connect with the creator now, and I want to take this path.

JO: 所以那现在不是把你带上这条路了吗?

So that has brought you on this path, hasn't it?

问: 我现在只想关注我⾃⼰.让⾃⼰去到⼀个开⼼有爱,让我感觉好的⼈和物的⾝边.

Questioner: I just want to focus on myself now. Surround myself with happy and loving people and things that make me feel good.

JO:这么说吧,你们受到了很⼤程度的⼀个就是别⼈的能量场的影响.就⽐如说我现在给你说好了,你也明⽩了.但是等⼀会你⽼公⼀回家,他⼀副臭脸.他散发的频率又很低吧,这么说.然后你很快就会跟他的能量对齐,你也是满肚⼦⽕,你的能量状态也很低.为什么呢? 你做出了选择,你选择跟他⼀样,你选择进⼊他的能量场.

JO: Let me put it this way, you are greatly influenced by other people's energy fields. For instance, if I explain to you now and you understand, but when your husband comes home and wears a sour face, his frequency is low, right? Then you will very quickly align with his energy state, becoming upset too, and your energy level drops as well. Why is that? You made the choice; you chose to be like him, to enter his energy field.

问: 那我如何能够坚定的呆在⾃⼰的能量场呢?

Questioner: How can I stay firmly in my own energy field?

JO: 那你必须要知道对⽅的能量只是属于对⽅的,⽽且对⽅就好像是在梦游当中,他们是陷⼊假象当中.因为他只有被物质世界的幻像所禁锢,就好像你看到他们⾝上有⼀条⼀条的线.然后把他们⽤绳⼦捆住的状态,就是束缚的状态.那他们是不⾃由的.那如果你看到他们是不⾃由的,他们被他们的头脑,他们被他们的记忆,被物质世界的幻像给束缚了.你是不是就会对他们产⽣⼀种想要去帮助他们?会产⽣⼀种爱、同情、慈悲?那你就会做出⼀些⾏为,就说你今天好像⼼情不太好,你先休息会⼉,你需不需要⼀点个⼈空间? 你需不需要吃点东西? 就是去关系他,明⽩吗? 所以你必须要⽐他们更….

Japanese: JO: Then you must understand that the energy of the other is just theirs and they are like walking in a dream, trapped in illusion. Because only being bound by the illusions of the material world makes them feel restricted. It's like seeing lines on their body as if they're tied up with ropes - in a state of confinement. They're not free. If you see that they're not free and realize that their mind, memory, or the illusions of the material world are restraining them, wouldn't you want to help? Would your feelings be love, empathy, compassion? You'd take actions like saying today seems to be a tough day for you; let's rest first. Do you need some personal space? Or maybe something to eat? It's about relating to them and understanding that you must do more than they can.

如果你也是被捆住的,你也是被困在物质世界的幻像当中的,那你没有办法去帮对⽅解脱.因为你们彼此都是陷在泥潭⾥,你没有办法拉对⽅出来.所以需要你⾃⼰从你⾃⼰的成长当中去有看到实际上物质世界所有的相都是⾃⼰投射的,就⽐如说你现在投射出去的相是你投射出去的.你如果能理解这

If you are also bound and trapped in the illusion of the material world, there is no way for you to help each other be set free because you both are stuck in the same mire, and you can't pull each other out. So, you need to see from your own growth that all appearances in the physical world are projections of yourself, such as the manifestation you are projecting right now. If you can understand this...

⼀层意思,那你是不是就能从中解脱了? 那你从中解脱了,那你是不是就可以以后再带领其他⼈解脱了? 如果你还没有办法从这边去解脱,你还不停的说你看就是我⽼公让我不爽,就是我孩⼦让我不爽,你们都让⼈不爽.我要找个好⽼公.明⽩吗?

One implication is that if you could free yourself, wouldn't you then be able to lead others out of their suffering as well? If you still can't figure out how to liberate yourself even then, continuing to say it's my husband, my children, everyone else who makes me unhappy - I just need a good husband. Do you understand?

问: 我现在还不是没有达到这个境界嘛,就觉得我先脱离这个环境,完了之后再…JO: 你可以选择任何啊.任何让你觉得这是你想做的事情你都可以做.你⽐如说选择去旅游⼀次啊,旅游是你们很好的切换频率的⼀种⽅式.就⽐如说⼀个⼯作环境⼀直给你们创造⼀

Questioner: I haven't reached this level yet, so I feel like I should first get out of this environment and then... JO: You can choose anything you want. Whatever activity makes you feel that it's what you want to do, you can pursue it. For example, you could choose to travel once, which is a great way for you to adjust your energy frequency.

个频率,你们去旅游你们的频率又切换了,回来感觉又不⼀样了,明⽩吗? 所以说你永远都可以去做出你想要做出的选择或者是体验.但是这些你必须要明⽩它是如何运作的? 就是你的⾝体如何反应的? 然后这个世界是如何运作的? 就是这些信息我们来告诉你的.

At a certain frequency, when you travel to your own frequency, you experience changes and upon return, you feel differently. Understand this concept? This means that at any given time, you can choose or experience whatever you desire. However, it's crucial to understand how these work – how your body responds and how the world operates based on this information we're imparting to you.

问: 那刚才我说的情感关系中的卡点就是有期待,然后没有去允许?

Questioner: So, the blockage in the emotional relationship I mentioned just now is having expectations and not allowing them?

JO: NO NO NO NO,你⽬前的意识状态投射出这样⼦的状态.问: 是我的意识?

JO: No no no no, your current state of consciousness projects this kind of state. Questioner: Is it my consciousness?

JO: 你们每⼀个⼈在不同的频率你们会投射出不同的关系状态给你们⾃⼰去体验.但是这些也是来服务于你的.为什么? 通过这些你便来找到了这些信息,对吧? 这些信息就带领你⾛上智慧的道路,明⽩吗? 所以说哪⼀步都不可以缺少的.

Jo: Each of you projects different relationship states onto yourselves to experience at various frequencies, but these are also meant for your service. Why? You find this information through them, right? This information guides you on the path of wisdom, do you understand? So, none of these steps can be missing.

问: 那你说我跟他这⼀世的灵魂约定就是要这样? JO: 要怎样?

Questioner: Then are you saying that my soul agreement with him in this life is like this?

JO: Like how?

问: 我想让JO看⼀下我们这⼀世的灵魂约定.

Questioner: I want JO to take a look at our soul agreement in this lifetime.

JO: 你叫什么名字?问: XXJO: 你⽼公也是来给你送礼物的.这么说吧,你⽼公不会改变.也就是说⽆论你怎么样想要去改变他,他都不会改变.你知道为什么吗? 你知道为什么他不会改变吗?

You: What is your name? Questioner: XXYou: Your husband also came to give you a gift. Let me put it this way, your husband will not change. That means no matter how much you want to change him, he won't change. Do you know why? Do you know why he won't change?

问: 他不想改变.

Questioner: He doesn't want to change.

JO: 不是他不想改变.他不会改变的原因是因为你需要改变的是你⾃⼰的频率,⽽不是外在的⼈和事.因为当你改变了你⾃⼰的频率过后,外在的⼈和事本⾝是个问题都变的不是个问题,明⽩吗?

JO: It's not that he doesn't want to change. The reason he won't change is because what needs to be changed is your own frequency, rather than the external people and circumstances around you. Because once you've altered your own frequency, all problems with the external individuals and situations become non-issues, understand?

问: 那我跟他这⼀世是要⼀直….

Questioner: That means I have to be with him in this life...

JO:这么说吧,你⽼公是⼀百克盐,你是⼀百克的⽔,你们是⼀⽐⼀.你喝的呢个⽔你苦的不⾏,太咸了,你已经忍受不了了.你⽼公他不会他不会把他本⾝盐的味道变成糖.你就说你这个盐怎么不变成糖来甜我呢? 你要让我苦死让我咸死是吗? 这个对⾝体有害,对吧? 所以你就⼀直期待着可不可以把你⽼公的盐变成糖.然后呢,你不会改变的了他本⾝存在的状态.你唯⼀能变的就是不断地不断地把你这个⽔增加,容量增加.增加到⼀升增加到⼀吨.你想⼀百克盐如果在⼀吨的⽔⾥⾯,你尝⼀下呢个⽔的味道.你还能尝到它的咸和苦吗?

JO: So let me explain it like this: your husband is a hundred grams of salt, and you are a hundred grams of water; your ratio is one-to-one. The water that you're drinking tastes terrible—it's too salty! You can't stand it anymore. Your husband doesn't have the ability to turn his own salty flavor into sweetness. So you ask, why isn't this salt turning sweet for me? Are you trying to make me suffer from the bitterness and saltiness until death? This is harmful to your health, right? Therefore, you're always hoping that the salt in your husband can be transformed into sugar. However, you cannot change his natural state; all you can do is continuously increase your water volume—adding more capacity. You want to see what it would taste like if there were a thousand grams of water mixed with one hundred grams of salt. Would you still taste its salty and bitter flavors?

问: 那我可不可以直接去喝甜⽔呢?

Questioner: Can I just drink sweet water directly?

JO: 你可以做任何你想做的选择,明⽩吗? 这⾥没有对和错,⼀切都是你个⼈的体验.明⽩吗?

JO: You can make any choice you want, understand? There's no right or wrong here; everything is your personal experience. Understand?

问: 这⼀世我俩会分开吗?

Questioner: Will we be separated in this lifetime?

JO: 什么是分开? 本⾝你想,他是盐你是⽔,明⽩吗?问: 那你的意思是我也可以不选择这个盐?

JO: What is separation? You understand when you think of yourself as salt and me as water, right? Questioner: So your meaning is that I can also choose not to be this salt?

JO: ⽅向盘在你⼿上,你可以朝任何你想要去的⽅向去体验.

JO: The steering wheel is in your hands, allowing you to experience going in any direction you desire.

问: 对,我觉得我完全可以换个⽅式去提升我的频率,⽽不是这么痛苦.

Questioner: Yes, I think I can raise my frequency in a different way instead of suffering like this.

JO: 你可以去选择任何你想要去的⽅向,你不需要去问任何⼈.因为你总有⼀天会明⽩是你的⼀个状态决定了你⾃⼰到底是幸福还是不幸福.是你⾃⼰本⾝的状态决定的.

JO: You can choose any direction you want to go in, and you don't need to ask anyone. Because one day, you will understand that it is your own state that determines whether you are happy or not. It's your own condition that decides it.

问: 那你的意思是说我⽆论跟谁在⼀起,我的频率如果不改的话,我都会投射出…JO: NO NO NO NO,当然不会.你和这个⼥孩⼦对话你的频率就已经改了呀,明⽩吗? 所以为什么你说你的频率不会改? 你的频率⼀直都在改,⼀直都在变化当中.

Questioner: So, you mean to say that no matter who I am with, if my frequency doesn't change, I will still project...

JO: Not at all. No, no, no, no. Of course not. You already changed your frequency when you were talking to this girl, understand? So why do you say your frequency won't change? Your frequency is always changing, constantly evolving.

问: 那我此⽣我的灵魂选择的这条路为啥这么不让我享受,⽽不是让我轻松容易的去达到⾼频?

Questioner: But why does my soul's path choose this life to make it so hard for me, rather than making the high frequency attainable easily?

JO: 是你内在的⼀个抗拒⽽产⽣的痛苦.为什么呢? 因为你⼀直在抗拒对⽅,就是你⼀直在抗拒.就好像他没有成为你期待的样⼦或者命运没有成为你期待的样⼦.任何事情没有成为你期待的样⼦,你⼀直在抗拒.抗拒的话你就好像是在对撞⼀样.就好像是⼀条汹涌的河流,如果你是顺着它的浪花的话,你就很轻松的达到了前⾯.那如果你是跟它反⽅向抗拒的⽅向呢? 对抗的⽅向呢? 那你肯定会感受到呢个冲击⼒,对不对? 明⽩吗?

It's the pain that arises from your inner resistance. Why is that so? Because you've been resisting them continuously, which means you've been resisting throughout. It's like when reality doesn't meet your expectations or fate doesn't unfold as you wish; anything not aligning with your expectations leads to this constant resistance. Resisting feels like a collision of forces. Imagine being caught in a turbulent river: if you go along the current, reaching ahead is relatively easy. However, if you fight against it? Against its flow? You're bound to feel that force and impact, right? Do you see it now?

问: 那如何去清理我内在的这种抗拒呢? 让JO帮我清理⼀下.

Questioner: How do I go about clearing this resistance within myself? Can you help me clear it with JO?

JO: 你不需要去清理你内在的抗拒,明⽩吗? 你只需去认识到就是你头脑产⽣的这些想法,产⽣的这些他应该怎么样怎么样,所有的这些东西它全部都是就好像是⼀个鹦鹉学⾆,好像是⼀个胡⾔乱语,好像是⼀个dosen’t make any sense,就好像是呢种感觉.

JO: You don't need to go and clean up your inner resistance, got it? All you have to do is recognize that these ideas coming out of your mind, the 'he shoulds', all this stuff, are just like a parrot repeating words, like gibberish, like something that doesn't make sense, it's that feeling.

问: 你刚说的英⽂我不太懂.

Questioner: I don't quite understand what you just said in English.

JO: 就是没有任何根据的.你们需要去认清楚你们头脑的⼀个功能.因为它觉得它好像知道你想要体验什么或者是追求好的,怎么样才是好的.但是你们的头脑并不知道.这么说吧,就好像我们经常拿的⼀个⽐喻就是说门前有⼀堆粪.然后你的头脑不知道,然后你就会觉得它是来臭你的它是来恶⼼你的.为什么? 因为在你们的印象当中粪就是侮辱⼈的嘛,对吧?

JO: It's just completely unfounded. You need to recognize the function of your mind because it feels like it knows what you want to experience or pursue goodness in some way, but your mind doesn't know that at all. Let me put it this way, kind of like when we often use an analogy - think of a pile of dung just outside your door. Your mind is unaware of this, and thus, it feels like it's there to offend you or make you sick. Why? Because in your mind, dung represents something offensive to people, right?

⼈家给你拿⼀坨粪来肯定就是来侮辱你的,对不对? 那就是你们头脑的功能.但是呢,你要知道如果你觉得⽣命中所有的东西你都可以转化它,你都可以正⾯的利⽤它.你可以拿呢个粪⽤来灌溉你的花园,让你的蔬菜叶⼦更绿,让你的鲜花更鲜艳,明⽩吗? 因为你有转变它的能⼒.

A person throwing you a pile of dung is clearly an insult to you, isn't it? That's the power of your mind. But remember, if you believe that in life you can transform everything and use it positively - you can turn that dung into watering your garden, making your leaves greener, or enhancing the beauty of your flowers, do you get it? Because you have the ability to change things for good.

问: 那今天JO给我的信息最主要的就是…JO: 最主要的就是你能够吸收和明⽩,这个需要时间的.为什么呢? 因为你又进⼊头脑模式,就像赶快的从这个痛苦的经历当中逃离出来,明⽩吗?这就是为什么你们很多⼈会选择酒精、毒品或者是选择其他逃离的⽅式,马上逃离你们的现场.如果你们能从更⾼的⾓度来看,其实来到你们⽣命中的每⼀个⼈他们都在成为你的路上给你了⼀股⼒量.他们不可能都是以阳光的⽅式来温暖你,他们有可能是狂风暴⾬或者是冰雹⼀样,明⽩吗?因为你们来到这个世界上最主要的就是让你们的灵魂层⾯变的更加的强⼤或者是完整吧.所以你们会根据你们,就⽐如说你选择了这⼀⽣,你可能就是最不能去接受别⼈跟你相反.

Questioner: Today, the main information JO has given you is... JO: The main point is that you can absorb and understand it, which requires time. Why? Because you have entered into your mind mode, like escaping from this painful experience as quickly as possible, do you see? This is why many of you choose alcohol, drugs, or other escape methods to immediately leave the scene of your lives. If you could look at it from a higher perspective, actually every person who comes into your life adds a force to your path. They cannot all warm you with sunshine; they might come as hurricanes, rainstorms, or hailstones instead, do you see? Because when you come into this world, the main purpose is to make your spiritual level stronger or more complete. So you receive based on who you are, for example, if you chose this life, you might be someone who can't tolerate others being different from you.

那这是⼀个很重要的功课.为什么呢?因为⽆条件的爱它是允许任何的.造物主不会说你顺我意,我才会去温暖你给你⾬⽔.你要不顺我的意,我就要怎样怎样,是吧?所以说那他的存在就是来让你去理解什么是⽆条件的爱.然后你⾃⼰本⾝就是⽆条件的爱,但是因为你头脑⾥⾯太多的想法太多的期待导致你没有办法去体验⽆条件的爱,仅此⽽已.然后今天的信息到时候整理成⽂字你在反复的看反复理解反复听,你就能明⽩你收到了⼀个⾮常⾮常⾮常⼤的礼物.然后这个通道已经给你开了,这个门已经给你开了.然后你⾃⼰随时可以选择进⼊,明⽩吗?

That is a very important lesson. Why is that so? Because unconditional love allows everything; the Creator would not say, "If you please me, then I will warm you up and give you rain." If you do not please me, I am going to do this or that, right? So his existence is for you to understand what unconditional love is. You yourself are also unconditional love, but because of the many thoughts and high expectations in your mind preventing you from experiencing unconditional love, that's it. Then today's message, once transcribed into text and revisited multiple times, will make you realize that you have received an extremely large gift. The channel for this has already been opened, the door is open. You can choose to enter at any time whenever you want to understand this fully.

# **2023/03/14 — 腹痛之选择全新的你Choosing a New You Amidst Stomach Pain**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我最近肠胃不好,腹痛.我请求疗愈还有我为什么这样?

Questioner: I've been experiencing digestive issues lately with abdominal pain. I seek healing and wonder why this is happening to me?

JO: 你稍等.⾸先你要明⽩的是你的⾝体它呈现的状态,就⽐如说它是畅通的还是堵塞的状态,它是根据你当时的能量状态⽽决定的.就⽐如说再接下来我们在交流的时候,你便不会有这种不适感,明⽩吗?

JO: Wait a moment. What you need to understand is that the state of your body, whether it's flowing or blocked, is determined by your energy state at that time. So when we communicate further on, you won't have this discomfort anymore, got it?

问: 今天下午就好⼀点,上午就特别难受.

Questioner: It was better in the afternoon today, but very uncomfortable in the morning.

JO: 你不要去说上午下午或者是过去,过去它已经是过去,它对你没有任何影响.你只有现在,明⽩吗? 你如果要把过去拿过来再去体验的话,你就是在创造它.那是为什么? 因为你是⼀个能量场投射在这个⾁体上⾯导致这个⾁体产⽣不同的反应.就⽐如说你是⼀个恐惧的能量场,那你就会产⽣很多恐惧的反应.你莫名的恐惧或者是痛苦,那你就投射⼀个痛苦的你.你痛苦的抓狂,你痛苦的没有办法表达,所以你伤害⾃⼰伤害别⼈,明⽩吗? 所以说是呢个能量场投射了你这个⾁体导致了这⼀系列感受体验和反应.

JO: Don't talk about morning or evening or the past. The past is already gone; it has no effect on you. You only have now, understand? If you try to bring the past back and experience it again, you are creating it. Why is that? Because as an energy field projected onto your body, this causes your body to produce different responses. For example, if you have a fear energy field, then you will generate many fearful reactions. You might experience unexplained fear or pain, so you project yourself as someone who suffers. You suffer and become frantic, unable to express yourself properly, leading to self-harm and harming others, understand? Thus, this energy field projecting onto your body results in a series of sensations, experiences, and responses.

问: 但是我最近觉得情绪不是特别兴奋.

Questioner: But I haven't been feeling very excited lately.

JO:你不需要去往后看或者是你怎么样怎么样.你只需要去向前,就是向你想要去⾛到哪⾥,明⽩吗? OK,你告诉我你想要成为⼀个什么状态? 想要成为⼀个⾝体健康、舒服、喜悦、开⼼、欢乐,你在头脑⾥⾯去想象⼀个这样⼦的你,然后再把她活出来.然后你就便进⼊了⼀个正向的循环.如果你还在⼀直在记忆中找你痛苦的形象,你就会越来越⽆⼒,你就会越来越觉得⾃⼰太多的束缚.

JO: You don't need to look back or do anything in particular. You just need to move forward, toward where you want to go. Understand? Alright, tell me what state you want to become - a healthy, comfortable, joyful, happy, fun person. Imagine this version of yourself in your mind and then embody it. Then you enter a positive cycle. If you keep recalling painful memories, you will feel more and more helpless, becoming increasingly restricted by your own thoughts.

问: 那我吃点东西就腹痛啊.

Questioner: So I get stomach pain after eating something?

JO: 你还在说你,以前的你,还在说过去的呢个你,明⽩吗? 你还在继续的去投射过去的呢个你,你还想继续的陷在泥潭⾥⾯.这么说吧,你现在在泥潭⾥⾯,然后我告诉你你只要抓住这个然后往前⾛你就能出来.然后你还不停的说我这个泥潭怎么样,我在这个泥潭⾥⾯泥把我紧紧的拽住啊,我在泥潭⾥⾯真的是⼀点⼒⽓都没有,你还在这样⼦.我告诉你板⼦在这⾥,你拉住它你就能上来.你为什么还要纠结泥潭⾥⾯是什么情况,还要去描述它,还要去不断地去创造这个体验给你⾃⼰呢? 是你⾃⼰不想放弃它吗,明⽩吗?

JO: You're still talking about yourself, the old you, and the past 'you', do you understand? You're still projecting that past self onto your current situation, wanting to remain trapped in this muck. Imagine I'm telling you that if you grab onto something here and move forward, you can get out of it. And yet, you keep complaining about how the mud is holding me tightly, how there's no strength left for you in this swamp, still fixated on your predicament. Let me say this: if you're stuck in the muck, I'm telling you that by grabbing onto something and moving forward, you can escape. But you continue to dwell on the muck, describing it, and creating this experience for yourself over and over again. Is it because you don't want to let go of this situation? Do you understand?

问: 那以后我在⽣活中不⽤注意什么饮⾷这些的?

Questioner: After that, what should I pay no attention to in terms of diet in my daily life?

JO: 你不⽤注意任何,唯⼀的就是去成为呢个你想要成为的状态,你想要成为的你.问: 哦,我把⾃⼰想要的呢个我,去和她连接.

JO: You don't need to pay attention to anything; the only thing is to become the state that you want to be, the person that you want to be. Questioner: Oh, I connect myself with the me that I want.

JO: 对,去活出来.你喜欢开⼼的笑,那你每天就开⼼的笑.你先逗你⾃⼰笑,逗别⼈笑,明⽩吗? 你的笑声就不断,就这么简单.⽽不是去纠结.因为你不是死的.你不是固定的.这么说吧,你们看电视看电影,⼀个演员他可以扮演不同的⾓⾊,对吧? 他又温柔的,他有凶狠的,他有抓狂的,他有轻松的,他有坏的也有好的.但是都是⼀个演员,对吧? 那你也⼀样,你可以去扮演⼀个痛苦,⾝上全是痛.你可以成为⼀个快乐健康积极向上轻松愉悦的你.你是可以去选择她的.

JO: Yes, live it out. If you like to laugh happily, then just laugh happily every day. First, make yourself laugh and then make others laugh. Understand? Your laughter will be continuous, that's all there is to it. Not being fixated on things because you are not dead. You are not fixed. To put it simply, when you watch TV or movies, an actor can portray different roles, right? They can be gentle, fierce, crazy, relaxed, bad, and good. But they are still one actor. Similarly, you can choose to play the role of being in pain all over your body. You can become the happy, healthy, positive, relaxed, and joyful version of yourself. It's up to you to decide which role you want to play.

问: 这个我也知道.但是痛起来的时候我就觉得完全找不到⽅向了.

Questioner: I know that too. But when it hurts, I feel completely lost.

JO: 你稍等,我先看⼀下这个是关于你灵魂层⾯的什么功课.你叫什么名字?问: XXXJO: 这么说吧,你的疼痛是你⾃⼰给⾃⼰设置的⼀个wake up call,就好像闹钟.你们⽐如说睡觉的时候,你们会给⾃⼰设个闹钟让⾃⼰在⼏点醒来,对吧? 然后你在灵魂层⾯你也给⾃⼰设了⼀个闹钟,然后想要你在这个时间醒来.所以说这些困扰你的,⽆论是精神层⾯还是⾝体层⾯,它都是来让你⾛上这条寻找的路,明⽩吗? 这样⼦你才不会去⼀直沉睡,你才知道你是时候醒来了,明⽩吗? 所以你现在已经是在⾛上这条路,这些疼痛已经把你带上正确的路,带上你⾃⼰想要去⾛的路.

JO: Wait a moment, let me check this is about what spiritual lesson you're dealing with. What's your name? Questioner: XXX

JO: Here it goes, the pain you're experiencing is essentially a wake-up call you've set for yourself, like an alarm clock. You know, when you sleep and set an alarm to wake up at a certain time, right? Similarly, in your spiritual realm, you've also set a personal alarm clock for yourself, wanting you to awaken at that specific time.

So whatever troubles you, whether mentally or physically, it's all intended to guide you on the path of self-discovery. Understand? This ensures you're not continuously asleep but know when it's time to wake up. Get it?

Therefore, you are currently walking this path, and these pains have led you down the right course, guiding you towards your desired journey.

问: 我就是想问我为什么每次都要选择通过痛苦来成长和改变?

Questioner: I just want to know why I always have to choose growth and change through pain?

JO: 为什么你们需要去通过痛苦来体验和改变? ⾸先你们来到这个地球上,你们是必须要体验所有的体验,明⽩吗? 如果你不想有这些体验的话,你就不会来到这个地球上.然后呢,你不想经历痛苦是你们⾃⼰对痛苦的⼀个定义,明⽩吗? 它为什么是叫痛苦? 是因为你对它的⼀个抗拒,你总是想要这种感觉赶快⾛赶快⾛,我不想要这种感觉.它才会产⽣你所谓的痛苦.如果你不给它定义成痛苦,你便不会如此的痛苦.

JO: Why do you need to go through suffering in order to experience and change? First of all, you come to this planet because you must experience all the experiences, right? If you don't want these experiences, you wouldn't have come to this planet. Then, not wanting to experience suffering is your own definition of pain, understand? Why is it called suffering? It's because of your resistance towards it; you always want this feeling to go away quickly, I do not want this feeling. That's when you produce what you call as suffering. If you don't define it as pain, you won't suffer so much.

问: 但是⾝体就是痛咋办呀?

Questioner: But what can be done when the body is in pain?

JO: 如果你去看呢些动物,蛇在蜕⽪的时候.然后你看⼀下动物.这是⼀个你们⾃然成长的⼀个经历.为什么呢? 因为你还有⼀个⾁体.它只是⼀个⾃然的过程.这么说吧,⾃然的过程就像是什么呢? 就像⼥⼈在⽣孩⼦的时候产⽣的疼痛,明⽩吗? 那阵痛过后就是新⽣命的.因为你们的⾁体是有感觉的,所以它就会体验各种感觉.那这种感觉也是⼀种感觉,只是这种感觉普遍的被你们⼈类排斥.当你越是去排斥它,你的痛感就会加强.当你越是跟它⼀起,就是顺着它.你就想象⼀下很强⼤的⽔流,如果你顺着它,它就可以把你带到,就是浪,你就很轻松不⽤费⼒的就到了岸边了,是吧? 那如果你是要跟它相反的⽅向呢? 它不停的拍打你,对不对?

JO: When you observe these animals, such as snakes shedding their skin. Then you look at an animal, this is a natural experience that comes with being alive for you all because you have a physical body too. Why do I say so? This is just a part of the natural process; think about it like childbirth when women feel pain, correct? After overcoming that pain comes new life as everything returns to normal. Since your bodies are sensitive, you experience various sensations. And this sensation itself is a kind of feeling, one that is commonly rejected by humans. The more you reject it, the stronger the pain becomes. If you embrace and follow it, it's like swimming against a powerful stream of water. When you go with the flow, you'll be swept along smoothly to where you want to go, just like being carried by waves to reach the shore effortlessly, right? On the other hand, if you resist or swim against that current, it will keep hitting and pushing you back, wouldn't it?

你⾸先你并不会⼀直痛苦下去.为什么呢? 你说你的闹钟它会⼀直响下去吗,如果你已经醒了? 你已经醒了,你是不是就可以把它关掉了? 那你的痛苦就是你的闹钟,那你醒过来你就可以把闹钟关掉,你还需要它不停的闹你吗? 除⾮你又再⼀次睡觉了,然后你又想它提醒你.

You won't be suffering indefinitely first of all. Why is that so? You ask if your alarm clock will keep ringing endlessly, right? If you've already woken up? Once you're awake, can't you just turn it off then? Your pain is like your alarm clock, so when you wake up, you can switch it off. Do you still need it to keep bugging you? Unless you fall asleep again and want it to remind you once more.

问: 我觉得经痛的时候⾝体⽆⼒.

Questioner: I feel weak when I have my period.

JO: 这是你转变前的⼀些现象.

JO: These are some phenomena before your transformation.

问: 我以前单位的领导,我们之间有点呢种⼈⾛茶凉.领导对我好像有点意见.我每次想到要⾛的呢段时间,我⼼⾥就难受.我不知道怎么转换这个?

Questioner: My former boss and I had somewhat of a distant relationship; the saying "people go and tea grows cold" applies here. It seems that my boss has some issues with me. Whenever I think about the time when I was planning to leave, it makes me feel uncomfortable inside. How can I change this mindset?

JO: 你们现在还在相处吗?

JO: Are you still together now?

问: 现在没相处了.但是我觉得他对我有怨⽓.我就有点受伤,不知道怎么⾯对他.

Questioner: Now that we're no longer getting along, but I feel like he holds a grudge against me. It hurts me and I don't know how to approach him.

JO: 所以你的问题是什么? 是如何化解你…问: 对,我⼼⾥的情节.

So what's your question? How to resolve you... Questioner: Yes, my inner drama.

JO: 那你能明⽩你的情节是什么吗?

That means you can understand what your plot is?

问: 是他对我的⼀种怨恨,我就受伤.

Questioner: Is it because he hates me, that I am hurt?

JO: 那你如果觉得他对你有怨恨,你不想有怨恨.那你可以完完全全的表达你⾃⼰对他的尊重也好,感谢也好,感恩也好.你还可以再重新建⽴这个连接感的.你重新去定义你们的欢喜,你重新去给你们的关系命名,你重新去决定你们的关系要如何发展.你们永远在当下都能选择.这么说吧,以前你们有⼀个故事结尾你不是很满意,对吧? 那你看⼀下你们的电影情节.很多不满意的故事情节,他们都是马上开始转,⽆论是有多么悲惨的,它都可以转到⼀个幸福快乐的结局,对吧? ⽆论是有⼀个多么幸福快乐的开始,他们都可以有⼀个悲惨或者仇恨的结局.⽆论是有多么仇恨的结局,它可以变成⼀个化敌为友,它可以变成⼀个友好的结局.

JO: If you feel that he has resentment towards you and you don't want to harbor any ill feelings, then you can fully express your respect, appreciation, or gratitude towards him. You could also rebuild the connection between you. You can redefine your joy together, rename your relationship, and decide how it should evolve. The choices are always available to you right now. Think of it like this: previously, there was a story where the ending didn't meet with your approval, correct? Well, look at the plot of your movie. Many unsatisfying storylines suddenly change direction, no matter how tragic they might be, they can turn into a happy and joyful conclusion. Whether you started with a blissful beginning, it could end in tragedy or hatred. No matter the hate-filled ending, it can transform into turning enemies into friends, or achieving a friendly outcome.

所以你是呢个写剧本的⼈,你想要怎么写啊? 你只要有⼼,明⽩吗? 你只要有⼼,你想要在这件事情上去花你的能量去做这件事实.因为你觉得它对你有意义,你就去做.

So you're the one writing the script, right? How do you want to write it? Just remember, if you have the heart for it and understand that it matters to you, then you should put your energy into doing this thing because you believe it has significance for you.

问: 那我就要进⼊到,⽐如说我有时候想到他的时候,我就进⼊到以前我们呢种状态,我就体验呢种状态,然后再转变,是吧?

Questioner: So I would enter into that state, for example when sometimes I think of him, I enter back into our previous states, experiencing those states, and then transitioning, right?

JO: 你不需要转变任何,你就直接告诉他,我现在离开你就回想起你的好,我真诚的感谢你,请你吃饭,送个礼物,明⽩吗?

JO: You don't need to change anything; just tell him directly that I'm recalling your kindness now that I'm leaving you, and I sincerely appreciate it. Please treat me to a meal or give me a gift, understand?

问: 但是我看到他见到我连招呼都不想打,我⼼⾥就很受伤.

Questioner: But I saw that he didn't even want to greet me when he saw me, which hurt my feelings.

JO:因为其实在你的内⼼深处,你知道你和所有⼈和万物都是有连接的.然后你受到这种,就好像是试图跟你断开连接,就是你们呢个连接受阻了.那你⾝体就会产⽣不适,明⽩吗?所以当你重新再把你们的连接感建⽴起来了过后,你这种感觉就会消失了.但是还有⼀件事情就是说你必须要尊重每⼀个⼈的成长规律,明⽩吗?你们有⼀个故事是丑⼩鸭变⽩天鹅的故事,是吧?那当你还是个丑⼩鸭,他们认不出来你是个⽩天鹅.你不需要去不停的证明我就是个⽩天鹅或者是什么什么的.因为总有⼀天他们会看到你就是⽩天鹅的.所以说如果你⾃⼰不去否定你⾃⼰,你不⽤去⾛到每个⼈的⾯前,看看看我现在是丑⼩鸭,我将来是⽩天鹅.你不需要呀.

In your inner self, you know that you are connected to everyone and everything. You feel as if someone is trying to sever this connection, causing a blockage in the bond between you. This results in discomfort within your body. If you rebuild that sense of connection with them again, the discomfort will disappear. However, there's another thing you must understand: you have to respect each person's growth process. There's a story about an ugly duckling turning into a white swan, right? When you were still an ugly duckling, they couldn't recognize you as a white swan. You don't need to constantly prove that you're a white swan or anything like that. Eventually, they will see you are indeed a white swan. Therefore, if you do not self-contradict yourself, there's no need for you to go up to each person and say, "Look at me now as an ugly duckling; I'll be a white swan someday." You don't have to.

因为⽣命就会跟所有⼈展现⼀切,明⽩吗? 除⾮你⾃⼰不停的去害怕⼈家把你认错.那你就是在否定你⾃⼰.你觉得你需要贴⼀个标签,你头上写着我是⽩天鹅,不是丑⼩鸭? 你怕⼈家把你认错.

Because life will show everything to everyone, understand? Unless you keep being afraid that people might mistake you for someone else - then you are denying yourself. You feel like you need a label, with "I am the white swan" written on it, not the "ugly duckling"? You're afraid of being mistaken for someone else.

问: 我怎么跟我的指导灵连接? 为什么每个⼈都会有指导灵呢?

Questioner: How do I connect with my guide spirit? Why does everyone have a guide spirit?

JO: 这么说吧,你们就好像是每⼀⼜井,每⼀个湖或者是⼩河,你们的源头都是⼀样啊.只是流向了不同的地⽅呀.你们都是来⾃同⼀个源头流向不同的地⽅.为什么呢? 因为不同的地⽅,有你们⾃⼰想要去体验.为什么呢? 我想要体验⼤海,我把⽔流到⼤海⾥⾯.我想要流到⼭⾥⾯,因为我想要跟树在⼀起,我想要去感受⽯头.

JO: So, you can think of yourselves as different wells, lakes, or streams; your sources are the same, just flowing in different directions. You all originate from the same source but flow to various places. Why is that? Because each place offers experiences you want to explore. For instance, I seek the ocean and let my water flow into it because I desire to experience its vastness. Or, if I wish to be among trees or feel the rocks, then I allow myself to flow through mountains.

问: 那每⼀个⼈的指导灵都是不同的呀?

Questioner: After all, aren't each person's guiding spirits different?

JO: 你们还会根据你们个⼈每⼀个阶段.因为它这⾥不是像你觉得就是你还拿着物质头脑来看是同⼀个⽼师.我跟你讲就算你同⼀个⽼师都不是同⼀个⽼师.你觉得JOJO⽼师她是同⼀个⽼师是吗? 她不是的.她在之前给你带的信息和之前给你带来的信息和将来给你带来的信息,每⼀个都不是⼀样的,明⽩吗? 你觉得你还是跟以前⼀样的吗? 就好像你现在发芽成了⼀个绿⾖芽.之前的你是⼀颗绿⾖.你说绿⾖芽和绿⾖是⼀样的吗? 它⼀样又不⼀样,明⽩吗? 那绿⾖芽它跟结果⼦的呢个植物是⼀样的吗,明⽩吗?

JO: You will understand that each of you is at different stages because this isn't like what you think, where we perceive the same teacher as a material being. I tell you, even if it's the same teacher, they are not the same teacher. Do you believe that JOJO Teacher is the same teacher? She is not. The information she brings you in each stage is different from those she brought before and will bring in the future, understand? Do you still feel like your previous self? Just as you have now sprouted into a green bean shoot. You were previously just a green bean. Would you say that a green bean shoot is the same as a green bean? It's both similar and not, do you understand? And would you say that a green bean shoot is the same as a plant that bears fruit, understand?

问: 那我怎么跟我的指导灵连接呢?

Questioner: How do I connect with my guiding spirit?

JO: 你就没有断开过连接.问: 我感受不到呀.

JO: You haven't disconnected before. Questioner: I can't feel it either.

JO: 你感受不到你今天就不会来这⾥问这些信息了.

JO: You wouldn't be asking about this information if you didn't feel it today.

问: 有时候需要我选择抉择的时候,我就抛硬币.抛出来的结果是不来找你,但是我痛的不⾏,我还是来找你了.

Questioner: Sometimes when I need to make a choice, I flip a coin. The result is not seeking you out, but the pain is too much for me, so I still come to find you.

JO: 其实你还是得到了你的答案,明⽩吗? 为什么呢? 就是当你得到了⼀个拒绝,⼀个否定的答案,它加深了你想要去做的事情.呢个才是你真正的答案,明⽩吗?

JO: Actually, you have received your answer, do you understand? Why is that? It's because when you receive a rejection or a negative response, it actually intensifies the desire for what you truly want to do. Do you get it now?

问: 我很多时候都是抛硬币的.

Questioner: I often flip a coin.

JO: 那就说明呢个事情是你可做可不做的.真正你想做的你是没有办法决绝的.所以⽆论怎么样这个指南针总会把你指到你的内我你的真我想要去的地⽅.

Japanese: JO: That means the matter is something you can do or not. You cannot refuse what you truly want to do. So no matter how, this compass will always guide you towards the place your true self wants to go.

问: 那我们⼈类不会是说⾃⼰想去哪去哪,都是听灵魂的呢种?

Questioner: Or are humans supposed to be able to go wherever they want just by saying it, like following their soul's guidance?

JO: 这么说吧,你可以是逆着⾛,但是你会感受到很⼤的阻⼒.如果你感受到阻⼒,那你说那我换个⽅向.然后你感受到了: 哇,我都不⽤⽤⼒呀.呢个波浪直接就把我打到沙滩上去了.你就好像是在乘着浪⼀样.呢个浪就把你推到沙滩了.那你是傻的吗? ⼀个轻松不需要⽤⼒的你不选择,你要选择跟狂风巨浪对抗? 你是找死,对吧? 所以说当你体验到这种,就是说⼀种是逆着⼀种是顺着.那你⾃然⽽然就会⾛着顺着的呢条路.为什么呢?因为呢个代表了你的真我.你们头脑⾥⾯,就是你们在物质世界追求的东西,你们每次祈祷说的是什么? 顺利,顺风顺⾬,万事如意,是不是? 所以说并不是说你的⾼我是跟你反着的,明⽩吗?

JO: Let me put it this way, you could go against the flow but you would experience a huge resistance. If you feel resistance, then say I'll change direction. Then you felt: Wow, I don't have to exert effort. This wave just carried me right back onto the beach. You're like riding on the wave. The wave just pushed you onto the beach. Are you stupid? Why would you choose something that is effortless and comfortable when you can choose to fight against a gale force wind and waves? It's like seeking your own demise, isn't it? So, when you experience this kind of thing - going against or with the flow, naturally, you will choose to go along the way that feels natural. Why? Because that represents your true self. In your mind, what are you pursuing in the physical world every time you pray? Smooth sailing, good weather, everything goes well, right? So it's not that your higher self is against you; understand?

是你⼩我还没有体验到乘着浪去飞的感觉,不需要⽤⼒的感觉.它体验过了,你让它再回到以前的它是不可能的,明⽩吗?

It's because you haven't experienced the sensation of flying on a wave yet, the feeling of not having to exert effort. It has experienced that already, it is impossible for you to make it return to its previous state, understand?

问: 就是因为这种没合⼀才让我⾼我有更多的体验是吧? 让⾼我体会到⼀种痛苦.

Questioner: Is it because of this lack of unity that I have more experiences, allowing my Higher Self to experience a kind of pain?

JO: 这么说吧,你如果是连接⾼我,你就好像是个电器,是吧? 你是个电器,你连接⾼我就好像插上电了.你插上电你所有的功能就能运⽤了.因为你这个电器,⽐如说你是个洗⾐机是吧? 那你的洗⾐机才能运⾏才能洗⾐服.那如果你没跟⾼我连接,那你的洗⾐机就是个摆设,因为你没通上电.你就是个摆设.你就只⽤它装⼏件⾐服在⾥⾯,还不好装,装的量呢么少,明⽩吗?

JO: So imagine you're like an appliance when you're connected to the Higher Self, okay? You're an appliance, and connecting to the Higher Self is like plugging yourself in. Once you're plugged in, all your functions can be used. Because of this appliance, for example, say you're a washing machine, right? Then your washing machine can operate and wash clothes. But if you're not connected to the Higher Self, then your washing machine becomes just an ornament because it's not getting electricity. You're just an ornament. You only use it to put in a few clothes, but it doesn't work properly, and you don't get much done with it. Can you understand that?

问: 但是⾼我也体会到⼀种痛苦的感觉.

Questioner: But even Gao also experienced a painful feeling.

JO: ⾼我不会有痛苦的感觉,只有你的⾁体才会有痛苦的感觉.⽽且呢些痛苦的感觉也是你⾃⼰创造的⼀些幻像.

JO: I would not feel pain, only your physical body would. And those feelings of pain are illusions that you create yourself.

问: 刚才不是说⾼我不是通过⼩我来感受吗? 那为什么⾼我没有痛苦的感受呢?

Questioner: Didn't you say earlier that I experience things through my small self and not my higher self? Then why don't I feel pain from my higher self?

JO: ⾼我没有痛苦的感觉,痛苦的感觉只有你⾁体体验的呢个幻像,创造的呢个幻像才有.问: 我和我⽼公孩⼦的灵魂关系.

JO: I don't have a sense of pain; the sensation of pain is only that of your bodily illusion, an artificial creation. Questioner: What is my relationship with my husband and children's souls?

JO: 你稍等.你⽼公叫什么名字?问: XXJO:你们之间更像是队友⼀样,你们就好像是⼀起练武的弟⼦.就像呢种战友、队友,就像是这种关系⼀样.所以在你的⼈⽣当中,他起到了很多种⾓⾊.有⼀种他可能会跟你过招,他也可能会推你⼀把,他也可能会踩你⼀脚,那他也可能会陪着你,就是这种.你想象⼀下,你们俩是同门弟⼦,明⽩吗?

JO: Wait a moment. What's your husband's name? Asked: XX JO: You two are more like teammates, akin to fellow practitioners who train together, like comrades-in-arms. It's like this type of relationship – one where he might spar with you, push you along, step on you, or just support you side by side. In your life, he takes on many roles. He could be a sparring partner, a motivator, someone who holds you back, or simply stands by your side. Imagine if the two of you are fellow disciples; do you understand?

问: 但是他没有⾛上灵性的道路.

Questioner: But he didn't choose the spiritual path.

JO: 那是你⾃⼰对灵性的⼀个误知.你们觉得你们学习⼀点灵性知识就是⾛上灵性道路了? 呢些完全没有去学任何灵性知识的,但是他们却有很好的⼼态的,他们却有不同的⾓度去看待事情的,呢就是灵性,明⽩吗? 所以说并不是只有去通过你的这⼀种⽅式才叫灵性.那在他眼⾥,你才是世俗的呢.为什么呢? 因为你把物质看的很重啊.⼀会⼉这⼀个事情这⼀个幻像,然后你就活在这⼀个幻像当中.他觉得你怎么这么不灵性呢.你看这个事情本⾝就是个幻像,本⾝就是个假象,本⾝就是个梦境,你看你还陷在呢.就好像墙上⼀个别⼈⽤⼿做出来的假的⽼虎的影⼦,你却吓的要死.他在想这个⼈真的傻.

JO: That's a misunderstanding of spirituality on your part. You think that learning about spirituality means you're on the spiritual path? Those who don't learn any spiritual knowledge at all but have great attitudes towards life see things from different angles, which is what spirituality is about. So, it's not just about going through this particular way; in his eyes, you're materialistic. Why? Because you place too much value on material things. You get caught up in one thing and live within that illusion. He wonders how unspiritual you are. You see the situation itself as an illusion, a false appearance, and a dream, yet you're stuck in it. It's like being frightened by a fake tiger shadow someone drew on the wall; you're terrified. He thinks this person is truly foolish.

所以你还说对⽅不灵性,对⽅才觉得你才是呢个被物质世界深深的陷住的⼈.

So you say that the other person is not spiritual, and they feel that you are the one deeply trapped in the material world.

问: 我孩⼦呢?

Questioner: Where's my child?

JO: 你稍等.孩⼦她像是⼀个你升级练⼿的⼈,就好像是你的⼀个所谓的,就⽐如说你要去学武术,你需要⼀个对⼿来跟你切磋、练习,来让你升级.

Japanese Operator (JO): Wait a moment. She seems like someone good for you to practice on, as if she's your sparring partner or an upgrade target. Like when you want to learn martial arts, you need a opponent to train with in order to improve and level up.

问: 但是我觉得我的孩⼦给我很多⽀持啊.

Questioner: But I feel that my children give me a lot of support.

JO: 这个⽀持是必不可少的.⼀个武功⾼强的⼈他会少的了他练⼿的,明⽩吗? 他能⾛到哪⼀步,都跟呢个有关系,明⽩吗?

Jo: This support is essential. A skilled person wouldn't lack the practice they do with their hands, understand? Their progress is related to that, understand?

问: 因为我觉得她给了我跟多⽀持和爱,我很感激她.

Questioner: Because I feel she gave me more support and love, I am very grateful to her.

JO: 你肯定感激她,如果没有她的话,你就进步不了,你就拿不到任何级别.你⽣命中出现的每⼀个⼈都是来成就你.那关系越近的,他们给你输出的能量就越⼤.

JO: You should be grateful to her; without her, you wouldn't have progressed at all and would not have achieved any level. Every person that appears in your life is there to help you grow. The closer the relationship, the more energy they pour into your growth.

问: 我碰到⼀些事情就不由⾃主的愤怒,就是⼀想到就反复的⽣⽓.这个要怎么办?

Questioner: I become angry without control when faced with certain issues, and I keep getting upset just by thinking about them. How should I deal with this?

JO: ⾸先你就好像⼀个孩⼦在学⼀个功课,或者他在学习他⾃⼰的⾁体在如何运⾏.这是⼀个你需要去学习和知道和理解的⼀个过程.因为你们的⾁体的情绪是怎么产⽣的? 也就是说你关注什么你就体验什么.这么说吧,你看电视,你有中央电视台,四川电视台,湖南电视台,各种电视台是吧? 或者有各种电影,有恐怖电影,喜剧电影,励志电影.那你⾃⼰选择看哪⼀个,你是不是就进⼊呢个能量场,然后体验.看恐怖⽚你就体验恐怖.所以你问的呢个愤怒,就好像说我⼀直看恐怖⽚我感受到恐怖,这个太恐怖了.

JO: First, it's like a child learning a lesson or understanding how their own body works. It's a process that requires learning and knowing the mechanics of this experience. How do your emotions come into being as a human? In other words, you attract what you focus on. To put it simply, if you watch TV, there are channels like CCTV, Sichuan Television, Hunan Television, etc., or various movies such as horror films, comedy films, and inspiring ones. You choose which one to watch; thereby entering into that energy field and experiencing the effects of your choice. Watching horror movies leads you to experience fear. So when you ask about anger, it's like saying I've been watching too many horror movies and feeling overwhelmed with fear, this is just too scary for me.

问: 但是我觉得是不是有我应该去学的经验和功课? ⽽不是让它就⾛了.

Questioner: But do I need to learn something from this experience and lesson, rather than just letting it go?

JO: 那你就能看到你愤怒的背后,你⾃⼰去探索你到底相信什么,它才会让你产⽣⼀个如此⼤的愤怒.你就进⼊到⼀个⾃我探索的模式了,明⽩吗?

JO: So you can see what lies behind your anger, and explore for yourself what it is that you truly believe, which triggers such a big anger in you. You are entering into a mode of self-exploration, do you understand?

问: 我就是进⼊到⾃我探索,但是怎么想也想不通,就还是愤怒.

Questioner: I'm engaging in self-exploration, but no matter how I think about it, I just can't understand and remain angry.

JO: 还有就是说你现在你能量不稳定的时候,你很容易受到外界的刺激和波动和影响,明⽩吗? 所以说你在⼀个不同的环境⾥⾯,你会很容易受到环境的影响.这么说吧,你们所有⼈都连接着池⼦⾥的⽔.然后呢个池⼦⾥的⽔如果都是受到污染的,你⾃然⽽然也是受到污染了.因为你现在还没有很好的⼀个稳定的频率.

JO: There's also the point that when your energy is unstable, you are very susceptible to external stimuli and fluctuations, understand? So, in a different environment, you're easily influenced by it. To put it simply, all of you are connected to the water in the pool. If the water in that pool is polluted, naturally, so are you because right now, your frequency isn't well-stabilized.

问: 那我就只能随着这个流波动?

Questioner: So I can only move with the flow?

JO: NO NO NO,这么说,你现在是个⼩树苗.你这个⼩树苗的时候,风⼀吹你就动了.当你是⼀棵⼤树的时候,风⼀吹你的树⼲动也不会动⼀下,明⽩吗? 所以它只是暂时的⼀个现象.你可以去利⽤你产⽣任何情绪,然后往背后去挖,你到底在害怕什么? 你是给这个世界怎么定义的? 就⽐如说你把对⽅的⼀个⾏为定义成对你的⼀个不尊重,那其实只是你的⼀个负⾯定义⽽已.那你把定义换了呢? 他不是对我不尊重,他是对我的爱.你的感受也就会变了,你也不会去产⽣愤怒了.

JO: NO NO NO, in this case, you are a young sapling. When you were that little sapling, the slightest breeze would make you sway. But when you've grown into a big tree, even if there's wind, your trunk doesn't budge an inch. Got it? So it's just a temporary phenomenon. You can use this to understand what emotions you're really feeling and why they might be arising. How do you define the world around you? For instance, if someone acts in a way that you perceive as disrespectful, it's just your own negative interpretation. But what if you redefined their action differently? Maybe instead of being disrespected by them, you're being shown love. Your feelings would shift, and anger wouldn't arise for you anymore.

问: 那我怎么进⼊潜意识去清理我潜意识的⼀些东西呢?

Questioner: How do I access my subconscious to clear some things in it?

JO: 就是⼀些不知道的? 你外在的物质,你所有的东西它都会被映射出来的.这么说,你说你照镜⼦你会看不到你脸上的⼀些东西? 你不会看不到的.因为镜⼦它只是反射出来你原有的样⼦.所以关于你内在的东西你也不会看不到.为什么? 因为⽣活它都会给你呈现出来,⽣活就是⼀⾯镜⼦.

JO: It reflects everything you don't know. So if you say that when you look in the mirror you can't see some things on your face, that's not true because a mirror only reflects what you already are. So you wouldn't be missing out on anything inside yourself either. Why is that? Because life shows you everything, and life is like a mirror.

问: 那为什么说有⼀些潜意识的东西需要清理呢?

Questioner: Why does one need to clear out some subconscious things?

JO: 这么说你先拿⼀个具体困扰你的事情或者是你最近愤怒的事情,然后我们按照你个⼈的事情来给你拉出来哪些是属于你潜意识你潜意识⾥存在的…问: 我就不喜欢我⽼公凶.孩⼦在学习⽅⾯都是他在辅导.有⼀次我看到孩⼦的算数做的不对,我就说了⼀句.他就突然⼤喊你没看到我在⼯作吗? 他⼀吼我腿都发软了.我就觉得他很不可靠.

JO: So you start with a specific issue that bothers you or an angry incident that recently happened to you, then we'll analyze which parts of your subconscious are present in your personal circumstances. Questioner: I don't like it when my husband is aggressive. He's been tutoring our kids in their studies. Once, seeing the math the kids did was incorrect, I commented on it. He suddenly screamed at me, "Don't you see that I'm working?" His outburst made my legs go weak. I just feel he's unreliable.

JO: ⾸先你要知道对⽅的状态他是跟你有关的.就是对⽅是⼀个什么转态,是⼀个轻松的没有压⼒,还是⼀个压⼒很⼤或者是崩溃的状态,它其实跟你有关的.那你是不是就已经负了⼀般的责任了? 还有就是说如果你们已经在这样的情况下了,那他已经告诉你我现在很崩溃,压⼒很⼤.那你能做的是什么? 你能做的是表现出你的爱,明⽩吗? 因为你只有爱,⽽不是说规矩,⽽不是说定规矩你不能这么⼤声跟我说话或者你再吼回去.你这些都是在把他的⼀个情况在加剧.你只有就是你⾃⼰处在爱中,对他的⼀种同情和理解.然后说: 宝宝最近⾟苦了.我能理解你最近压⼒很⼤,没关系的.等⼀下⽼婆陪陪你,你需要做什么你跟我说.你休息⼀下.

Firstly, you need to know the state of the other person; it's related to you. That is, whether they are in a relaxed stress-free state or under heavy pressure, or even experiencing a breakdown, this affects them and you. Have you taken on any responsibilities? And if you're already in such a situation, and he has told you that he's overwhelmed with stress, what can you do? You should show your love, understand? Because all you have is love, not rules, nor imposing rules by telling him not to speak loudly or retaliate. These actions exacerbate his condition. What you need to do is be in a state of love towards him, showing empathy and understanding. Then say: "Honey, you've been through a lot lately. I understand that you're under a lot of pressure right now, it's okay. Later, your wife will accompany you, tell me what you need. Take a break."

你需不需要喝点东西? 你需不需要⼀点个⼈空间? 我的⾏为打扰到你,那我下次注意.所以你的这些所有⾏为你都可以把他从他压⼒的频率、压⼒的世界再转移到你这个充满爱和理解和接纳和包容的世界⾥⾯来,明⽩吗? 你需要⾃⼰在⼀个世界⾥⾯,然后再把他拉进来.⽽不是你被他拉进他的世界.他的世界是什么? 压⼒⼤的、崩溃的、绝望的.

Do you need something to drink? Do you need some personal space? My actions have disturbed you; I will be more careful next time. So, all of your actions can shift him from the high-frequency pressure world and state of stress into a world filled with love, understanding, acceptance, and tolerance where you are. Understand? You need to be in your own world first before bringing him in, not being pulled into his world. His world is full of high-pressure, collapse, and desperation.

问: 所以说我都⼀直在注重个⼈的成长.但是我和我⽼公的性⽣活也不是很和谐.因为我腹痛,性⽣活就很少,我就觉得有点亏⽋.

Questioner: So I have always been focused on my personal growth, but my sexual life with my husband isn't very harmonious either. Because of abdominal pain, our sexual activities are few, and I feel like there's a sense of deprivation.

JO: ⾸先你不要单独从表象去调节.最重要的是你们直接的呢种连接感,就是你在⼼底⾥对他彻底的接纳,还有他⼼底⾥对你彻底的接纳.这两种.因为当你们达到呢样的状态,你们在⼀起彼此都在疗愈对⽅,彼此都在给对⽅energy,都在给对⽅充电.⽽不是不停的从对⽅呢⾥拿呀拿.

JO: First, don't adjust based solely on superficial appearances. What's most important is the direct connection between you two - your complete acceptance of him from the bottom of your heart, and his complete acceptance of you from the depths of his own being. These two aspects are crucial because when you reach such a state, both of you heal each other, provide energy to each other, and recharge each other, instead of continuously taking from each other.

问: 哦,需要和他建⽴连接.

Questioner: Oh, I need to establish a connection with him.

JO: 那刚才就是跟他建⽴连接的⽅式,明⽩吗? 那⽣活中有很多很多这样⼦的机会你可以去跟对⽅建⽴连接.⽽不是让你们之间的能量越来越堵,不断地拿东西去堵塞它.拿着你的观念,拿着你的记忆去堵塞起来.⽽是不断地去疏通,把你们之间⽐如说不同的观念、冲突、产⽣的这些不好的东西全部都给它疏通.疏通了之后你们俩之间的连接感就越来越强⼤.连接感越来越强⼤后,就算没有⾝体上的连接,那你们就已经是连接在⼀起的.⾝体的连接只会加深你们已有的连接.

JO: That was the way to establish a connection with him just now, do you understand? In daily life, there are countless opportunities like this where you can connect with others rather than allowing energy between you to become increasingly stagnant and blocked. Instead of using your ideas or memories as barriers to block it. You should continuously work on improving flow by addressing differences in beliefs, conflicts, and any negative energies that arise between the two of you. As you clear out these issues, the sense of connection between the two of you grows stronger. Once the connections become stronger, even without physical contact, you are already connected. Physical contact only deepens the existing connections you have.

问: 有时候孩⼦有⼀点磨蹭,上⽹课的时候她就磨磨蹭蹭的,我就⾮常⽣⽓.我为什么会进⼊呢种状态?

Questioner: Sometimes my child is slow, and when she's taking online classes, she dawdles, which really frustrates me. Why do I get into such a state?

JO: ⾸先你如果想要孩⼦进⼊到⼀种积极兴奋的状态,积极兴奋它是⼀种世界,对吧? 你想要让孩⼦进⼊呢个世界,你需要去创造这个世界出来,然后你处在这样的世界⾥⾯,然后把她拉进来.你都是⼀个强迫式的,你创造的是⼀个强迫式的频率和世界出来.那她感受到的肯定是强迫啊.那你强迫⼀个⼈,⼈家肯定是不愿意⾛啊.你想⼀下如果⼀个⼈强迫你朝某⼀个⽅向⾛,你情愿吗?所以说这也是你需要去明⽩你们这个世界到底是什么在影响着你们?是你们的频率和能量场在相互影响.你们所谓的规矩和权威,你现在就是在拿你的规矩和权威或者是拿着惩罚、奖励.这些是没有⽤的.要有⽤的话,你们还会有这么多的恶性事件吗?

JO: First, if you want a child to enter into a positive and excited state, that's essentially the world you're trying to create for them, isn't it? To get them into this world, you need to build it. Then, when you're in such a world, you pull them into it. You're forcing it upon them, creating a forced frequency and environment. Consequently, they will definitely experience force or coercion. If someone forces you in a certain direction, would you be willing to go? This leads us to understand what affects your world - it's the frequencies and energy fields between you that influence each other. The so-called rules and authority you impose are merely wielding punishment and rewards as tools. These tactics don't work if they're effective; otherwise, wouldn't there still be numerous negative incidents happening today?

⽐如说杀⼈啊犯法啊各种,还会出现这样的事吗,明⽩吗?你们已经是在发现这些所谓的纪律啊规矩啊,这些条款是没有任何作⽤的.所以说你只有点燃你⾃⼰,你才能燃烧别⼈.你想要燃烧别⼈,你先要把⾃⼰点燃.所以说当你⾃⼰对⽣命对各种事情都充满了兴趣啊挑战啊喜悦啊,你的孩⼦⾃然⽽然也会达到呢种状态.⽽且你还要理解的⼀种是,当你真正达到这种状态,你不会逼你的孩⼦去学她不喜欢学的.为什么呢? 因为你知道每⼀个个体都是独⼀⽆⼆的.所以你不会因为对⽣存的恐惧就必须要按照这个规律啊按照这个模式啊条款啊,你不会去跟随这些了.

For example, like committing murder or breaking laws, wouldn't there be such incidents happening, do you understand? You've already realized that these so-called discipline and rules, as well as clauses, have no effect. Therefore, the only way to light others is by igniting yourself first. To ignite others, you must first ignite yourself. This means that when you are filled with interest, challenges, and joy towards life and various matters, your child will naturally reach a similar state. And it's important to understand this: When you truly achieve this state, you won't force your child to learn things they don't like. Why? Because you know that each individual is unique. You wouldn't impose upon them based on survival fears or following patterns and clauses; instead, you would not follow these rules blindly.

问: 有时候孩⼦跟我顶嘴也是这种情况是吧?

Questioner: Sometimes when a child talks back to me, is it similar?

JO: 孩⼦跟你顶嘴是在让你看到你活在你的⼀些头脑⾥的定义、条款或者是模式当中.她是来跟你就好像是敲警钟,就好像是wake up,就让你醒⼀下看⼀下你现在到底是在哪⾥,明⽩吗? 因为你们⼈其实很多时候都是活在呢个当中的,活在你的记忆、条款或者是各种规则、观念.

JO: The child talking back to you is showing you that you live in the definitions, conditions, or patterns set by your mind. She's here to wake you up like an alarm bell, to make you realize where you are and understand the reality of your current situation. You often find yourself living within these constructs - within your memories, conditions, various rules, or concepts.

问: 我怎么连接我的⾼我?

Questioner: How do I connect with my higher self?

JO: 你本⾝是连接的,是什么导致你不能连接? 就⽐如说,这么说吧,你到底是太相信你的这个⾁体.这么说你的⾁体就好像是你的双⼿,然后你的⾼我就好像你的脚.你看很多没有⼿的⼈,他们脚就能代替他的⼿做⼯作,对不对? 那如果你⼀直在⽤你的⼿做⼯作的话,那你的脚肯定很多事都做不了,对不对? 那你想象⼀下,你如果⼀直在让你的⼩我去操控这个世界,去决定⼀切去运⾏的话.那你的脚不能运⾏是⾃然⽽然的事啊,对不对?

JO: You are inherently connected, what prevents you from connecting? Like, let me explain it this way - if your body is like your hands, then your Higher Self could be seen as your feet. Many people without hands manage to do their work with their feet, right? If you always rely on your hands for tasks, your feet would struggle with many things, wouldn't they? Imagine constantly having your lesser self control the world and make decisions that run it. It's only natural for your feet not to function in such a scenario, isn't it?

问: 那我怎么知道什么时候是我的⾼我,什么时候是⼩我呢? 怎么让⾼我决定呢?

Questioner: How do I know when it's my high self and when it's my low self? How can I make the high self take control?

JO: 就好像是之前说的⼀样,⼀个你会觉得是轻松不费⼒的.然后另外⼀个你会受到很⼤的恐惧或者是阻⼒,你就会觉得必须这么做,我要不这么做的话就会怎样怎样,我只有这个选择.

JO: Just as before, one seems effortless and easy for you to do. And the other feels very scary or resistant - you'll feel compelled to do it because if you don't, something bad will happen, and there's no other option.

问: 轻松不费⼒的就是⾼我的选择.

Questioner: What is my high choice if it's easy and doesn't cost much?

JO: 是,因为你是在浪上⾯.

Yes, because you're on the wave.

问: 我的⾼我指导灵有什么话吗?

Questioner: Does my Higher Self have a message?

JO: 你稍等.当你进⼊新的⽣命周期,所有的不适感所有的疼痛感都会消失.所以你不需要继续去探讨要如何脱离它.因为脱离它是⾃然⽽然的事.就好像蛇蜕⽪⼀样,呢个⽪它是⾃然⽽然就会蜕下来,就像蝉蜕壳⼀样,就像⽑⽑⾍变蝴蝶⼀样,明⽩吗? 所以这些不适感都不会有.

JO: Wait a moment. When you enter a new life cycle, all discomfort and pain will disappear. Therefore, there is no need to continue exploring how to escape it, because escaping it is a natural process. It's like when a snake sheds its skin; the old skin naturally falls off, just like a cicada shedding its exoskeleton, or a caterpillar transforming into a butterfly, do you understand? So these discomforts will not exist.

# **2023/03/14 — ⾝体升级与训练头脑Body Upgrades and Brain Training**

问: 这个⼥孩⼦前两天⾷物中毒,请问有没有什么信息是要带给她的?

Questioner: This girl had food poisoning two days ago, do you have any messages to convey to her?

JO: 你稍等.⾸先这个事件是她经历的⾝体上的⼀次净化,好像是再⼀次的提升和蜕变.因为她在之前能接受这些⾼维信息的时候,她的⾝体已经经过⼀次蜕变,就好像是程序升级,才能成为⼀个管道接收这些信息.那接下来就好像⾝体再⼀次的进化,就是达到⼀个更⾼质量的⼀个管道,就好像再⼀次的升级.所以说对她来说就好像是⼀个⾝体的调整.因为她体验了晕厥,就是晕过去,就是像死亡⼀样.她的⾝体,就好像她的线路又被重新的连接和整理了.所以说她现在又是⼀个在所谓的死亡之前,又是⼀个全新的模式.她会逐渐的发现她的⾁体产⽣了很⼤的改变,就⽐如说她以前特别喜欢的⼀些⾷物,⽐如她⾁体对⾷物的依赖可能不会有以前这么⼤,这么强烈.

JO: Wait a moment. First of all, this event is her physical purification experience, almost like an upgrade and transformation. When she was able to accept high-dimensional information before, her body had already undergone a transformation, akin to software updating in order to become a conduit for that information. Then, it's as if her body experiences another level of evolution, reaching a higher quality of conduit. It's like upgrading once again. To her, it's like adjusting her body because she experienced fainting, or passing out, which is somewhat similar to death. Her body reconnected and rearranged its circuits in the process. Hence, she's now experiencing a brand new model before what could be considered death. Gradually, she will notice significant changes in her physical body—like she may not have such strong preferences for certain foods as she once did, or that her body might rely less on food compared to before.

因为她更多接收的是宇宙的能量.所以说这是她⾃⼰的⼀个成长阶段,她⾃⼰的⼀个成长的步骤.但是她⾃⼰是把这件事情放在⼀个所谓的因果报应.所谓的因果报应是她想要正⾯的运⽤这件事情来给他们家⾥⼈提醒.但是呢,这⾥没有任何恶意的报应或者是任何.因为他们家⾥⼈都是充满爱⼼和充满善.当你真正的充满爱⼼和充满善,你们的爱就好像是太阳⼀样已经照亮了所有的⿊暗.所以不⽤去担⼼你们的⽆意识⾏为会导致什么结果,明⽩吗?

Because she receives more of the universe's energy, it can be said that this is a stage of her own growth and a step in her development. However, she herself considers this matter as part of what could be termed 'cause and effect.' She wants to use this situation positively to remind the people at home about the importance of their actions. Yet, there are no malicious repercussions or anything similar involved, because the people at home are full of love and kindness. When you truly are filled with love and kindness, your love shines like the sun, illuminating all darkness. So there's no need to worry about unintended consequences from unconscious actions, do you understand?

问: 请问关于这件事还有别的信息要带给这个⼥孩⼦吗?

Questioner: Is there any other information you want to convey to this girl?

JO: 她只需要去在任何,就是如果还有不明⽩的地⽅,通过这种⽅式她就可以找到清晰的答案.

JO: She only needs to go somewhere where, if there are still unclear aspects, she can find clear answers through this method.

问: 请问我的⾼我和指导灵有什么信息要给我的吗?

Questioner: Could you inquire if my high self and guiding spirit have any messages for me?

JO: 它们说让你把你⾃⼰所有的⽬标还有⽅向越清晰越具体化的描述或者是写出来或者是感受或者是任何越好,明⽩吗?

JO: They say that being more clear and specific about your own goals and direction, whether it be in terms of describing them, writing them down, feeling them out, or any other method, makes a difference. Do you understand?

问: 那不是前段时间才告诉我让我放下头脑⾥所有的计划呀、控制呀这些吗? 为什么又要有⼀个清晰的⽬标呢?

Questioner: Didn't you just tell me not to carry any plans or control in my mind a moment ago? Why do I need a clear goal now?

JO: 这么说吧,你的头脑是条狗对吧? 狗狗如果你不给它⼀个⽬标,你虽然有⼀个⼤的⽬标,你知道这条狗是想要成为⼀个什么样⼦,就说给它训练成⼀个警⽝对吧? 把它训练成⼀个警⽝你需不需要去训练的同时给它⼀个指令: 朝这个⽅向,然后给它⼀点好吃的.朝呢个⽅向给它⼀点好吃的,做这个动作给它⼀点好吃的.你是不是需要做这个? 那你是不是… OK,你是⼀个警⽝,难道就⾜够了? 对它就没有任何的训练或者是训导或者培训或者任何,明⽩吗?

JO: Let me put it this way, is your mind a dog? If you don't give the dog a goal, even though you have a big one, you know what kind of dog wants to be, say train it into becoming a police dog right? To train it as a police dog do you need to give it instructions at the same time: go this way, then give it something nice. Give it something nice for going in that direction, give it rewards for doing this action. Do you need to do this? Then, are you… Okay, you're a police dog, is that enough? There's no training or guidance or training or anything at all, understand?

问: 明⽩了,那这样做不算是⼀种控制对吧? 不算是⼀种⼲涉?

Questioner: Understood, so by doing this, it doesn't count as a form of control, right? It isn't considered an interference either?

JO: 你这个就好像,你⾸先整体的你你是有⼀个像⾼我⼀样,对不对? 然后你还有⼀个你是你这个物质⾁体的你.那这个是对物质⾁体的你去做的⼀些⾏为,明⽩吗? 但是你知道你是在训练狗,明⽩吗? 所以你知道你给它这点甜头,并不是让它永远都追逐这个甜头.⽽是说成为⼀名合格的警⽝,知道这个区别吗? 不然的话,那它只会去追求呢点甜头了,明⽩吗?

JO: You're like having a higher self, right? Then you have your physical, flesh-and-blood self. This is about actions taken toward your physical body, do you understand? But you know you're training a dog, do you understand? So you understand that giving it a small reward isn't to keep it chasing this reward forever. It's about becoming a qualified police dog, do you get the difference? Otherwise, it would only chase after that small reward, do you understand?

# **2023/03/15 — 连接22号Connecting Route 22**

问: 如果不喜欢眼前的状态,如何可以更轻松的切换到其他的平⾏世界?

Questioner: If one doesn't like the current state, how can they more easily switch to other parallel worlds?

22号: 你⾸先你要明⽩的是你不喜欢是来⾃于哪⾥? 因为如果你明⽩你不喜欢并不是来⾃于外界它本来的样⼦,⽽是来⾃于⾃⼰看到的呢个点,⽽是来⾃于你⾃⼰头脑⾥⾯… 这么说吧,你说外⾯脏,我不喜欢外⾯呢么脏.实际上是你的眼睛脏了呢? 那你把你脏的眼睛擦⼲净了,那是不是世界也换了?

Number 22: The first thing you need to understand is where your dislike originates from? Because if you realize that your dislike doesn't come from the essence of what's outside but rather from the point of view you see it from, and that it comes from your own mind... Let me put it this way, if you say the outside world is dirty and you don't like how dirty it is. Actually, are your eyes dirty? If so, then if you clean your dirty eyes, wouldn't the world appear different to you as well?

问: 那⽐如说有⼀个⽋债的⼈他⽋了很多钱,那他现在想要去⼀个⾦钱丰盛的平⾏世界⾥⾯去.那他要怎么去调整呢?

Questioner: For example, if someone owes a lot of money and now wants to go into a parallel world with plenty of wealth. How would they adjust?

22号: 你需要知道你想要到呢边去你是为了逃避吗? 因为如果你是觉得我眼前的世界很⿇烦我想逃避,OK,那你还会这么继续去体验这个.你唯⼀需要知道就是说你⽬前⽋债是你之前种下的东西,那现在结了果.那之前结的果⼦我不喜欢,我是不是要重新种⼀个?所以说你需要⽋债的这个事情很好的服务于你,然后你把它当成是⼀件(有⼈开麦,没听清).然后你必须有⼀个想法,就是说: 哇塞,我⽋债就是我⽣命中最棒的礼物.为什么呢? 很多⼈就是因为⽋债他才⾛上了世界⾸富.为什么呢?⼀个⽋债的⼈和⼀个不⽋债的⼈他们俩对钱的⼀个欲望是不是不⼀样?那你们的欲望和渴望不⼀样,你们发出去呢种像激光⼀样就是频率是不是就不⼀样?

Number 22: Do you need to know where you want to go and if you're escaping because you find my world troublesome? If that's the case, then it's okay for you to continue experiencing this. The only thing you need to understand is that your current debt was sown by you in the past, and now it has borne fruit. I don't like the previous fruits, do I have to sow a new one? Therefore, the matter of owing debt serves you well, and you consider it as (someone speaking, couldn't hear clearly). You must have an idea that: Wow, owing debt is the best gift in my life. Why? Many people became world's richest because they owed debt. Why? Is the desire for money different between a person who owes debt and one who doesn't owe debt? Your desires and longings are not the same. The frequency you send out like laser beams isn't the same too?

⽋债的呢个⼈的吸引⼒是⼀千,不⽋债的呢个⼈的吸引⼒是⼀百.那我⼀千的呢个⼈可能可以吸引⼀千倍,那呢个⼀百的只能吸引⼀百倍.That’s a wonderful gift.明⽩吗?所以你要已经是把你带到⼀种I’m so exciting,我现在已经是世界富豪了,我现在已经是世界⾸富了.为什么呢? 因为我的动⼒⽐任何⼈都强⼤.他们呢些不⽋债的你看他们天天都是: 我有钱,我也不需要动.所以说你们当下的呢个状态决定了接下来会呈现⼀个什么样⼦的果给你们.如果你还是觉得压⼒好⼤,我要逃,我不要⾯对这个,我处理不了,我handle不了,你要转到另外⼀个平⾏世界.和刚才我说的呢种状态是不⼀样的结果的.

The attractiveness of someone who owes debt is a thousand points, while the attractiveness of someone who doesn't owe debt is one hundred points. That person with a thousand points might attract a thousand times more, whereas that person with only one hundred can only attract a hundred times as much. This is a wonderful gift, do you understand? So if you're already in this state: I'm so excited, I'm now a world billionaire, I'm now the wealthiest person in the world. Why is that? Because my motivation is stronger than anyone else's. Look at those people who don't owe debt; they see themselves as saying: I have money, and I don't need to work. Therefore, your current state determines the kind of results you will experience in the future. If you still feel immense pressure, wanting to escape, not wanting to face it, unable to handle it, you should move on to another parallel universe where you can achieve different outcomes compared to what we just discussed.

因为⾸先你只要发出了这个频率,接下来你就要⼲什么了?你就交给物质世界给你呈现了.为什么呢?因为你的振动频率,这么说,你看你们⾃⼰物质世界你拿⼀个⽵筐,然后往⾥⾯放东西.然后你⽤不同的振动频率看⼀下,呈现的相是不是不⼀样?那你的振动频率发射出去过后,它物质世界的相就会⾃动呈现.要么呈现⼀个你压⼒越来越⼤,你越来越没办法,找你还钱的⼈越来越多.要么呈现⼀个,哇,到处都是赚钱的机会,到处都是机会来找我,到处都是什么什么的,明⽩吗?所以你最开始的频率已经发射出去了,就好像打了⼀枪出去.那打了⼀枪出去的话,它最开始会有反应给你.为什么?因为你最开始已经给这个物质世界扔了⼀个东西出去了呀.

Because first you just sent out this frequency, and then what do you do next? You leave it to the physical world to present to you. Why is that? Because your vibration frequency suggests, so when you look at your own physical world, you take a basket, put things inside, and then with different vibration frequencies, does the manifestation vary? After you emit your vibration frequency, its manifestation in the physical world will automatically appear. Either it presents a scenario where your stress keeps increasing, making it harder for you to handle, or more people are asking for their money back. Or perhaps there's an abundance of opportunities everywhere, finding you everywhere, offering you what-what situations. Understand? So the first frequency you sent out is like firing a shot. When you fire a shot, it will initially react with you. Why is that? Because at the beginning, you already threw something into this physical world.

扔了⼀个炸弹,还是扔了⼀个⽓球⾥⾯装的⽔,还是扔了⼀个⽕药,这是不⼀样的.你们做化学实验你们就知道,扔不同的东西它会产⽣不同的反应.这就是你们需要去学习到的,你们⾃⼰到底有多强⼤.

Throwing a bomb, or releasing water from a balloon, or igniting gunpowder, these are different actions. When you conduct chemical experiments, you'll understand that each action results in distinct reactions. This is what you need to comprehend about your own power.

问: 如何可以让⾁体⽤最快的速度恢复精神和活⼒?

Questioner: How can one recover mental and physical energy as quickly as possible using a human body?

22号:这又回到刚才⼀个频率的问题.你⾸先要知道你的⾁体它还是你的⼀个频率的投射.有不同的频率状态,它会投射出不同的⾁体.当然如果你的⾁体真的是受了外伤的话,你是需要,让它更好的恢复就是说你就安⼼的养伤.因为你不去抗拒这个,就是我怎么这么倒霉? 我怎么受伤了?或者就是你抗拒这个体验,怎么这么痛苦,⼈⽣怎么这么痛苦… 明⽩吗?

Number 22: This brings us back to the issue of frequency again. You need to realize that your physical body is still a projection of your own frequency. There are different states of frequencies, and they will project out different bodies. Of course, if your body has truly been injured externally, then you should allow it to heal better by just resting and letting the process happen naturally because you shouldn't resist this - why me? Why did I get hurt? Or maybe you resist the experience, how painful it is, life must be so painful... Do you understand?

你是需要去把你头脑⾥的想象换成正常,你看呢些受伤的⼈他们⼏天就复原了.然后你看曾经⾻头都散架的⼈,然后也复原了.你要给头脑播放很多这样的例⼦,让它知道这是⼀个正常的过程,它只需要relax.因为你们的头脑可能会panic,因为你们会不知道就是说我会不会好啊? 你看别⼈都呢个什么什么的,我怎么不⾏啊? 因为你给它植⼊这些的话,它还会产⽣⼀些抗拒或者是恐惧或者是担忧或者是担⼼.你⼀定要知道你到底是放的什么软件放的什么程序进去.因为你放了什么,它就会起什么反应,明⽩吗? 你装了什么软件,它就会⽤什么软件运作.这个是⾮常重要的.

You need to replace your imaginative notions with normality, don't you see? Observe those injured individuals who recover within a few days. Then consider people whose bones were shattered before they heal as well. You must inundate your mind with numerous examples like these to show it that this is a regular process; all it needs is relaxation. Your brain might panic because it won't know if you'll get better, comparing itself to others who seem to recover effortlessly. This can lead to resistance or fear within the mind, questioning its own capabilities. It's essential to understand what software or program you've implanted into your mind because whatever you put in determines the response and operation. This is incredibly crucial.

问: 我们如何可以更好的让⾁体跟⾃⼰合作?

Questioner: How can we better cooperate with our bodies?

22号: ⾸先⾁体是百分之百的配合你的,只是到底你给它输⼊了什么.你给它输⼊了什么才是最重要的.你让它关注了什么? 你让它天天看黄⾊⽚,它肯定会有反应啊.你给它不停的闻和看美⾷,它肯定会流⼜⽔啊.所以说你关注什么? 这个⾁体本⾝就是来起反应的.它起反应的原因是可以让你的体验更加的深刻.让你吃到美⾷你可以: 哇,好爽啊.它本⾝就会是有反应的.

Number 22: The body is a hundred percent aligned with you, but the key question is what inputs have you given to it? What you input into it matters most. What has it focused on? If you bombard it with pornography every day, it will certainly react in some way. If you continually expose it to delicious food and sights, it will definitely salivate. Therefore, what do you focus on? The body itself is designed to respond. Its reactions are meant to enhance your experience, allowing you to savor food by experiencing: Oh, it's so delightful!

问: 那我们如何可以更好的去关注⾃⼰想关注的,⽽不是糊⾥糊涂的去关注了⾃⼰其实不想体验的东西?

Questioner: So how can we focus more on what we want to pay attention to rather than mindlessly paying attention to things we don't actually want to experience?

22号:⾸先你关注了⾃⼰不想体验的,你也可以从这⾥去学到东西.它也是可以被你去正⾯利⽤和正⾯运⽤.那是不是在关注这个不好的过程当中,你是不是就体验到了,OK,这个不是我想要去体验的.那你是不是就是可以随时随地的,在当下你意识到的呢⼀刻你就可以马上转换了.就很简单的⼀个道理.就⽐如说你们看电视,你看着这个台,这个台真的⽆聊.遥控板拿起来换⼀个台不就⾏了?

On the 22nd day: You focused on what you don't want to experience, and this is something that can also teach you things. It's something that you can positively utilize and apply in a positive way. Isn't it about focusing on the bad parts where you're experiencing, okay, this isn't what I want to experience. Then, aren't you able to instantly switch at that moment when you realize it? It's a simple concept. For example, if you are watching TV and find the channel really boring, all you need to do is pick up the remote control and change the channel.

问: 那就⽐如说我之前在看⼀个恐怖⽚,然后我不想看了.我转台去看了喜剧⽚.那之前我看的呢个恐怖⽚会不会还是同步到我的物质世界来让我体验还是说我已经切换了?

Questioner: Suppose I was watching a horror movie earlier and then decided I didn't want to continue. If I switched to a comedy instead, would the experience of the horror movie still be reflected in my physical world for me to feel it or does this mean I have effectively moved on from it?

22号: 你的这个担忧才会!问: 普通⼈怎么可以和地外⽂明建⽴连接?

Number 22: Your concern is valid! Questioner: How can ordinary people establish a connection with extraterrestrial civilizations?

22号: 就是说他不是通灵体质的⼈对吗? 这么说吧,要看你的⽣命主题⾥⾯有没有这⼀出戏.因为就算你们跟地外⽂明连接,其实也就是像⼀出戏⼀样.那你有这出戏吗? 有这出戏,它⾃然⽽然到时间点了它就会发⽣.你们必须要相信的就是说你们⽣命中安排的戏都是你们⽣命中最重要的.⽽不是去看着去别⼈的戏去体验别⼈去演别⼈的戏,觉得他呢个好 interesting,你也要去演呢个戏.因为你会觉得越演越不像⾃⼰.为什么呢? 呢不是你的⾓⾊啊,你演别⼈的⾓⾊.别⼈怎么演的呢么好? 因为别⼈是演⾃⼰的⾓⾊.你演的这么别 ,别⼈都说哎呀你这个演员真的差,没⼈来看你的.当你演你⾃⼰的⾓⾊,你的观众: 哇塞.

22nd: Does that mean he isn't a spiritual medium? Let me put it this way: it depends on whether there's a part in your life purpose. Because even if you connect with extraterrestrial civilizations, it is essentially like acting out a play. Do you have such a role in your life? If you do, it will naturally happen when the time comes. You must believe that the plays written for your life are the most important ones for you, not to watch others' plays and experience them as if they were someone else's performances, thinking they're interesting. You should also participate in those performances because pretending otherwise would only make you feel less like yourself. Why? Because when you play a role that isn't yours, it's like playing second fiddle; no one appreciates your performance. But when you act according to your own role, the audience will be amazed and say: Wow!

你到底是想成为⼀个没有⼈来看,别⼈都觉得你演的很差? 还是说你想要⽆数的观众都来称赞你的演技太⽜了? 你说呢不是演技,呢是我⾃⼰.所以没有⼈可以替代我.明⽩呢种感觉吗? 明⽩呢种区别吗? 别⼈演的好.为什么? 是因为呢是他的⾓⾊.你把别⼈的⾓⾊演不好,就⽐如说你随便找⼀个⼈来做这个通灵的⼥孩⼦做的通灵,他通半天通不了.观众在看,这个⼈真的是,⼀点都不会通灵还在这通灵,对不对? 但是呢,他不演通灵的⾓⾊,他演什么

Do you want to be an actor who nobody comes to see and everyone thinks performs poorly? Or do you aspire to have countless audiences praising your acting skills as being amazing? You're asking if it's not about acting but rather me. So there's no one else who can replace me. Do you understand that feeling? Understand the difference? If someone else does a good job, why is that so? Because it's their role. You mess up playing someone else's role, like trying to act as an ordinary girl performing spirit communication. She tries for ages but still can't communicate with spirits. The audience watches and thinks, 'This person really doesn't understand spirit communication at all, yet they're attempting it, right? But when he doesn't play the spirit communication role, what does he play instead?

⾓⾊呢? 他演舞蹈家的⾓⾊.他跳舞跳的可好了,通灵的⼥孩⼦怎么样想跟他学,跳舞都跳不好.明⽩吗? 所以你们每个⼈来到这个世界上都有属于⾃⼰独⼀⽆⼆的⾓⾊.独⼀⽆⼆,你们需要记住.你们是没有任何其他可以替代的,都是独⼀⽆⼆的.只是你需要去演⾃⼰的⾓⾊,⽽不是对⼈家的⾓⾊在呢呢个什么.

The role? He plays the role of a dancer. His dancing is excellent, and the spirit girl wants to learn from him but can't dance well. Got it? So each of you comes into this world with your own unique role. Unique, you need to remember that. You are not replaceable; you are all unique. You just need to act out your own role, not someone else's role.

问: 地外⽂明什么时候会跟地球⼈公开的接触?

Questioner: When will extraterrestrial civilizations have open contact with humans on Earth?

22号: 公开的接触? 你觉得我们现在的接触,我们现在的交流不是公开的吗? 公不公开呢是你们⾃⼰,呢是你们⼈类⾃⼰的⼀个思想模式.你觉得这个信息是怎么样怎么样,呢是你们⾃⼰来决定就是要⽤怎么样.但是对于我们来说我们现在就是在接触.那你们现在也有很多⼈在关注,那不也叫公开吗? 不是只有你和我呀,明⽩吗?

Number 22: Public interaction? Don't you think that our current interactions and exchanges are already public? Is it public or not, that's your own human thought process. How you perceive this information is up to you, but how you choose to present it. However, for us, we are currently in contact. You also have many people paying attention now, doesn't that count as public too? It's not just you and me, understand?

问: 那他们的意思可能就是说… 22号: 是你们决定,不是我们.

Questioner: That means... number 22: It's your decision, not ours.

问: 地⼼⽂明的⼈有没有什么信息是想要带给地表⽂明的⼈的? 22号: 你稍等.

Questioner: Are there any messages that people of underground civilizations want to bring to those on surface civilization? Waiting for you, number 22.

地⼼⼈: 我们是你们所谓的地⼼⽂明.但是你们所谓的地⼼⽂明和你们想象的是完全不⼀样的.因为你们是把地球当成是⼀个实体,就好像是你们在种庄稼⼟地的呢种实体,然后是想着这样⼦的⼀个状态.但是所谓的地⼼⽂明又不是你们理解中的地⼼⽂明.但是你可以提问.你们想要了解什么?

Centered on Earth People: We are the so-called underground civilization that you speak of. However, the underground civilization that you believe in is completely different from what you imagine. You see it as if you're cultivating land like a physical entity, and then there's this concept of being like that. But the so-called underground civilization is not the underground civilization that you understand. But you can ask questions. What do you want to know?

问: 那你们跟我们地表⼈类的关系是什么?

Questioner: What is your relationship with us terrestrial humans?

地⼼⼈:这么说吧,⾸先我们看似是在⼀个,想象⼀下怎么样可以⽤你们能理解的语⾔给你们描述,我们跟你们并不是在同⼀个维度.这么说吧,你戴了⼀个VR眼镜,这就是你们的世界.这么说,你看到⼀个戴着VR眼镜的⼀个⼈,他在呢又是恐怖又是吓尿了又是开⼼哈哈⼤笑.你看着他就戴个眼镜,(其实外界)什么都没有.但是他的体验却是真实的,明⽩吗?

Inner-Earthian: Let me put it this way, first of all we seem to be in a dimension that you could imagine how we might describe our world using language that you can understand. We are not on the same plane as you. Imagine that you have a VR headset; this is your reality. So if you were to see someone wearing a VR headset and they are screaming, laughing, or crying for joy, what you would observe is just them wearing glasses (literally), with nothing going on outside their experience. However, their experience is real and tangible, understand?

问: 那你们是没有物质⾁体的对吗?

Questioner: So you don't have physical bodies, right?

地⼼⼈: 有的有物质⾁体,有的没有物质⾁体.这⾥没有绝对的.就好像你们地球上,你们有有⾁体的,你们也有没有⾁体的,明⽩吗?

The Terrestrial People: Some have physical bodies, while others do not. There is no absolute here. Just like on your Earth, you have those with physical bodies and those without, understand?

问: 那我们为什么还是⽤地⼼⽂明来称呼你们?

Questioner: Then why do we still refer to your civilization as terrestrial?

地⼼⼈: 那是你们⾃⼰.你说你为什么叫你⾃⼰的名字? 那这个⼥孩⼦为什么叫JOJO? 就好像你来问她为什么叫JOJO?

Inner-Earth Man: That's you, right? You asked why you call yourself by your own name. So why does this girl call herself JOJO? Like you're asking her why she calls herself JOJO.

问: 请问我还可以再接着向22号提问吗? 22号: 你说.

Questioner: Can I continue asking questions to number 22? Number 22: You said.

问: 有⼈想问为什么她总是会去羡慕别⼈,然后总是觉得⾃⼰很⽆能,觉得⾃⼰不⾏.然后怎么样去清楚这种负⾯信念?

Questioner: Some people want to ask why she always envies others and feels incompetent, thinking she can't do it. Then, how to overcome this negative belief?

22号: 就像刚才说的,她羡慕别⼈是因为别⼈在⾃⼰的⾓⾊⾥⾯.她并没有进去⾃⼰的⾓⾊⾥⾯.那她总是觉得⾃⼰不好对吗? 然后怎么样去清除这个是吗?

Number 22: As just mentioned, she envies others because they are in their own roles. She hasn't stepped into her own role. So, is she always feeling like she's not good enough? And then, how does one go about clearing this perception?

问: 对22号: 当她体验这个体验够了,她⾃然⽽然她就会从⾥⾯脱离出来.这么说吧,就好像你们⾃⼰给⾃⼰打了⼀个洞.然后在洞⾥⾯钻呀钻,在洞⾥⾯做各种事情.然后就觉得这个洞太⽆聊了,我不要在继续在洞⾥⾯,你们就会出来了.因为她永远不会⼀辈⼦停留在这个洞

Questioner: About number 22: When she has had enough of this experience, she naturally will detach herself from it. To put it another way, it's like you digging a hole for yourself. Then you keep drilling inside the hole and doing various things within it. Eventually, you'll find the hole too boring to continue being in it, so you'll come out. Because she would never spend her entire life stuck in this hole.

⾥.你觉得哪⼀个⽼⿏会永远停留在⼀个洞⾥⾯? 所以说她也不会.

Which mouse would ever stay in a hole forever, so she won't either.

问: ⼈类是从哪⾥来的? 22号: 什么意思?

Questioner: Where did humans come from? 22nd: What does that mean?

问: 就是⼈类的起源? 诞⽣? 为什么会有⼈类? ⼤概只这个意思吧.

Questioner: Is it about the origin of humans? Birth? Why are there humans? Something around this line of thought.

22号: 这么说,你们在玩游戏你们想要逼真对吧? 越逼真的游戏你们就越是投⼊.那你们这个⾁体是不是就特别特别符合你们想要去体验的?它能让你真到你不会觉得有任何觉得这是假象.你连去考虑都不会考虑这是个假象或者是个幻像.所以说你们的体验是⾮常⾮常宝贵的.为什么你们呢些技术,⽐如说电影最后要升级到什么3D、4D这些? 为了什么? 为了你们的体验更加的逼真.所以说体验才是你们真正真正真正重要的.你们花钱去五星级酒店,花钱去旅游,花钱吃好吃的,为的是什么?都是为了体验.所以你们⽤有这个独⼀⽆⼆宝贵的体验的⾁体,⼀定要好好的去使⽤它.

Number 22: So you're playing games and wanting them to be as realistic as possible, correct? The more realistic the game, the more you invest. Does that mean your physical bodies are perfectly aligned with what you want to experience? They allow you to feel so genuinely that it doesn't occur to you that this might just be an illusion or a dream. Therefore, your experiences are extremely valuable. Why do you employ technologies such as 3D and 4D in movies? For what purpose? To enhance the realism of your experience. Hence, experiencing is truly what matters most to you. Whether it's spending money on a luxurious five-star hotel, traveling, or eating delicious food, it's all about experiencing something unforgettable. You have this unique, priceless experience through your body; you should make good use of it.

问: 孩⼦从⼩受到⽗母的家暴,孩⼦为什么会体验都这些? 如何让孩⼦远离家暴?

Questioner: Why does a child experience abuse at home when they are very young, and how can we protect them from it?

22号: ⾸先你如果去做⼀个律师,每⼀个case都不⼀样,对吧? 你说每⼀个家暴的案例会⼀样吗?有的他是为了什么?就⽐如说曾经可能这个⼈我家暴他,然后我现在要做成⼀个⼩孩让他来家暴我.我们彼此都体验了.那有的是因为这个家暴的⽗亲他是⼀个加害者,他的愤怒没有地⽅释放,他需要有⼀个⼈来把他的愤怒给释放出来,就是来投射出来他是个加害者这件事对吧? 那OK,我为了帮助你的灵魂体验和提升,我来成为呢个被害者.因为每⼀个投射的他都要被体验.⽆论你思想是什么,你都会得到相应的体验.然后就来产⽣这样⼦的体验,来创造这样⼦的体验给彼此.那也有其他的呀.

On the 22nd day: First of all, if you were to be a lawyer, every case would be different, right? Would you say that each case of domestic violence is the same? Sometimes people might have abused their partner in the past and now they are using their child as an outlet for abuse. We've both experienced this. There are cases where the abusive father is the perpetrator because his anger has nowhere to go; he needs someone to release it onto. Essentially, he's projecting his role as a perpetrator onto another person. So I agree to help your soul experience and grow by becoming the victim. Regardless of what your thoughts are, you will receive corresponding experiences. This then leads to shared experiences for both parties. There are other instances as well.

就⽐如说你们集体意识本⾝就有很多家暴的事件,但是都没有被⼈报道.那OK,我就继续再创造很多很多这样的事件,迟早会被你们发现的.被你们发现过后,那你们是不是就可以把你们的注意⼒关注到这⽅⾯来了?那是不是就可以发⽣转变了?所以每个都不⼀样.如果你要问具体的⼈的话,她需要根据她⾃⼰的灵魂主题才能去看到为什么.就好像你们所有⼈去超市,你们虽然都去了超市,但是你们每个⼈的⽬的都不⼀样啊.有的就随便逛逛,有的就是去买⼀点打折的,我说不定还去超市偷东西呢.

It's like the cases of domestic violence within your collective consciousness that haven't been reported yet. If you continue to create more and more such incidents, they will eventually be noticed by you. Once these issues are discovered, can your attention shift towards them? Can this lead to a change? Each case is unique. When asking about specific individuals, each needs to understand their own soul's theme to see the reason behind it. Just as all of you go to the supermarket, even though you've all gone there, your purposes differ. Some wander around aimlessly; others are buying discounted items; perhaps I might even steal things from the supermarket myself.

问: 怎么样去理解万物皆为⼀?

Questioner: How can we understand that everything is one?

22号: 这么说吧,就好像所有的⽔的⼀个来源.你怎么样去理解厨房⾥的⽔、马桶⾥的⽔,漱⼜⽔、洗澡⽔,你怎么理解它都来⾃于⽔管? 你怎么理解每家每户的⽔都来⾃在于⾃来⽔公司?

Number 22: Let me put it this way - like all water coming from one source. How do you understand the water in the kitchen, in the toilet, tap water, shower water? From where do you think they come - the pipes? And how do you comprehend that every household's water comes from the water company?

问: 有⼈想问他如何可以平等的去爱每⼀个⼈?

Questioner: Someone wants to know how one can love everyone equally?

22号: 他不需要去要求⾃⼰.为什么你要要求你⾃⼰平等的去爱每⼀个⼈呢? 明⽩吗? 只是你现在体验的是你不能平等的去爱每⼀个⼈.因为你本⾝就是爱.爱就是爱.你之所以体验到没有办法平等的去爱每⼀个⼈,因为这⾥还要创造体验给你.你要是直接就达到呢样的状态,那你不是没有体验了?没有体验,你来到这个世界上是⼲什么的?你就不能去学些,不能去领悟,不能去感悟.所以说你本⾝你就是爱的状态.然后你之所以体验到不能去平等的爱每⼀个⼈或者对每⼀个⼈有评判,是因为你还需要去从这⾥创造体验给你⾃⼰.不然你就体验不到这些体验了.这些体验都是宝贵的.

Number 22: He doesn't need to demand himself. Why would you want yourself to equally love everyone? Understand this? Right now, you are experiencing that you cannot love everyone equally because you already are love. Love is just love. The reason you experience not being able to love everyone equally is because these experiences have been created for you here. If you directly reach that state, wouldn't there be no more experience for you? Coming into this world without any experiences would be pointless. You can't learn, you can't gain understanding, and you can't have insights if you don't go through such experiences. Therefore, you are inherently in the state of being love. The reason you feel unable to equally love everyone or judge each person is because you still need these experiences created for yourself here. Otherwise, you wouldn't be able to experience them. These experiences are invaluable.

问: 如何可以让⾁体变得更加的年轻? 就⽐如让⾁体从40岁回到20岁的样⼦?

Questioner: How can one make their body more youthful, like going from age 40 back to 20?

22号: 你⾸先知道你背后的动机是什么? 你⾸先你要知道只要是物质的东西它怎么样都会被⽡解的.所有的物质都会被⽡解都会被消失.但是如果你是想要⾁体有活⼒的话,这么说吧,就像花瓶⾥的花、鱼缸⾥⾯的⽔,你保持它是活⽔经常换是不是就可以延长它的新鲜度了,对不对?你都不换⽔全是呢些又脏又发霉的,那肯定是呢个什么.但是任何任何你们物质的东西只要它是属于物质的,它最终会⽡解的.因为物质的东西是需要有⼈投射出来去运⽤它.⼀旦你你们不⽤了,呢个能量不需要这个东西了,它慢慢慢慢就⽡解了.

Number 22: First of all, what drives you behind the scenes? You should first understand that whatever material things are, they will eventually be dismantled. All material things will decompose and disappear. However, if your goal is to keep your body alive and vibrant, let me put it this way - like flowers in a vase or water in an aquarium, keeping the water fresh by changing it regularly can extend its freshness, right? You wouldn't have stagnant and moldy water everywhere, would you? But any of your material things that are truly material will eventually decompose. This is because material things need to be projected into existence and used. Once you stop using them, the energy no longer requires this thing, and it gradually disintegrates over time.

问: 如果让你们去看⼈类的时间线的话,⼈类什么时候可以完全医疗和学校都是免费的? 22号: 那这个⼥孩⼦呆的国家不就是吗? 医疗和上学都是免费的,住的房⼦都是免费的.问: 宇宙⾥有暗物质和暗能量吗? 它们是怎么运作的?

Questioner: If you were to look at the timeline of human history, when will humans have completely free healthcare and education?

22nd: Isn't that country where this girl is living, where healthcare and education are both free, as well as free housing?

Questioner: Does the universe contain dark matter and dark energy? How do they function?

Questioner: If you were to examine the historical progression of humanity, at what point will humans achieve universal access to completely free healthcare and education?

22nd: Isn't it precisely in that country where this girl resides, where both healthcare and schooling are offered without cost, along with no-cost housing?

Questioner: Does the cosmos encompass dark matter and dark energy? How do these phenomena operate or function within the universe?

22号:这么说吧,所谓的暗物质暗能量是你们所谓的科学家去研究去创造出来给他们去体验.为什么呢?因为你投射出来的所有东西都要被体验到.⽐如说我想要去寻找⼈类的起源,我想要去寻找宇宙当中⼀定会有东西的.OK,那你呢个⼀定会有东西就产⽣东西给你了.那呢个东西,然后我就去不断地不断地探索,然后就被你们发现了,明⽩吗?你就说你看吧,我果然发现了.所以这些都是你们创造出来给你们⾃⼰体验的.然后呢,更多⼈相信更多⼈看到,那就体现了这个相给你们共同的去体验,然后就成了事实了.

Number 22: In other words, what you call dark matter and dark energy are things that scientists create for themselves to study and experience. Why is that? Because everything you project out must be experienced. For example, if I want to find the origin of humans or search for something in the universe, there's definitely going to be something there, okay? You then produce that thing for me. That thing then leads to constant exploration from my part until it's discovered by you. Do you see? And then, sure enough, discoveries are made. So these are all things created for your own experience. The more people believe in them and see them, the more they're shared among you as a collective experience, thus turning into reality.

问: 地球上如何实现⾃由能源?

Questioner: How is free energy achieved on Earth?

22号: 你们所有东西都是⾃由能源啊.问: 就是他可能想说⽯油会枯🗎啊这样.

Number 22: Everything you have is free energy. Questioner: It's like he might be saying that oil will run out.

22号: 那你们还可以再创造它.你们忘记的⼀件事情就是所有东西都是你们思想去创造出来的.任何你想要被提供被⽀持的,它都在呢⾥,包括你们想要体验的贫穷、疾病、恐惧、恐怖、分⽴、分裂、战争、瘟疫.

On the 22nd: You can recreate it again. The thing you've forgotten is that everything is created by your thoughts. Whatever you want to be provided and supported, it's all there, including poverty, illness, fear, terror, division, separation, war, and plagues that you wish to experience.

问: 如何分辨⾃⼰做出的选择是出于恐惧还是出于兴奋?

Questioner: How can one distinguish whether their choices are driven by fear or excitement?

22号: ⽆论你是出于什么这个不重要,重要的是你能从这个相当中去学习到,这个才是最重要的.为什么呢? 因为你任何时候你都可以把它转化.⽐如说,OK,我现在是恐惧是吧? 那体验完了,我不想体验了.那我可以体验兴奋,那我又可以跳到兴奋.那我又可以从兴奋跳到恐惧,从恐惧跳到兴奋.你永远都有(选择的能⼒).你为什么要避免恐惧呢? 恐惧也体验啊,是体验就是宝贵的,是体验它就可以⽀持你.如果你在避开它的话,你就在不断地去制造它.所以这⾥没有任何你需要去跳开或者是避开的陷阱.为什么呢? 因为你只有喜欢不喜欢,你不喜欢你随时可以换.因为这都是体验呀.

Number 22: It doesn't matter for what reason, the important thing is that you can learn from this duality, and that's what matters most. Why is that? Because at any time you can transform it. For example, let's say I'm experiencing fear now, right? Afterward, I don't want to experience fear anymore. Then, I can experience excitement, and then I can jump to excitement again. And from excitement, I can jump to fear and from fear back to excitement. You always have the ability (to choose). Why do you avoid fear? Fear is also an experience, it's valuable because experiencing it supports you. If you're avoiding it, you're constantly creating it. So there are no traps for you to jump out of or avoid here. Why is that? Because you only like or dislike, and if you don't like something, you can switch at any time because they're all experiences.

就好像有的⼈就喜欢做呢种最恐怖的过⼭车,它的刺激指数要达到极点.达到极点他还觉得不够,还要在double.为什么呢? 能够让他⼼跳加速,有些⼈就喜欢⼼跳加速.然后他就会感受到⽣命,他会感受到⾃⼰是活着的呢种感觉.

It's like some people enjoy the most terrifying roller coaster rides, where the thrill factor reaches its peak. Even when it's at its peak, they still feel it isn't enough and want to double down. Why is that? It accelerates their heart rate, and some people like this acceleration. Then they can feel life; they experience the sensation of being alive.

问: 有⼈想问为什么他每次在做重要的事情之前,⽐如说在⾯试或者考试呀,他都会觉得⾃⼰会失败,觉得⾃⼰不⾏.他要如何去改变这种破坏性的想象?

Questioner: Someone wants to ask why he feels that he will fail and is not capable every time before doing something important, such as a job interview or an exam. How can he change this destructive imagination?

22号: 它并不具有破坏性,破坏性是你去认为它有破坏性,你去相信它有破坏性.这么说吧,就好像⼀个纸⽼虎,只有你去害怕这个⽼虎去相信这个⽼虎有⼒量,它才会有吓着你的呢个⼒量.但是呢个⼒量还是你去选择的,⽽不是它本⾝的.所以你的念头也是.

Number 22: It is not destructive, destructiveness is when you think it is destructive and when you believe it to be destructive. To put it this way, it's like a paper tiger; only when you are afraid of the tiger and believe in its strength will it have the power to scare you. But that power is chosen by you, not inherent in the tiger itself. So your thoughts are also...

问:那如果这个⼈他当下想到这个的时候,⾝体就会产⽣很⼤的反应,就是觉得⾃⼰很⽆⼒很恐惧.虽然你们说过我们不要去排斥恐惧,因为这个也是体验的⼀部分.那如果这个⼈他想要去切换,他想要去体验美好,但是他又不知道如何从这个频率⾥调出来,那要怎么做呢?

Questioner: But if a person experiences such feelings immediately, their body will produce a significant reaction, feeling helpless and terrified. Although you've said we should not reject fear because it's part of the experience, what can someone do if they want to switch to experiencing positivity but doesn't know how to get out of this frequency?

22号: 你刚才说的是如何从紧张恐惧的能量切换到另外⼀个能量是吧? 你要知道你们每⼀个⼈都在创造能量是吧? 那你跟别⼈的能量对齐⼀下不就好了? ⽐如说有的⼈创造了⼀个特别有爱的能量场.为什么你们这么多⼈都想要去,⽐如说都来跟这个通灵的⼥孩⼦找信息? 因为当她创造的⼀个能量是这⾥⾯什么事都没有,什么都是可能.那这个能量被创造出来它就存在的.那跟它对齐了,你是不是就进⼊这种状态了? 就是如此的简单.你们所有⼈都在创造能量.那如果你想要切换的话,你⾃⼰创造不了的话,那你就跟别⼈对齐了.

22nd: You just talked about how to switch from the energy of stress and fear to another one, right? Do you know that each one of you is creating energy? So why don't you align with other people's energies instead? For example, someone created a particularly loving energy field. Why do so many of you want to go, for instance, come to this channeling girl looking for information? Because when she creates an energy, it's about nothing happening here, everything is possible. That energy being created means it exists. By aligning with it, aren't you entering that state? It's just that simple. You all are creating energy. So if you want to switch, if you can't create it yourself, then you simply align with others' energies instead.

问: 那为什么⼤部分的⼈都不相信⾃⼰可以有这个⼒量有这个能⼒呢?

"Why is it that most people don't believe they can have this power and capability?"

22号: 那是因为你们头脑它是想要看到证据.所以你⾃⼰不断地去给头脑创造⼀些证据给它看.它就说,哦,好.然后慢慢慢慢的证据越来越多.它就越来越相信了.

On the 22nd day: That's because your mind wants to see proof. So you constantly give it some evidence to look at and say, oh, okay. And then gradually, more and more evidence accumulates, so it becomes increasingly convinced.

问: 我们如何可以更好的把能量铆钉在当下?

Questioner: How can we better anchor our energy in the present?

22号: 你们⾸先本⾝就是在当下.你是要看是什么导致你不在当下离开了当下? 是什么让你不在当下?

On the 22nd, you are already in the present moment. Are you going to look into what caused you to leave the present moment? What is it that keeps you from being present?

问: 那可能是想过去想未来之类的.

Questioner: That might be about past and future thoughts, etc.

22号: 那你既然知道是什么导致你不在当下,你是不是就可以去选择要不要做这个选择.因为你们永远都有这个选择.呢个决定权在你们⼿上,呢个⽅向盘在你们⼿上,呢个遥控板在你们⼿上.

On the 22nd day: Since you know what leads to your lack of presence in the moment, can you choose whether or not to make that choice? You always have this option. The decision is in your hands, the steering wheel is in your hands, and the remote control is in your hands.

问: 请问灵界还有没有什么信息是要带给我的?

Questioner: Is there any message that you need to convey to me from the spiritual realm?

22号: 你不会错过任何信息.然后即使有⼀些信息你快速的去获得了,你也会视⽽不见.因为当下你并不需要它.然后即使有些信息你当下视⽽不见了,它会在某⼀天突然出现在你的眼前,因为你当下需要它.

On the 22nd day: You won't miss any information. Then, even if you quickly obtain some of it, you will ignore it because it's not necessary for you in that moment. Even if some information is ignored immediately, it might unexpectedly appear before your eyes on a future day when it becomes relevant to what you need at that time.

问: 请问你们还有没有什么信息是要带给我们的?

Questioner: Do you have any other information you want to share with us?

22号:你稍等.不断地去寻找这些信息有时候对你们来说只是属于头脑的⼀种快感.然后真正真正的能送给你们的最⼤的礼物是你们⽣命中眼前的⼀切,眼前的呢个⼈,眼前的呢个事,眼前的呢个⿇烦,眼前的呢个挫折,眼前的呢个困难或者眼前跟你讨债的呢个⼈.它们才是给你们送礼物的,不是我们.但是我们任何时候都敞开着,想要愿意和你们交流.

Number 22: Just wait a moment. Continuously seeking this kind of information can just be a pleasant sensation for your minds. The greatest gift we could ever give you is actually everything that's right in front of you - the person, the situation, the trouble, the setback, difficulty or the person who is collecting debts from you. They are the ones giving you gifts; it's not us. But we always remain open and willing to communicate with you whenever you're ready.

单独提问⼀问: 我们地球上的专家告诉我们多去看绿⾊对视⼒有好处,我想知道这个是信念还是事实?

Single question asked: Our experts on Earth tell us that looking at green is good for vision. I wonder if this is belief or fact?

22号: 你⾃⼰去试就知道了呀,你不需要去问我们.因为⾝体是你的,体验是你的,感受是你的.不需要别⼈来告诉你.

Number 22: You'll find out when you try it yourself; you don't need to ask us. Because your body is yours, the experience is yours, and the feelings are yours. There's no need for others to tell you.

问: 我们传统医学是⽤⽊⽕⼟⾦⽔⽤来疗愈,这个和现代医学是不⼀样的.所以这个⽊⽕⼟⾦⽔对应了什么能量频率还是说这个只是体验?

Questioner: Our traditional medicine uses wood, fire, earth, metal, and water for healing, which is different from modern medicine. So, does this mean these elements correspond to energy frequencies or is it just an experience?

22号: 你的问题是什么? ⾸先什么⽊什么⽕,呢只是创造它的呢个⼈他对⼈的⾁体和宇宙的⼀个认知.他的⼀个认知他创造出来了.然后发现是有效果的,然后更多的⼈去跟随了.然后关注⾁体的西医他也去发现了⼈体的呢个什么.那他创造出来了,也发现是有效果,然后⼈们也跟随了.然后你们呢些在街上乞讨的乞丐,他们创造了⼀个现实,也是事实,明⽩吗?所以你们每⼀个⼈每⼀个个体都在⽤⾃⼰对⾁体对灵性对宇宙就是对整个,你们都有⼀套⾃⼰体验的⽅式和你们怎么去看待这个世界.

Number 22: What is your question? Firstly, what wood makes fire is just the individual who created it - his understanding of human bodies and the universe. He created it and found that it was effective, then more people followed. Then, the Western medicine focused on the body also discovered aspects of the human body. That creation was also found to be effective, and people followed. So, those beggars on the streets who create their own realities are facts too, do you understand? Thus, each and every one of you as individuals use your own experiences and perspectives in understanding physicality, spirituality, the universe, and everything else around you.

问: 我看到猫狗它们在受伤⾃⼰就会去找草药,为什么动物可以很⾃然的可以找到去疗愈⾃⼰的,⽽我们需要去学?

Questioner: I see cats and dogs going to find herbs when they are injured. Why can animals naturally find ways to heal themselves while we have to learn how?

22号: 并没有.你说的你们只是你认识的呢⼏个⼈.有很多⼈运⽤⾃⾏疗愈.有很多⼈根本就不会⽣病,这不是他想要体验的.

Number 22: No, what you said applies only to a few people you know. Many others practice self-healing. There are also many who don't get sick at all; this isn't something they would wish for themselves.

问: 那如果⽣病了,猫狗都会⾃⼰找草药.那它们怎么知道呢个草有这个效果呢? ⽽我们就没有这个本领.我们为什么丧失了⾃然的这种能⼒?

Questioner: But if they are sick, cats and dogs will find herbs for themselves. How do they know which ones have this effect? And why don't we possess such ability? Why did we lose our natural capability?

22号: 你不能说你们,只是你⾃⼰,OK? 这只是你⾃⼰创造的世界,⽽且你找到⼀些证据来⽀持你的理论和想法.因为每⼀个⼈都在⽤⾃⼰的眼睛看这个世界,然后你们看出去的都是⾃⼰的⼀套理论和想法和体验.它只是属于你的,明⽩吗? 没有说为什么,然后我来给你个答案因为什么什么.这⾥没有的.

Number 22: You can't say 'you all', just you yourself, okay? This is just the world you created, and you've found some evidence to support your theories and thoughts. Because everyone sees this world through their own eyes, then what they see are their own sets of theories, ideas, and experiences. It's just yours, understand? There's no explanation for why, and then I'll give you an answer as to why or why not. There's none of that here.

问: 但是在界定⼈的死亡的时候,传统医学说呢个意识⾛了,现代医学说⼼脏停了…22号: 你这个没有在提问,你这个是在讨论你们集体意识存在的⼀个现象.你们可以跟你们⾃⼰讨论.

Questioner: But when it comes to defining human death, traditional medicine says consciousness has left, while modern medicine says the heart has stopped...22nd: You are not asking a question; you are discussing a phenomenon of your collective consciousness existence. You can discuss this amongst yourselves.

单独提问⼆问: 应激性障碍怎么去修复?

Two questions about stress disorders: How do you fix them?

22号: 我们前⾯就说了你的⾝体是你的能量状态、意识状态、频率的⼀个投射.如果你觉的你⾃⼰没有办法转化的话,那你就会投射⼀个这样的⾝体给你⾃⼰.明⽩吗? 因为你只能处在这个频率,你处在这个频率你是没有办法的.那就像刚刚说,你们有⼀个办法是什么? 去跟别⼈的能量对齐.如果振动频率更⾼的,你跟别⼈的振动频率对齐的话,就把你带到振动频率⾼的.那你的⾝体就会产⽣愈合,你的⾝体也会慢慢慢慢的发⽣变化.但是呢,你们很多会被现实在拉回到你原来的⼀个频率⾥⾯来.

On the 22nd: As we mentioned earlier, your body is a projection of your energetic state, consciousness state, and frequency. If you feel that you cannot transform yourself, then you are projecting such a body upon yourself because you can only be at this frequency, and being at this frequency leaves you powerless to do otherwise. Do you understand? Because you are confined to this frequency where there is nothing else you can do. As we discussed earlier, what could one possibly do about it? Aligning oneself with others' energy. If the vibration frequency is higher than yours, aligning your vibration frequency with theirs will take you to a higher vibration frequency. This results in healing of your body and gradual changes taking place within your physical self. However, many of you are being pulled back into your original frequency by reality.

问: 对对,这种就特别不好.不知道为什么会这样? 22号: 因为呢才是你,你⾃⼰的⼀个频率.

Questioner: Yes, that's particularly bad. I don't know why it happens like this? Number 22: Because it's you, your own frequency.

问: 频率可以永恒固定吗? 可以不退转吗?

Questioner: Can frequency be permanently fixed and non-regressible?

22号: 你永远都没有办法去固定任何.你只是说你拥有同样⼀个呢个什么,但是它会加剧、它会放缓、它会放松.它永远都是处在⼀个变化当中.它会根据你⾃⼰的⼀个思想、念头、恐惧或者是你输进去的是什么东西.就好像⼀个天平秤,秤砣呢边,⼀个这边.你不停的⼀会⼉拿东西,⼀会⼉放东西.你说这个能够保持不变就在呢⼀⽄不变吗? 明⽩吗?

On the 22nd, you can never fix anything; you're just saying that you have something in common, but it will intensify, slow down, relax, or change - it is always in a state of flux. It changes based on your own thoughts, ideas, fears, or what you put into it, like a balance scale where the weight shifts back and forth between sides. You keep switching things on and off. Do you understand that this concept cannot remain entirely constant?

问: 为什么通灵的这个⼥孩⼦的国家就可以医疗上学免费? 中国什么时候可以达到呢样? 22号: 这是你们⾃⼰不同国家的⼈拥有不同的观念,投射出来的不同的体系.

Questioner: Why can the country of this spirit-talking girl provide free medical education? When will China reach that point? Answer on the 22nd: This is due to different ideas held by people from different countries being projected into diverse systems.

问: 中国会有这⼀天吗? 22号: 你才是呢个中国.问: 对,就是这个国家.

Questioner: Will China have that day? Answer 22: You're the one for this country. Questioner: Yes, exactly this nation.

22号: 你知道为什么中国ZF有这么⼤的⼒量? 因为你已经把你的⼒量交给政府了.你觉得你是没有⼒量的,让你达到⼀种丰盛的状态.你就只有靠政府给我减免医药费,给我减免呢个费⽤.所以你们就会越来越⽆⼒.你会发现⽆论你跟外⾯怎么要,你还是不够.为什么? 你内在本⾝是⽆⼒的,所以你就不断地想要要.

Number 22: Do you understand why the Chinese government has such power? It's because you have already surrendered your power to the government. You feel that you are powerless, which keeps you in a state of scarcity. The only way for you is to rely on the government to reduce medical expenses and fees for you. Therefore, you become increasingly weak. You'll realize no matter how much you try to get from outside, it's never enough. Why? Because inherently, you lack power, so you keep constantly trying to take more.

单独提问三问: 我想找答案,就⽐如说我想做怎样的⾃⼰,我想创造怎样的⽣活.但是我对这些我找不到答案.就是不知道⾃⼰想要的⽣活.

Three questions for solitary inquiry: I want to find the answers, say, about how I should be myself and what kind of life I want to create. But I can't find the answers to these; I just don't know what kind of life I want.

22号: 因为这个不是你去找答案的,这个是你去过⽣活,去体验去体会.这个不是书上找答案的.

Number 22: This is not something you look for an answer to; this is about living your life, experiencing and understanding it. You don't find the answers in books.

问: 因为有⼈指导我说我要先问⾃⼰,但是我⾃⼰很迷茫.

Questioner: Because someone advised me to ask myself first, but I'm very lost.

22号: 因为你现在就好像要⼀下⼦搞清楚⾃⼰这⼀辈⼦要做的事情.你觉得可能吗? 你就好像刚进到⼀个学校还没开始,你就开始想把这⼏年的课程全部搞懂,明⽩吗?

On the 22nd: It's as if you're trying to figure out what your entire life is about right now. Do you think that's possible? It's like you've just started at a school and before even beginning, you're already thinking about understanding all the courses for these few years, get it?

问: 我现在看到⾝边离异的⼈很难做朋友,我⾃⼰也是.但是有没有办法可以成为好朋友呢?

Questioner: I find it hard to make friends with those who are divorced, including myself. But is there any way we can become good friends?

22号: 你⾸先你不需要去关注任何⼈,因为别⼈在他们的世界⾥⾯.这是他们的世界,跟你没有半点关系.你创造你的世界.你写你⾃⼰的剧本.

Number 22: First of all, you don't need to concern yourself with anyone because everyone is in their own world. This is their world, it has nothing to do with you. You create your own world. You write your own script.

问: 但是我跟我前夫就不能成为朋友,他现在怨恨我,也不给我看孩⼦.

Questioner: But I can't be friends with my ex-husband; he hates me now and won't let me see our children.

22号: 你到底是想跟他成为朋友呢,还是说你只是想达到你的⽬的就是去看孩⼦? 这是不⼀样的.

Number 22: Are you actually trying to make friends with him, or are you just trying to achieve your goal of seeing the child? They are different things.

问: 我想达到⽬的看孩⼦.

I want to see my child and achieve that goal.

22号: 你对孩⼦,你想要看他的⽬的是什么? 是为爱是不是?

Number 22: What is your intention towards the child and why do you want to see him? Is it out of love or something else?

问: 对.我觉得我跟孩⼦在⼀起很开⼼.我⼀直有期望孩⼦要长成什么样,我觉得⾃⼰很⽆⼒.

Questioner: Yes, I feel happy being with my child. I've always had expectations of how my child should grow up, and I feel powerless.

22号: 你要知道你的思想它是有影响⼒的,就是你有脑⾥⾯到底是想什么? 那你刚才说了,你想跟他成为朋友实际上是利⽤他为了达到你的⽬的.那你的这个思想已经是结出了这样⼦的⼀个果了,明⽩吗? 那你就需要换你思想这个种⼦.换成什么呢? 换成就是说你们想要共同的给孩⼦爱,想要共同的参与到孩⼦的⽣命当中去.那你先要做到的就是说,第⼀你对他发出的是⽆条件的爱.⽆条件的爱就是说: 我能理解你现在对我还有愤怒还有怨⾔还有怨恨.我跟你讲,就算这些话语不是意念,你能讲出去.你就说我能理解你现在此刻还对我有很多抵触的⼼理,换做是谁都会产⽣同样的⼼理.因为毕竟你当初是对我充满了信任,然后我却让你失望了.

22nd: You need to understand that your thoughts do have influence. That is, what exactly goes on in your mind? Just now you said that by wanting him as a friend, you are essentially using him to achieve your goals. Your current thought has already produced this kind of fruit, right? So you need to replace the seed of your thinking. With what should it be replaced? Replace it with the idea that both parties wish to give love to children and want to participate in their lives together. To start off with, you must show unconditional love towards him. Unconditional love means saying: I can understand that you are still angry at me, speaking ill of me, holding grudges against me. Let me tell you, even if those words aren't formed from intentions, it's okay for you to express them - because anyone would feel this way under such circumstances. After all, you once trusted me completely and I let you down.

问: 但是我是因为他家暴我才离开他的.但是他不让我看孩⼦.所以我⼀直想要不要起诉? 但是我害怕他会伤害孩⼦.

Questioner: But I left him because of his domestic violence. However, he doesn't let me see the children. So I've been considering whether to sue or not. But I'm afraid he might hurt the children.

22号: 先不说起不起诉这个问题.为什么呢? 因为当你是在害怕他会怎么样的话,你起诉不起诉你都是在害怕它的⼀个结果当中,明⽩吗? 害怕他是⼀个房间是吧? 你已经选择这个房间,你已经进去了.进去了过后,那你起诉不起诉其实你结果都是⼀样的.你还会体验到去担⼼和害怕这个结果.所以不是说你去做什么.⽽是说你⾃⼰的⼀个频率状态它决定了呢个事情会呈现什么样⼦.然后关于这个我先连接⼀下.你叫什么名字? 然后你的孩⼦呢?

Number 22: Forget about the question of prosecution or not. Why is that? Because when you're afraid of what he will do, whether you sue him or don't sue him, you are already afraid of its outcome. You've chosen this room and stepped inside; after doing so, your choice to sue or not sue would result in the same experience for you. You'd still be dealing with anxiety and fear over that outcome. So it's not about what action you take, but rather your own frequency state determines how that situation unfolds. And by the way, what is your name? And what about your child?

问: 我叫XXX.⼤⼥⼉是XXX,⼩⼥⼉是XXX.

Questioner: I'm XXX. My elder daughter is XXX, and my younger daughter is XXX.

22号: 你的这个情况是⽬前你⾃⼰没有办法去改变现状.然后你缺少⼀股⼒量.这么说吧,如果只是针对事情的⼀个表现,如果你现在有⼀个⾮常有⼒量的另⼀半出现.然后他就可以帮你 转你的局⾯.

On the 22nd: Your situation is that you currently have no way to change your circumstances yourself. You lack strength. Let me put it this way, if we are just talking about the manifestation of an issue, if you now have a very powerful other half appear. Then he can help you turn the situation around for you.

问: 可是我现在⽆法投⼊到新的亲密关系⾥.

Questioner: But I can't commit to new intimate relationships right now.

22号: 那就是说你⾃⼰需要去拥有这股⼒量发⽣在你的内在.因为如果你想要快速解决的话,那你是不是可以借助别⼈的⼒量? 那如果你是⾃⼰想要有⼒的话,那你是需要时间,就好像你要build up muscle.你要健⾝你要长肌⾁,是不是需要⼀个阶段? 明⽩吗? 你就好像你需要拿⼀个东西,这个东西太重了怎么办? 我找⼀个⼒量⼤的帮我拿.要么我就⾃⼰在呢天天健⾝,我总会拿起来的.然后如果不能直接的⽅式,可以间接的⽅式去给孩⼦流⼊你的爱和关⼼.你有很多⽅式,就⽐如说这个男的不⾏,这个正门不好⾛,那我⾛偏门了.那男的不⾏,我就找他妈妈,对他妈妈好⼀点买些礼物.让她有空把孩⼦带出来让你们见见.

Number 22: That means you need to possess this power within yourself. Because if you want a quick fix, can you rely on someone else's strength? But if you want your own strength, it takes time, like building up muscle. You have to workout and grow muscles, doesn't it? Can you understand? It's like needing something heavy; do I find someone stronger to carry it for me? Or do I just work out every day until I can lift it myself? And if direct methods don't work, indirect methods can still infuse your love and care into the child. There are many ways, for example, this guy doesn't work out, the main door is not accessible, so I go through a side entrance. If the guy isn't working out, I focus on his mom, give her gifts, and have her take the kid out to meet you.

或者让她帮忙把礼物送给孩⼦,这些都是可以的.

Or have her help deliver the gift to the child, these are all possibilities.

问: 这些⽅法我都试过了.他也会对我⼥⼉家暴.我最近决定起诉,但是我又发现⾃⼰现在很⽆⼒.

Questioner: I have tried all these methods. He also abuses my daughter. Lately, I've decided to file a lawsuit, but now I feel powerless.

22号: 那你现在就是在build up muscle,就是在健⾝期间让⾃⼰长肌⾁直到你的⼒量…问: 对对.但是我很想快⼀点.

22nd: You're building up muscle now, gaining muscles during your fitness period until you build strength... Questioner: Yes, yes. But I really want it to happen faster.

22号: 刚才说了呀,如果你想要快⼀点你就要找⼀股⼒量,因为你缺少呢股⼒啊.You are weak.

Number 22: As I just mentioned, if you want to go faster, you need to find a force because you lack that force. You are weak.

问: 这股⼒量不知道怎么找.

Questioner: This force doesn't know how to find it.

22号: 那你告诉我你⾝上没有肌⾁你去问健⾝教练你怎么样变成有肌⾁,明⽩吗? 你需要⼀点时间,然后你需要每天不断地锻炼.那你的⽣命当中是什么? 那就⽐如说每天任何在你眼前的它都是⼀个你的练习场.你说你健⾝的时候,你⽆论在哪个地⽅,在客厅⾥⾯还是在床上还是在厨房⾥⾯或者楼梯上,任何地⽅都是你可以去build up muscle.⽽不是说我就躺在呢,我这个肌⾁怎么还长不起来啊,我怎么这么⽆⼒啊,我⼒⽓怎么这么⼩啊什么都需要别⼈帮忙.不是再继续创造这样⼦的⼀个相.你既然已经看到你的⽅向在哪⾥,你就朝你的⽅向⾛.⽽不是继续停留在你打的呢个坑⾥不起来.然后还在呢说为什么怎样怎样.

22nd: So tell me if you have no muscles on your body, go ask a fitness coach how to develop muscle mass. Understand? You need time and consistency in training every day. What is this like in your life? Essentially, everything around you serves as a practice field each day. When you say you work out, no matter where you are - in the living room, on your bed, in the kitchen or on stairs anywhere, any place can be used for muscle development. Instead of lying down thinking, "Why isn't my muscle growing? Why am I so weak? Why is my strength so small that everything needs help?" It's not about perpetuating this image anymore. You've already identified your direction; now move towards it. Don't just stay stuck in the rut and complain about why you can't progress.

为什么你会选择这么强劲的对⼿来给你? 这么⽆⼒的感受来给你? 是来让你去突破的.为什么? 突破过后你就有⼒量了.你这⼀辈⼦的主题你就没有⽩来.然后正好是孩⼦,孩⼦就逼着你去锻炼然后有肌⾁.

Why would you be given such a strong opponent to fight against? Why such a powerless sensation for you? It's to push you to break through. Why? Once you break through, you will gain strength. You won't have come in vain with your lifetime's theme. And then it just so happens to be a child - children force you to exercise and build up muscles.

问: 我跟孩⼦的⽼师聊,孩⼦的⼼⾥已经出现问题了.

Questioner: I talked with my child's teacher, and it seems that there is already a problem with my child's mind.

22号: 你现在没有办法帮任何⼈.因为你没有⼒量.就算孩⼦有问题了你也没有办法帮助她.但是呢,你可以给孩⼦写⼀封信说妈妈永远爱你.你想要表达爱,你永远都可以找到,让孩⼦知道你永远都在⾝边,⽤你的⽅式.但是同时把这个当成是⼀股你必须去每天锻炼的⼀个动⼒.

On the 22nd: You can't help anyone now. Because you have no power. Even if there's a problem with the child, you can't help her either. However, you could write a letter to the child saying that Mommy loves you forever. You want to express your love, and you can always find it to let the child know that you are always by her side, in your own way. But at the same time, consider this as a motivation that you must train yourself to do every day.

# 2023/03/15 — 济公之轻松的能量Monks' Easy Energy

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我这⼀⽣的⼈⽣主题是什么? JO: 你稍等.你叫什么名字?

Questioner: What is the theme of my life's journey?

JO: Wait a moment. May I ask your name?

问: XXJO: 你就好像是,你知道你们有⼀个叫济公和尚,对你来说你很喜欢⽤⼀些很轻松就像济公和尚⼀样⽤这种⽅式,就是看上去有⼀些玩世不恭在⾥⾯然后去传这些⼤道理.然后就不像⼀些很严肃的学者,你更喜欢⽤这样的⽅式去表达你对⽣命的⼀个认知.所以说你会特别喜欢⽤交流就是跟⼈交流沟通或者是语⾔上⾯的⼀个表达,然后也特别喜欢让⼈⽅式开⼼就是解脱.所以说你会在这个⽅⾯去表达你⾃⼰.然后呢,你这⼀⽣⾯对你⾃⼰的挑战或者突破的层⾯就是在于责任⽅⾯.因为对于你这个灵魂⽅⾯,你不太喜欢或者愿意去承担责任.因为你觉得呢些责任会让你有⼀点压⼒或者是让你不能轻松的成为你⾃⼰.

Questioner: XX. JO: You're like... You know, you have a monk named Eji Gong whom you greatly enjoy using in your presentations to convey deep truths in an informal manner that exudes a hint of worldliness or unconventionality. Unlike many serious scholars who might take their teachings very seriously, you prefer this approach to express your understanding of life. This makes you particularly fond of engaging people through communication and language, as well as making them happy or liberated. So you express yourself in these ways.

Your lifelong challenges or breakthroughs have primarily been about responsibility. You're not too fond of taking on responsibilities from a soul perspective because they might add pressure to your life or hinder you from being true to yourself.

所以说这是需要你去平衡的⼀个点,就是你这种又想成为这种⾃由不羁的状态就好像游戏⼈间,然后同样的就是想去承担起你⾃⼰的责任⽅⾯.所以这是你需要去平衡的.所以就是你可能在⼯作或者是事业或者是家庭⽅⾯你可能会遇到⼀些别⼈对你的要求,或者是等你以后成家过后.那这种对你的要求就会让你,就好像是在⾛钢丝⼀样看你如何去平衡了.

So this is a point you need to balance - wanting to be free and like playing with the world, while also wanting to take on your responsibilities. This balance is what you need to achieve. So, in terms of work, career, or family, you might face demands from others or after getting married. Those demands will test how well you can walk this tightrope between freedom and responsibility.

问: 就是⽐如说我是男的我就要承担起对于家庭的责任这些是吧?

Questioner: For example, if I'm a man, do I have to take on the responsibility for the family?

JO: ⽐如说你有⼩孩⼦了,那你就必须承担起监护⼈的责任吧.然后这些层⾯就是需要你好好的学会如何去平衡.

JO: For instance, if you have children, then you must take on the responsibility of being a guardian. At this level, it's about learning how to balance things well.

问: 我现在不太懂你说的责任具体是指什么?

Questioner: I'm a bit unclear about what you mean by responsibility here.

JO: 它⼀直都会呈现在你的⽣命当中啊.它在你的⽣命当中⾃然⽽然就会呈现啊.你没有办法去躲避的.你有时候会觉得好像不开⼼或者是觉得有压⼒,那就是你需要去平衡这股能量了.

JO: It's always present in your life, naturally manifesting within you. There's no way to avoid it. Sometimes you might feel unhappy or stressed, which indicates that you need to balance this energy.

问: 我应该怎么去平衡?

Questioner: How should I balance things?

JO: 这个好像是⼀种,好像你现在是⼀棵⼩树苗,就说等你长⼤了过后你就会吸引很多很多的⼩鸟,你可以让很多⼈分享你的果⼦.你就说我怎么样让⼩鸟停在我的肩膀? 我的树枝这么⼩,我的肩膀这么弱.等你成为,你⾃然⽽然就会… 成为的呢个状态,明⽩吗? 所以这是你⽣命的过程.

JO: This seems to be a type where, as if you are now a little sapling, you say that once you grow up, many birds will be attracted to you. You can share your fruits with many people. And the question is how do I let birds perch on my shoulder? My branches are so small, and my shoulders are weak. Once you become, naturally, you will... reach that state, understand? This is part of your life's process.

问: 我的天赋才华我的激情是什么?

Questioner: What are my talents, abilities, and passions?

JO: 你的天赋才华刚才不是说了吗? 就是你很喜欢交流沟通表达,在这些⽅⾯.然后你的天赋就是说你可以让⼈达到轻松,⽐如说别⼈不开⼼,你可以让他达到⼀个轻松的状态或者是你把他shift到你的世界⾥⾯来,就是轻松快乐的呢种,调动情绪吧.就⽐如说⼈家很严肃或者是很悲伤,你就可以很快的把他们的情绪调动起来让他们进⼊到⼀种轻松的状态.这是你的天赋.

JO: Your gift and talent were just discussed - you really enjoy interacting, communicating, and expressing yourself, especially in these areas. The essence of your talent is that you have the ability to make people feel relaxed; for example, when others are unhappy, you can help them achieve a state of ease or even transport them into your world where they experience light-heartedness and happiness by influencing their emotions. You can quickly uplift someone's mood from serious or sad states and bring them into a sense of ease. This is your gift.

问: 我应该如何去成为你⾃⼰?

Questioner: How should I become myself?

JO:那你知道你想去做的事情,你就去做你⾃⼰想做的事情.就⽐如说主持⼈吧,主持⼈他就是靠交流沟通然后让⼈们停留在⼀个很快乐轻松的情绪当中,对不对?然后有呢种婚庆主持⼈任何,或者你们⽬前⽹络上做直播或者是做频道的呢种,这些都可以发挥你⾃⼰的特长.

JO: You know what you want to do, just go and do the things you want. For example, a host relies on communication and interaction to keep people in a happy and relaxed mood, right? This includes wedding hosts or those who conduct live streams or channels online, which can all utilize your strengths.

问: 就是有点娱乐性质的,让⼤家开⼼快乐的这种?

Questioner: It's more of a form of entertainment, something to make everyone happy and joyful?

JO: 因为你喜欢让⼈开⼼,你喜欢把⼀个紧张的能量变成⼀个轻松的能量,你喜欢这种转化的过程.

JO: Because you enjoy making people happy, you like to transform a tense energy into a relaxed one, and you enjoy this process of transformation.

问: 对对,我发现我看到别⼈笑我就很开⼼.我对灵性这⽅⾯⽐较感兴趣,但是我家⾥⼈不太⽀持.他们想让我做⼀个稳定的⼯作.我如何平衡这个事情?

Questioner: Yes, I've noticed that I get very happy when I see others laugh. I'm quite interested in spirituality but my family doesn't support me. They want me to have a stable job. How can I balance this?

JO: 你具体是想要做什么⼯作导致他不开⼼?问: 其实我现在还不清楚.⼼灵成长⽅⾯.

JO: What specific job are you looking to do that is causing him unhappiness? Questioner: Actually, I'm not sure about it now. Regarding personal growth.

JO: ⾸先你最需要的是成为你⾃⼰.成为你⾃⼰你并不会去有任何限制.为什么呢? 所有你经历的它都可以成为你的⼀部分.就⽐如说哪怕你现在在饭店⾥做服务员,那你想⼀下你在餐厅⾥⾯可以观察到多少不同种类的⼈.他们处于⼀种什么频率,他们是什么状态.你是不是可以去根据,⽐如说⾛进来⼀个⼈,你就可以去开发你的内在感官了.你就说我想要去获取这个⼈的信息,你看这个⼈他⽬前是开⼼还是不开⼼的状态? 他⽬前是单⾝还是有伴侣? 你这样⼦在开发你的内在的⼀个感官,明⽩吗? 所以说你不限制任何地⽅.任何地⽅都可以(发展)你所谓的灵性.灵性是什么? 这么说,⼀棵草,你注重物质你就是注重呢棵草.

JO: First and foremost, you need to become yourself. When you are yourself, there won't be any limitations. Why is that? Everything you've experienced can become a part of you. For example, even if you're currently working as a waiter in a restaurant, think about how many different types of people you can observe. What frequency are they on, what state are they in? Could you develop your inner senses based on someone walking into the room? Say I want to gather information about this person. Can you determine whether they're happy or not at that moment? Are they single or have a partner? Developing your inner sense like this, understand? Therefore, there are no restrictions anywhere. Anywhere can develop what you call spirituality. What is spirituality? If you focus on material things, that's what you focus on in spirituality - just like the grass,注重物质就是对那株草的专注.

你注重灵性,你更加关注它的根,明⽩吗?

You focus on spirituality, you delve deeper into its roots, right?

问: 就是⽆论在什么场合我都能运⽤灵性去调节他⼈⼼情的能⼒?

Questioner: Is it the ability to use spirituality to调节 others' moods no matter in what setting?

JO: 你们的⽣活就是⼀个练习场.所以说不在乎于任何.当你成为你⾃⼰,⽐如说当哪⼀天你的经验⾮常丰富了,你⾃然⽽然,哪怕你没有在任何公司⼯作你都能吸引来来⽀持你的.

JO: Your life is a training ground. So it doesn't matter about anything. When you become yourself, for example, when your experience is very rich on that day, naturally, even if you haven't worked in any company, you can attract support.

问: 我想做喜欢的事情,但是我担⼼喜欢的事情没有办法养活我⾃⼰,所以就不太敢朝这个⽅向前进.

Questioner: I want to do what I like, but I'm worried that what I like won't be able to support me financially, so I'm not too bold in this direction.

JO: 你想做的喜欢的事情是什么?

JO: What do you want to do that you like?

问: 就是⽐较⾃由⼀点,就是去各个地⽅这种.

Questioner: It's more about freedom, traveling around different places.

JO: 那你可以去发挥你的想象⼒,你喜欢去各个地⽅和不同的⼈交流,就⽐⽅说你⾃⼰开⼀个频道然后录视频.把你们交流的过程录成视频放在⽹上,那你就靠这个流量赚钱,不也可以吗? 所以你需要去运⽤你的想象⼒,看什么才是你的激情.

JO: You could definitely exercise your imagination by doing something like starting your own channel and recording videos where you interact with people from various places. Instead of just chatting, you could film those interactions and post them online to generate income through ad revenue. It's about using your creativity to find what truly sparks your passion.

问: 我还有恐惧是害怕被别⼈关注.这个是为什么啊?

Questioner: I'm afraid of being noticed by others. Why is that?

JO: 你稍等.你并没有怕被别⼈关注,⽽且你还喜欢被别⼈关注的感觉.你是因为有⼀种好像怕⾃⼰做的不够好被别⼈说被别⼈评判,就像是: 他成天吊⼉郎当不务正业.就是这种对你的⼀种否定,这个会让你导致害怕去⾯对.

JO: Wait a minute. You're not afraid of being noticed by others, and you actually enjoy the feeling of it. The reason is that you fear that others might say or judge you negatively for your performance, akin to saying "He's just a slacker, never does his job." This kind of negative perception leads to your fear of facing challenges.

问: 对,我就是害怕被⼈这样说.

Questioner: Yes, I'm just afraid of being spoken about like that.

JO: 刚才说你⽣命的主题是什么? 就好像济公和尚⼀样.济公和尚是不是得到很多的呢些… 你想象⼀下.他的境界和他的⼤道理只有少数的⼈和拥有⼤智慧的⼈才看得懂,明⽩吗?

JO: Earlier, you mentioned what is the theme of your life? Like it's similar to the Jigong monk. Does Jigong monk have many such... Can you imagine that his realm and grand principles are only understood by a few people and those who possess great wisdom, right?

问: ⼤多数⼈都不太理解他.

Questioner: Most people don't understand him very well.

JO: ⼤多数⼈会⽤他们世俗的眼光.但是你要知道你来到这个世界上你不是去跟随他们的,你是去突破他们的,是去改变他们的认知的.你想象⼀下,如果以你的态度和⽅式创造出⽆数的财富成为世界⾸富,别⼈还会否定你吗,明⽩吗? 那如果你⽤你的⽅式帮助了⽆数⼈,让⽆数⼈快乐.他们还会否定你吗? 你们⽹上呢个叫李佳琪的⼈,他⼀个男⼈画⼜红,是吧? 那你觉得现在还会有⼈笑话他吗? 他让多少公司企业都去⽀持他,给他掏钱.他让多少粉丝跟着他,对吧? 他创造了多少财富,对吧? 他创造的财富,就⽐如说⼀个笑话你的⼈他⽐如⼀天的⼯资是⼀百块钱,但是他⼀天可以赚⼀个亿.所以说你创造你的世界.

Joey: Most people will use their mundane perspectives. But you must understand that when you come into this world, it's not to follow them; it's to transcend them and change their perceptions. Imagine if you were to create countless riches and become the wealthiest person in the world using your attitude and method, would others still deny you? Do you get it? And if you helped countless people using your method, making them happy, would they still deny you? There's a person called Li Jiaqi on the internet; he paints his lips red, right? Wouldn't people now have anything to laugh about him? He has supported and paid for numerous companies and enterprises, supporting him with money. He has gathered many fans following him. How much wealth did he create? Wealth like that is compared to someone who teases you, saying their daily wage is $100 but could earn a billion dollars in a day. So create your own world.

当你坚持住在你的世界⾥⾯,你不⽤跳到别⼈的世界.如果你因为别⼈对你的嘲笑或者是怎么样你动摇了,那你又跳到他们的世界⾥⾯来.那嘲笑这件事情就已经是定了的事情,就是不可更改,对吧?那如果你持续的待在你⾃⼰的世界⾥⾯,他嘲笑你可能只是暂时的现象.为什么呢? 他笑到最后笑不出来了.然后就开始: 哇塞.明⽩吗? 你们哪⼀个去突破或者是有⼀个新的概念或者是观念的时候不是在被嘲笑的?你们现在呢个汽车上的⾬刷,你们现在是⾃然⽽然地觉得这是⼀件很正常的事,对不对?但是在很多年前有⼈提出来这个问题,他就是被嘲笑被打击被否定.因为之前的⾬刷是下⾬了,他们需要把车停到旁边把⾬擦掉,然后再继续开.

When you choose to remain in your own world, you don't have to leap into someone else's. If you waver because of others' mockery or something similar, then you leap back into their world. This act of mocking has become a fixed phenomenon and cannot be altered, right? But if you continue staying within your own world, the act of mocking might only be a temporary state. Why is that so? He can't keep laughing in the end; he starts saying: Wow! Get it? Do any of you who have broken through or introduced new concepts or ideas ever not been ridiculed at some point? Now, this wipers system on your cars, do you consider it as a common and natural thing today? But many years ago, when someone raised this question, they were mocked, attacked, and dismissed. Because previously, the rain was causing issues with car windscreens; people needed to stop their vehicles next to the road and wipe off the rain before continuing their journey.

开⼀段时间停⼀下,所以有⼈发明了⾬刷,明⽩吗?

Start and stop for a while, so someone invented wipers, get it?

问: 就是我要以⼀个全新的⽅式,⼤家还不理解的⽅式…JO: 没有.你应该看到的是这个世界没有外⼈,只有你⾃⼰.如果你担⼼别⼈嘲笑的话,那就是因为你担⼼别⼈嘲笑,你把注意⼒放在了别⼈嘲笑这件事情上来让你体验.所以你可以选择,我跟你讲这个世界上就好像有⽆数个频道,就是电视台.是你的注意⼒选择了我要进⼊这个台去体验,然后它就变成了事实.它就在⽀持你的想法.那如果你的注意⼒放在其它台上⾯呢? 你想你在开车的时候,你⼀直看旁边的⼈: 他们有没有看我? 他们有没有说我这个车好难看或者怎样? 他们有没有说我这个车好脏或者怎样? 你不看前⾯,你看旁边有没有⼈说你,你能好好开车吗? 你能达到你的⽬的地吗?

Questioner: It's in a completely new way, one that people don't understand...

JO: No. What you should see is that there are no outsiders in this world, only yourself. If you're worried about being laughed at by others, it's because you're worrying about being laughed at and your attention is focused on the experience of others mocking you.

So, you have a choice. I'm telling you that this world is like having countless channels, or TV stations. It's your attention that chooses which channel to enter for an experience, and then it becomes reality. It supports your thoughts. But what if your attention was placed on other channels? Imagine driving: instead of looking ahead at the road, you keep glancing sideways asking yourself, "Are they looking at me? Do they say my car is ugly or difficult to look at? Are they saying my car is dirty?" If you're not focused on the road and are distracted by what others might think about you, how can you drive safely and reach your destination?

你能不出车祸吗? 明⽩吗? 你如果去跟别⼈⽐赛,你觉得哪⼀个赛车⼿他会⼀直看着旁边有没有在说他⽽不是盯着他的⽬标? 所以这是你⾃⼰需要去明⽩的⼀个道理.你的世界没有别⼈.

Can you avoid having an accident? Understand? If you were to compete with others, do you think which race driver would constantly look around to see if they are talking about him instead of focusing on his goal? So this is a principle that you need to understand. Your world is your own.

问: 我的世界没有别⼈这句话是什么意思? ⼀切都是我的频率选择所呈现出来的画⾯吗?

Questioner: What does the phrase "My world has no others" mean? Is everything a picture presented by my frequency choice?

Questioner: What is the meaning of the phrase "My world has no others"? Is everything a picture depicted by my frequency selection?

Questioner: What does the phrase "My world has no others" imply? Is every element solely a manifestation of my chosen frequency?

JO: 你的世界⾥没有别⼈只有你⾃⼰呀.因为你体验的也是你⾃⼰的否定呀,所以会有⼈来否定你,明⽩吗? 那如果你给你⾃⼰换⼀个呢?

JO: In your world, there's nobody else but yourself because you experience your own negation. That's why people come to negate you, understand? If you were to change yourself instead?

问: 就是我要多关注认可⾃⼰的⼈?

Questioner: It's about paying more attention to people who approve of oneself?

JO: 你到底选择活在别⼈的世界还是你的世界⾥⾯? 如果你选择不断地去关注别⼈怎么说你,那你就是活在别⼈的世界⾥⾯.

JO: Are you choosing to live in someone else's world or your own? If you choose to constantly care about what others say about you, then you are living in someone else's world.

问: 我想问⼀下我的爷爷有没有什么想要对我说的? JO: 你爷爷去世多久?

Questioner: I want to ask if my grandfather has anything he wants to say to me? JO: How long has your grandfather been deceased?

问: 好⼏年了.17年去世的.

Questioner: For a few years. Passed away in 2017.

JO: 你不需要任何⼈给你传达任何,任何你想要跟你爷爷说的话哪怕只是⼀个意念,他都可以收到.所以说你不需要外界去帮你传达,明⽩吗? 你稍等⼀下.我们这⾥收到的信息说你爷爷很喜欢你的能量,然后反⽽他恨不喜欢他⾃⼰过于严肃过于紧张就是呢种太当回事就是呢种.所以说,你的状态是他很欣赏和向往和喜欢的.

JO: You don't need anyone to relay any message for you; whatever thoughts or ideas you want to communicate to your grandpa, he can receive them. Thus, there's no need for intermediaries to help convey the messages to him. Do you understand? Wait a moment. The information we received says that your grandpa likes your energy. However, ironically, he dislikes his own demeanor being overly serious and tense; in other words, he finds it too much as if taking things too seriously. Therefore, the state you're in is one that he admires, desires, and enjoys.

问: 我有时候膝盖疼痛.我想知道这是什么原因,然后如何解决?

Questioner: I sometimes experience knee pain. I want to know the cause and how to address it.

JO: 你稍等.这是来⾃于你不愿意承受外界的⼀点点压⼒.就⽐如说你去找⼯作的事,你爸妈说⼏句你都不愿意他们⼲涉.就是你会对外界的任何声⾳有⼀种排斥.

JO: Wait a minute. This is due to your unwillingness to bear a little external pressure. For example, when you're looking for a job, you don't want your parents to interfere even if they just give you some advice. You have a tendency to reject any external input.

问: 就是不是⾃⼰⼼⾥想的,我就不想做?

Questioner: If it's just what I'm thinking internally, then I don't want to do it?

JO: 不是,就是任何⼈只要⼀说你你要怎样怎样.你就开始很排斥,然后很反感很抗拒.然后就觉得你们真的是⼲涉我或者是没事找事,就是这种.然后你这样的频率,那你当然会投射出你⾝体会有这样⼦的反应了.

JO: No, it's when anyone just tells you what to do and how to do it, you start to reject it, become very resistant, and feel that they're really interfering with your life or causing trouble for no reason. This is the kind of situation. If you behave like this frequently, then of course, you'll project physical reactions that match this attitude.

问: 那我应该怎么解决呢?

Questioner: So, what should I do about it?

JO: 也就是说你这⼀⽣来到这⾥平衡的是什么? 平衡的就好像是⾛钢丝⼀样.平衡在这种⾃由做⾃⼰,然后同样跟外在的⼀切都不产⽣抵触,明⽩吗? 这就是你需要去平衡的⼀个点.

JO: In other words, what are you balancing throughout your life here? It's like walking on a tightrope. You're balancing being true to yourself and not creating any resistance with the external world. Do you understand? This is the point you need to balance.

问: ⽐如说我在⼯作中别⼈命令我做事我就会不舒服不开⼼,也是因为这个原因吗?

Questioner: For instance, if at work others commanding me to do things makes me uncomfortable and unhappy; is this due to the same reason?

JO: 就像刚说的任何⼀点点给你施加责任这种,你喜欢⾃动的去承担就⽐如说⼈家说谁愿意今天把呢些东西搬⼀下? 然后你举起⼿说我来我来.你愿意这样.但是你不愿意: 呢个谁,把这个搬⾛.

JO: Any little bit where people put responsibility on you and you like to take it upon yourself, when someone says who wants to move these things today? And then you raise your hand and say I'll do it, I'll do it. You're willing to do that kind of thing. But you're not willing to say who wants this one gone.

问: 对对JO: 对,因为你的动⼒和积极性和能量就特别⾼.然后只要是谁指使你什么,你就特别抗拒.

Questioner: You are highly motivated and energetic, right JO? Then as long as someone directs you to do something, you're very resistant.

问: 然后这就是我需要平衡的?

Questioner: And that's what I need to balance?

JO: 对,这是你需要在两者之间的平衡.就是做你⾃⼰,⾃由,就好像是济公和尚呢样⼦的状态.但是同样呢,也就是跟周围的⼀切产⽣关联.

JO: Yes, this is the balance you need between the two. It's like being yourself, free, just like the state of Eber禅 monk. But similarly, it's also about connecting with everything around you.

问: 这两天我做梦梦到⼀些打打杀杀的画⾯,是要提醒我什么吗? 还是在帮我疗愈?

Questioner: These past two days, I've been dreaming of scenes of fighting and killing. Is this meant to remind me of something or help with my healing?

JO: 你稍等.呢是来⾃于你⽬前思想层⾯上有⼀些⽃争.你⾃⼰就好像有⼀种拿不定注意,就是还没有决定,有⼀点拉扯的状态.

JO: Wait a moment. This stems from the internal struggle in your current level of consciousness. You seem to be indecisive, as if you haven't made up your mind yet, and there's a bit of hesitation or tug-of-war within you.

问: 对.我对活出⾃⼰会获得很⼤的⽀持还不是很信任.可以帮我分析⼀下我这个观念吗?

Questioner: Yes, I'm still not very convinced about getting a lot of support for living my own life. Could you help me analyze this idea?

JO: ⾸先不管你怎样,就好像⼀棵植物⼀样,不管你活不活出⾃⼰,你都会⽣长的,明⽩吗?就好像是⾃定驾驶⼀样.只是说你在这个⾃动驾驶的过程当中,如果你的油很⾜的话,你就会开的很远.那如果你的油很不⾜的话,你就会觉得什么都很费⼒.是这样的⼀个状态.然后对于你⽬前的⼀个恐惧,你更多的是像你之前说的你在乎别⼈的声⾳.因为你害怕别⼈觉得你做的这些是没有价值或者是没有意义的.所以又回到前⾯给你带来的信息,就是说你要知道你的世界⾥⾯没有别⼈.所以对于这⽅⾯你可以多看⼀些,你们这个社会上有很多⼈给你做了例⼦出来.

JO: First of all, no matter what you do, like a plant, whether you live up to your potential or not, you will grow, understand? It's like autonomous driving. The point is that during this process of autonomy, if you have enough fuel, you can travel far. But if you don't have enough fuel, everything feels laborious. That's the state you're in. Then regarding your current fear, you are more concerned about others' opinions because you're afraid they might think what you do has no value or meaning. So let's go back to the information I gave you before, which is that you should realize there is nobody else in your world. Therefore, for this aspect, you can explore more as there are many examples of people from society who have done it successfully.

他们是怎样,就是最开始接收被⼈指责的声⾳,但是最后他们还是活出了他们⾃⼰的样⼦,就是获得了很多赞美和允许的声⾳,明⽩吗? 所以对于你来说你应该把他们这种声⾳当成是⼀种动⼒,⽽不是⼀种阻⼒.动⼒是什么? 动⼒就是你越这样说我,那我越要做给你看.等我偷懒的时候,我就想我不能偷懒.为什么? 有这么多⼈等着看我笑话,我就不给他们看我笑话.这是不是动⼒? 所以说你可以把这股能量转化成你内在的驱动⼒,然后促使你持续的⾛在你⾃⼰想要⾛的路.然后任何时候你都可以去调整⽅向,往后⾛,往右⾛,回头⾛,都可以的.这⾥没有关系的.不是说你选这条路你就永远都不能回头⾛了,你永远都不能换⼀个⽅向了,明⽩吗?

How do they go from initially receiving criticism and negative feedback to ultimately living up to their own standards and getting praised? So, you should view this as a source of motivation rather than resistance. What is motivation? It's the idea that if someone criticizes me more, I will prove them wrong by doing better. When I feel lazy, I remind myself not to be lazy because there are many people waiting for me to fail. This isn't just about overcoming adversity; it's a way of turning this energy into an internal drive that propels you forward on your chosen path. You can adjust your direction at any time, going backward or sideways, without any restrictions. It's not like once you've chosen a path, you're forever locked in, unable to change directions.

在每⼀个当下你都可以重新去定义你的⼈⽣,重新去选择你的体验.

In every moment, you can redefine your life and choose your experiences anew.

问: 如何处在当下? 如何去辨别⾃⼰现在是处于当下的⼀个状态?

Questioner: How can one be present in the moment? How does one discern whether they are currently in a state of being present?

JO: 当你在辨别你有没有在当下的时候你就在当下了.你⽐如说: 哎,我有没有在当下? 那是不是你的脑⼦就在当下了呀.你并没有沉浸在: 哎呀,昨天呢个事让我好伤⼼呀,我还沉浸在伤⼼当中已经忘记你⼿上在洗东西了.那你突然想起来你⼿上在洗东西,你⼀看到你洗的东西,你是不是就在当下了? 所以这是你们需要去跟你们的物质头脑慢慢去成为或者训练的⼀个过程.就好像是⼀条狗,你说这条狗它总是不好好⾛路,东瞅瞅西瞅瞅,这边跑⼀下呢边跑⼀下.那它跑⼀下你把它拉回来,跑⼀下你把它拉回来.直到它乖乖的⾛路,是不是?慢慢慢慢你就养成习惯了,你就不需要去拉呢个绳⼦了.

JO: When you question whether or not you are present, you indeed are present. For instance, when you ask yourself, "Am I here?" does that mean your mind is in the present moment? You're not immersed in thoughts like, "Oh, that thing from yesterday really hurt me," still wallowing in sadness while neglecting the task of washing dishes with your hands. If suddenly you realize you're washing things, and upon seeing what you're washing, are you then truly present? This is a process you need to gradually integrate or train into your material mind, much like training a dog. You constantly correct it, "No, no," until the dog learns to walk properly without wandering off in different directions. Similarly, with practice, you eventually form a habit of being present without needing constant reminders.

然后还有⼀个道理要明⽩的就是说,你们头脑并不能真正的去处理任何问题.因为头脑有时候会觉得它需要去处理问题,它不处理问题的话你就会有危险.你只是需要去认清楚,并不是的.外在没有任何问题也没有任何危险.

There is a principle to understand that your mind cannot truly handle any problem because sometimes the mind feels it needs to solve problems in order to avoid danger. You just need to realize that isn't correct. There are no external problems and there is no danger.

问: 只有头脑设想出来的危险.

Questioner: Only dangers conceived by the mind.

JO: 只有你⾃⼰没有看到你内在的⼀个恐惧.它会觉得有危险.

JO: Only you haven't seen a fear within yourself; it feels threatened.

问: 如何通过恐惧发现⾃⼰相信的不好的信念? ⽐如说我有个恐惧是害怕⾃⼰太耀眼.

Questioner: How can one identify bad beliefs they hold through fear? For example, I might be afraid that I am too dazzling.

JO: 你稍等.这么说吧,你曾经有⼀世是⼀个说法者,就是⼀个传道说法者.然后你的说法的过程当中得到了很⼤的否定,就是不被接受或者是拒绝.所以说这样⼦的经历对你还是有影响.所以就导致你有时候你想要去做这个传播的⼯作你都会害怕.但是呢,这又是你最⼤的激情,就是你又不得不做.所以你就想⽤⼀种像是玩笑啊,就是这种轻松的⽅式,就好像是讲玩笑的⽅式去把它给表达出来.⽽不是说只站在呢⾥拿⼀本书来给他们教导.⽽是说⽤⼀种,就好像你去讲笑话.⼈家以为你是在讲笑话,实际上你讲了很多⼤道理在⾥⾯.

JO: Wait a moment. Let me put it this way: you had a life where you were a speaker, someone who spread religious teachings. Then during your process of teaching, there was significant disapproval or rejection, meaning that what you said wasn't accepted or refused. So this experience has impacted you. It's causing you fear sometimes when you want to do this kind of dissemination work. But at the same time, it's also your greatest passion—because you can't help but do it. That's why you try to express these ideas in a light-hearted manner, like telling jokes. Instead of just standing there and lecturing with a book. You use storytelling – like when someone thinks you're just telling a joke, but you're actually conveying profound truths within the humor.

问: 我们这个现实世界运作的原理是什么? 就是这个世界的使⽤说明书?

Questioner: What are the principles by which our real world operates? Is it like the user manual for this world?

JO: 你稍等.你唯⼀记住⼀句话就是说⽆论你怎么去认为你都会得到⽀持.然后还有⼀句就是⽆论你处在什么环境,就是你被困或者是恐惧或者是任何,你当下任何时刻你都可以去就好像是拿到遥控板换⼀个频道.

JO: Just wait a minute. The only sentence you should remember is that no matter how you think about it, you will always receive support. And also, regardless of your environment - being trapped, fearful, or anything else at any moment, you can just switch channels as if you have a remote control right then and there.

问: 就是遥控器在⾃⼰⼿⾥你⾃⼰选择看哪⼀个频道.

Questioner: It's about choosing which channel to watch with a remote control in your hand.

JO:是,你都可以马上换台.就⽐如说你现在经历了⾮常恐惧的状态或者是你刚刚跟你爸爸妈妈吵架,你⾮常的愤怒.然后你现在在⼀个愤怒的状态,你可以即刻的拿起遥控板, OK,我把这个愤怒的频道转到轻松快乐的.然后你可能就过去你说妈妈对不起,然后抱抱.然后马上你们就把频率转到了快乐⾥⾯了.所以在任何当下你们都有去切换.因为并不是你们认为的呢样,就是它是⼀个累积的状态.⽽是说你们的意识状态它不断地在焦距焦距,投射在⼀个不同的场景、舞台就是给你们体验的.

JO: Yes, you can switch channels right away. For example, if you've just experienced a very fearful state or had an argument with your parents and are extremely angry. Now, in the midst of anger, you take the remote control and say, "Okay, I'll switch from this angry channel to something relaxing and joyful." You might then apologize to your mother and give her a hug. Immediately after that, you both shift into happiness. So at any moment, you have the ability to change. It's not as if it's a cumulative state that you think of; rather, your consciousness is constantly adjusting its focus, projecting itself into different scenarios or stages for experience.

问: 就是我想看这个我就转到这边,我想看呢个我就转到呢边?

Questioner: I just want to watch that one, so I turn here; I want to watch that one, so I turn there.

JO: 是的.

Yes, Joe.

问: 巴夏说的⼀个法则,就是你给出什么你就收获什么.这个什么指的是什么?

Questioner: Baha'u'llah stated a law that what you sow is what you reap. What does this "what" refer to?

JO: 我跟你说⼀个很简单的例⼦.就⽐如说你有⼀个⼿电筒,是吧? 然后墙上有⼀个影⼦.你⼿电筒照在呢⾥,然后你给出什么,你给出⼀个苹果,那呢个影⼦上⾯出现的就是⼀个苹果.你给出⼀个恐龙,墙上就出现⼀个恐龙.你给出的是个⿁脸,那出现的就是个⿁脸,明⽩吗?

JO: I'll give you a simple example. Say you have a flashlight, right? And there's a shadow on the wall. When you shine the flashlight onto it, whatever you put in your hand will be projected onto the wall as an apple, for instance. If you hold up a dinosaur figure, a dinosaur will appear on the wall. And if you show it a scary face, then a scary face appears. Can you understand?

问: 我给出⾦钱也会回来⾦钱吗?

Questioner: Will the money given return?

JO: 那你给出去的就是丰盛嘛.你对⽣命的认知是什么? 你觉得⽣命是丰盛啊,你觉得⽣命本⾝就是有钱的状态啊.那你处在这样的状态,那你肯定体验的就是这样的状态啊,明⽩吗?那⾦钱,就⽐如说你是为了拿到钱所有我给⼈家钱.我想他给我⼀点钱,所以我给他⼀点钱.但是其实你出发是什么?你是想要别⼈呢⾥拿到钱.那你为什么想从别⼈呢⾥拿到钱?因为你觉得你没有能⼒去赚到钱,你觉得你需要去通过这种⼿段去赚到钱.那其实你体验的就会有很多很多对⾦钱上永远都是⼀个匮乏的状态,明⽩吗?所以说呢个动作不重要,重要的是你是如何去…

JO: So what you give out is abundance. What's your understanding of life? You see life as abundant, like you see money in terms of a state of being rich. If you are already experiencing this state, then it follows that your experiences would be consistent with this state, right? When it comes to money, say, you're giving someone money because you want them to give you some back. You're trying to get someone else's money, asking for them to pay you. But why do you want someone else's money? It's because you perceive yourself as lacking the ability to earn money; you believe that you need to resort to certain methods to make money. This means you'll always feel a sense of lack in terms of finances. Hence, what matters isn't the action itself but how you approach it...

问: 发⼼?

Questioner: What is enlightenment?

JO: NO,这个世界是你来写⼀个剧本.你说这个世界是怎样的就是怎样的,就这么简单.你说这个世界是穷的,那就是穷的.你说这个世界是富的,那就是富的.

JO: No, this world is up to you to write a script. Whatever you say about this world is how it is, that's all. If you say the world is poor, then it is poor. If you say the world is rich, then it is rich.

问: 还是不太理解.就⽐如说我看到⼀个⼈需要钱,我想给他钱.如果我当时没有想要把钱再要回来,钱就反⽽会回来吗?

Questioner: I still don't understand. For example, if I see someone who needs money and I want to give them some. If at the time I do not intend to get that money back, will the money come back?

JO: 你说这些的⽬的是什么?

JO: What is the purpose of saying these things?

问: 就是我现在经济有点困难,我想知道怎样能让我的经济好⼀点?

Questioner: I'm currently facing some financial difficulties; I want to know how can I improve my economy?

JO: 就是你去觉得经济不困难呀.问: 就是我的经济很好这种感觉?

JO: It's just that you feel financially comfortable. Questioner: Is it that I have a sense of having good economics?

JO: 这么说吧,美国有⼀个演员他演了很多的电影,他是⾮常强壮的⼀个⼈.他之前经历过⼀次⾝上只有七美元.然后他成⽴了⼀家公司就叫七美元.为什么呢? 因为他再也不要经历呢样的事情,所以他不断地赚钱.那你还觉得他体验没钱是⼀件不好的事情吗? 就是呢个体验成就了他.那你们就算现在体验没有钱,就是困难.也是对你们的⼀个⽀持,呢是你需要的.那你就把这个体验不是当成困难了,⽽是当成动⼒了.

JO: Let's put it this way, there is an actor in the US who has starred in many films; he is a very strong person. He went through a time when he only had seven dollars on him. Then, he founded a company named Seven Dollars. Why? Because he never wanted to go through that kind of situation again and so, he continuously made money. Do you still think it's bad for him to have experienced being penniless? It was his experiences that shaped him. Even if you are now experiencing being penniless as difficulties, they serve as your support; this is what you need. Instead of seeing this as a challenge, consider it as motivation.

问: 就是我体验这种没钱的感觉,我不喜欢.然后我要转变成呢种有钱的感觉? 可以这样理解吗?

Questioner: Is it that I'm experiencing the feeling of being broke, and I don't like it? Then how do I transition into a sense of having money? Can it be understood this way?

JO: 你现在体验饥饿是为了等⼀下吃饭更⾹.那呢些从来没有饿过的,⼀会⼉吃⼀点⼀会⼉吃⼀点,他吃饭是不是没有你这么⾹了?

JO: You're experiencing hunger now to enjoy your food more later. What about those who never get hungry; they eat a little bit here and there, is their food not as delicious as yours?

问: 所以这也是让我变丰盛的过程当中的⼀步,可以这么理解吗?

So, can this be seen as a step in the process of me becoming more abundant?

JO: 是的.这个它并不是真实的,只是你为了⾛到呢⾥的⼀步台阶⽽已.⽽且你们经历的⼀切它都只是你的频率的⼀个显现.因为如果你知道当你的频率产⽣变化的话,你外在所有的必定变化,包括⾦钱.它没有办法不变,明⽩吗? 这么说,你做实验你去调呢个振动频率.从⼀百调到五百到⼀千.你看它们每⼀个出现的相会不会是⼀样的?

Yes. This isn't real; it's just a step you need to take to get there. Furthermore, everything you've experienced is merely the manifestation of your frequency. Understand that if your frequency changes, all external aspects must change too, including money. There's no way around it. If you conduct an experiment by adjusting your vibration frequency from one hundred to five hundred and then to one thousand, observe if each corresponding phase remains identical?

问: 对,不⼀样.

Questioner: Yes, it's different.

JO: 那就是了.那你们物质世界有没有钱其实也是你的频率投射的⼀个相⽽已.那你就知道你需要改变的是哪⾥? 是你的频率.那怎么样可以让你的频率保持在⼀个⾼频率状态? 就是你永远都不会担⼼任何.哪怕你真的是,哪怕你真的是没钱,哪怕你⽋了多少亿,它都不会对你造成影响.为什么呢? 因为你知道呢个现象只是暂时的.它呢个相⽆论怎样它都会去匹配你的频率.这就是为什么你们很多⼈有很多财富,他可能最后又全部亏了,但是很快它们全部就又来了.像你们的马斯克他的公司曾经亏了很多,但是很快他又马上变成⾸富了.你知道这种波动吗? 所以说他外在的⼀切⼀定是去匹配他的频率的.你们每⼀个⼈都是⼀个频率⽽已.

That's exactly it. Whether you have money in your material world is merely a manifestation of your frequency projection anyway. You should understand which aspect needs to be changed? It's your frequency. So, how can you maintain your frequency at a high level? You will never worry about anything; even if you're really broke, or owe billions, it won't affect you. Why? Because you know this phenomenon is only temporary. Regardless of how it manifests, it will always align with your frequency. This explains why many of you have wealth that might eventually be lost, but very quickly returns. Consider Elon Musk's situation; his company once suffered significant losses, but he soon became the wealthiest person again. Are you aware of these fluctuations? Therefore, everything external is destined to match your frequency. You are all just frequencies.

这么说吧,你去观察⼀个⼈就⽐如说租房⼦,不同的⼈住进同样⼀套房⼦.等⼀段时间看,每个⼈呈现的呢个房⼦的状态都不⼀样,明⽩吗? 那就是说什么? 呢个⼈的频率了决定了这个房⼦呈现的是乱七⼋糟还是⼀尘不染⼲⼲净净,明⽩吗? 所以说呢个⼈决定了呢个房⼦呈现什么状态.那你们物质世界也是⼀样啊.你这个⼈决定了你这个物质世界呈现⼀个什么样的状态.如果你是⼀个有脏又乱,哪怕你住进去的时候房⼦是⼲⼲净净的,你迟早会回到又脏又乱的.那如果你是⼀个⼲净的⼈,哪怕你住的房⼦再脏再乱,只要你进去,呢个房⼦很快就变⼲净了.为什么? 因为你们不断地在散发你们的频率.呢个频率决定了你外在的⼀切会以什么样⼦的相出现.

Let me put it this way: imagine renting a house, where different people move into the same apartment and after some time, each person creates a unique state of the place, do you get it? That means what determines whether that house is in chaos or spotless cleanliness is the individual's frequency, right? So, it's like saying that a person dictates what state their home presents. The same applies to your material world; your actions determine the condition of your material world. If you're messy and disorganized, even if you move into a clean place, you'll eventually return to being messy again. Conversely, if you're neat and tidy, even if you enter a chaotic environment, that space will quickly become clean because you continuously emit your frequency. And it's this frequency that decides how the external world manifests in various forms due to your influence.

问: 有时候当我在⼀群⼈当中我会想象宇宙有⼀道光照在我⾝上把我定在地球上,然后我在传给别⼈.这样光和爱的传递有效吗?

Questioner: Sometimes when I'm in a crowd, I imagine there's a beam of light that shines on me and grounds me to the earth, then I transmit this to others. Is the transmission of light and love effective like this?

JO: 你只要让⾃⼰处在⼀种快乐的状态就可以了.你不需要做任何,你只需要你⾃⼰很快乐.如果你做呢个事情让你感受到快乐,那你就去做.但是不是事情的本⾝有没有效果,⽽是你⾃⼰的⼀个状态,你快不快乐的⼀个状态,明⽩吗?

JO: All you need to do is to be in a happy state. You don't have to do anything; you just need to be very happy with yourself. If doing that thing brings you happiness, then go ahead and do it. But not about whether the action itself works or not, but rather your own state of mind, how happy or content you are, understand?

问: 如何分辨出我的兴奋和⽤兴奋掩盖的焦虑?

Questioner: How do I distinguish between my excitement and anxiety that I might be covering up?

JO: 你要知道如果是焦虑的话,你就会觉得你必须要做某件事情必须要这么做.不然的话就会出现什么后果.就会有⼀种这种.然后你要去⾏动.如果只是兴奋的话,你只是⼀种激情或者开⼼,你只是⼀种存在状态.你不需要动⼿去做任何外在的,明⽩吗? 因为呢就是你对⽣命的⼀种称赞: 哇,好爽,好开⼼啊.我不会想做任何.那焦虑就会是有⼀种我必须要把这件事情做完,不做的话以后肯定就会失败的.那然后你就赶快去做,那你还以为是你的激情想要赶快把这个事情做好.⼀个是动⼿⼀个是不动⼿.⼀个是⾏动⼀个是不⾏动,不是⼀个状态.当然在这个状态⾥⾯你也可以做事,不是呢种就是说我是为了避免不好的后果⽽去做.

JO: You need to know that if it's anxiety, you will feel like you must do something and have to do this; otherwise, there would be consequences. There is a sense of necessity. Then you'll take action. If it's excitement, you're just passionate or happy; you're in a state of being. You don't need to physically engage with any external actions because it's your admiration for life: wow, how exhilarating and joyful it is. I wouldn't want to do anything else. Anxiety means I must finish this task; if not, there will surely be failure later on. So you rush to act, thinking it's the passion driving you to quickly complete the task. The difference lies in whether you're physically involved or not, in action versus non-action. Of course, within this state, you can also do things, not just to avoid bad outcomes.

⽽是说我跳舞是因为我跳舞很开⼼.

And that's because I enjoy dancing very much.

问: 我如何才能脱单找到⼼满意⾜的⼥朋友?

Questioner: How can I find a girlfriend who satisfies me?

JO: 当你⾃⼰对你⾃⼰⼼满意⾜了,你便会投射出⼼满意⾜的关系.所以说是你的状态决定了,⽽不是… 这么说吧,你现在可以去找所谓的⼥朋友.但是她呈现的状态还是会是你⽬前频率投射出去的⼀个状态.

JO: When you are satisfied with yourself, you will project a satisfying relationship. Therefore, it is your state that determines this, not… Let me put it this way, you can go out and find what people would call a girlfriend now. But the state she presents will still be a projection of the state you're currently in.

问: 就是我要找到⼼满意⾜的⼥朋友,我必须先对我⾃⼰⼼满意⾜.

Questioner: I need to find a girlfriend who makes me happy only after I'm satisfied with myself.

JO:没有.你对⽣命就是⼼满意⾜的状态呀,不是对你⾃⼰,是对⽣命本⾝.我跟你讲,当你对⽣命本⾝是⼀种满⾜的状态,哪怕你找个瞎⼦找个瘸⼦找个残疾⼈找个很丑的⼥⼈,你都是⼀个满⾜的状态.你都会发现她好完美,明⽩吗?哪怕你们俩个在街上乞讨,你都会觉得⽣命好满⾜.我在这⾥看着每⼀个⾏⼈,我只需要对他们笑⼀下,他们就会给我钱,哇塞.⽣命太丰盛了,明⽩吗?所以说它不在乎说你找⼀个长的好看,然后性格好.不是呢样⼦的.⽽是说当你⾃⼰觉得⽣命⼀切都好的,哪怕是你跟⼀个刚刚说的有残疾的或者是长的丑的,你都是⼀种圆满的状态.因为你本⾝⼀切都是圆满的,它没有必须达到这样⼦才是圆满才叫圆满的话,那就是不圆满.

JO: Not necessarily. Satisfaction with life is what you're referring to, not satisfaction with yourself, but with life itself. Let me explain it this way: When you are in a state of contentment regarding life as a whole, even if you choose a blind person, an amputee, someone disabled, or an unattractive woman, you would still be content. You'd find them perfect; understand? Even if the two of you were begging on the street, you'd feel that life is satisfying. I'm watching every passerby, and with just a smile, they give me money—wow, how abundant life is! Therefore, it's not about finding someone who looks good or has a pleasant personality. It's more about your own sense of fulfillment that everything in life is perfect, without needing to reach some specific standard for perfection; anything less would be considered unfulfilled.

问: 我对⼯作我⼀下做这个⼀下做呢个.家⼈就觉得不稳定.但是我又不喜欢稳定.这个我应该怎么去平衡?

Questioner: I switch between focusing on work and personal things, which makes my family feel unstable. However, I don't like stability. How should I balance this?

JO: 把它当成⾮常好的体验.就好像你现在在搜集素材⼀样,你将来会建⼀个房⼦,对吧? 那你现在在这⾥拿⼀点材料,呢变捡⼏块砖头,去海边捡⼀点沙⼦,再去森林⾥⾯捡⼀点⽊头.你要是只呆⼦海边只有沙⼦,你怎么建房⼦?所以说这⼀切,路上都有你的礼物.你只需要去持有⼀个信念,就是说⽼天不会让我错过任何,所有的当下我都有礼物.我只要去接受我的礼物.我们通灵说什么?哪怕是⼀坨粪它都可以让你的叶⼦变得更绿,让你的花更⾹.你⽣命中的每⼀天每⼀个当下,⽆论把你带到哪⾥都有礼物给你.

JO: Treat it as an extremely good experience. Just like you are collecting materials now, you will build a house someday, right? So you're taking a piece of material here, gathering a few bricks by the seaside, collecting sand from the beach, and then picking up some wood in the forest. If all you have is sand at the beach, how can you build a house? Therefore, everything on your path are gifts for you. You just need to hold onto one belief that heaven won't let me miss anything; all my moments now carry gifts. I only need to accept my gifts. What does our spiritual practice say? Even a pile of poop can make your leaves greener and your flowers smell more fragrant. Every day, every moment in your life, no matter where it takes you, there is always a gift for you.

问: 我如何跟我的⾼我通灵? 就是像我们之间的这种对话?

Questioner: How do I communicate with my Higher Self, like we are having this conversation now?

JO: 等时间到了,⾃然⽽然就会收到渠成了.

JO: Wait until the time is up, and naturally it will come to fruition.

问: 活出真实的我⾃⼰的未来的我有什么想对我说的?

Questioner: What does my future self want to say to me if I live authentically?

JO: 如果你能把今天的信息好好看⼀遍你就知道,因为你当下所需要的信息都是⼀字不漏的来让你知道了.只是说你能理解多少,能运⽤多少? 因为它这个决定了你到底是在你们物质世界的时间是去加速还是需要更多的时间.因为这⾥没有对和错,好和坏.为什么呢? 因为如果你加速的话,那就是根据你⾃⾝的⼀个成长.那如果你是需要更多的时间的话,那也是来巩固你⾃⼰.所以没有好和坏.明⽩吗? 然后你们是永恒的存在,所以你们也不需要去担⼼我⼀定要赶快怎样怎样的.这⾥没有赶快.你越是有⼀个要快的呢种的话,你就是在阻碍你就是在慢.所以投⼊你的⽣活去拥抱每⼀天.当下每⼀个⼈都会在给你送礼物.你只需要去看到⽽已.

JO: If you were to review the information provided today carefully, you would realize that all the necessary information you need at this moment is being communicated to you in its entirety. The question lies in how much you can understand and apply it? This determines whether your time in the physical world will speed up or require more time. There's no right or wrong, good or bad here because if you accelerate, it's based on your personal growth. If you need more time, it's for reinforcing yourself. Hence, there's neither good nor bad. Can you understand? You are eternal beings, so there's no need to worry about me insisting that you should hurry up in some way. There's no haste here. The more you try to rush things, the slower you become. So, immerse yourself in your life and embrace each day. Every person is giving you gifts at this moment; all you have to do is notice them.

问: 我跟我的爸爸妈妈是怎样的关系?

Questioner: What kind of relationship do I have with my parents and my dad?

JO: 你妈妈就是呢个你最怕的,就是你最不喜欢的都呈现在她⾝上,她会对你做的.问: 对,确实.那如果我做我⾃⼰,我如何帮她缓解这种情绪啊?

JO: Your mother embodies the things you're most afraid of and the aspects you least like, which she might do to you. Questioner: Yes, that's true. If I were to be myself, how could I help her ease these feelings?

JO: 缓解是什么意思?

JO: What does relief mean?

问: 就有时候她说我这个做的不好.

Questioner: Sometimes she says that I'm not doing it well.

JO: NO NO NO NO,是因为这是你需要挑战的⼀个点,是你需要突破的⼀个点.呢个点是什么呢? 就好像我刚说能量平衡之间,然后还有就是说你很不喜欢别⼈给你强加什么,就是别⼈给你限制什么或者告诉你怎么样做,明⽩吗? 所以⼀切都是平衡.

JO: No no no no, it's because this is the point you need to challenge and break through. What's that point? It's like when I just talked about energy balance, then there's also the issue of you not liking others imposing things on you, or setting limits for you, or telling you how to do things. Understand? So everything is about balance.

问: 那我爸呢?

Questioner: But about my dad?

JO: 你爸爸是给你了⼀股⼒量,让你在成为⾃⼰的路上的⼀股⼒量.

JO: Your father gave you a strength that empowers you on your journey to become yourself.

# **2023/03/16 — 能量清理Energy Purification**

问: 上⼀段婚姻让我很受伤是为什么? JO: 你叫什么名字?

Questioner: Why did my previous marriage hurt me so much?

JO: What's your name?

问: XXXJO: 你可以先问⼀下你的灵魂主题.因为为什么会受伤啊? 因为你选择受伤啊,你没有从中学到功课啊,只是体验的是⼀个痛苦.所以说你要清楚你到底想要问什么? ⽐如说你可以问这段婚姻可以如何的正⾯服务于我?

Questioner: XXXJO: You can start by asking about your soul theme. Why are you hurt? Because you choose to be hurt, and you haven't learned the lesson from it; you just experienced pain. So you need to clarify what exactly you want to know. For example, you could ask how this marriage could serve me positively.

问: 好JO: 我们这⾥看到的就是说她的个性⾮常强势,有⼀点得理不饶⼈的感觉,太尖锐了,就⽐如说像刺⼀样.那肯定就会给你们的关系造成呢种不舒适感.那你的不舒适感就好像是你播下的种⼦,那你结果尝到的就是不舒适感.所以你需要从上⼀段关系中看到你才是呢个决定关系的好坏程度或者是舒适度.为什么你会觉得你很受伤? 因为你觉得每次的诉求或者是你的需求没有被关注到,所以越是没有被关注到你越是咄咄逼⼈: 你⼀定要给我个答案,你⼀定要怎样怎样,进⼊这样⼦的⼀种模式.所以说通过这⼀段婚姻你如果可以很好的平衡你的尖锐度,平衡好⾃⼰内在的能量才会在将来的关系⾥⾯处于⼀种双⽅都舒适的感觉.

Questioner: Let's say she has a very strong personality with a tendency to be stubborn and sharp, creating an uncomfortable dynamic that feels like being pricked by a thorn. This definitely impacts the comfort level of your relationship. Your discomfort is akin to planting seeds, leading to an unyielding experience. The reason you feel hurt is because you perceive that your needs or requests are not being attended to, thus fueling more assertiveness and demanding answers or specific actions constantly, setting into a cycle. Through this marriage, if you can effectively manage your sharpness and balance your internal energy well, you'll be able to foster an environment where both parties find the relationship comfortable in the future.

问: 我现在的情感会圆满吗?

Questioner: Will my current emotions be fulfilled?

JO: 你们如果是外在的关系的话,如果你⾃⼰不能达到⼀个好的圆满的状态,外⾯的关系永远不会好.因为外⾯的关系只是你⾃⼰内在状态的⼀个投射.这么说吧,你想如果你每天都中⼀张五百万的彩票就是你想什么得什么,你的⼼情在⽆⽐开⼼的状态总是在兴奋的状态.你说你跟谁关系会不好? 哪怕是⼩时候⽋你钱没还的⼈,你也会说没事送给你了.为什么?因为你知道明天我又会中个⼀千万两千万⼀个亿.你会去在乎这些吗? 你不会去在乎.所以说你的状态就决定了你会对外界的⼀些芝⿇⼩事当成是⼀件天⼤的事.还是说你是在⼀种激情喜悦的状态,其他事都不是事.为什么呢? 因为你太开⼼了.你每天拆礼物都来不及,你开⼼都来不及,明⽩吗?

JO: If you are dealing with external relationships and cannot achieve a good state of harmony within yourself, your external relationships will never improve because they merely reflect your inner state. Let me put it this way: imagine if you won the lottery for $5 million every day; you'd think that whatever you desire is yours to have, and you would be constantly in a joyful and excited mood. In such a scenario, whom could you possibly have a bad relationship with? Even someone who owes you money from childhood and hasn't paid it back yet, you might say they owe it to you anyway. Why? Because you know that tomorrow you'll hit the jackpot again, winning $10 million or even $20 million, or maybe even an entire billion dollars. Would you care about such trifling matters as owing someone money? You wouldn't. This means your state of being dictates whether you consider minor issues in the external world to be of great significance or if trivial things aren't worth worrying about because you're too elated and happy every day, not having enough time to even open gifts, let alone care about other concerns. The reason is that you are simply too contented.

所以说是你⾃⼰的状态决定了外在的状态.

So it's your own state that determines the external state.

问: 我的⼈⽣主题是什么? 然后我的天赋才华是什么?

Questioner: What is my life theme? And then, what are my talents and abilities?

JO: 你稍等.你的⼈⽣主题是想要去像前⾯说的⼀样让⾃⼰柔,像⽔⼀样.可能你现在就像冰块⼀样.然后冰块就⽼师体验到要么撞到别⼈要么撞到⾃⼰,要么刺到别⼈要么刺到⾃⼰.总是在⼀种不是很舒服的状态,所以你想要通过这⼀世把硬的状态转化成柔的状态,像⽔⼀样.所以你会在很多⽅⾯都体验到你⾃⼰硬碰硬给你带来的⼀些不适感.你的天赋才华就是你的精⼒⽐较旺盛,然后你的⾏动⼒⽐较强,你的号召⼒也⽐较强,然后能带动别⼈.所以说如果你做⽣意的话也是会做的⽐较好,因为你的精⼒旺盛,会投⼊⼤量的精⼒在⾥⾯.就是能量是⽐较⾜的,不像有⼀些⼈有⽓⽆⼒的呢种感觉.

JO: Wait a moment. Your life theme is to become soft like water as mentioned earlier. You might currently feel stiff like ice. Ice experiences either hitting others or being hit by others, puncturing them or getting punctured by them, always in an uncomfortable state. Thus, you wish to transform your current hard state into a soft one through this lifetime, akin to water. This is why you often experience discomfort due to your tendency for direct confrontation. Your innate talents include energetic vitality, strong initiative, and persuasive skills that enable you to motivate others. If you were in business, you'd perform quite well because of your abundant energy投入到 intensive efforts. You possess ample energy unlike some who feel weak despite having the spirit.

问: 我去世的爸爸有什么想对我说的?

Questioner: What does my late father want to tell me?

JO: 他说你的能⼒很强,让你,就是刚才的信息,让你稍微平衡⼀下.你会创造很多你想要的.

JO: He said your ability is strong, letting you, just the information we just shared, help you find a bit of balance. You'll create a lot of what you desire.

问: 我的爸爸是不是随时在我⾝边陪伴我?

Questioner: Is my father always by my side陪伴 me?

JO: 你们在更⾼的层⾯就没有分开,只有你的⾁体才会体验到分开.就好像⼀个池⼦⾥⾯的⽔,⽔跟⽔之间是没有距离的,没有分开的.只有你是⼀个冰棍,他是⼀个冰棍,才看上去你们是分开的,明⽩吗? 但是在源头你们是连在⼀起的,你的这个⾁体只是呢个冰棍⽽已.

JO: At a higher level, you are not separated, only your physical body experiences separation. Like water in a pool, water to water there is no distance, no separation. Only when you're an ice cream and he's an ice cream does it seem that you're separate, right? But at the source, you are connected, just like this physical body of yours is simply an ice cream.

问: 我和我的⼥⼉的共同课题是什么? 我⼥⼉三⼗岁.

Questioner: What is the common issue between my daughter and me? She's thirty years old.

JO: 你们都有共同需要去突破的,都是在能量平衡这⽅⾯.所以你们就好像是要⾯对同样的⼀个功课.然后彼此也就好像是能看到对⽅,就是她⾝上能看到你的影⼦,你⾝上能看到她的影⼦.⽐如说你有⼀些习惯或者是对⽣活的⼀些态度或者是情绪或者是反应,然后你从她⾝上也能看到.那她从你⾝上也可以看到,明⽩吗?

JO: All of you have a common need to overcome something, which is in the realm of energy balance. Therefore, it seems like you are dealing with the same task. You can see each other, as if there are reflections of one another on each other's person - she sees your shadow and vice versa. For example, you might have certain habits or attitudes towards life, emotions, or reactions, and from her perspective, she also observes these in you. And conversely, she notices them in herself when looking at you, understand?

问: 我和我的妹妹之间的课题.

Questioner: The subject between my sister and me.

JO: 你妹妹她会很好的引导你,就好像是你⽣活中的⼀个⽼师,然后起⼀个引导和影响的作⽤.

JO: Your sister will excellently guide you, like a teacher in your life, playing a role of guidance and influence.

问: 我和我妈妈呢?

Questioner: What about me and my mother?

JO: 你们之间就好像这次是来和解的⼀样,因为你们会有很多就好像是观念上或者是习性上的⼀些冲突.然后需要你们彼此去看到,然后化解.

JO: It's as if you're coming to reconcile this time because there are many conflicts in terms of ideas or habits between you that need to be addressed and resolved through mutual understanding.

问: 我和弟弟呢?

Questioner: What about me and my brother?

JO: 你弟弟好像是他会需要⽐你更多的操⼼.

JO: Your brother seems to require more concern than you.

问: 我对我⼥⼉成长⽅⾯是有内疚的.我要如何放下我对她⼯作⽣活各个⽅⾯的担⼼? JO: 那你的内疚感来⾃于什么? 来⾃于你曾经做的⼀些你觉得不应该做的事情吗?

Questioner: I feel guilty about my daughter's growth. How can I let go of my concerns for her in every aspect of her work and life?

JO: Where does your sense of guilt come from? Is it due to things you think you should not have done in the past?

问: 不是.我跟前夫关系不好,就觉得⼥⼉成长缺爱.

Questioner: Not necessarily. I didn't have a good relationship with my ex-husband, and I feel like my daughter is growing up without love.

JO: 那你完全可以把这个内疚感转化成对你⼥⼉的爱.因为只有这样⼦你才会好受⼀点.问: 因为我经济上也不能帮助她什么.

JO: Then you can definitely transform that guilt into love for your daughter. Because only in this way will you feel better. Questioner: Since I also don't have the financial ability to help her either.

JO: 不是经济上.因为你⼥⼉不需要经济上,明⽩吗? ⽽是说当你,这么说吧,那你觉得你以前可能⽐较硬,像冰块或者刺⼀样导致你觉得让她没有⼀个温馨的家庭.那你现在愿意为了她把你的刺变的不是呢么尖锐.因为你这⼀⽣就是来转化这个的嘛,因为你只有在⾏动中,你才会觉得你不呢么内疚.如果让你什么都不做,你还是会产⽣这种感觉.然后呢,这就好像是说到⼀种你说最好的⽅法就是你跟⼥⼉的爸爸恢复到像是朋友亲⼈之间的关系⼀样.然后回到呢样的⼀个状态,就需要你真诚的跟⼥⼉跟她爸爸⽐如说约起来吃饭,喝点酒.你⽤你们⾃⼰的⽅式.然后说曾经对他们语⾔或者任何⽅⾯的⼀些冒犯,对他们发出真诚的道歉并感谢他们对你的包容.

JO: Not financially, because your daughter doesn't need that kind of support, understand? But it's about how you made her feel when you were more like a block of ice or sharp needles, causing the belief that she didn't have a warm home. Now, are you willing to soften those points for her, making them less尖锐, given your life mission is about transformation? You only truly feel relief through action; passivity would still evoke these feelings within you. This leads us to discuss the ideal approach of restoring your relationship with her father to that of friends and family members. Re-establishing such a bond requires genuine interactions like meals or drinks together, using your own dynamic. You should sincerely apologize for any offenses towards them in language or behavior and express gratitude for their tolerance.

问: 是他先出轨.

Questioner: Was it him who strayed first?

JO: 出轨只是⼀个结果.就好像你有这个因,那你肯定有呢个果.为什么他会出轨呢? 因为当他在家⾥感受不到爱感受不到被接纳的时候,他就会觉得外⾯才是他的家才是被接纳的地⽅.所以说我们现在没有说是谁的责任,最重要的是你要把你的责任,为什么你会产⽣内疚?你要把因为你⾃⼰的⾏为导致的⼀些果,就是要把这个果灭掉⼀样.因为你道了歉,如果对⽅接受你的话,你就灭掉它了.它就不会继续的在⽣长、发芽.就好像有⼀个根在呢,它连根拔出了.你就不会再继续承担呢个恶果了,明⽩吗?因为不然的话,你还在受到呢个能量场的影响.这么说吧,你曾经的种下的果树或者种下的草它现在还在呢⾥.

JO: Adultery is merely the result. Like you have a cause, then there must be an effect. Why would he cheat? Because when he feels no love and acceptance at home, he perceives that outside is his true home where he feels accepted. We are not attributing blame; what matters most is understanding why you feel guilt. You need to address the effects of your actions as if they were a fruit you want to eliminate. When you apologize and are forgiven, you eliminate that effect. It won't continue growing or sprouting anymore. Imagine pulling out its roots completely; you wouldn't have to bear that consequence anymore. Otherwise, you're still influenced by the energy surrounding it. Picture the trees or grass you've planted that still exist in your garden.

那你去做这个⾏为,就是给他们真诚的道歉,就是对呢些你⽆意识伤害过的呢些⼈真诚的道歉,那你就把草拔掉了.那既然对⽅他的草他拔不拔是他的事,影响的是他⾃⼰,那是他的⼈⽣功课.但是你就可以从这⾥拔出来了.然后再去创造,再去开⼀⽚新的地,种下新的东西.⽽不是杂草丛⽣.杂草丛⽣你呢⽚⼟地是不会长出⽔果的,明⽩吗?不会种出甜蜜的.所以说这就是你们所谓的修⾏,忏悔.但是实际上只是你能量层⾯的⼀个⼯作,因为你说出去的⼀句话发出去的⼀个意念这些思想它都会结果⼦.那你想你的花园⾥⾯种满了杂草,结满了苦果,这些都不是你想要的.那你是不是要去把它拔掉?所以你需要去做这个拔的⼯作.

If you do this action, it means giving them a sincere apology - a genuine apology to those who you unconsciously harmed. By doing so, you're removing the weeds. As for whether your opponent pulls their own weeds is their matter, affecting only their own life journey. But you can accomplish this task here. Then proceed to create, to cultivate anew land and plant new things, rather than weedy fields. Weedy fields do not yield fruits on that piece of land; they won't produce sweetness. This, in essence, represents what you call spiritual practice or repentance. However, it's merely a work at your energetic level because the words you say, the intentions you send out, all bear fruit from those thoughts. If your garden is filled with weeds and bears bitter fruits - not what you desire - then don't you need to remove them? Therefore, you must do this task of removal.

你⼼⾥内疚不舒服那就是因为这些啊,因为这些东西它还在影响着你啊.所以说不是去怪罪任何,这⾥没有外⼈,只有你.因为你给外在造成的所有,也就是说你种下的所有东西你才是呢个吃它的⼈,不是对⽅.对⽅它可以选择吃,可以选择不吃,明⽩吗? 但是你是必须吃到的呢个⼈.

The discomfort and guilt you feel in your heart are due to these matters, as they still have an impact on you. Therefore, there is no blame to be cast upon anyone here; it's just you alone. You're the one who reaps all that you sow when it comes to external consequences; it's not the other person. They can choose to consume or avoid it, but for you, you are the one who must endure it. Understand?

问: 我的情绪很容易崩溃.怎么回事?

Questioner: My emotions tend to break down easily. What's going on?

JO: 刚不是说你这⼀⽣就是要平衡你的能量吗? 因为你在内就好像很有⼀股能量你很难去控制它,但是有⼀个很好地去让你的能量很好的施展就是说做事.⼀定不要让⾃⼰没事可做.没事可做你天天就会找⿇烦,找你⼥⼉的⿇烦找你⾝边的⼈的⿇烦.但是如果你去做你⾃⼰喜欢的事情,让你⾃⼰动起来,你就把你的能量从内些⽅⾯排出去了,明⽩吗? 那你是不是钱也赚到了,你的能量问题也从⼀个正⾯的⽅式⽅法给它平衡了? 刚才不是说你的精⼒很饱满旺盛吗? 呢就是你内在的能量.那你内在的能量很强的话,你就必须要给它释放掉.

JO: Isn't it that you've always been striving to balance your energy throughout your life? Because within you, there's a force or energy that is very hard for you to control. But the best way to channel and utilize this energy effectively is by doing things - making sure you're always busy. Never let yourself be idle; if you are, you'll just find trouble every day, causing problems for your daughter, for those around you. However, when you engage in activities that you enjoy, by moving and keeping yourself active, you manage to release the energy from within, don't you? Then not only do you earn money but also balance your energy in a positive way? Didn't we just talk about how full of vitality and vigor your inner self is, meaning the energy inside you? And if that internal energy is strong, it's essential for you to release it.

问: 但是我感觉我很疲惫啊.

But I feel very tired.

JO: NO NO,呢是你⾃⼰的内耗.你累也是因为你的能量消耗出来的.也就是说它现在是在负⾯的影响你,然后你需要让它正⾯的影响你.等你真正的跑起来在做事了,你就会发现你⾃⼰越⼲越起劲.随便⼲你喜欢的.但是不能⽆所事事.就像⼀条狗⼀样,如果你不让它跑,它可能就会拆家.等你把它放到草坪上到处跑,你去把它训练成警⽝,明⽩吗?所以说你要很好的正⾯的利⽤你⾃⼰,这样你就在正⾯的循环了.就会越来越好,然后你会发现你钱越来越多.为什么? 你会越⼲越起劲.

JO: NO NO, it's your own inner conflict. You're tired because you've been expending energy in a negative way. In other words, it's now impacting you negatively and you need to turn that into positive influence. Once you start running with purpose and getting things done, you'll find that the more you do, the more energized you become. Do what you enjoy randomly. But don't waste time aimlessly. Like a dog, if you don't let it run, it might cause trouble at home. But when you set it free on the lawn to roam around and train it as a police dog, get it? So you need to effectively use your energy positively, creating a positive loop that will only improve over time. As you do more, you'll see your money increasing. Why? Because the more you work, the more energized you become.

问: 我的⾝体状况.

Questioner: What's my physical condition?

JO: 你想象⼀下如果你的能量没有平衡好的状态.但是就像刚才说,如果你把这股能量平衡好就不会有问题了.为什么呢? 因为它不会在有冲突、拉扯还有内耗的感觉.

Japanese JO: Imagine a state where your energy is not balanced. But as mentioned just now, if you manage to balance this energy, there won't be any issues. Why is that so? Because it wouldn't create feelings of conflict, tension, or internal waste.

问: 我的⼦宫肌瘤的问题.

Questioner: Concerning my uterine fibroid issue.

JO: ⼦宫肌瘤还是你没有发出去的⽓⼀样,就是你没有发出去的脾⽓,明⽩吗? 这么说吧,就好像你对⽣活和⽣命还是有很多抱怨.呢些抱怨没有被释放出去.那如果你能更豁达⼀点,就是像⽔⼀样你不会跟别⼈去起冲突.你想⽔它碰到⽯头它会疼吗? 它不会.但是如果你是⽯头,你碰到⽯头是不是就是⽯头撞⽯头,对不对? 那当你成为⽔,你就把⽯头就好像是包围的感觉.那你内在就不会产⽣⽓,那你也不需要通过⼀个渠道排出去,那你也不会排不出去,明⽩吗? 所以这个又回到了就好像是你需要修⾃⼰,就是让⾃⼰⼼平⽓和,从⽣活中让⾃⼰慢下来.然后让⾃⼰不要有很多念头,因为当你有了呢个念头,你就想跟着呢个念头去⾏动.

JO: Endometriomas are like the unexpressed anger within you, just the frustration that hasn't been released. Do you understand? Let me put it this way, as if you still have a lot of grievances against life and existence that haven't been released. If you were more open-minded, like water, you wouldn't create conflicts with others. Would you imagine how water feels when it hits a rock? It doesn't hurt. But if you were a rock, hitting another rock would just be two rocks colliding, right? When you become water, the rock becomes almost like an encompassing feeling. Then, your inner anger won't manifest, and you wouldn't need to channel it out through some means, so there's no buildup or inability to release it. Do you understand? So this comes back to needing self-reflection, to calm your mind and spirit from life's pace, and refrain from having too many thoughts. Because when you have those thoughts, you tend to act upon them.

问: 我现在投资股票对不对?

Questioner: Is it correct for me to invest in stocks now?

JO: 你⾸先要知道你来这⾥不是算命的.为什么? 如果是算命的话,我告诉你,股票不是你的出路,股票只会让你更加抓狂,明⽩吗? 股票就好像又多给了你⼀个东西让你崩溃⼀样.但是如果你慢慢的去积累,就不如说你去做个⼩⽣意,动起来.这样慢慢慢慢就会越来越⼤.就好像是你爸爸带给你的信息⼀样.所以你需要靠你的⾏动去赚钱,⽽不是靠像理财.因为你的能量不是⽤来理财的,是在你的⾏动上⾯它会有很好的结果的.就⽐如说开个⼩店或者是⼩餐厅,然后你不停的在动动动.你要从你⾃⼰到底喜欢上去选择.但是你的⾏动就好像把你的机器启动了.然后你就会发现越来越顺,然后⼒量越来越⼤.你盯着你的⽅向,你就慢慢可以找到⾃⼰喜欢的了.

You need to understand that you are not here for fortune-telling. Why? If it were fortune-telling, I would tell you that stocks are not your solution; they will only make you more insane. Stocks are like another source of distress added on top of what you already have. However, if you gradually accumulate, you might as well start a small business and get moving. This way, over time, it will grow bigger and bigger, similar to how the information provided by your father influences you. Therefore, you need to earn money through action rather than relying on financial management techniques. Your energy is not for managing finances; instead, it yields good results when applied to actions. For instance, opening a small store or restaurant and constantly being active. You should choose based on what truly interests you personally. But your actions are like turning your machine into motion, and you will gradually find more alignment with your preferences and strengths, leading to increasing confidence and power. Focus on your direction and you can slowly discover what truly resonates with you.

问: 我妈妈肩膀疼了很多年,还容易咳嗽.

Questioner: My mother has had shoulder pain for many years and she often coughs easily.

JO: 这个是来⾃于她对⽣活感受到的压⼒或者不顺.然后她觉得⽣活压⼒⼤不顺的事多烦⼼事多.不是呢种轻松愉悦平衡的状态.然后怎么样可以缓解妈妈的状态? 让她吃斋念佛可以.因为她念呢个佛号就好像是有⼀股能量就好像是在疗愈她⼀样.她好像被呢个能量给包围住了,那她就会进⼊到⾝体⼼理很舒服的状态.

JO: This is a result of the stress and setbacks she feels in her life. She perceives that there are many pressures, difficulties, and stressful issues. It's not a state of ease, joy, or balance. Then, how can we alleviate her condition? Practicing vegetarianism and Buddhist chanting helps. When she chants this mantra, it seems to generate an energy that is healing for her. She feels surrounded by this energy, leading her to experience a state of physical and psychological comfort.

问: 如何念佛?

Questioner: How do you chant the佛?

JO: 念观世⾳菩萨.你可以⽹上给她专门买⼀个念佛机,然后让她达到⼀个⼼平⽓和.问: ⼀定要吃素吗?

JO: Recite the name of观音Buddha. You can buy her a chanting machine online so she can attain peace and calmness. Questioner: Must I become vegetarian?

JO: 最主要是⽐例.因为你们的⾁有很多抗⽣素在⾥⾯.然后这个⽐例就⽐如说我吃⼗分的五⾕杂粮蔬菜然后⼀分的⾁,就这种⽐例.

JO: The main thing is the ratio because your meat contains a lot of antibiotics. So it's like I eat ten parts of grains, vegetables, etc., and only one part of meat – this kind of ratio.

问: 她的咳嗽就是通过这样调节是吗?

Questioner: Is her cough regulated in this way?

JO: 咳嗽就是通过她进⼊⼀种平和的状态,就是进⼊呢样⼀种能量场,然后就会慢慢慢慢的缓解.

JO: Coughing allows her to enter a state of peace, which means she enters into that kind of energy field, and then it gradually subsides.

问: 咳嗽很多年了.

Questioner: I have been coughing for many years.

JO: 这么说吧,她咳嗽就好像是她在哭⼀样.因为她常年以来积累的所谓的痛苦.导致她想哭哭不出来,但是不适感还是需要排出来.因为你想,如果你想哭又哭不出来你⾝体是不是还是会不舒服? 那她好像就是通过这种⽅式不断地把她的不适感给她清理掉,让他排出来.所以说还是来⾃于对⽣活的悲观.也就是她反复的活在呢些不好的记忆中,呢些不好的记忆都是她⾃⼰的定义.然后让她觉得喘不过⽓,觉得⽣命不是呢么美好、轻松、美满.但是她又是⽐较要强,就是不会让⾃⼰轻易掉眼泪.

JO: In a way, her coughing sounds like she's crying because of the accumulated suffering over many years. She wants to cry but can't, yet the discomfort needs to be released somehow. You know, if you want to cry but can't, your body still feels uncomfortable? It seems that she is continuously getting rid of this discomfort by doing it in this manner, letting it out. This pain stems from a pessimistic view of life, as she keeps reliving those unpleasant memories that are self-defined and suffocate her sense of well-being, beauty, and joyfulness in life. However, she's quite strong-willed; she doesn't easily let herself cry.

问: 可以带她去海边或者⼭边去吼出来可以吗?

Questioner: Can we take her to the seaside or mountain side to vent out loud?

JO: 带她到呢个地⽅你不⽤吼都可以.为什么呢? 因为呢种地⽅呢种能量场也在进化她的⾝体.

JO: You don't have to roar at her to take her to that place. Why is that? Because the energy field there is evolving her body as well.

问: 但是吼会不会更快的让她得到净化?

Questioner: But would roaring make her purify faster?

JO: 这个你要看她⾃⼰.就好像她⽤什么⽅式来排解.但是最重要的是帮妈妈看到她⽣命中的⼀切都是来⽀持她的,⽽不是来害她的.这个才是最重要的.因为她就会觉得曾经发⽣的事情让我变得更加的坚强.

JO: This is something you have to observe on her own. It's about how she deals with things. But what really matters is helping your mother see that everything in her life serves to support her, not to harm her. That's the most important thing. Because it makes her feel that past events have made her stronger.

问: 她的膝盖最近会疼是为什么?

Questioner: Why does her knee hurt recently?

JO: 她更多的是有⼀种想放弃,就觉得好像⽣命没有奔头.就觉得赶路赶的呢么累,我不要⾛路了.就是有⼀种这样⼦的⼼态.更多的是对⽣命的失望,就觉得没奔头.所以说如果让妈妈看到希望那她会好起来的.⽐如说我们什么时候去哪⾥旅游啊,什么时候换个⼤房⼦啊.因为要根据她个⼈的⼀个喜好.然后给她⼀个画⾯,就是让她有盼头.⽐如说姐姐说妈妈,我接下来要开个饺⼦店之后会变成饺⼦⼯⼚.我最开始可能赚个⼏万,然后⼏⼗万⼏百万⼏千万.到时候别墅保姆都给你选,就这种.她就越听越开⼼,她就觉得有奔头.⽇⼦有个盼头.

JO: She mostly feels like giving up; she just doesn't see any purpose to life anymore. She finds it exhausting to keep going on the journey and decides not to walk further. There's a feeling of disappointment about life, thinking that there's no point in pursuing anything. If her mother could see hope, things would improve for her. For example, we could plan trips to different places or look for larger houses when she feels better. It has to be based on her personal preferences and provide something she can look forward to; perhaps a vivid picture of future success. When her sister told her that after starting a dumpling shop, it would expand into a factory selling dumplings, she might initially earn a few hundred thousand yuan, then possibly millions or even more in the future. By that time, they could choose luxurious villas and hire live-in nannies for her mother. The idea of having something to strive towards made her happier, giving her new purpose in life.

问: 我妈妈的⼈⽣主题?

Questioner: What was my mother's life theme?

JO: 就好像你吃苦⽠,从呢个苦⽠当中去尝到呢个清甜清⾹,明⽩吗? 她就好像吃了很多苦,然后从呢个苦当中去找到⽣活的意义、价值、乐趣.这是⼀种视⾓或者是认知的转变,就是不把它当成⼀个苦的事情.⽐如说很多⼈就喜欢吃苦⽠或者喝苦茶.为什么呢? 因为苦完了嘴巴⾥有⼀丝清甜.

JO: It's like eating a bitter melon and discovering its refreshing sweetness from that bitterness, do you see? She experiences life through all sorts of hardships, then finds meaning, value, and joy within those struggles. This represents a shift in perspective or understanding, seeing it not as merely a burdensome experience. Some people enjoy eating bitter melons or drinking bitter tea. Why is that? Because after the bitterness, there's this一丝 subtle sweetness lingering on your palate.

问: 她的天赋呢?

Questioner: What about her talent?

JO: 她挺能忍的,隐忍.问: 我弟弟的⼈⽣主题?

JO: She's quite tolerant, suppressing her feelings. Questioner: What is my brother's life theme?

JO: 你弟弟他更想是体验呢种没有任何拘束或者限制,就好像⽆忧⽆虑这样⼦.他来到这个世界上更多的是想要体验⾃由和享受⽣命的状态.

JO: His younger brother prefers experiences without any constraints or limitations, akin to living carefree. He comes into this world more to experience freedom and the pleasure of life.

问: 他的天赋呢?

Questioner: What about his talent?

JO: 他的天赋就是他挺会,就⽐如说这个物质世界就是个游乐场,那他在这个游乐场玩的挺溜的,挺得⼼应⼿的.然后就是各种玩他都玩的得⼼应⼿.他在这个物质世界他也吃的开,他知道这个规则,他知道怎么样去⽣存下去,怎么样去玩转⼀切.就是知道窍门.就好像你去到哪⾥你会去找⼀个当地的地陪吧.为什么呢? 因为呢个地陪对当地的所有都了解,风⼟⼈情啊,知道打交道的⽅式,就像这种.

JO: His talent is that he's quite good at it; for example, this material world is like a playground, and he plays well in the playground, very smoothly. He can handle all kinds of play with ease. In this material world, he also knows how to get along, understands the rules, knows how to survive, and knows how to manipulate everything. It's just knowing the tricks. Just like when you go somewhere, you would find a local guide because someone who is familiar with the area has knowledge about customs, knows how to interact, similar to this.

问: 我的婆婆现在九⼗⼏岁了.我和她的课题是什么?

Questioner: My mother-in-law is now in her nineties. What's my issue with her?

JO: 你们没有什么共同的课题.但是你却可以很好的去利⽤这股⼒量.如何利⽤呢? 就是说让它成为⼀个像是任你去达到⼀个没有期待和⽆条件的付出或者是爱的状态.

JO: You don't have any shared topics, but you can leverage this power effectively. How should you use it? That is, to reach a state of no expectations and unconditional giving or love at your disposal.

问: 不明⽩JO: 这么说吧,就好像你⾃⼰是个修⾏⼈你要修⾏,对吧? 那外在你需要有⼀个地⽅或者是对象来让你做这个事,对不对? 那她是不是就是⼀个很好地对象? 然后你对她是没有期待没有评判没有怨⾔.只有去表达你⾃⼰成为你⾃⼰.也就是说像镜⼦⼀样,就可以让你看清楚你⾃⼰.就⽐如说你有时候会有⼀些不耐烦.那你就能通过你婆婆这个镜⼦看到.然后你就说我这个不耐烦是来⾃哪⾥呢? 你就可以去进⾏… 我不耐烦是因为我焦虑,因为这个⽉又没什么收⼊.那这个不耐烦是来⾃于什么? 是来⾃于我对⽣存的⼀个匮乏,对⽣命的匮乏.那这个只是⼀个信念⽽已.那你是不是就可以选择是持有还是不持有这个信念?

Questioner: I don't understand JO: Let me put it this way, like you're a practitioner needing to practice on yourself, right? You need an external place or object for your practice, don't you? Does she serve as a good subject for that kind of practice? And you have no expectations, no judgments, and no complaints towards her. The focus is only on expressing yourself as who you are, like a mirror reflecting your true self. For example, if you sometimes feel impatience, then you can see this through your mother-in-law's 'mirror'. You would ask yourself where this impatience comes from? And then you could explore... Is my impatience due to anxiety because I'm worried about lack of income this month? Or is it a result of my perceived scarcity in life and survival? It's just a belief. Can you choose whether to hold onto or let go of that belief?

问: 我妈妈和我的奶奶的课题.

Questioner: What are my mother's and grandmother's topics?

JO: 这是妈妈的功课.就像刚才说的她通过这个去看到她又有什么期待啦,指责啦、定义啦、评判啦.任何她的起⼼动念都是可以通过这个镜⼦可以看到,然后认识⾃⼰.你要知道你们所有的东西都不是定的,明⽩吗? 然后你⾃⼰在当下你决定.你可以决定我以前的所有记忆所有东西全部翻篇.我不要再去回去或者再继续说: 哎呀我的头⼀段婚姻不好啊,让我很受伤啊.不会再说任何.我很感谢我的前夫.因为当你开始讲述不同的故事,你的⼈⽣就开始转变了.这个很重要.因为你的念头就好像是你播的种⼦⼀样.你的种⼦已经发⽣变化了.你是农民你知道,种⼦变了你结的东西肯定是变呀.

JO: This is Mom's homework. Just like what we talked about earlier, she uses this to see what her expectations, accusations, definitions, and judgments might be. Anything from her mind can be seen through this mirror, then recognize herself. You need to understand that everything you've got isn't set in stone; do you get it? Then, you decide at the moment with yourself. You could choose for all my previous memories and things to be nullified. I won't go back or continue saying, "Oh, my first marriage was terrible, really hurt me." No more such talk. I'm grateful for my ex-husband. Because when you start telling different stories, your life begins to change. This is crucial because your thoughts are like the seeds you sow. Your seeds have changed. You're a farmer, you know; if the seeds change, what grows from them will surely change too.

问: 那我想问⼀下我⼥⼉的主题是啥?

Questioner: I want to ask about my daughter's theme.

JO:如果她⾃⼰想要知道的话,你可以让她⾃⼰来问.因为你只能去抉择你⾃⼰呢⼀部分.还有就是当你变了,你⼥⼉也会变.你变了她就会变.你想象刚才说你如果开个饺⼦店然后变成饺⼦⼯⼚,⼀年赚⼏千万.你⼥⼉命运变了吗?她肯定变.先别说她在经济基础上变了,她的妈变了.你的呢股⼒量呢股⼲劲,你对⽣命的呢种热情激情都会影响着她把她点燃.所以你还觉得她的主题重要吗?因为你这⾥⼀变,这些都变了.你妈妈也变了,你妈妈可能腿脚也好了也开⼼起来了.所有都会变.这个才是最重要的.然后去正⾯运⽤你的能量.

JO: If she wants to know, let her ask herself. Because you can only decide on your own part. And when you change, your daughter will also change. You changed and she would change as well. Imagine if you started a dumpling shop and then turned into a dumpling factory, making millions of dollars in one year. Would your daughter's fate have changed? She certainly would have. Forget about her economic status changing, even her mother has changed. Your strength, energy, passion for life will all impact her, igniting her with this enthusiasm. So do you still think that the main theme is important? Because when you change here, everything changes. Your mother also changes and she might be happier with better mobility as well. Everything would change. This is what matters most. Then apply your energy positively.

问: 但是头脑想的太多.

Questioner: But it's thinking too much in my head.

JO: 就好像我现在告诉你这个是⽅向盘,这个是刹车.到时候你⾃⼰开车的时候你⾃然⽽然,你把油门当刹车了你马上就可以换过来.因为你已经知道了哪个是刹车哪个是加油.因为你已经理清楚了.所以在任何时候你觉得不对了,马上就换.

JO: It's like I'm telling you this is the steering wheel and this is the brake; when you drive yourself later on, naturally you'll understand that pushing on the accelerator pedal is not braking, so it becomes a simple task to switch. Because you know which one is for braking and which one is for accelerating. So you've got your priorities sorted out. Thus, at any point if you feel something isn't right, you can immediately adjust accordingly.

问: 能看⼀下我现在的丈夫吗?

Questioner: Can I see my current husband?

JO: 你看你就好了,因为你变了,外在⼀切就会变.看他的话,你就把⼒量交出去了,你的关注点.你越看他,你的问题越多,你越抓狂.所以说你⾃⼰在看车,你就盯着旁边副驾驶的⼈看,你不撞车才怪.你是盯着你的⽬标,⽬的地,前⾯.

JO: You see, you are the example because when you change, everything around you changes. When you focus on him, you're giving away your power and attention. The more you look at him, the more problems you'll have, the more you'll lose it. So, if you're looking at the car yourself, you should stare at the person sitting next to the driver, it would be surprising if you don't crash. You are focused on your goal, your destination, ahead of you.

问: 现在做什么都没动⼒,就是⼲农活.

Questioner: Now I lack motivation to do anything, just doing farm work.

JO: 农活也可以赚钱啊.你只要把搅拌机搅动起来,最开始可能会有⼀些吃⼒.慢慢慢慢搅动起来,它就⾃⼰在呢不停的转的飞快了.所以说⼀定要给⾃⼰定⼀个⽬标,⽽不是太多的把你的经历放在对曾经发⽣的事情或者是你⼥⼉或者是丈夫.因为这样⼦你会放⼤对⽣活的不满或者是⿇烦或者是问题.然后当你放在你⾃⼰的⽬标上⾯,你关系中的问题和⿇烦也会减少.⽽且你的钱会越来越多,能⼒会越来越强⼤.

In farming, you can make money too. All you need to do is get the mixer going; it might be tough at first. But as you gradually start working on it, it will eventually run smoothly by itself, spinning quickly without any effort. Therefore, set yourself a target instead of dwelling on past events or your children and husband. This way, you won't exaggerate your dissatisfaction with life, worries, or problems. By focusing on your goals, issues in relationships will decrease. Furthermore, as your money increases and your abilities strengthen, your situation will improve significantly.

# **2023/03/17 — 勇敢 Brave**

JO: 你问吧,什么问题? 问: 我的⼈⽣主题是什么? JO: 你叫什么名字?

JO: Ask away, what question is it? Questioner: What is my life theme? JO: What's your name?

问: XXJO: 你给⾃⼰设置了很多很多挑战,因为你想要成为⼀个勇⼠⼀样,就是⾮常tough,别⼈打不倒你.所以在这⼀世中你给⾃⼰设置了很多挑战让⾃⼰变的更加的强⼤、坚韧、强⼤的韧性.所以你会发现你从⼩到⼤都会有不断地挑战贯穿你这⼀⽣.然后有时候这些挑战会让你有⼀点点感受到压⼒,但是你都会去把它突破.

Questioner: XXJO: You set yourself a myriad of challenges because you want to be like a hero, very tough, not easily defeated by others. Therefore, in this lifetime, you have set many challenges for yourself to make yourself stronger, tougher, and more resilient. So, you will find that there are continuous challenges throughout your life starting from childhood. Sometimes these challenges may give you a bit of pressure, but you would overcome them.

问: ⽬前⽽⾔有没有进展的不顺利的地⽅关于这个⼈⽣主题? JO: 不顺利? 顺利是什么? 顺利就是没有挑战是吗?

Questioner: Are there any areas where progress is not going well regarding this theme of life?

JO: Not smoothly? What does smooth mean? Does smooth mean no challenges?

问: 顺利就是完成不了挑战的⼈物吧.

Questioner: Success is for those who can't overcome challenges, right?

JO: 你不可能完成不了.你要完成不了你就不会给⾃⼰设置了,明⽩吗?问: 那就是说我就是不要想的太多,遇到挑战放⼿去做就⾏了,是吧?

JO: You can't fail to finish it. If you can't finish it, you won't set it for yourself, understand? Questioner: So, what I should do is not overthink and just go ahead when facing challenges, right?

JO:这是⼀回事.就是说转变你的视⾓.就⽐如说我们以前通灵经常说的,如果你觉得对⽅是⼀个来杀害你的⼈让你产⽣的反应和对⽅像是你的教练⼀样是你的陪练让你产⽣的反应,这两种⽅式你⾝体产⽣的反应是不⼀样的,你进⼊的频率是不⼀样的.就好像它有A门和B门,你进去体验的是不⼀样的.所以说你只需要记住每⼀次都是你的⼀个陪练,陪练越强⼤,它是不是越能激发出你强⼤的内在的⼒量? 就是阻⼒越⼤,那你内在的⼒量就越⼤.然后你越是在这样的状态的话,你越是感受到你充满了⼒量.所以你很enjoy这样⼦不断不断地突破的⼀个过程.

JO: This is one thing - it's about shifting your perspective. For example, when we talk about spiritual experiences, if you perceive the other person as someone who wants to harm you and that elicits a different response compared to seeing them as a coach or sparring partner who inspires a different kind of response from your body, which enters into different frequencies, it's like there are A and B doors; you experience something different. So, when you remember every session is essentially like being coached, the more powerful the coach, doesn't that also unleash greater inner strength in you? The more resistance you face, the stronger your internal force becomes. And the more you're in this state, the more you feel energized by it. You really enjoy this continuous process of overcoming obstacles.

问: 我跟我的爱⼈之间的关系? 她叫XXX.

Questioner: What's the status of my relationship with my beloved one? She is called XXX.

JO : ⾸先她就是你的陪练⼀样.所以说在你们的关系当中就有很多需要去突破,很多挑战你的⼀些地⽅.所以说⽣活中她就是你的陪练.

JO: Firstly, she's like your training partner. So there are many things to break through and challenges in your relationship. Therefore, in life, she is your training partner.

问: 然后我的⼩孩.他叫XXX.今年不到6岁.

Questioner: Then my child. His name is XXX. He is less than 6 years old this year.

JO: 他是来给你⼒量的,就好像是你的后盾.就是你⼒量的来源,就⽐如说你每次累了或者是没⼒⽓了,他就会⽐如说: 爸爸加油,或者是让你喝点⽔.你就好像又满腔热⾎复活⼀样.所以说他会是你的⼒量的来源,⽐如你马上要倒下了,但是你想到你⼉⼦你可能会马上站起来,因为你不要给你⼉⼦做⼀个倒下的榜样.你要给他看到⼀个越战越勇的精神.

JO: He comes to give you strength, like your pillar of support. He is the source of your strength, just as when you feel tired or lacking in energy, he might say "Daddy加油" (Daddy, keep going) or encourage you to have a drink of water. You'll feel rejuvenated and full of zeal once again. Hence, he serves as the source of your strength; if you're about to collapse, but then remember that your child will see this and may immediately stand up because you don't want to set a precedent for weakness by falling down yourself. Instead, you aim to inspire them with your persistent courage in overcoming challenges.

问: 我的爸爸妈妈跟我的主题.我爸爸叫XXX.他基本上从30岁后⼀直在⽣病.

Questioner: My parents and my topic, my dad is XXX. He has been sick mostly since he was 30 years old.

JO: 你的⽗亲就是给你⼀种压⼒感压迫感,就是好像事就喘不过⽓,让你有⼀种想要去战⽃或者是想要去fight.所以他的存在会让你想要去发愤图强,也像是给你⼒量.但是跟你⼉⼦的呢股⼒量又不⼀样的.

JO: Your father instills a sense of pressure upon you, making it feel like you can't breathe, and this motivates you to fight or strive for something. So his presence inspires you to work hard and gives you strength. However, the force behind him is different from that exerted by your son.

问: 那我的妈妈呢?

Questioner: But what about my mother?

JO:你妈妈就好像是给你温暖,她更多的是让你就⽐如说你需要疗伤或者是需要relax,就是像这样⼦的⼀个状态下,你有⼀个地⽅可以去充电或者是让你放松,就是这样⼦的⼀个状态.

JO: Your mom is like providing you with warmth. She's more about being a place for you to heal or relax - somewhere you can go to recharge or unwind when you need it.

问: 我的爷爷奶奶有信息给我吗?

Questioner: Do my grandparents have messages for me?

JO: 你爷爷说他愿意成为你⼒量的来源,然后就是说当你需要的时候你可以连接他,你可以感受到他.

JO: Your grandfather said he would serve as a source of your strength, and that you could connect with him when needed, feeling his presence.

问: 具体怎么能够连接到我爷爷的能量呢?

Questioner: How can I specifically connect to my grandfather's energy?

JO: 你只需要在你的脑海⾥说爷爷给我⼒量,这⼏个字就可以了.你就能感受到你好像又被recharge,就好像又被充满电⼀样.

JO: All you need to do is visualize saying "Grandpa gives me strength" in your mind. You'll feel like you're being recharged, just as if you were getting a full charge again.

问: 那我奶奶呢?

Questioner: And about my grandmother?

JO: 你奶奶她就是笑,没有说什么.就是给你的⼀个笑容.就好像慈悲的看着你,就是她对你没有要求,⽆论你怎么样都好.就好像是呢种状态.

JO: Grandma just smiled, saying nothing. She gave you a smile, as if looking at you with compassion. It's like she has no expectations of you; whatever you do is fine. It's that kind of state.

问: 我现在⾯临⼯作⽅⾯的选择.当前我的⼯作很稳定但是⽐较闲.但是现在有⼀个新的⼯作有很⼤的挑战和风险.我不知道怎么做决策.

Questioner: I am currently facing choices in my work. My current job is stable but relatively quiet. However, there's a new job with significant challenges and risks. I don't know how to make a decision.

JO: 你的决策已经做了.你⾃⼰的决策已经做了,你只是需要旁边有另外⼀个声⾳说 go for it,就是去吧.因为就算别⼈让你别去,其实你的决策已经做了,明⽩吗? 但是你很想听到呢个赞同的声⾳,就是呢个⽀持的声⾳.你内在的决定已经做了.你只是想要再有⼀个外在的声⾳跟你说去去去,就好像加油加油,啦啦队呢种.

Your decision has been made. Your own decision is set, and you just need another voice beside you saying "go for it," meaning go ahead. Because even if others tell you not to, your decision is already made, right? But you really want to hear that approving voice, that supportive voice. The internal decision within you has been made, and you simply want an external voice to say the same thing like 'go', 'come on,' like cheering from a crowd.

问: 我还会有第⼆个⼩孩吗?

Questioner: Will I have a second child?

JO: 这取决于你⾃⼰的决定啊.问: 有没有灵魂愿意加⼊的?

JO: It depends on your own decision. Questioner: Is there a spirit willing to join?

JO: 当然呀.你们的⽣命是掌握在你们⼿上,你们渴望什么你们都会得到⽀持.问: 我当前的卡点?

Of course. Your life is in your hands, and you will receive support for whatever you desire. Questioner: What is my current sticking point?

JO: 你就需要⼀点⽀持和信⼼.因为你需要呢个声⾳在你的头脑⾥⾯⼀直说你可以你可以.然后现在我们的信息已经传达给你你可以.

JO: You just need a bit of support and confidence, because you need that voice in your head saying you can, you can. And now our message is for you to know that you can.

问: 我如何连接我的指导灵?

Questioner: How do I connect with my guide spirits?

JO: 特别是在你最⽆助的时候,呢个时候呢个声⾳会特别的明显,就好像在你的脑海⾥⼀样.也就是说你不会错过任何当你特别需要的时候,它就会出现.如果没有出现那就说明你并不需要.所以你不需要要专门的要怎么样怎么样.

In particular when you feel most helpless, that voice becomes especially noticeable, as if it's echoing inside your mind. This means that whenever you're in dire need, it will manifest. If it doesn't appear, it indicates that you don't require assistance. Therefore, there's no need to刻意 do anything specific.

问: 我最近看到很多天使数字,是它们的信息吗?

Questioner: I've been seeing a lot of angel numbers lately, is it their message?

JO:这个就好像是说你越是关注⼀个东西,它就越会反复的出现在你的⽣命当中.通过这个你就可以看到,你越是去关注呢些像呢种战⼠,⽐如他们英勇的精神,像成吉思汗,就是呢些历史上伟⼤的战⼠勇⼠,如果你去关注他们的⼀些精神的话,你就会拥有强⼤的⼒量.⽽且你会越战越勇,越战越强,便进⼊⼀种正向循环.所以说你⼀定要给⾃⼰突破挑战,因为它会让你真正的活出你⾃⼰.如果你没有挑战的话,就不能把你内在的⼒量和能量激发出来.然后你就会觉得⽣活不是很有意义,觉得活的⽐较⽆聊没有意义.所以说你就是应该上战场的呢种.

Jo: This is like saying that the more you focus on something, the more it will reappear in your life. By this, you can see that the more you focus on figures like warriors, such as Genghis Khan, great heroes from history, if you focus on their spirits, you will possess powerful energy. And you will become stronger and more determined with each battle, entering a positive feedback loop. So you must challenge yourself because it allows you to truly live your life. Without challenges, your inner strength and vitality cannot be fully unleashed. Then you might feel that life lacks meaning and becomes mundane. Thus, you should be the one stepping into battle.

问: 我的头脑中有个单词来⾃我的梦境,OTreeWEN.

Questioner: In my mind, there's a word from my dream, OTreeWEN.

JO: 你稍等.这也是就好像⼀个⼒量的来源,就好像是⼀股⼒量.然后呢股⼒量就是来去让你notice注意到,然后让你去对准这股⼒量,然后你就会发现这股⼒量越⽤越⼤.

JO: Wait a moment. This is also like the source of power, like an energy force. Then, this force comes to make you notice it, then guide you to align with this force, and as you do so, you will find that the more you use it, the greater its power becomes.

问: 这个⼒量的源泉是?

Questioner: What is the source of this force?

JO: 在你内在.

In you inwardly.

问: 包括我最近头脑⾥觉得⾃⼰要从蝴蝶变成凤凰?

Questioner: Is it like feeling in my recent thoughts that I am transforming from a butterfly into a phoenix?

JO: 对你来说就好像是⼀次转变.

It's like a transformation for you.

问: 我对⾦钱⽅⾯⾮常吝啬抠门,但是客观上说我也不缺钱.

Questioner: I am very stingy with money, but objectively speaking, I don't lack money.

JO: 你并不是说抠门,⽽是说你⾃⼰很有主见,就是觉得有⼀些钱是需要花有⼀些钱是不需要花,就是没必要的⼀些浪费.也就是说你是有思想有个⼈的主见的⼈,明⽩吗? 就是说你觉得这个钱花的值的话,⽆论多少你也不会抠门.你觉得这个不值的话,可能⼏块钱你都觉得没必要.更多的是⼀种洞见吧,就是你个⼈的⼀个明智的选择.

JO: You're not being cheap; rather, you have a strong sense of self and believe that certain expenses should be made while others are unnecessary, essentially avoiding wastefulness. This means you possess a distinct thought process, making personal decisions based on your convictions. The idea is that if you find an expense worthwhile, no matter the cost, you wouldn't hesitate to spend it; conversely, even small amounts might seem excessive if they don't align with your values. It's more of a keen insight into making informed choices as an individual.

问: 我有⼏个指导灵?

Questioner: I have several guides?

JO: ⾸先它不是说像你们物质世界是个体,有多少个.⽽是说刚才呢个信息说可能是在你最⽆助最绝望的时候,它的声⾳就会特别的明显,就在你的脑海⾥⾯.

JO: Firstly, it's not about there being individuals like in your physical world with a certain quantity. Rather, the message just now suggests that perhaps when you're at your most helpless and desperate, its voice becomes particularly noticeable, right inside your mind.

问: 对我这⼀世影响最深的前世?

Questioner: Which past life has most profoundly influenced me in this lifetime?

JO: 你就好像是这⼀世要来复仇,因为有⼀世他经历了很多的失败,所以导致他这⼀世⼀定要成功.所以你内在呢种不断地去突破,成功的欲望就特别的强烈.然后就好像他不会让你想要去安于现状,过⼀种得过且过的⽣活.然后这股⼒量对你的影响⽐较⼤.

In this lifetime, you seem destined for revenge because in a past life, he experienced numerous failures, leading him to be determined to succeed in this lifetime. Thus, your inner drive to constantly push boundaries and seek success is exceptionally strong. It's as if it won't allow you to settle for mediocrity or content yourself with an average life. This force significantly influences you.

# **2023/03/18 — 连接成吉思汗与Florence Scovel Shinn Linking Genghis Khan and Florence Scovel Shinn**

问: 当时为什么会有呢么多⼈⼼⽢情愿的跟随你?

Questioner: Why did so many people willingly follow you at that time?

成吉思汗:⾸先他们并不是跟随着我,⽽是跟随他们本来是,就是他们可以成为的他们⾃⼰内⼼想要成为的.所以并不是我,⽽是他们内⼼,他们内在的⾃⼰.只是我可以去把他们内在的呢⼀⾯激发出来.因为你们都是⽆限的存在,这么说吧,你们在社会上你们可以看到平时⾮常懦弱的⼈,他突然就好像变成了杀⼈狂,拥有⽆穷的⼒量.然后从这个通灵⼥孩⼦的脑海中,我们找到她曾经看到的电影 « ⼩丑 ».⼩丑最开始就是被任何⼈bully的⼀个⾓⾊,最后他却成为⼀个肆⽆忌惮,就是没有任何恐惧,明⽩吗?所以说⽆论你是成为哪⼀种,到底是这个极端还是另外⼀个极端,你都可以.所以他们并不是跟随着我,如果他们跟随着我,他们还是weak.

Genghis Khan: Firstly, they are not following me; rather, they follow who they inherently want to become inside of them, which is the self they could be. It's not about me guiding them; it's their inner selves that guide them. I can merely ignite this part within them because you all exist infinitely. In society, you can see someone who is usually very timid transform into a killer with boundless strength. Then, through the medium of this psychic girl, we find a film she once watched called "The Clown." The clown was initially any man's punching bag until he became a tyrant, fearless in every way. Regardless of whether you choose to be at one extreme or another, it is possible for everyone. So they are not following me; if they were, they would remain weak.

你想象⼀下,他们能成为战⼠吗? 所以我只是让他们相信让他们看到他们可以做到,他们本⾝就是.

You imagine them becoming warriors, right? So I just wanted to make them believe and see that they could do it, that they are capable of it.

问: 你是如何去⿎舞你的⼠兵们的?

Questioner: How did you motivate your soldiers?

成吉思汗: 就像刚才前⾯的信息⼀样,⽆论他是哪⼀个极端,呢都是他.所以说这个⾥的⿎舞更多的是不断地让他们的头脑去看到他们可以做到.因为你们的头脑还需要去看到才会相信.所以当你不断地去展⽰让他们可以相信他们可以做到的,他们就会越来越相信⾃⼰.

Genghis Khan: Similar to the information just mentioned earlier, regardless of which extreme he is, it's still him. Therefore, the inspiration in this comes from constantly making their minds see what they can achieve. Because your mind needs to see it to believe it. So when you continuously demonstrate things that allow them to believe they can do it, they will become increasingly confident in themselves.

问: 当⼠兵们在⾯对恐惧或者感到很恐惧的时候,你是如何去处理或者对待的?

Questioner: How do you handle or address soldiers when they are facing fear or feel very fearful?

成吉思汗: ⾸先就算是恐惧它也只是当时的⼀个能量.那如果是当时的⼀个能量的话,这个能量它会来它也会⾛.然后你只需要去允许它,就是给它⼀点时间然后允许它,它就⾃然⽽然会流⾛.然后能量都是相互影响的,因为当⼀个恐惧的能量,如果你这边是充满了强⼤或者是⽆畏的能量的话,呢个恐惧的能量也会慢慢慢慢被你影响,被你吸纳.所以说⼀点点时间,就是允许这个能量,然后还有就是说创造另外⼀个相反的能量场.

Genghis Khan: Firstly, the fear is just a burst of energy at that moment. If it's an energy from then, this energy will come and it will also go away. Then you only need to allow it, give it some time, and let it go naturally. And energies are interdependent; because when there's a fear energy, if you have a powerful or fearless energy here, the fear energy will gradually be influenced by you and absorbed by you. So a little bit of time is needed, which involves allowing this energy to go, and also creating another opposing energy field.

问: 当你遇到背叛你的⼠兵的时候,你是怎么处理的?

Questioner: How do you deal with soldiers who betray you?

成吉思汗: ⾸先我并没有觉得有谁或者哪个⼠兵他是背叛我的.为什么呢? 因为对于我来说,我的初衷是让他们去成为他们⾃⼰.那如果他们去成为他们⾃⼰,他又怎么能背叛我? 只有我去背叛他们.背叛他们就是说违背他们的意愿去达到我⾃⼰的⽬标.如果他们是想成为⾃⼰的⽬标,他们不存在会背叛我.为什么? 因为我是根据每⼀个个体每⼀个⼈不同的⼈,⽽不是说所有的⼈跟着我.如果有⼀个⼈他宁愿,就是不上战场然后在家⾥⾯.我觉得这个⾮常的好.那他在家⾥⾯陪⽼婆陪孩⼦,这是⼀件⾮常好的事情.所以也不存在⼀个背叛.⽽更多的是⽀持每⼀个不同的⼈做他们⾃⼰.也就是说没有不同意愿的.因为你要相信你⽆论做什么你都会受到⽀持.

Genghis Khan: Firstly, I don't feel that anyone or any soldier is betraying me. Why? Because to me, my original intention was to let them become themselves. If they became themselves, how could they betray me? Only I would be the one betraying them. Betrayal means going against their will to achieve my own goals. If they are trying to become their own goal, there wouldn't be a betrayal. Why? Because I base it on each individual person rather than all following me. If someone prefers not to go to battle and stays at home, I think that's very good. That he can stay with his wife and children is a very nice thing. So there's no issue of betrayal. It's more about supporting every different person being themselves, meaning without any differing intentions. Because you must believe whatever you do will be supported.

那为什么你⼀定要强迫某⼀个⼈来⽀持你呢? 如果不⽀持你就把他当成是背叛? 明⽩吗? 所以只有weak,就是不信任的⼈他才会去强迫别⼈放掉⾃⼰的意愿去跟随他的意愿.⽽真正强⼤的充满⾃信的,他不需要去强迫任何⼈任何意愿.因为他知道他所做的⼀切都会得到⽀持.

Why must you force someone to support you? If they don't, do you consider them to be traitors? Do you understand? Thus, only weak and distrustful individuals feel compelled to make others abandon their own wishes in favor of theirs. Conversely, those who are truly strong and confident don't need to coerce anyone; they know that everything they do will receive support.

问: 当年的你是如何制定⽬标的?

Questioner: How did you set your goals back then?

成吉思汗: 应该说⽬标并不是我去制定的,⽽是我就好像闻到了风声,看到了这个局⾯,看到了这个局势,然后叫你们所谓的顺势⽽为.就好像农民看到春天快要来了,他们要准备播种.然后农民看到秋天快要来了,他们要准备收割稻⾕.那当你看到了⼀个地⽅的制度,就是你知道它能更好,然后你想要去推翻它.因为为什么呢? 因为呢边的局势已经给你显现出来是需要推翻的.这么说吧,就好像⼀个房⼦你看着快要倒塌了,对吧? 那你是不是就想要把它推倒重建? 因为它迟早都会倒塌,因为如果你不去重建的话,它还会危及更多的⼈,房⼦也不存在了,明⽩吗? 所以不会有⼀个就是本⾝是好好的或者是⼀个完善的美丽的房⼦,我们想要去把它推倒.

Genghis Khan: Should it be said that the goal was not set by me, but rather I sensed the situation unfolding like a breeze, saw this landscape, and then called for you to follow the flow. It's like how farmers anticipate spring arriving and prepare to sow their seeds. Then they foresee autumn coming and gear up to harvest rice. When you observe a system where improvements are evident and you wish to overturn it, why is that? Because it's already apparent in this situation that change needs to happen. Imagine if your house was about to collapse; wouldn't you want to tear it down and rebuild? It will inevitably fall sooner or later, and without rebuilding, it poses a danger to more people, the house included. So there can be no perfect, beautiful, intact building that we wish to dismantle.

不是这样的.⽽是说呢个房⼦本⾝已经成了危房.

It's not that they're just repairing the house. Rather, the house itself has become a dangerous building.

问: 在你呢⼀世的⼈⽣当中什么是让你最满意的?

Questioner: In your lifetime, what have you been most satisfied with?

成吉思汗: 没有我不满意的.因为每⼀步每⼀步都形成了我独⼀⽆⼆的体验.问: 我本来还想问什么是让你最不满意的…成吉思汗: 你稍等.最不满意应该就说遗憾或者是说就是给我爱的⼈、家⼈、亲⼈更多的包容和陪伴和爱.

Genghis Khan: There's nothing I'm not satisfied with, because every step forms a unique experience that's just mine. You wanted to ask what you're most unsatisfied with… Genghis Khan: Please wait a moment. The greatest dissatisfaction would be regret or giving more tolerance, companionship, and love to the ones I love, my family, and relatives.

问: 作为呢⼀世的⼈格,什么品质是最让你骄傲的?

Questioner: As a personality of one lifetime, what quality are you most proud of?

成吉思汗: 就是全然的信任,全然的信任⾃⼰.就是⽆论想要得到如何的体验都得到了⽀持,就是没有怀疑,没有不允许.

Genghis Khan: It's complete trust in oneself. Complete self-trust where any desired experience is supported without any doubt or prohibition.

问: 那如果你可以重新再做出选择,在呢⼀世你会有什么样不同的举动吗?成吉思汗: 会避免更多的伤害.

Questioner: If you could make a different choice in your next life, what would you do differently?

Genghis Khan: I would avoid causing more harm.

问: 我们现在的的⼈如何可以像你⼀样这么的英勇,可以像你⼀样对⾃⼰全然的信任?

Questioner: How can we humans today be as brave as you, and trust ourselves completely like you do?

成吉思汗: 你们并不需要⼀个像我们呢样的⼀个战争或者是这样⼦的⼀个模式.因为你们是在不断地在我们之上,你们在成长.也就是说你们选择的⽅式⽅法会更多,就好像⾥⾯有⽆数个武器给你选择,所以你需要去选择呢个最没有⼒量的,明⽩吗? 所以你们有很多选择,你们不需要去选择⼀个最没有⼒量的.

Genghis Khan: You don't need something like us for war or a model of this kind because you're constantly surpassing us; you're growing. In other words, the methods you choose will be more numerous, as if there were countless weapons available to you. So you would have to choose the least powerful one, do you see? Therefore, you have many choices and don't need to opt for the least powerful option.

问: 当年的战争⽆论如何都会产⽣杀戮,那这些杀戮对你其他的⼈格有影响的吗? 有⼀些能量的纠缠或者说是所谓的业⼒产⽣吗?

Questioner: Regardless of how the war was fought in the past, do these killings affect your other personalities? Are there any entanglements of energy or what is commonly referred to as karma generated?

成吉思汗: 你稍等.所有的体验,⽆论是创造正⾯的还是负⾯的,任何,就是充满希望或者是充满绝望,这些都有被体验.

Genghis Khan: Wait a moment. All experiences, whether positive or negative creations, any, filled with hope or despair, have been experienced.

问: 都有被体验是什么意思?

Questioner: What does "experiencing everything" mean?

成吉思汗: 就⽐如说你⾃⼰是⼀棵树,然后树上有很多不同的叶⼦.那有的叶⼦它可能是长的⾮常好,那有的叶⼦它可能被⾍⼦咬的遍体鳞伤.所以这些都有.

Genghis Khan: It's like you are a tree, and on the tree there are many different leaves. Some of those leaves might be growing very well, but some leaves could be infested by pests, completely eaten through. So that's what I'm referring to.

问: 作为成吉思汗,以⼈类线性时间来看是很久很久之前的事情.那你能再次跟物质世界连接,把信息带到物质世界来,你有什么感受或者说会想到⾃⼰可以再次把信息带到物质世界来吗?

Questioner: As Genghis Khan, it was a long time ago from a human linear perspective. Can you reconnect with the material world and bring information back to the material world, and if so, what are your feelings or thoughts about being able to do that again?

成吉思汗: ⽆论是任何事件,你们所谓的历史⼈物也好,还有发⽣的事件也好,你们都是正⾯的运⽤它.正⾯的运⽤它就是说你们可以把任何让你充满⼒量的感觉去获得,然后任何让你感受到你必须要⽤这种⽅式去⾏动的,都不是真正的⼒量.呢是你在⼀种局限性的思维,就是你是受到局限你才觉得你必须⽤这种⽅式去展现,你必须⽤这种⽅式去获得.然后通过所有的⼀切都好像是你的镜⼦⼀样,你只要记得你们的选择有很多种.任何战争的⾏为或者是杀掠的⾏为都不是真正的⼒量的体现.然后强⼤的能量它可以运⽤在各个⽅⾯,但绝对不是说去强加于任何,明⽩吗?

Genghis Khan: No matter what event it is, you either treat the historical figures as positive or any events that occur positively. Positive application means you can harness whatever feeling of power you have to gain from it, and anything that makes you feel like you must act in a certain way is not true power. It's your limitation mindset, thinking you are limited because you think you must act this way and seek this way. Then everything seems like a mirror reflecting your choices; remember you have many options. Any act of war or massacre is not a manifestation of true power. Strong energy can be used in various ways but definitely not to impose upon anything, understand?

问: 请问能否连接⼀下Florence scovel shinn? 她当年也是⼀位很厉害的吸引⼒法则的⽼师.

Questioner: Could you please connect me with Florence Scovel Shinn? She was also an influential Law of Attraction teacher in her time.

JO: 你稍等.

JO: Wait a moment.

Florence: 你说吧,什么问题?

Florence: Speak up, what's your question?

问: 当年你作为这个⼈格的时候,你是如何发现宇宙的秘密的?

Questioner: When you were that person, how did you uncover the secrets of the universe?

Florence: ⾸先宇宙并没有秘密.就好像如果是秘密的话,它肯定是隐藏的,你很难发现或者是发现不了的⼀些东西.但是这并不是.因为你在每⼀个⾓落、每⼀个当下、每⼀个⽚刻,你都会发现你所谓的秘密.

Florence: Firstly, the universe doesn't have secrets. It's as if these secrets were hidden away in such a way that they're either hard to find or impossible to discover. But this is not the case because you can uncover what you call 'secrets' at every corner, every moment, and every instant of your existence.

问: 当年你作为这个⼈格的时候,你如何做到对看不见的⼒量如此的信任的? 导致很多⼈来找你,你⽤⼀句话就可以改变别⼈的⼈⽣.你是如何做到的?

Questioner: When you were this person, how did you manage to have such trust in invisible forces that led many people to come to you, and a single sentence from you could change someone's life? How did you achieve this?

Florence: 你并没有⼀个途径或者是⼀个技术去做到,⽽是本⾝就是.当你不是的话,你可能会通过⼀个技术或者是⽅式⽅法去达到这样⼦的⼀个状态.但如果你本⾝就是呢?

Florence: You don't have a way or a technique to achieve it; you are that itself. If you're not, then you might attain such a state through a technique or method. But if you are, then...

问: 那这种强⼤的信任你当年是如何建⽴的呢?

Questioner: How did you build such strong trust back then?

Florence: 你不需要信任.你本⾝就是.

Florence: You don't need trust; you are yourself.

问: 那对于现在物质世界上学习吸引⼒法则的⼈,你有什么是想要带给我们的吗?

Questioner: For those now studying the law of attraction in the material world, what do you have to share with us?

Florence: 你稍等.⾸先你们对于吸引⼒法则或者是显化还要⼀个去满⾜你们的⼩我或者是物质⾁体它的⼀些欲望,就不如说我想要很多的⾦钱.其实你们需要明⽩的是我想要很多⾦钱呢个背后的匮乏.为什么你会需要很多⾦钱来让你感受到安全感? 为什么你会没有安全感?为什么你会觉得你没有钱? 这些才是你们真正需要处理的,⽽不是单独⼀个⼜号: 我想要很多钱,我想要很多钱.因为呢背后你的匮乏才是真正的去创造了你的体验,就好像这只是⼀个陷阱⼀个⿇药,然后你找不到真正的问题所在或者是根源所在.

Florence: Wait a moment. Firstly, you need to address the underlying lack that drives your desire for manifestation or the Law of Attraction - not just wanting lots of money, say. What you really need to understand is the lack behind your desire for wealth. Why do you need so much money to feel secure? Why don't you have a sense of security? Why do you feel like you are broke? These are what truly need to be dealt with, rather than just chanting "I want lots of money" over and over. The underlying lack is the one that creates your experience; it's like a trap or a drug that makes you overlook the true issue or root cause.

问: 那⾯对基本上⼈类内⼼的匮乏感,我们要如何处理呢?

Questioner: How do we deal with the basic sense of inadequacy in human hearts?

Florence: 这是你们成长的⼀个过程.就好像你⼩时候相信某些东西.等你长⼤,慢慢慢慢的你便不再相信某些东西.所以这也是你们⾃⼰意识的转变.然后呢是因为你们地球上的能量影响.因为如果你不来地球的话,你是不会受到这个能量影响的.那既然你来到了这个地球,你就会受到这个能量的影响.

Florence: This is a process of your growth, like the things you believed in when you were young. As you grow up, slowly and gradually, you stop believing in certain things. So this is also a transformation of your own consciousness. And then it's because of the energy influences on Earth. Because if you hadn't come to Earth, you wouldn't have been influenced by this energy. But since you're here on Earth, you are being influenced by its energy.

问: 那请问您当年作为这个⼈格,您的主题就是要来给我们传播这些知识的吗?

Questioner: But were you, in that personality, tasked with conveying these truths to us?

Florence: 我只是去成为我⾃⼰,我只是去分享.

Florence: I just go to be myself, I just go to share.

问: 那请问最后您还有什么信息是想要带给现在的⼈类的?

Questioner: If so, what final message would you like to convey to humanity today?

Florence: 就像前⾯的信息说的,当你去⽐如说你有⼀个愿望或者你想要显化很多⾦钱,你需要看到的是你背后你⾃⼰的匮乏.因为当你这阵匮乏感,呢个才是最核⼼的阻碍了你体验到丰盛.⽽且你们的丰盛,⾦钱它只是体现丰盛的⼀⼩部分.你们真正的丰盛,就好像如果你觉得丰盛只能是在⾦钱上⾯,你就限制了很多很多奇迹或者是好运或者是什么东西来到你的⽣命当中.所以有时候你的执念或者是限制性的想法,呢个才是你需要去清理的.就⽐如说你的⼀种,⽐如说我⼀定要显化多少多少⾦钱,然后这个才是真正的去限制你体验不到丰盛体验不到你本来就是的⼀个.

Florence: As mentioned in the previous information, when you have a desire or want to manifest much money, what you need to see is your own lack behind you. Because it's that sense of lack that actually blocks you from experiencing abundance. And your abundance, the money, is just one small part of expressing abundance. Your true abundance is like if you think that abundance can only be in terms of money, then you limit many miracles or good luck or anything else coming into your life. So sometimes it's your attachments or limiting beliefs that you need to clear. Like saying I must manifest a certain amount of money, this is what truly limits you from experiencing abundance and from being who you inherently are.

问: 我母亲的家族业⼒是什么呢?

Questioner: What are my mother's family's merits?

JO: 你最好是让你的母亲来问,⽽且关注你⾃⼰想要的、前⾯的和显化的,然后你就⾃然⽽然的脱离了所有的业⼒.这么说吧,你如果还在反复的研究业⼒的话,你就还在这个泥坑⾥⾯.那如果你去朝着你的⽬标或者你想要去创造你的⽣命的话,那其实你就已经从泥潭⾥⾯出来了.那如果你从泥潭⾥⾯出来了,你还需要去研究你为什么会陷⼊呢个泥潭⾥⾯吗? 明⽩吗? 所以说去创造你的⽣命,因为你眼前的才是最重要的.然后关于所谓的业⼒还有影响,只有在你没有知觉,就是你是在⽆意识的你,才会受到影响.那当你是有意识的去创造⼀切,你就已经远离它们了,你就已经不受任何影响了.

JO: You should ask your mother about this and focus on what you desire in front of you and what is manifested. As a result, you naturally detach from all karma. To put it another way, if you are still researching karma, you are still stuck in the mud pit. However, if you direct your efforts towards your goals or aspire to create your life, you have already stepped out of that muck hole. If you have escaped from the mire, do you still need to study why you were trapped there? Understand this? So, create your life because what is right in front of you matters most. In terms of karma and its impact, only when you are unaware or acting subconsciously will you be affected. When you consciously create everything, you have already distanced yourself from them, thus being unaffected by any influences.

问: 我们如何可以去更好的去关注我们想要显化的? 因为⼤部分⼈可能百分之九九的时间在泥潭⾥,然后百分之⼀的时间清醒⼀下,然后又被拉回去.

Questioner: How can we focus better on what we want to manifest since most of us might be in the mud 99% of the time and only wake up for 1% before being pulled back down?

JO: 那你⾃⼰才知道你要如何去关注你⾃⼰想要显化的呀.

JO: Then you alone know how to focus on what you wish to manifest.

问: 就⽐如说很多⼈他想要显化桔⼦,但是他想的却是我好害怕葡萄.

Questioner: For example, many people want to manifest an orange, but they're thinking, "I'm so afraid of grapes."

JO: 你想你的⼈⽣你才是主⾓,然后你⾃⼰到底为什么没有关注你想要的,为什么会陷⼊⼀些你不想要的,你⾃⼰才清楚.就刚才说⽐如说你内在有⼀个匮乏,你内在觉得你没有钱.然后这些是你⾃⼰的⼀个想法和你⾃⼰的⼀个believe system,你⾃⼰的⼀个相信,它在把你领向哪⾥.然后你说的只是⾮常⾮常个⼈的因素.为什么? 就不如说有⼀个⼈失恋了,那他陷在他失恋的痛苦当中.那他当然不能关注他想要⼀个什么恋⼈,明⽩吗? 就好像说你眼前有很多玩具,你选择你要进⼊哪个玩具.你来问别⼈为什么我没有去关注我想要的⽂具? 为什么我关注的是⼀个我不想要的玩具? 你问你⾃⼰呀.

JO: You think you are the protagonist of your life, but why do you fail to focus on what you desire and end up in situations that you don't want, only you would know the reason. Just like what we discussed earlier; for instance, if there is a feeling of lack within you, if you believe deep down you have no money, these are personal thoughts and beliefs that drive you. You ask about very personal factors, why? It's similar to someone who just went through a breakup and got stuck in the pain of it. Of course, he can't focus on what kind of partner he wants. Think of yourself standing in front of many toys; which toy do you choose to play with? When you wonder why you didn't pay attention to what you needed for school instead focused on an unwanted toy, you should ask yourself this question.

为什么要去拿呢个你不想要的⽽不是呢个你想要的呢? 因为所有东西都在你眼前.你要拿这个不拿呢个,那你告诉我为什么? 每⼀个原因都不⼀样.有的⼈说我就想体验恐怖的,我就想体验刺激的,我就想体验痛苦的.那凡是你想体验的,你都是受到⽀持.那既然别⼈在体验他想要体验的,明⽩吗?但是任何时候这个体验完了不想体验了,你都可以再转化到另外⼀个.你们都是有⾃由选择的.⽽且并不是说所有⼈他来到这个世界上都像体验跟你想体验的⼀样的体验.你可能想体验丰盛,那有的⼈他就是想要体验匮乏.为什么呢?因为当他体验匮乏的时候,⼀个东西对他带来的满⾜特别的⼤.就⽐如说街上的流浪汉,他吃⼀顿炸鸡就好像过年⼀样.

Why would you reach for the thing that you don't want instead of the one you do want? Because everything is right in front of you. If you're choosing not to take this and telling me why, then explain it because every reason is different. Some people say they just want to experience fear, excitement, or pain. Whatever you wish to experience is supported. When others are experiencing what they desire, do you understand? But at any point if the experience ends and you no longer wish for more, you can switch to something else. You all have a free will choice. And it's not that everyone who comes into this world seeks out experiences identical to your desires. Perhaps you want abundance, but others seek scarcity. Why is that? Because when they experience scarcity, the satisfaction derived from even a small thing is exceptionally high. For example, a homeless person eating fried chicken feels as if they've celebrated at New Year's Eve.

那你天天吃炸鸡的,吃炸鸡就没味道了,明⽩吗?但是他就像体验⽆论是什么东西,他就想体验好像是节⽇呢样的感觉.所以说不是说每⼀个⼈都要像你们希望的呢样丰盛、富⾜、愉悦或者是什么.那有的⼈就喜欢体验恐怖.那你看恐怖电影为什么这么卖座?呢么多⼈去看.那为什么呢些悲伤的电影呢么多⼈看? 呢是他们想要体验的.

If you eat fried chicken every day, it loses its taste, right? But he just wants to experience whatever it is, trying to get that festive feeling. So not everyone wants the abundance, richness, joy, or whatever you hope for. Some people enjoy experiencing fear. Why are horror movies so popular? So many people watch them. Why do so many people watch sad movies? It's because they want to experience those emotions.

问: 我昨天晚上有⼀股能量来找我,我的⾁体感到了恐惧.请问有什么信息吗?

Questioner: Last night I experienced a force of energy seeking me out, and my physical body felt fear. Could you provide any information?

JO: 你们在物质世界的话,你们的⾁体本⾝就有很多恐惧.但是有的恐惧只是你的⾁体对你们的⼀个提醒.就好像告诉我我是安全的或者就是说我保护我⾃⼰,就是进⼊到⼀种好像我要提醒吊胆看看观察周围有没有事情,这样的⼀个状态.但是就像前⾯的呢个信息⼀样,这个能量它会过去的,你不需要让你的⾁体没有半点的恐惧.因为为什么呢? 它这个也是来服务于你的.你既然穿了这个⾐服,呢个⾐服的功能需要是健全的.但是你要知道它会来它也会⾛,它并不会对你造成很⼤的影响.除⾮你持续的在进⼊⼀种恐惧,那背后就是你的⼀个信念,believe system,你需要work with.

In the material world, your physical body itself carries a lot of fear. However, some fears are just reminders from your body to you, like telling you that you're safe or that you need to protect yourself by being alert and observing your surroundings. But as mentioned in the previous information, this energy will pass, and you don't need to let your body be completely fear-free. Why? Because it's also serving your purpose. You wear this "clothing," and its function needs to be intact. However, you should understand that it can come and go without significantly impacting you, unless you continuously enter a state of fear where there is a belief or system (believe system) behind it that requires working on.

问: 那为什么头脑有时候会控住不住的想⼀些⾃⼰不想去经历的事情,呢个画⾯有时候会控制不住的跳出来.是因为背后有⼀个你刚才说的信念系统吗?

Questioner: Why does the mind sometimes involuntarily imagine experiences it doesn't want to go through, and scenes that just pop out uncontrollably? Is there a belief system behind this, as you mentioned earlier?

JO: 这么说吧,你的头脑就像⼀条狗.那狗它后受训的狗和野狗的区别,对吧? 它有专业的狗和野狗的区别.所以你需要去训练你的头脑.(中断)

JO: Let me put it this way, your mind is like a dog. There's a difference between a trained dog and an untrained wild dog, right? It has the distinction between a professional dog and a wild one. So you need to train your mind. (Interrupted)

2023/03/23 — 勇⽓之决断⼒

2023/03/23 - The Decision of Courage

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问: 我昨天做梦梦见JOJO给我打电话,请问这个代表着什么?

Questioner: Yesterday I dreamed that JOJO called me, what does this dream symbolize?

JO: 代表着在你⾃⼰的⾼我层⾯想要引导你去探索信息.这么说吧,你其实⼀直在被暗⽰被引导或者被提醒,就是把这些东西brought up,就是把这些东西带出来带到⽔⾯上让你看到.所以你的⼈⽣每⼀步它其实都会有这样⼦的⼀个过程,明⽩吗? 这是你的指导灵去引导你的⼀种⽅式,就是你的更⾼存有.

In Chinese terms, JO: Represents the part of you at a higher level, guiding you to explore information. To put it this way, you have actually been subtly guided or reminded throughout your life to bring these things up and into the light for you to see. So every step in your life has this kind of process involved, understand? This is one of the ways that your guides are leading you, specifically using your higher self as a guide.

问: 我有时候会通过⾃我对话跟我的⾼我交流,请问有没有什么其它更好的⽅式跟它们交流?

Questioner: Sometimes I communicate with my higher self through self-dialogue, is there a better way to connect with them?

JO: 更好的⽅式? 应该说是你⾃⼰更喜欢的⽅式.什么⽅式它可以让你处于⼀种就是你觉得你没有费⼒,你没有思考,你没有卡住.就是不费⼒,不费⼒的就是最适合你的.

JO: A better way? It should be the one you prefer, a way that allows you to feel effortless, without thinking, without getting stuck. An effortless approach is most suited for you.

问: 那在卡住的时候要怎么办呢?

Questioner: What should I do if it gets stuck?

JO: 那你就可以暂停,那你就可以不同去做这件事情.因为呢会⼉你就是在使⽤你的头脑.你需要放下的就是你的头脑.

JO: So you can pause and do something else because you are using your mind. You need to let go of your mind.

问: 就是如果陷⼊卡住的状态就是…JO: 就不再去尝试.然后等你,或许你突然有⼀个时刻,就⽐如你早上还没有睡醒的时候就突然有⼀个声⾳,明⽩吗? 所以你就要去留意⽣活中它让你,就好像有⼀股信息要进来.

Questioner: If you get stuck and... JO: You just stop trying. Then perhaps there's a moment when suddenly there's a voice, maybe while you're still half asleep in the morning, and you understand something like that. So then you have to pay attention to how life presents itself to you with information that wants to come in.

问: 我的⼈⽣使命是什么? JO: 你叫什么名字?

Questioner: What is my life mission?

JO: You asked about your name, right?

问: XXXJO: 这⼀世你选择要获得或者是要拿到的特质就是勇⽓.因为你会发现你在⽣活中你会经历很多就好像有些事情不能让你斩钉截铁,就是不能让你没有后顾之忧或者不犹豫,就是你需要去获得你的勇⽓.所以你就会遇到⼀些让你充满,你想象⼀下让你需要勇⽓才能做成或是达成的⼀个状态,就是做事情不再缩⼿缩脚,不再胆⼩或者迟疑或者是再⽽三的去思考、迟疑.

Questioner: In this lifetime, the trait you choose to acquire or receive is courage. You will find that in your life, there are many instances where things cannot be resolved decisively, leaving you with no worries and not hesitating; it means you need to acquire courage. Therefore, you will encounter situations that require you to muster the courage needed to make decisions or achieve something. It's about no longer being hesitant when doing things, not being timid, nor doubting yourself excessively or delaying your decision-making process.

问: 那我是需要去找到这些负⾯信念⽽是说我直接⿎起勇⽓去做?

Questioner: Should I seek out these negative beliefs, or should I simply muster up the courage to act?

JO: 你这是⼀个逐渐成为的⼀个过程.就好像你⼈⽣中你到现在可能有很多次你在做出决定或者⾏动的时候,你会缺乏呢股勇⽓去⾏动.然后导致你有⼀种你并没有飞起来的感觉.就是你本⾝是有翅膀的,你可以飞的.但是由于你的犹豫不决,你可能还没有飞起来.所以在你内在你会深深的感受到呢股⼒量它并没有表现出来.它会成为你的⼀种困扰,就好像有⼀股⼒量把你拉住让你 不能往前冲.你就会有⼀种不是充满激情或者是释放的呢种感觉,就是去奔向你⾃⼰想要成为的或者是想要体验的.就是有⼀种⼒量把你hold back,就是把你拉住了.

JO: This is a process of gradually becoming. It's like in your life, you might have had many times when making decisions or taking actions, where you lack the courage to act. As a result, you feel as if you haven't flown. You are capable of flying because you have wings, but due to your indecision, you might not have flown yet. So deep within you, you deeply sense that this power has not been manifested. It becomes a burden for you, like an unseen force is holding you back and preventing you from advancing. You would feel not passionate or liberated as you go towards who you want to become or what you want to experience. There's a force pulling you back, restraining you.

问: 那如何可以更有⼒量…JO:你现在知道就好了.因为你现在如果是知道你来就是为了拿到勇⽓的话,当你在缺乏这股⼒量,⽐如说你想要成为什么想要做什么,但是你并没有做出决定.你就知道OK,那这就是我现在拿到我勇⽓的时候了.那你是不是就不需要再说:哎呀,如何如何.因为如果你不去⾏动的话,你可能会觉得你不去⾏动的理由它是真实的,它是不可更改的,它是事实.就是你会觉得:哎呀,我没有去⾏动的理由是因为巴拉巴拉.这个巴拉巴拉的理由对你来说是真实的.但是实际上这个巴拉巴拉只是你去突破的呢⼀层障碍⽽已,它是个虚幻的,明⽩吗?

Questioner: How can one become more powerful... JO: You already know that's how. Because if you knew the reason for coming was to gain courage right now, when you lack this power, say you want something or plan to do something but have not made a decision yet, then you would understand that this is your moment to acquire courage. So there's no need to ask, "How can I?" If you don't take action, the reasons for not doing so might seem real and unchangeable facts. You'd feel like, oh, my lack of action stems from various justifications like "because...". Those justifications might seem true to you. However, these justifications are merely obstacles preventing you from advancing; they're illusory realities that don't define your situation fundamentally.

问: 那如果我选择我没有勇⽓去做,那这个负⾯…JO: 你没有办法.为什么呢? 因为当你没有突破这⼀点,它就会反复的出现在你的⽣命当中.有这种情况,就是你会⼀⽽再再⽽三的去⾯对它.这么说吧,你还有⼀对翅膀,你的翅膀是要飞的.如果你不飞的话,你怎么样都不能完完全全的成为你⾃⼰.所以你怎么样都会⾯临你要去飞.这就是迟早的问题,明⽩吗?

Questioner: But what if I choose not to do something that I'm afraid of? That negative... JO: There's nothing you can do. Why is that? Because when you don't overcome this point, it will keep coming up in your life. There are situations where you face the same issue over and over again. Let me explain, you still have two wings. Your wings need to fly. If you don't fly, no matter what you do, you won't be able to fully become yourself. So, at some point, you will have to confront your flight. This is just a matter of time, understand?

问: 那这个早晚的过程是⾃⼰去决定还是….

Questioner: But does this process of morning and evening rituals happen on their own or...

JO:早晚的过程就像刚刚说的你要不要去看破它只是⼀个虚幻.因为如果你把它当成是真实的,就是⽐如说你没有出去飞的理由是你觉得你出去飞的话翅膀会断.如果你觉得这个理由是真实的话,那它肯定就会阻碍你.那你知道其实它并不是.它只是来供你去突破,所以它才看上去是如此的强⼤.那你知道其实它只是,这么说吧,它就好像是⼀个纸⽼虎⼀样.它看上去呢么可怕,实际上它只是纸做的.那当你看到它是纸做的,你知道它只是纸做的过后,你是不是就不需要害怕?你就已经突破它了呀,明⽩吗?所以当你知道这是你⾃⼰设置下的⼀个功课来让你突破的,那你就知道呢个功课不是来为难你的.它也没有任何⼒量,明⽩吗?

JO: The process in the morning and evening is just as you said - whether or not to see through it as an illusion. Because if you take it as real, for example, that you have no reason to fly because you think your wings will break if you try, then this reason being true certainly prevents you from doing so. But you know that it's not actually like that; it's there to push you over the edge, which is why it seems so powerful. You understand that it's just like a paper tiger - it appears frightening, but in reality, it's just made of paper. When you realize it's just paper, don't you see that there's no need to be afraid? You've already overcome it by understanding this, right? So when you know this is an assignment set for you to overcome something within yourself, you understand that the assignment isn't meant to make things difficult for you or exert any power; you get it, right?

最开始你是个⼩朋友,你看到呢个纸⽼虎你特别害怕.为什么? 你会觉得它栩栩如⽣,它好像可以吃掉你,它的⾎盆⼤⼜,对吧? 那当你识破它实际上是⽤纸做的.那你的⼩我是不是就不会恐慌 了对不对? 那你再⾯对第⼆个的时候,你再把它突破,又是个纸做的.你是不是越来越⾃在了? 那你在反复的做这个过后,你是不是就不会再有任何的迟疑了? 因为你知道它其实只是个纸做的⽽已,明⽩吗?

At the beginning, you were a little kid, and you saw that paper tiger, you were particularly afraid. Why? You felt it was so lifelike, like it could eat you, with its huge mouth full of blood, right? When you realize it's actually made of paper, does your inner self not panic anymore, don't you think? Then when faced with the second one, breaking through it again that's also a paper one, aren't you becoming more at ease? After repeating this several times, wouldn't you no longer have any hesitation? Because you know it's just made of paper, understand?

问: 那是不是就像我骑⾃⾏车把辅助轮拿掉,我还是会摔倒?

Questioner: Does that mean if I remove the training wheels on my bike, I'll still fall over?

JO: 但是你摔倒,你要知道你摔倒是迟早的事情,你必须要摔⼏次.但是摔倒只是呢个过程,你摔⼏次后⾯就不会摔了呀.

But you will fall, and you need to know that falling is inevitable, and you have to fall several times. But falling is just part of the process; after you fall a few times, you won't fall anymore.

问: 现在可能就是还想先去学会骑⾃⾏车,然后再把轮⼦放下来,这样的状态.

Questioner: Perhaps it's like learning to ride a bicycle first and then getting off the seat, being in that state.

JO:你学,你永远都会有⼀个摔的过程.但是它这个过程它不是⼀直的,不是永久持续的.它只是最开始的适应阶段⽽已.每个⼈都需要经历这个阶段,明⽩吗.⽽且你永远不会受伤.

JO: You will always have a learning process, but this process is not constant or permanent. It's merely the initial adaptation phase. Everyone goes through this stage, understand? And you will never get hurt.

问: 可能⼩我害怕的就是摔跤.

Questioner: Perhaps the small one fears being thrown around.

JO: 对.但是你摔⼀次你发现没啥,⼀会⼉就不疼了,就疼⼀下.所以它逐渐就不会去害怕摔跤.它也不会⼀直去原地不动了.你没有办法不动的.为什么呢? 因为你内在的呢股⼒量会⼀直… ⽣命的⼒量.

JO: Yes. But you fall once and realize there's nothing to worry about; it doesn't hurt for long, just momentarily. So it gradually stops fearing falls. It also doesn't stay motionless any longer. You can't be completely still. Why? Because your inner strength keeps… Life's energy.

问: 之前我什么都不想做,对什么都提不起兴趣.是不是因为知道..

Questioner: I used to have no desire to do anything and lose interest in everything. Could it be because I knew...

JO: 这么说吧,你本⾝是⼀只鸟,你要在天上飞.那如果你没有尝试飞,你没有飞起来的话,其它对你来说是没有欲望没有吸引⼒的.为什么? 因为你本⾝就是在天上飞的呀.也就是说在鸟窝⾥呆在对你来说是没有什么欲望的,你不想动.你只有在天上飞起来的时候,你才能感受到你的翅膀,感受到天空和你合⼀的状态.然后呢个才会让你不断地想要去煽动你的翅膀.

JO: Let me put it this way, you are a bird yourself, you want to fly in the sky. If you don't try to fly and don't manage to lift off, then for you, there is no desire or attraction elsewhere. Why? Because you are essentially flying up there already. That means being stuck in the nest is nothing but boring for you, you just want to stay put. You only start experiencing your wings, feeling one with the sky, when you actually fly up into the air. And that's what drives you to keep flapping them constantly.

问: 那我现在不知道⾃⼰热爱的是什么的时候,我现在需要做的是从这⾥⾛出去吗?

Questioner: But when I don't know what I truly love at this moment, should I step out of here now?

JO: 你就做你现在想做的.⽐如说你听到这个声⾳,然后你想要听从这个声⾳然后来寻找这个信息,你做了.这就是你在做的.你只要持续的这样做就好了.为什么呢? 因为你永远都会有⼀股⼒量在牵引着你,你没有办法不前进.

JO: Just do what you want to do right now. For example, when you hear this sound and then you want to follow it and seek for information, you do it. That's what you are doing. You just need to keep doing that. Why? Because there will always be a force pulling you forward, and you have no choice but to move on.

问: 我感觉我现在做的⼯作不是⾃⼰真正热爱的.但是之前的信息说做什么并不重要.那么我到底是应该辞去这个⼯作去做⾃⼰热爱的事情,还是说继续做这个⼯作继续体验?

Questioner: I feel that the work I'm currently doing is not truly what I'm passionate about. However, previous information suggests that it doesn't matter what you do. So, should I quit this job to pursue something I love, or continue with this job to gain experience?

JO: 因为你纠结的是选择.但是真正的是当你… 你其实就是你的energy,你不是你的body,不是你的⾁体,你是⼀个能量,你是⼀个能量状态.那你的能量不断地在振动是吧? 那它振动它就会映射出来你这个频率带出来的东西.那你之所以可能不enjoy你的⼯作是因为你觉得做什么都很吃⼒,做什么都没有成就感价值感,或者是它就是⼀个吃⼒的状态.那如果你的振动频率变了的话,做什么都是得⼼应⼿,然后你的价值感⾮常⼤.为什么呢? 你的⼀个idea就帮助客户挽救了多少个million或者是挽救了多少⽣命,或者是你把⼀个公司从死变成活的,你把⼀个⼈从死的变成活的.你明⽩呢层意思吗?

JO: Because what you're struggling with is the choice. But truly, it's when... You are your energy, not your body, not your physical being; you are an energy, an energetic state. Your energy is vibrating constantly, right? And as it vibrates, it reflects your frequency and what comes out of that frequency. The reason you might not enjoy your work could be because you feel drained by everything, lack a sense of accomplishment or value, or it's just a strenuous state. If your vibration changes, everything becomes effortless for you, and your sense of value is enormous. Why? One idea could help save millions for clients or lives, or transform a company from dead to alive, a person from death to life. Do you understand this meaning?

问: 但是我觉得这个⼯作毫⽆意义.但是我看到之前的信息说我们不管在哪⾥都可以学到东西.那我是不是要在这种很痛苦的状态下去领悟呢?

Questioner: But I feel that this job has no meaning. But I saw previous information saying we can learn something wherever we are. Does that mean I have to endure in a painful state of understanding?

JO:⾸先,因为你现在的问题就是你把意义和价值,你把它全部赋予给⼯作或者赋予给对⽅.你没有办法.但是你才是呢个赋予它意义的⼈,明⽩吗? 就⽐如说这个⼯作它本⾝是没有颜⾊的,它就像⼀张图画纸,它本⾝是没有颜⾊的.你才是给它涂上颜⾊的⼈.就⽐如说它是⼀朵纸做的花,你才是把呢个花变活的⼈,明⽩吗? 如果你没有起死回⽣的能⼒,如果你不能把⼀朵死的花变成⼀朵活的花,你就算换了⼯作你也没有转变它的能⼒,明⽩吗? 如果你不能赋予你⽬前所做的⼀切以意义,⽽是等着外在的意义来赋予以你.⽐如说我去当个

JO: First, the problem you're facing now is that you've assigned meaning and value to your work or to others. You can't do this anymore because you are the one who should be giving it meaning. Imagine a job as being like a blank canvas; it has no inherent color. You are the one painting the colors onto it. It's like turning a piece of paper into a flower; you're bringing life to that flower. If you can't bring life back from death, if you can't transform a dead flower into a living one, then even if you change jobs, you won't be able to change its essence, understand? If you cannot imbue the entirety of what you do with meaning and instead wait for external meaning to be bestowed upon you, like going to work as...

⼼理医⽣.为什么呢? 因为⼼理医⽣有意义.但是你觉得所有⼼理医⽣都能去正⾯的影响别⼈,明⽩吗? 所以你觉得医⽣给⼈看病救死扶伤的,这个⼯作有意义.那你看到多少庸医在给病⼈加深他们的负⾯信念,然后给他们吃不必要的药,做不必要的⼿术,明⽩吗? 所以问题不在于⼯作给与你意义,⽽是在于你给外在的所有⼀切,你把它复活,你给它赋予意义.不是外在的.但是你永远都会有选择的权⼒去尝试任何你想要尝试的.你不需要外在的声⾳来告诉你我要不要放弃这个没有意义的? 或者是选择这个有意义的? 没有任何.因为你⾃⼰内在才有指引你的呢个声⾳.所以你不需要去今天来问JO,JO说没意义我就不做,JO说有意义我就做.

Psychologist. Why not? Because psychologists have meaning. But you think that all psychologists can positively influence others, right? So you feel that the work of doctors who treat patients and save lives is meaningful. Then why do you see so many quacks deepening negative beliefs in patients, prescribing unnecessary medication, performing unnecessary surgeries, right? Therefore, the issue isn't just about the job giving you meaning; it's about you bringing life to everything external, giving it meaning. Not externally. But you always have the power to choose and try anything you want. You don't need an external voice telling you whether to give up on something meaningless or choose something meaningful. No, because there is a guiding voice within yourself. So you don't need to ask JO today if they say no means don't do it, and if they say yes means do it.

但是只是让你看到外在的⼀切它其实都是死的,只有你才能让它变活.事情通过你,它才能变得更加有意义和价值.没有你,there is nothing,什么都没有.

But it's all just seeing the externals that they're dead, only you can make them come alive. Things can only become more meaningful and valuable through your presence. Without you, there is nothing, nothing at all.

问: 那我是不是把这些恐惧想清楚后再去做,⽐如说辞职后害怕没收⼊? 还是说想到就去做?就是我还是在路⼜这样的⼀个状态.

Questioner: Should I clarify these fears before taking action, for example, fearing the loss of income after resigning? Or should I just act when I think about it? In other words, am I still at a crossroads in terms of my decision-making process?

JO: 如果你只是单纯的去做选择,你还是会遇到你担⼼的事情.就⽐如说你担⼼我会不会选错啊? 会不会做不下去啊? 会不会⽣存不了啊? 你担⼼的这些它都会发⽣,明⽩吗? 因为当你是在另外⼀个频率,它⾥⾯没有担⼼,没有匮乏.它只是去成为,它只是去⾏动.这是两种完全不⼀样的能量状态.

JO: If you simply make choices, you will still encounter the things that worry you. For instance, worries about whether I might choose incorrectly or if things won't go as planned or if survival itself is an issue? These concerns will manifest because when you're operating on a different frequency, there's no anxiety and lack of resources; it's simply being and acting. These are two entirely different energy states.

问: 所以重要的不是在做什么…JO: 重要的不是你选择哪条路.为什么? 你选择左还是选择右,你害怕你就是害怕.你害怕你担⼼的事情,也会像你担⼼的呢样去发⽣.如果你是⼀种就是全然存在的状态,⽆论你⾛左边还是右边还是不⾛,都是这样⼦的⼀个内在没有恐惧的转态.所以你内在的状态才是重要的.因为⽆论你往左往右你都会⾛好.为什么呢? 因为你不会去显化恐惧的事件来给你体验,因为你内在没有恐惧,明⽩吗? 你要知道外在的⼀切它只是投射出你内在的⼀个状态⽽已.你到底处于⼀个什么振动频率,你到底是个什么状态? 你到底是⽆畏还是害怕的状态.你到底是⼀个丰盛还是匮乏的状态.

Questioner: So it's not about what you're doing… JO: What matters is that you choose the path, why? Whether you choose left or right, your fear makes you afraid. The things you are worried about will happen just like how you worry. If you were in a state of complete existence, whether you go left, right, or neither, it would be this state of inner lack of fear. Therefore, what's important is your internal state. Because whatever direction you take, you will still do well. Why? Because you won't manifest fearful events to experience because there is no fear within you, understand? You need to know that everything in the outer world only projects out an internal state. What vibration frequency are you at? What's your current state? Are you fearless or filled with fear? Are you in a state of abundance or scarcity?

外在的⼀切它只是来告诉你,OK,你⽆论想什么,你⽆论怎么去认为都是你认为的.所以当你觉得你的⼯作没有意义,你的⼯作已经没有意义了,明⽩吗?不是⼯作它真的没有意义.就好像说外⾯都是死的,你把它变活.如果你没有能⼒把它变活的话,你就算… 你觉得会有⼀个活的拿到你的⾯前来? 这⾥没有活的,所有的都是死的.

Everything from the outside is just meant to tell you that whatever you think, however you believe it, is your belief. So when you feel that your work has no meaning, your work already has no meaning, do you understand? It's not that the job itself really doesn't have any meaning; it's like saying everything out there is dead, and you need to bring life to it. If you lack the ability to make it come alive, even if... would you expect a living thing to be presented before you? There are no lives here; everything is dead.

问: 那提升内在的能⼒就是不断地去追寻内在的想法或者是JO的⼀些指⽰?

Questioner: Does enhancing inner capabilities involve constantly pursuing inner thoughts or Jo's instructions?

JO: 你本⾝就是拥有⽆限的能⼒.是什么限制了你没有办法… 就是你的翅膀本⾝就是⽤来飞的,它本⾝拥有所有飞翔的技能.不是说你的翅膀是没⽤的,你要去学会飞,你要飞翅膀赋予它飞的能⼒.翅膀它本⾝就是能飞的.所以你本⾝就是⽆限的存在,你本⾝就是拥有⼀切可能性.是什么导致你觉得你需要去做好的选择才会有好的结果,明⽩吗?

JO: You inherently possess unlimited power. What holds you back from not being able to... is that your wings are meant to fly; they inherently have all the skills for flying. It's not that your wings are useless; you need to learn how to fly and make them fly with the ability given by their design. Wings themselves can fly. So, you inherently exist without limits, possessing every possibility. What makes you feel like you need to make good choices in order to achieve good results? Do you understand this?

问: ⽐如巴夏的信息说我们需要追寻⾃⼰的兴奋不断地去做才能提升?

Questioner: Say Bahá'u'lláh's message says we need to keep pursuing our excitement constantly in order to progress?

JO: 就好像刚刚说你永远都会有⼀个声⾳在指引你,有⼀股⼒量在拉扯你,就是拉着你就是要飞.因为呢是你本⾝就长着翅膀,你就是要飞.那只有你真正要飞的时候,你才能感受到你⾃⼰真正的能量,你才能真正从活过来, 才能真正的按照你⾃⼰的运作模式去运作.

Jo: It's as if there was just this voice that would always guide you, a force pulling at you, pulling you to fly because you were born with wings and destined to fly. Only when you truly want to fly can you feel your true power, only then will you come back to life fully and operate according to your own mode of operation.

问: 那怎么样算是真正的飞起来呢?

Questioner: How exactly does one achieve true flight?

JO: 那你会感受到⼀切都是,you enjoy life,你会很享受⽣命.⼀切都是充满了激情,⼀切都是充满了⼒量和能量.你永远都是在⼀种兴奋或者是充满活⼒.

In this state, you would feel everything in life, and you would greatly enjoy it. Life is filled with passion everywhere, brimming with strength and energy. You are always in a state of excitement or vitality.

问: 那我怎么样到达呢样的转态呢?

Questioner: And how do I attain such a state?

JO: 你现在就在尝试了呀.你现在就在尝试,我有个翅膀,我可以扑腾两下感受⼀下它.你现在就已经在尝试.你没有办法不尝试,你没有办法不去飞.这是存在的本⾝.你不需要⼀个好像说明书⼀样,我要这样飞,我要呢样飞,明⽩吗?

JO: You're already doing it right now. You're already trying it out, I have a pair of wings and I can flap them to feel it. You're already attempting it. There's no way around it; you cannot help but fly. This is the essence itself. You don't need something like an instruction manual saying how to fly or how not to fly, do you understand?

问: 我知道我肯定会辞职.但是我会害怕⾃⼰会呆在家⾥没事做.如何解除这样的恐惧?

Questioner: I know that I will definitely quit my job, but I'm afraid that I might stay at home with nothing to do. How can I overcome this fear?

JO: 这是不是就需要勇⽓? 因为你缺乏勇⽓,所以你就会觉得这是⼀件不敢去决定的事情.就好像它只是去投射出来你缺乏勇⽓,你需要勇⽓,明⽩吗? 它只是投射出来⽽已.通过这个事件投射出你的恐惧.这么说吧,等你结婚了,你处在⼀个你根本就不喜欢的婚姻⾥⾯.但是你根本就不敢离婚.因为你害怕你离婚会怎么样怎么样.你会⽼⽆所依或者是你的孩⼦没⼈抚养或者是怎么样.你便不会去做这个决定.但是其实你们的婚姻早已经离了,你们已经没有关系存在了.

JO: Is this not requiring courage? Because of your lack of courage, you perceive it as something too risky to decide upon. It's merely projecting that you are lacking in courage; you need courage, understand? Just an projection. This event is projecting your fear. To put it another way, imagine being married but deeply unhappy in a relationship you never wanted. But you dare not divorce because of the fear about what might happen - you'll end up old and alone or your children won't be taken care of or something similar. You would refrain from making that decision, yet your marriage has effectively ended already; there's no longer any relationship to speak of.

问: 但是这种恐惧背后的原因是什么? 为什么会选择这样的课题?

Questioner: But what are the reasons behind this fear? Why was such a topic chosen?

JO: 这么说吧,⼀个灵魂它要不断地不断地发展,就好像你们要在各个学科,数学语⽂体育等等各种⽅⾯,它都要得到⼀个平衡的发展.但是你要知道你不只是这⼀个⼈⽣,你还在⽤其他的⾁体在其他的世界⾥⾯去拿到其他的品质,明⽩吗? 所以说你的这个,你可能就会体验到很多像刚才说你可能难以去下定决定朝着你想要的⽅向去⾛,但是你又必须要朝着呢个⽅向去⾛.这就存在着你遇到的⼀些困扰,就你的⼼⾥产⽣的这些…问: 那我的特长是什么?

JO: Let me put it this way, a spirit has to continuously develop just as you need to balance your development across various disciplines such as mathematics, language arts, sports, and so on. However, you should understand that you are not confined to just one life; you also utilize other bodies in other worlds to attain different qualities. Therefore, the challenges you face might involve finding it difficult to commit to a path towards what you desire but still needing to follow that direction. This is where the dilemmas arise within you - from your mind's creation... Questioner: What are my strengths?

JO: 这么说吧,我说你是⼀只⼩鸟,飞翔就是你的特长.为什么呢? 因为你有翅膀,你会飞的特别⾼特别好.然后在你还没有飞之前,你问我为什么你还没有跨出呢⼀步.因为你觉得你有恐⾼症,因为你觉得我的翅膀要是飞不起来那我不是要掉下去,你有恐惧.那你是不是就不能发现你的天赋和特长,明⽩吗? 所以当你还没有去拿到勇⽓的时候,你也没有办法去呈现出你与⽣俱来的gift,明⽩吗? 你稍等,我看⼀下你的天赋才华.当你充满勇⽓的时候,你会跟现在完全是不⼀样的⼈,你会是完全新的你.然后呢个新的你他不会对任何…. 你有很独特的眼光,你可以看到事情发展的事态.但是现在的你不太相信你看到的东西.

JO: Let me put it this way: I say you're a bird, and flying is your specialty. Why is that? Because you have wings, you can fly exceptionally high and well. Then before you've even flown, you ask me why you haven't taken that step yet. You think you might be afraid of heights, fearing that if my wings don't take off, I'll fall down; you're afraid. So, how can you realize your innate talents and strengths then? Understand? Therefore, until you acquire the courage to try, you won't be able to showcase your inherent gift. Understand? Wait a moment while I assess your talent and abilities. When you are filled with courage, you'll be an entirely different person from now; you will become your brand new self. And that new you wouldn't doubt anything... You have a unique perspective, capable of seeing how things unfold. But the current you lacks confidence in what you see.

所以你就会没有把你看到的呢样⼦的画⾯给呈现出来.当你在拥有勇⽓,就是不再犹豫的时候.你会把你所有你看到的,把所有你想显化在这个物质世界… 所以你的天赋才华它是⼀系列的.他拥有⼀个超前的眼光,他拥有⾏动⼒,他也拥有处理事情的⼀个⽅式⽅法还有⼿段.所以你是⼀个拥有很强的⼯作能⼒的⼈,你也是拥有独特的眼光的⼈.

So you would not be able to show the picture that you see. When you have courage and no longer hesitate, you would show everything you see and all you want to manifest in this physical world. Therefore, your gift is a series of things; it has foresight, action, and a way or means to handle matters. So you are someone with strong work ability and also possess a unique perspective.

问: 那我是在不断地突破然后变得更强⼤,还是说我这⼀⽣都是在…JO: NO NO NO NO,刚才说当你突破了这个过后,你就是个全新的你了.那你就是创造了.就是你头脑⾥⾯想显化的,都会把它创造出来,刚才不是说了.不是说你拿到了勇⽓你还要再更多勇⽓更多勇⽓.不是的.等你拿到了勇⽓过后,你就是个全新的你了.

Questioner: Does that mean I'm continuously breaking barriers and becoming stronger, or am I throughout my life... NO: NOT NOT NOT NOT, as just mentioned, when you transcend this barrier, you are a completely new person. You've created yourself; whatever you visualize in your mind gets manifested. That wasn't what was discussed earlier. It's not that after gaining courage, you still need more and more courage. No, rather, once you gain the courage, you become an entirely new individual.

问: 那就是我达成了⾼我的设定后,我还可以继续做⾃⼰想做的这样的⼀个状态吗?

Questioner: Even after achieving my high self-setting, can I continue to do what I want to do?

JO: 这么说吧,就好像刚刚说你明明有翅膀你还没有飞出去,你还没有学会飞.那等你会飞了过后,你是不是想要飞到任何你想要飞去的地⽅? 为什么呢? 因为你有这对翅膀它带着你去任何你想要去的地⽅,去体验任何你想要去体验的,对不对? 那你接下来是不是就是体验? 就是朝着你想要的⽅向,因为它没有任何再hold you back,就是再把你给拉住,把你给绊住,就是绊住你的脚.

JO: Imagine it like this - as if you have wings but haven't flown yet, or haven't learned how to fly. Once you can fly, wouldn't you want to soar to any place that you desire? Why is that so? Because with these wings of yours, they carry you to anywhere you wish to go and experience what you want, correct? Afterward, would your next step be to simply experience? That means flying in the direction of what you truly aspire for, as nothing holds you back anymore - no longer pulling or tripping you up, especially not by restricting your feet.

问: 关于玩游戏,是因为我真的想要去做这个还是因为被恐惧⽀配了?

Questioner: Is it because I genuinely want to play games or am I being controlled by fear?

JO:⾸先你们物质⽣活中会想要去玩⼀些上瘾的东西,就⽐如说电⼦游戏或者是赌博或者是任何,抽烟喝酒任何这种娱乐活动,对吧?任何这些,是因为你们的⽀配还是依靠着物质⾁体.这么说吧,你的⾁体是⼀条狗,是吧?这条狗还是主⼈,你不是主⼈.所以这条狗它有它⾃⼰的欲望,它有它⾃⼰想要吃的美⾷或者它想要去哪⾥撒野或者是想要⼲什么.它闻到这⾥就跑到这⾥去.它还是在受⾁体的⽀配,所以呢些成瘾者他们都是在受他们的⾁体⽀配.⽽且⾁体不断地会产⽣记忆,储存记忆的能⼒.为什么?就上⼀次它让我爽了,我下⼀次我还会想着它.为什么呢?因为它是⼀个条件反射.这个事情上次让我痛了,我就避开它.为什么?还是条件反射.

JO: Firstly, you desire to indulge in addictive activities within your material lives, such as video games, gambling, or any form of entertainment like smoking and drinking, right? Any of these activities are controlled or dependent on the physical body. Imagine if your body was a dog, would it be the owner or the dog itself following commands from its master? The dog has its own desires—what it wants to eat, where it wants to play, or what it wants to do. It runs towards something because of its instinctual response based on its body's impulses. So, these addicts are being controlled by their bodies. And the body constantly generates and retains memories, creating a pattern of behavior that acts as an automatic response—the more you experienced pleasure from past activities, the more likely you will seek out those experiences again. This is because it triggers a conditioned reflex. If something previously caused pain or discomfort, you avoid it—again, following the principle of conditioning.

它只是⼀个条件反射体.所以说当你还是狗,就是不是主⼈的时候.你肯定就是要么是游戏要么是其它的⼀些娱乐活动.为什么呢?因为呢就是你所关注的.你是在受你的⾁体⽀配.你的⾁体它会储存,储存这个事件上⼀次给我制造了轻松的记忆轻松的感觉.那我还想再找回呢个轻松的感觉,我就⽤这个程序反射这个条件反射去做出这个轻松的⾏为,明⽩吗?当你还在是⼀个动物,就是⼀团⾁体在运作的时候,那你就肯定是跳不出来各种上瘾各种诱惑,就想去做这件事情.为什么呢?因为你在让呢个⾁体来主宰你,明⽩吗?

It's just a reflex body. So when you're still a dog, not being the owner, you're definitely either playing a game or some other form of entertainment. Why is that? Because what you focus on governs your body. Your body stores memories and feelings from events that make it feel relaxed and happy. I want to recapture that sense of ease again, so I use this program to reflect the conditioned reflex and perform those relaxing actions. Understand? When you're still an animal, a mass of flesh operating, you can't escape addiction or temptation; you just want to do that thing. Why is that? Because your body is controlling you, understand?

问: 那我的⾼我想做的事情⼤概是什么样⼦呢?

Questioner: Well, what kind of things do I want to achieve at a high level?

JO: ⾼我它是不会被⾁体控制的.⾁体它只是就好像,这么说吧,你是⼀个警察,呢⾥有⼀只警⽝.警⽝闻到了呢边有⼀坨⾁,它跑过去,你觉得警察会跟着跑过去? 我知道我要去执⾏什么任务,然后这个狗是要帮助我做什么的.我怎么能去达到我的任务.因为警察有他们的任务,明⽩吗? 所以你的⾼我选择这个⾁体来到这个世界上,它也有它想要体验的,也有它的任务.

JO: The higher self is not controlled by the body. The body is just like this - imagine you are a police officer and there's a puppy around. The puppy smells something edible nearby and runs to it. Do you think that the police would follow? I know what mission I need to perform, and the dog needs to assist me in achieving my task. How can I accomplish my mission because the police have their own duties. Understand? Therefore, your higher self chooses this body for this world, as well as its desires and tasks to experience.

问: ⽐如说勇⽓这样的东西它也想要去学习成长是吗?

Questioner: Does something like courage also want to learn and grow?

JO: 它不断地去体验、扩展、突破.还有就是说在你的⾼我它是没有恐惧的.不是你的⾼我需要去拿到勇⽓,是你这个⼈格.是它选择的这个⼈格.因为你们所有的突破都是集体意识的突破,明⽩吗? 就好像是⼀个传染病⼀样.因为你们三维世界,就是地球上的,这个也是你们集体的⼀个功课.因为很多⼈也处在你这样⼦的⼀个状态当中,明⽩吗? 所以你⾃⼰的⼀个突破也是你们集体意识的⼀个突破.就好像如果你们知道纸⽼虎它是不具有伤害你们的

JO: It constantly experiences, expands, and transcends. And it's also important to understand that in your Higher Self, there is no fear. It's not that your Higher Self needs courage; rather, it's your personality - the one you choose for yourself. Because all of your breakthroughs are collective consciousness breakthroughs, do you see? Just like an infectious disease. As part of your three-dimensional world on Earth, this is also a lesson for your collective. Many people find themselves in situations similar to yours, right? So when you overcome something personally, it's also a step towards transcending the collective consciousness. Like if you knew paper tigers couldn't harm you...

能⼒的.那是不是以后所有⼈都知道纸⽼虎它不具有伤害你们的能⼒? 因为这是你们集体意识中…问: 我眼睛看到东西有雪花点,闭着眼睛也会有.

The ability of paper tigers. Does that mean everyone will know in the future that they don't have the capability to harm you guys because this is within your collective consciousness? And as for your question, I see snowflakes when I look at things and even when my eyes are closed.

JO: 你多久了?问: ⼗年以上.

JO: How long have you been doing it? JO: More than ten years.

JO: 它这个可以说是你,就好像是你⾃⼰给⾃⼰设的⼀个挑战,然后让你可以不受任何外在的⼲扰.然后去打开你跟你⾃我、内我的⼀个通道,明⽩吗? 它就逼着你让你可以集中注意⼒concentrate在你⾃⼰跟⾃我的⼀个连接.

JO: It could be seen as a challenge you set for yourself, allowing you to focus without any external interference. Then it opens the path between you and your inner self, understand? It pushes you to concentrate your attention on connecting with yourself.

问: 就是作为⼀个提⽰的作⽤,看见它就想到⾃⼰跟⾼我的连接?

Questioner: Is it to serve as a reminder, to think of my connection with the Higher Self upon seeing it?

JO: 没有.当你真正的就是说达到⼀种,这么说吧,前⾯的呢些雪花点就好像是障碍⼀样.障碍把你前⾯的路给堵住了是什么意思呢? 把你前⾯的路堵住了,是不是让你要往后⾯⾛?你前⾯没路了嘛.那你是不是就要掉头往⾥⾯⾛? 然后当你掉头往⾥⾯⾛的时候,你外在的阻碍就没有了,明⽩吗? 因为你没有朝呢个⽅向去⾛了.也就是说你对外界的⼲扰就不当回事了.当你对外界的⼲扰不当回事,你是不是就没有恐惧了? 你就不会去害怕这个害怕呢个.因为真正的有勇⽓的⼈,他是不惧怕外在的任何影响或者是⼲扰.

JO: No. When you talk about reaching a point where the preceding snowflakes are like obstacles blocking your path in front of you. Does this mean that these snowflakes are blocking your way ahead? Are they forcing you to go backward because there's no road ahead for you? If so, then wouldn't you have to turn around and head inward? Then, when you turn around and head inward, don't the external obstacles disappear? Do you understand? Because you're not going in that direction anymore. This means you're no longer concerned about external disturbances. When you're no longer concerned with external disturbances, don't you find yourself without fear? You won't be afraid of that fear because someone truly courageous doesn't fear any external influence or disturbance.

问: 所以它像是⼀种标识?

Questioner: So it's like a label?

JO: 它像是你⾃⼰给你⾃⼰设置的障碍来让你去突破、来让你去达到.这么说吧,⼀条路给堵死了,那你是不是就得选择另外⼀条路? 就好像有些⼈他选择天⽣残疾,他没有⼿.为什么呢? 他就想去体验他的脚的⼀个功能.他想开发他脚的功能.或者是有⼈天⽣就是瞎⼦.为什么呢? 他想要去开发他的听⼒或者是⼼灵的⼀个功能,明⽩吗? 所以说当你越来越跟你的内我去达到连接,然后去做这样⼦的⼀个⼯作就好像去开辟另外⼀条路.然后你的呢个障碍也会没有,因为你就不需要再体验这些了.你已经⾛上你⾃⼰给⾃⼰设置的路.

JO: It's like you set up a barrier for yourself to overcome and reach that level. Imagine a road is blocked; would you then choose another path? Think of someone who chooses to be born with disabilities, without hands. Why? They want to experience the function of their feet and develop those functions. Or there are people born blind. Why? They want to develop their hearing or inner abilities. Get it? So as you connect more deeply with your inner self and do this kind of work, it's like creating a new path for yourself. Your barriers will vanish because you no longer need to experience these limitations; you're already on the path you set for yourself.

问: 那如何更好的跟⾃⼰的内我连接呢?

How can one better connect with their inner self?

JO: 那也就是说你的关注就会减少是外⾯的,⽽是你⾃⼰内在的.就⽐如说你们⼀般⼈他们都会关注外在.⽐如你刚刚说外在的⼯作有没有意义,对不对? 那外在能不能⽣存下去? 所有的关注都是外在,这个⼈怎么样,呢个⼈好不好? 但是关于内在的,他只是把外在的所有⼀切当成是⼀个指引或者是⼀个镜⼦.⽐如说他遇到⼀个恐怖的事件,他就说到底是我内在什么恐惧显化了这样的事件? 他就是⾃我探索.他不是把外在恐惧的事件当成是⼀种真实的事件,⽽只是⾃⼰呈现出⾃⼰内在的⼀个状态.也就是说外⾯的所有事件它只是⼀个指引牌把你指引到你的内在.不是说你花尽⼼思的处理外在的问题,我要换⼯作,我要换⼈,我要换事情,明⽩吗?

That is to say, your concern would be external rather than internal, as you are referring to aspects that lie within yourself. For example, most people tend to focus on the external, like whether their work outside has meaning or if it can sustain them, right? All these concerns revolve around the external, how someone is doing or if they're good in certain roles. However, when it comes to the internal aspect, they consider all of their external circumstances as a guide or a mirror for self-discovery. For instance, when faced with an awful event, they question what fear within them has manifested this situation? It's about self-exploration; they don't perceive external fears as real events but instead reflect their inner state. Essentially, every external event acts as a signpost guiding you towards your internal world. It's not about obsessively dealing with external issues like changing jobs or relationships; it's understanding that the true essence lies within oneself, comprehending how to manage and navigate through life based on self-awareness rather than trying to solve problems externally.

那你就是在消耗你⾃⼰,你在跟外界⽃争咯.

That means you're just exhausting yourself, you're fighting with the outside world.

问: 所有说⼀切都是最好的安排? 外在只是镜⼦?

Questioner: All saying that everything is the best arrangement? The outside world is just a mirror?

JO: 外在的⼀切它都指引你,把你指引到内在.⽽不是说你真正的去处理外在的事情.那你就继续消耗在外在.你继续往呢条路⾛.

JO: Everything external guides you to your internal self, not that you truly deal with the external matters; otherwise, you will continue to consume externally and keep heading down that path.

问: 所以说当内在改变后外在⾃然就会变?

So when inner change occurs, the outer naturally follows?

JO: 内在没有什么改变的,只是需要让你看清的.看清楚你只是投射出你⾃⼰的信念⾃⼰的恐惧,它不是真实的存在,明⽩吗? 你只需要认清这个纸⽼虎它实际上是⽤纸做的⽽已, that’s it.

Japanese: JO: There is no change inside; I simply need you to see this. See that what you are projecting onto others are only your own beliefs and fears, they are not real entities, understand? You just need to recognize that the paper tiger is actually made of paper, that's all.

问: 所以内在会有⼀些限制或者是负⾯信念在呢⾥? 现在有什么我没有看到的负⾯信念吗?

Questioner: So, are there some inner limitations or negative beliefs within me? Are there any negative beliefs that I am not aware of now?

JO: 今天的所有都是在告诉你,就⽐如说你把外⾯的当成是真实的了.就⽐如说刚才你说⼯作没有意义.你把它当成是真实的,这个⼯作没有意义.但是我们的信息来告诉你,意义是你赋予的.呢个颜⾊在你⼿上,你给它涂上颜⾊.⽽不是说它本⾝就应该有什么颜⾊,明⽩吗? 所以在于你,你才是呢个赋予⼀切意义和颜⾊的⼈.

JO: Everything today is telling you that maybe you've been viewing things as real when they might not be. For example, just now when you said your job had no meaning, you perceived it as real - this job was meaningless to you. But our information tells us that the meaning you're giving it doesn't actually exist. The color on your hand is something you paint; you decide its color, not because there's a prescribed color for it in reality. Do you see? Therefore, it's all about you - you are the one who assigns meaning and colors to everything.

问: 我之前做过⾃我催眠,看到⼀些前世的画⾯.可以帮我解读⼀下这些前世或者跟我这⼀世关系密切的前世?

Questioner: I previously practiced self-hypnosis and encountered scenes of past lives. Could you help me interpret these past lives or those closely related to my current life?

JO:我们连接到你有⼀世是⼀个战⼠,因为他缺乏勇⽓⽽导致很多战友失去⽣命.然后他对这个事件耿耿于怀,所以说他选择这⼀世来平衡这个能量.所以说你内在有很多恐惧来⾃于你经历的⼀些战争的⼀些恐惧.就⽐如说你遇到了很多打打杀杀啊、没有安全感啊、夜不能寐啊.这些对你这⼀世有影响.也就是说别⼈看上去很正常的⼀个事情,这么说吧,别⼈放鞭炮可能很开⼼,过年了,放鞭炮了.但是你⼀听到鞭炮声,它会把你曾经经历⼤战的经历,对你来说就像是炸弹的声⾳,它又会激发出你内在的很多恐惧.明⽩吗?

JO: We are connected to you for a lifetime as a warrior because of the lack of courage that caused many comrades to lose their lives. Then he was haunted by this event and thus decided to choose this lifetime to balance this energy. This means that you have many fears within from some of the fears experienced during wars. Like you've encountered a lot of fighting, no sense of security, sleepless nights - these are affecting your current lifetime. In other words, something that might appear normal for others is, let's say, setting off fireworks and being happy about it because it's New Year and fireworks. But when you hear the sound of firecrackers, to you it's like hearing an explosion from a major battle in your past life, which ignites many of your inner fears. Understand?

问: 可以连接⼀下未来的我吗?

Questioner: Can I connect with my future self?

JO: 他说你不需要太着急的⼀下⼦要从这样⼦的⼀个状态变成没有任何恐惧的状态.这是⼀个逐渐的过程,就好像需要慢慢放⼿.所以take your time,不需要去着急,也不需要赶快. take your time,you will be there,就是你会⾛到呢⾥.他让你不要着急.因为有时候着急反⽽还会起反作⽤.因为你会⽓馁.你会觉得为什么我还是不能? 你会⽓馁,那就更加不可突破了.所以说你不需要⼀下⼦让⾃⼰达到呢种状态.

JO: He said you don't need to rush too much to change from this state into one with no fear at all. It's a gradual process, like letting go slowly. So take your time; there's no need for haste or to rush. Take your time because you will get there - that is where you're heading. He advised you not to hurry. Sometimes rushing can have the opposite effect; it might discourage you. You might think, 'Why can't I still do this?' This discouragement only makes it harder to break through further. So there's no need for you to immediately reach that state of mind.

# **2023/03/23 — ⽆条件的爱 Unconditional Love**

JO: 你问吧,什么问题? 问: 我的⼈⽣主题是什么? JO: 你叫什么名字?

You ask, what question? Questioner: What is my life theme? JO: What's your name?

问: XXJO: 你这⼀⽣主要是亲⼦关系、母⼦关系,会涉及到你和你的母亲以及你和你的⼦⼥,这⼀层关系.就好像这是⼀个课题来让你去学会什么是爱.所以说你就可以看到你⾃⼰跟你母亲和你和你孩⼦的关系,通过这两层关系来让你达到⽆条件的爱、接受和允许这样⼀个状态.所以你可以从中看到你可能有很多不是呢么认同或者赞同你母亲的,然后也不是那么理解允许你孩⼦的.就是你会发现这两层关系中你会有很多你并不能接纳或者是允许的⼀个状态.

Questioner: XX. JO: Throughout your life, you have primarily dealt with relationships centered around parent-child dynamics, involving interactions and connections with your mother and your children. This layer of relationships can be seen as a subject that teaches you about love. Therefore, you are able to observe the relationship between yourself, your mother, and your children through these two layers of relationships. It helps you achieve an unconditional state of love, acceptance, and allowance. From this process, you might notice that there are aspects of your behavior towards your mother or your ability to accept and allow your child's actions that you may not fully align with or approve of. You will find many instances where certain states or behaviors within these two relationships are hard for you to accept or permit.

问: 这个是我⼈⽣的主题?

The question is: This is the theme of my life?

JO: 你会需要⼀个课程⼀个课题来理解什么是爱,对吧? 就是来让你⾃⼰达到⼀种⽆条件的爱,对吧?

JO: You would need a course and a project to understand what love is, right? To get you to experience unconditional love, right?

问: 好的.我的天赋是什么?

Questioner: Alright. What's my talent?

JO: 你是能⼒⽐较强的⼈,⽐如说你的魄⼒,你的能⼒,你的⾏动⼒,你的决策⼒,都是特别显著.⽐如说你对很多事情都要求很⾼,你会觉得如果别⼈办事都没有你这么果断或者效⼒⾼的话,你就会有⼀点,就是为什么就不能做好的呢种感觉,就是有⼀点⾼要求.所以你的天赋是这个.就是你⽐较能⼲.

JO: You are a person with strong capabilities, for instance your decisiveness, ability, and action capacity, which stand out significantly. For example, you have very high standards for many things, feeling that others shouldn't do things without the same decisiveness or efficiency as you. This leads to a sense of why can't they do it better, indicating you have high expectations. Your innate talent is this; you are simply capable and competent.

问: 那我适合做什么?

Questioner: What am I suited for?

JO:你是⾃⼰做,就⽐如说你⾃⼰做⽣意,那你就掌握了所有的决策,你想要怎么⾏动就怎么⾏动.所以你适合做leader,就是⾃⼰做领导.⽽不是说去跟随别⼈,因为跟随别⼈的话,你⾃⼰的主见或者是思想会特别多.然后很难达到⼀种你去特别服从别⼈,因为你的见解很独特,所以你适合个⼈⾃⼰做.

JO: You do it yourself, like running your own business, where you have control over all decisions and can act according to your wishes. Therefore, you are suited for being a leader, taking the initiative as the leader. Not by following others, because if you follow others, your independent ideas or thoughts will be very prominent. It's hard to achieve a state of fully conforming to someone else's guidance, given that your insights are unique. Hence, you're better off doing things independently.

问: 做什么事呢?

What should I do?

JO: 你喜欢做什么样⼦的事情? 因为你的⾏动和决策能⼒都很强.所以你看你⾃⼰,⽐如说你热爱美容⾏业,那你就从事美容⾏业.你热爱服装,那你就从事服装.要根据个⼈,就⽐如说你对⼀个领域你特别喜欢,你不会觉得⽆聊没意思,就是热爱.看你⾃⼰热爱什么.

JO: What kind of activities do you enjoy? Given your strong capabilities in action and decision-making, if you have a passion for something like the beauty industry, then it would be wise to engage in that industry. If you love fashion, consider working in the fashion sector. It's all about personal inclination; if you're particularly fond of a certain field and find it engaging rather than boring, that's what you should pursue based on your own interests.

问: 准确来说我曾经做的事情我觉得不是我⾃⼰最热爱的.

Questioner: Precisely speaking, there were things I used to do that I didn't feel were my most passionate pursuits.

JO: 那你要选择⼀个你⾃⼰最热爱的.你能得⼼应⼿越做越好的⼀个⾏业.

JO: You should choose one that you are most passionate about, where you can excel and do better over time.

问: 那我的天赋是做企业?

Questioner: That means my talent is for running a business?

JO: 反正就是你是leader,就是呢个带头的⼈.就是你决策⼀切.问: 就是哪个领域是要根据我的爱好是吧?

JO: Anyway, you're the leader, the one taking charge. You decide everything. Questioner: Which field is based on my interests, right?

JO: 对问: 那我现在做的这个企业能不能再继续的扩⼤? 就是加盟?

JO: Asking: Can the business I'm currently running continue to expand through franchising?

JO: 这么说吧,你的事业它也好像是你的⼀个镜⼦⼀样,对吧? 然后⽐如说你现在是⼀个拿着⼿掌⼤的镜⼦,然后你再把它扩展成⼀个穿⾐的全⾝镜.那当你镜⼦越⼤的时候,它是不是就显现的越多,你认知的就越多,对吧? 你最开始可能看到脸,慢慢慢慢你可以看到全⾝,对不对? 那你的事情它也是把你整个⼈凸显出来的⼀个反射.那当然把你⾃⾝凸显出来,如果你的发光点越多,全⾝都是发光点,那是不是就越好,对吧? 那如果你⾝上全部都是需要成长的或者是需要修正的,那也是这样⼦的⼀个机会,明⽩吗?

JO: In a sense, your career is like a mirror reflecting you, right? Like, if you're currently using a small hand-sized mirror and then expand it to a full-body dressing mirror. As the mirror grows bigger, does it reveal more of you, hence expanding your awareness? Initially, you might see just your face, but over time, you could see your whole body, correct? Your work is essentially reflecting all aspects of yourself. If it highlights you in every part, isn't that better? And if everything about you needs growth or correction, then this offers a similar opportunity, right?

问: 那意思就是可以继续扩的是吧?

Questioner: That means we can continue to expand, right?

JO: 我们不是来给你算命,你做这个会不会赚钱? 赚钱的话,你就做.因为这⾥不是关于钱,明⽩吗? 那如果你是问钱的话,你找不到答案的.这⾥是关于你的⼈的⼀个成长,你个⼈的⼀个⾃我成长和⾃我认知的过程.所以它的选择就来⾃于你.为什么呢? 你可以选择我到底是要⼀个⼩镜⼦还是⼀个⼤镜⼦,明⽩吗? 只是当你的优点越多发光点越多,镜⼦照出来的发光点就越多.这么说吧,如果你是⼀个⽆条件的爱或者是⼀个发光的⼈,那你越扩的话,你影响的⼈,你给⼈家带来的爱和光就越多,对不对? 那如果你是⼀个祸害他⼈、加害他⼈就是总是去压榨他⼈的⼈,那你越扩你压榨的⼈是不是就越多?

JO: We're not here to tell your fortune; will this bring you profit? If it does, then go ahead. This isn't about money, right? You won't find an answer if that's what you're asking. It's about personal growth for you, both individually and in self-awareness. So the choice lies with you. Why is that? You can choose whether I'm a small mirror or a large one, understand? As your virtues increase and more shine points appear, so will the number of shine points reflected by the mirror. If you are someone who loves without conditions or radiates light, the more you expand, the more love and light you bring to others, right? But if you're someone who harms others, always exploiting them, then the more you expand, the more people you exploit, wouldn't that be correct?

所以说它不存在于你可以不可以,⽽是说你把这个影响⼒扩⼤,它映射出来的只是你到底是⼀个什么样⼦的存在状态,明⽩吗?

So it doesn't exist in whether you can or cannot, but rather in how you amplify its influence, mapping out only what kind of existence you are, do you understand?

问: 就是我个⼈想要什么,是这个意思吗?

Questioner: Is this about what I personally want?

JO: 对,就是你个⼈如何去选择.它就好像你要选择⼀个⼩镜⼦还是⼀个⼤镜⼦,明⽩吗?问: 就是由我⾃⼰来定?

JO: Yes, it's about how you personally choose. It's like choosing between a small mirror and a big one, get it? Questioner: I decide for myself.

JO: 对问: 我跟我⽼公的灵魂约定是什么?

JO: Asking: What's the soul pact I made with my husband?

JO: 你的⽼公也是来让你,就好像是给你的亲密关系,就是刚才说的你的亲⼦关系、母⼦关系,也是差不多的呢种.就是来让你去达到⼀种⽆条件的爱.所以你也会发现⽐如说你⽼公有很多他的⼀种做法,也会让你觉得就是呢种你能不能再做好⼀点,你能不能再怎么样怎么样⼀点.也是这样⼦的⼀个关系.

JO: Your husband is here to help you achieve unconditional love, just like the intimate relationships mentioned earlier, such as your parent-child relationship or mother-child relationship. He's about helping you attain a state of loving without conditions. That's why you might notice that your husband often expects more from his actions towards you, suggesting if you could do better or differently in certain aspects. It's similar to this kind of dynamic.

问: 也就是来让我体验爱?

Questioner: That's to let me experience love?

JO: NO NO NO NO,也就是说你选择了好⼏层关系它都是来让你去知道并不是所有⼈都能像你⼀样拥有很强的能⼒的⼈.当他们成为⼀个所谓的没有能⼒的⼈也是为了成就呢些有能⼒的⼈,明⽩吗? 这么说吧,你找了⼀个没有⼒⽓的⽼公,对吧? 然后妈妈也没⼒⽓,你⼉⼦也没⼒⽓.那你是不是要逼你⾃⼰拥有所有的⼒⽓? 因为为什么呢? 因为他们这⼏个⼈都没有⼒⽓,那你是不是要有强⼤的⼒⽓来承担所有的⼀切? 就好像⼏个跟你挑⽔的⼈,他们都没有⼒⽓.那你的担⼦是不是就很重,明⽩吗? 那你的⼒⽓的激发是不是离不开他们的⼀部分? 如果他们的⼒⽓过⼤的话,你的⼒⽓是不是就变得弱⼩了.为什么呢? 你不需要出⼒啊.

JO: NO NO NO NO, meaning you've chosen relationships where it's meant to show you that not everyone can possess the same level of capability as you do. It's a setup for their success at the expense of those without such capabilities - get it? You married a weak husband, right? Then your mother is weak too, and your son might be weak as well. So are you supposed to carry all the weight by being super strong? Why? Because they're all lacking in strength, so must you compensate with immense strength to bear everything on your own shoulders? Like carrying water for a few people who lack it; their burden is yours to bear. Is your strength's activation dependent on part of theirs? If their power exceeds yours, then yours will inevitably weaken. Why? You don't have to do the work.

问: 其实我是不太想出太⼤⼒的.

Questioner: Actually, I don't really want to exert too much force.

JO: NO,但是你本⾝就是拥有强⼤⼒量的,明⽩吗? 所以你不会不想出⼒或者是不能出⼒或者是什么.你只是说你⾃⼰应该学会知道每⼀个⼈存在它都是为了弥补⼀个更⼤的… 这么说吧,你们就好像是齿轮⼀样,然后他们凹了⼀块,你凸出来⼀块.就因为他们凹的,然后你凸出来的才能让你们彼此结合在⼀起,对吧? 如果你要让他们也跟你⼀样凸出来⼀块的话,你们之间是不是就不能连接在⼀起了? 你想象⼀下齿轮,是吧? 这么说吧,你想象⾃⾏车的链条,⼀个是凹的,⼀个是凸的,对吧? 那如果都是凸出来,你说这个⾃⾏车还能跑吗,明⽩吗? 所以说这个⾃⾏车能跑,你能说这个凸的功能⽐凹的⼤吗?

JO: No, but you yourself possess immense power, understand? So there's no question of not exerting your effort or being unable to do so. You just said that you should learn to recognize that each person exists to fill a larger… Let me put it this way, you're like cogwheels, then one is凹 and the other凸. It's because one is凹 that the other凸 can fit together with them, right? If you want all of them to be凸 as well, wouldn't they just lose their connection? Imagine a bike chain, got it? So if both parts were凸, could you say that this bike would still run smoothly? See? Therefore, when we say the bike runs smoothly, can you say that the凸 function is greater than the凹 one?

所以你通过这些你去⼈知到,你便不会对造物主的⼀切有任何的疑问、质疑,觉得你为什么会产⽣⼀些没⽤的⼈? 就是因为⼀些躺在床上的瘫痪的⼈,他才能让医⽣不断不断地去突破.他突破就是整个⼈类的突破.所以你能说瘫痪在床上的⼈就没⽤吗? 要不是因为他选择了把⾃⼰禁锢在呢个⾁体⾥⾯,你们的集体意识怎么可能会不断地突破呢? 所以说让他们成为他们本来的样⼦.

So by understanding these things, you will have no doubts or questions about the creation of life, wondering why there are some useless beings. It is because of those individuals who are paralyzed and躺在床上 that doctors are constantly pushing boundaries. Their breakthroughs are humanity's breakthroughs as a whole. How could you say that someone lying in bed is useless? If it weren't for them choosing to confine themselves within their physical bodies, how would your collective consciousness be able to continuously surpass itself? Therefore, let them be who they inherently are.

问: 明⽩.那我娃娃的灵魂约定也是这样⼦吗?

Questioner: I understand. Does that mean my child's soul contract is similarly structured?

JO: 当你真的就是说不再是以之前的眼光去看刚才说的呢个齿轮的问题,就是都要跟你⼀样是凸出来的,明⽩吗? 就是当你能看到他们存在的价值过后,他们变了,你也变了,明⽩吗?应该是你也变了,他们也变了.因为你变了,他们就会变了.

JO: When you really start to see the gear issue not through your previous perspective but as something that should be like you - protruding outward - do you understand? After realizing their inherent worth, they and you transformed, right? It's essentially a mutual transformation because of the change within you.

问: 我凹进去,他们就会凸出来?

Questioner: When I go inward, they will become outward?

JO: 不是.你会觉得哪怕是⼀个在街上乞讨的⼈,他们都是美的.你没有想要去把乞讨的⼈变成⼀个事业强⼈,明⽩吗? 因为你要知道呢些在街上乞讨的⼈,他们给了其他⼈去接触他们内在的⽆条件的爱的机会,明⽩吗? 那这个机会是⾮常重要的,⽐什么都重要.你说街上的⼩贩,你给他钱,你会觉得你给他钱是理所当然的,对吧? 因为我买你东西.那⼀个讨饭的,你给了他钱.然后呢个讨饭的⼈突然让你发现你内在⽆条件的爱,这个就是神性.他给了你机会让你接触到你的神性的⼀⾯.你接触到你神性的⼀⾯,你就把它带出来了.那你就是像神⼀样的存在活在这个世界上了.那你还觉得呢些乞讨的⼈的存在是没有价值和意义的吗,明⽩吗?

Jo: No, you see the beauty in even a beggar on the street. You don't want to change that beggar into a successful businessperson, right? Because you understand that those begging on the streets provide others with the opportunity to experience unconditional love within them. Do you get it? This opportunity is very important, more important than anything else. When you give money to a street vendor, you might think it's normal because you're paying for their goods. But when you give money to a beggar and they suddenly reveal your own inherent unconditional love, that's divine. They provide you with the chance to connect with the divine aspect within yourself. Once you connect with this divine aspect, you bring it out, and then you exist as if you were a god in this world. Do you still believe that the existence of beggars lacks value and meaning, right?

路上的⼩贩,他们虽然在⾃⼰动⼿去赚钱,可是他没有把你神性的⼀⾯给带出呀,明⽩吗? 你的⽼板,他给你发⼯资,他赚很多钱.他也是不断地压榨你不断地激发你,但是他并没有把你神性的⼀⾯带出来呀.所以说你会觉得你的⽼板的价值⽐呢个乞讨的⼈⼤吗,明⽩吗? 那如果你神性的⼀⾯展现出来,你以神的样⼦在这个世界上⾏动的时候,你还觉得呢个乞讨的⼈⽐⽼板的存在意义⼤吗? 并没有.明⽩吗? 所以当你能拥有这样⼦的⾓度去看待⼀切,你不会想要去更改任何.你不会想要去把你的孩⼦变成和你⼀样,或者是你⽼公、你妈变的跟你⼀样.你会觉得他们⾃⾝存在就已经很美了,你不想要改变任何.

Street vendors on the road, while they are making their own money by hand, yet they have not brought out your divine side, understand? Your boss gives you salary and makes a lot of money. He constantly exploits you and stimulates you, but he does not bring out your divine side. Therefore, do you think that your boss's value is greater than the beggar's, understand? If your divine side manifests when you act as a god in this world, would you still think that the beggar's existence meaning is greater than that of your boss? No, you wouldn't understand? So when you can have such an angle to view everything, you don't want to change anything. You don't want to turn your child into someone like you, or your husband or mother becomes exactly like you. You find them beautiful just as they are and don't want to alter anything.

问: 我⽼公跟我娃娃我母亲⼀切都是呢么的好.

Questioner: My husband and I, as well as my mother, everything is so good.

JO: ⽐如说就算他们还是他们原本的样⼦,但是你变成了⽆条件的爱,你就是像神⼀样你拥有强⼤的能⼒.你是不是就⾜以改变任何⼈的命运,明⽩吗?

JO: For example, even if they remain as they are, but you become unconditional love, you would be like a god with powerful abilities. Wouldn't that be enough to change anyone's fate? Get it?

问: 我妈妈的⾝体⼀直很差,各种病.她就很痛苦.我们也看着很痛苦,她挺能熬的.⼀直让我对她放⼼不下.

Questioner: My mother has been in poor health with various illnesses, causing her a great deal of suffering. We are also very distressed to see her in this condition. She is quite resilient though, and I can't help but worry about her constantly.

JO: ⾸先你的母亲她就好像是因为她没有按照她的意愿活出来她⾃⼰想要的,就好像很多梦想或者很多事情或者就是⾏动⼒⽋缺导致她没有完完全全的活出⾃⼰.这么说吧,她就好像是⼀棵树.她明明是⼀棵参天⼤树的种⼦,她现在就好像是长成⼀棵枯黄发育不良,连叶⼦都是发黄的⼩树苗.这样⼦的⼀个状态,明⽩吗? 那你跟她的种⼦是⼀样的,你就能长成参天⼤树,你就能长出来.你们俩种⼦是⼀样的,你就能长出来长的特别好,然后你妈妈是⼀棵⼩树苗,长不出来,就好像是营养不良,明⽩吗? 就是这样⼦的⼀个状态.然后呢,她这样⼦的⼀个状态它是不是更加能激发你去成为⼀颗种⼦该有的样⼦?

JO: Firstly, your mother's life is like a dream that didn't unfold as she had intended it to. Maybe due to unfulfilled dreams or lack of motivation, her life hasn't been fully lived the way she wanted it to be. To put it simply, she's like a tree. She started out with the potential to become a towering giant, but now she's more akin to a stunted sapling, yellow and underdeveloped even in its leaves. This is her current state - do you understand? You're like that seed of hers; you have the ability to grow into a towering giant, just like your mother's dreams for herself. The seeds are identical between you two; if properly nurtured, you will flourish greatly. But your mother, much like this weak sapling, cannot reach her full potential. This is why she serves as an inspiration to become everything that seed should be?

她会更加让你不敢怠慢⽣命,就好像是要抓紧时间,不会浪费时间,不断地要去成长突破.所以说她的现有状态也间接的成就了你.但是如果你想要她⾃⼰去突破她的痛苦的话,你需要她⾃⼰来跟我们连接,明⽩吗?要看她的意愿.因为只有他们⾃⼰伸出⼿来才会得到帮助.因为当他们不伸出⼿来,就好像只能允许他们⾃⼰成为他们⾃⼰.

She will make you not take life for granted, as if to seize time and not waste it, constantly striving for growth and breakthroughs. Therefore, her current state indirectly benefits you. But if you want her to overcome her own pain herself, she needs to connect with us, understand? It depends on her willingness because only by reaching out will they receive help. As long as they do not reach out, it's like allowing them to remain true to themselves.

问: 我⽬前需要突破的限制是什么?

Questioner: What limitations am I currently facing that I need to overcome?

JO: 你去听⼀下前⾯的信息,前⾯说过了.就是⼀件事情你觉得是残缺,它实际上是为了更⼤的⼀个存在.

JO: Listen to the information in front; it was mentioned earlier. There is something that you consider incomplete, but in reality, it serves a greater existence.

问: ⾝体的反应它要告诉我什么? JO: 你的⾝体什么反应?

Questioner: What does my body's response tell me?

JO: Your body what response?

问: 有点⾼⾎压,但是吃药了.其他也还好.

Questioner: Slightly high blood pressure, but taking medication. Everything else is also fine.

JO: 你稍等.这是关于你⾃⼰的⼀个脾⽓.就好像你的脾⽓需要再柔和⼀点,你的能量需要再平和平缓⼀点.因为你能感受到你的内在有强⼤的能量或者是⼒量.然后它会导致,就好像你是⼀个⼤⽯头,然后你把你这个⼤⽯头投到⽔⾥的时候,它就会引起很⼤的波动,明⽩吗? 然后当你成为⼀种就好像是润物⽆声的状态,你便不需要引起外在有很⼤的波动,包括你的⾝体.

JO: Wait a moment. This is about your own temper. It's like you need to be gentler and have smoother energy. You can feel that there is powerful energy or force within you. This would result in creating large ripples when you throw yourself, like a big stone, into the water - do you understand? Then when you become a state of acting without being noticed, you don't need to cause significant disturbances both externally and internally, including your body.

问: 就是低调?

Questioner: Just low-key?

JO: 不是低调.

JO: It's not low-key.

问: 我跟我⽼公未来不会离婚吧?

Questioner: Will my husband I not get divorced in the future?

JO: 这么说吧,你们所谓的离婚只是属于你们⾃⼰有⼀张纸.但是你应该问你们之间的关系到底有没有连接在⼀起? 因为就算你没有呢张纸,但是你们是⼀体的,就是你跟他是连着的⽽不是说他⼀个你⼀个,那就是单独个体.那当你们是爱情的时候或者是婚姻的时候,你们是连在⼀体的.就好像最开始你们是俩个房间,那婚姻就好像是把隔墙打通了,是⼀个房间.

JO: So let me put it this way, your so-called divorce is merely a piece of paper for you. But the question should be whether there is actually a connection in your relationship? Because even if you don't have that piece of paper, if you are one entity, it means you and he are connected, not separate individuals like him being one and you being another. When you're in love or married, you are together as one. It's like starting out with two rooms; marriage is akin to knocking down the wall between them, making it a single room.

问: 就是想问⼀下跟他未来会不会…JO: 这么说吧,当你把你们所有⼈分开看,为什么我这么有能⼒⽽你办事这么差? 那你就是把你跟对⽅分开了.那你跟对⽅分开了,就好像本⾝你们是⼀间屋⼦,但是你把中间打了⼀堵墙,明⽩吗? 那你把呢个墙给拆开了,那你们就是⼀个屋⼦⼀间房.那你中间打了⼀个墙的话,那你们就是两间屋⼦.那婚姻就好像是们中间有没有呢堵墙把你们俩分开,明⽩吗? 因为有的⼈他就算没有离婚,它中间还是有呢堵墙啊,他们实际上没有婚姻啊.

Questioner: Let me ask this question - in the future, will you and him...?

J: Imagine if we were to look at all of you separately. Why is it that I am capable, while you are performing poorly? That means you have separated yourselves from him. If you separate yourself from him, think of us as being in a room together. But then, imagine if there was a wall dividing our space right down the middle, can you see this concept?

Now, if we remove that wall, it's like being in one room as partners. However, if you were to put up that wall within the same space, it would mean living in two separate rooms. Marriage is akin to having that wall in the middle dividing us into two distinct parts or entities - is this clear?

As for those who have not technically divorced but are still separated by a wall of sorts – meaning they're effectively without marriage even if legally united.

问: 因为我⼀直在修⾝⼼灵的课,我喜欢独处,觉得他烦.我就是想我以后会不会是孤⾝⼀⼈?

Questioner: Because I've been taking courses on body and spirit, I enjoy being alone and find him annoying. I'm just wondering if I'll be alone for the rest of my life.

JO: NO NO NO NO,如果你去结合我们之前给你带来的信息说你的亲密关系是帮你⼲什么的?来让你成为⽆条件的爱.别说当你真的是⽆条件的爱,别说是你⽼公,你跟任何⼈你都不会觉得他烦.所以说这是你的能量状态决定了跟对⽅要不要孤⽴起来,就是分开,明⽩吗? 你想⼀下当你头脑⾥⾯对对⽅没有任何记忆,没有任何评判的声⾳.⽆论你什么,你都是允许的,你都是有爱的看着他.你觉得他还会胡乱来吗,明⽩吗?

JO: No no no no, if you combine the information we provided earlier about how your close relationships help you to become unconditional love? Don't say that when you are truly unconditional love. Don't say it's your husband; you wouldn't feel annoyed with anyone else either. So this is what determines whether you should isolate or separate from the other person based on your energy state, understand? Imagine if there were no memories or judgmental voices in your head about them. No matter what you are, you are allowed and loved when looking at him. Wouldn't he behave irresponsibly then, understand?

问: 不是他胡乱来,是我不享受跟他在⼀起的感觉.

The question was: It's not that he behaves recklessly; it's just that I don't enjoy being around him.

JO: 不是.我的意思就是说他还会有任何你觉得看不惯或者是你觉得你不喜欢他的东西存在吗? 你不会的.为什么呢? 因为你就已经是像源头的光,你就好像是太阳⼀样,你把所有都吸纳进去了.他们在你⾝边,他们也会完全的是⼀种喜悦的状态.为什么呢? 因为他们感受不到任何被抵触的能量,被拒绝的能量.只有他们感受到被拒绝的能量,他们才会想要不断地去抵抗啊抵触啊抗拒啊.所以是你决定了外在如何呈现.

JO: No. What I mean is whether there would still be any aspects that you find unacceptable or dislike about him? You wouldn't. Why not? Because you are the source of light, like the sun, absorbing everything. They're by your side, and they would also be in a state of pure joy. Why? Because they don't feel any energy that is rejected or denied. Only when they feel rejected do they want to constantly resist, oppose, or reject. So it's you who determines how the external manifests.

问: ⾼我有没有什么指⽰?

Questioner: Does high self-esteem have any indications?

JO: 我们看到你有很多梦想,就好像是想要去启动,想要去散发爱,就好像是这种样⼦的⼀个⼼愿.就好像你有发愿⼀样,你想要去做什么,然后就是传播更多的爱吧.然后信息给你就是说任何你想要去受到指引的时候,你可以跟这个⼥孩⼦连接,给你带来信息.

JO: We see that you have many desires, as if to start and radiate love, like this kind of intention. It's as if you are making a vow, wanting to do something, then spreading more love. Then the information given is that whenever you wish for guidance, you can connect with this girl, who will provide you with messages.

问: 传播爱,分享爱?

Questioner: Spread love, share love?

JO: 这是你内在想要去做的.就是你好像有发⼀个愿,只是⼀个⼼愿,就是你想要去做更多的把⼈们带到爱中光中的这种⼯作吧.

This is what you inherently want to do. It's as if you have a wish, just a heart wish, that you want to do more work bringing people into the Light of Love.

问: 那跟我做企业是不是冲突啊?

Questioner: Does that conflict with running a business?

JO: 没有啊.你就是通过做企业,你就是通过做这个事情,明⽩吗? 这不是分开的.为什么?你可以把你的⼯⼈把你的员⼯把你的客户都带到光中.这为什么不是⼀个企业,就是这个不是分开的,赚钱是赚钱,我就宰你.我传播爱,我就不要钱.明⽩我意思吗? 不是的,这是⼀体的.

JO: No, no. You understand, you do business and you're doing this thing together,明白吗? They're not separate. Why not? You can bring your workers, your employees, your customers to the light. Why is this not a company, because they're not separate, making money is making money, I'm just taking advantage of you. I spread love, and I don't take any money. Do you understand what I mean? No, it's one whole thing.

问: 是,我就是想分享、传播.

Questioner: Yes, I just want to share and spread it.

JO: 是,它刚刚的信息说就好像这是你的⼀个⼼愿、发愿.就好像你想要把更多⼈带到爱中带到光中.

JO: Yes, what it just conveyed is that this seems to be a wish or vow you've made, wanting to bring more people into love and light.

# **2023/03/30 —连接李⼩龙Connected Li Xiaolong**

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问: 前段时间我在半睡半醒的时候有⼀个声⾳告诉我: 我只需要按照想象的⾏动出来就好.请问这个信息是谁带给我的? 能不能再进⼀步解释⼀下这个信息?

Questioner: Recently, when I was half-asleep and half-awake, a voice told me that all I needed to do is act according to my imagination. Could you please tell me who brought this information to me? Could there be an additional explanation of this message?

JO: 是谁带给你的? 是你⾃⼰带给你⾃⼰的.你也不需要解释,因为就好像你⾃⼰给你⾃⼰留的⾔.你不需要外⼈给它,就是外⾯的来给它⼀个定义,你⾃⼰最清楚,明⽩吗?

JO: Who brought it to you? It's something that you bring to yourself. You don't need an explanation because it's like a note you've left for yourself. There's no need for outsiders to define it; it comes from within. You know it best, understand?

问: 我以前有⼀次去公共浴室的时候,⽤了五分钟的时间把热⽔全部变成了冷⽔.请问是什么因素导致这股⼒量可以如此快的改变物质? 我们在⽇常⽣活中如何让意念更加有影响⼒?

Questioner: I once used five minutes to convert all the hot water in a public bath into cold water. What factor causes such power to change matter so quickly? How can we make our thoughts more influential in our daily lives?

JO: ⾸先,不是你改变了物质,⽽是说你⾃⼰就好像闻到… 这么说吧,厨房在做饭,然后你闻到了呢个味道.你闻到了菜的闻到.然后你就OK,饭好了.你的想法就开始出来了.所以你会觉得是因为你的想法先出来,然后呢个饭好了,然后饭马上就好了吗?你理解⼀下这层关系.

JO: First of all, it's not you changing the matter, but rather that you yourself smell... Let me put it this way, the kitchen is cooking, and then you smell that aroma. You smell the fragrance of the food. Then everything is fine, the meal is ready. Your thoughts start forming. So you might think that because your thoughts came first, and then the meal was ready, does it mean that the meal became ready immediately after? Try to understand this relationship.

问: 那我们可以从这件事⾥学到什么? 就是意念它到底是怎么…JO: 就⽐如说,就好像空中飘了很多花瓣,那你随⼿⼀抓就抓到⼀个.那你刻意的去抓,你又抓不到,就好像是这种感觉⼀样,明⽩吗? 所以你不需要去刻意的做任何.

Questioner: What can we learn from this situation in terms of the mind and how it functions?

JO: Imagine there are many petals floating in the air. You might accidentally catch one with your hand. But if you try to specifically reach for a petal, you won't be able to catch any. It's like that sensation where you don't need to intentionally do anything.

问: 我要如何⾯对⾃⼰在显化⾃⼰想要的实相过程中头脑⾥产⽣的担⼼和疑虑? 它们会影响最重的显化吗?

Questioner: How should I deal with the fears and doubts that arise in my mind when manifesting what I want? Will they affect the manifestation process significantly?

JO: 显化是什么? 显化对你来说就是你想要过上你想要的⽣活是吗? 那你要知道你想要的到底是不是你真的想要的,还是我们⼀直说你的物质⾁体就是⼀条狗,还是这条狗想要的? 狗就想着我上次吃的呢个⾻头好好吃,我现在又想吃呢个⾻头.但是你的主⼈是⼲什么? 它要去呢个⽬的地,它要完成呢个任务.它对呢个⾷物没有兴趣的,它对呢个狗⾁是没有兴趣的.所以你要知道到底是呢条狗想要,还是主⼈想要啊? 因为主⼈想要,不会错过任何,明⽩吗?

JO: What is manifestation? For you, manifestation is about living the life you want, right? But you need to know whether what you want is truly what you desire or if we've just been telling your physical body that it's a dog, and do dogs even have desires? Dogs might think about how good they had that bone last time, now they're thinking of having that same bone again. However, the owner's objective is to reach its destination; it needs to complete the task at hand. Food doesn't interest it; neither does meat. So, you need to understand whether it's the dog who wants it or the owner who desires it? Because if it's the owner who wants it, they won't miss anything, get it?

问: 所以你的意思就是说我的这种想要也是⼀种执着?

So, you mean that my craving is also a form of attachment?

JO: ⾸先,如果是主⼈想要的话,主⼈所有的⼀切它是安排好的.⽐如说呢个主⼈它会有⼀个meeting,它这些东西它都是已经settle down,明⽩吗? 只有这个狗它才会停留在,我肚⼦饿了,上次呢个⾁好好吃,我又想吃.别⼈都在吃呢个⾁,我也想吃,明⽩吗? 主⼈需要的所有东西,meeting或者meet anyone,所有的东西它都是已经是在呢⾥,明⽩吗? 所以说你必须要分清楚,你是不是还是在受呢个狗在控制你,在影响你.如果你是在受狗影响你的话,你就会⼀直产⽣很多并不是你真正需要的.

JO: Firstly, if the owner wants it, everything that belongs to the owner is arranged for them. For example, the owner will have a meeting, and all these things are already settled down. Do you understand? Only a dog would remain in such a situation - when they're hungry because their last meal was delicious and they want more. Others might be eating meat and they desire it too. Understand that what the dog is concerned about is its hunger and past meals. The owner's needs, like meetings or social engagements, are all already provided for within this context, do you understand? Therefore, it's important to realize whether you're still being influenced by or controlled by the dog in your mind. If you are indeed being influenced, then there would be many desires that aren't truly yours.

问: 那这个我就想到以前我们通灵说,⽐如你现在陷在泥潭⾥⾯,然后你只需要往前看⽽不是去描述这个泥潭怎么样.那假如说我刚才给你说我想要显化这个想要显化呢个,呢个就像是⼀个⽬标⼀个想要前进的⽅向.那我们以前通灵说我们只需要去向前看⽽不是在这个泥潭⾥挣扎或者怎样,那这个向前看和我想要去显化⼀个东西,它是我的⼀个⽬标和前进的⽅向.那这个是它是有什么样的冲突或者说…JO: 只有你的头脑⾥⾯才会产⽣冲突,因为呢条狗还在⽤尽所有的办法,它觉得它要怎么样它才能获得它的⾷物,它才能吃到它想吃到的东西.然后你就已经放弃了主⼈的⾝份,跟随呢条狗了,明⽩吗?

Questioner: Suppose you're stuck in a swamp and all you need to do is look ahead rather than describe the swamp itself. If I just told you that I want to manifest this particular thing - it's like setting a goal or determining a direction for progress. Previously, when we talked about spirit communication, we were advised to keep our gaze forward instead of being preoccupied with struggling in the swamp. So, looking ahead is akin to my wanting to manifest something; it serves as my objective and direction of movement. Is there any conflict between these two actions or...JO: The only conflict that arises would be within your mind, because that dog continues to try every possible way to obtain its food, figuring out what it needs to do to get the meal it wants. You've already given up your identity as a master and are following the dog instead, understand?

那当狗能放掉⼀切,就是说我不⽤去担⼼我要吃什么,不⽤去担⼼我会肚⼦饿,我不⽤去担⼼我要在哪⾥找⾷物.因为当你还是在⽤狗的呢个去运⾏去思考去⾏为的时候,你还是不⾃由的.就是你永远都会在呢个⾥⾯,就好像在迷宫⾥⾯,你并没有⾛出迷宫,你并没有在迷宫上⾯,你还在迷宫⾥⾯.

"When the dog can let go of everything, that means I don't have to worry about what to eat, whether I'm hungry, or where to find food. Because when you're still operating and thinking as a dog, you're not free. You are always in there, like in a maze, you haven't gotten out of the maze, you're not above it, you're still in it."

问: 那能不能进⼀步解释我们前⾯通灵说的当你在泥潭⾥⾯的时候,你只需要向前看向前⾛抓住这个板⼦你就出来了.那这个向前看向前⾛它到底是什么呢? 就是这个关注点到底是什么呢?

Questioner: Could you further explain the concept we discussed earlier about looking forward and moving forward when you're in quicksand; just keep your focus on this plank, and you'll get out? What exactly does "looking forward" and "moving forward" refer to? What is the essence of this focused attention?

JO:它只是来让这条狗不再没有⽅向.因为狗它⼀定要有⼀个⽅向,它才知道我要朝哪边⾛.但是如果你是去费尽⼼思,就是各种去,就是⽤你的头脑想要去找到出路的话,你还就是没有允许你的主⼈来给你指引,给你引导或者是来给你引路.因为你⾃⼰就在⾃⼰的⾥⾯忙的团团转.因为你觉得呢个是你⾃⼰能figure out,就是你⾃⼰能work out的东西.但是你有可能你的主⼈给你丢了⼀个狗⾻头在呢,然后你闻到了,然后你朝呢边跑去了.

JO: It's just to make sure the dog doesn't wander aimlessly, because a dog must have direction in order to know which way I'm going. But if you try so hard to find your own way using your mind and all sorts of efforts, without allowing your master to guide you or show you the path, then you're still not letting them lead you because you're just spinning around within yourself. You think it's something you can figure out on your own, like a puzzle for you to solve. But your master might throw a bone in your direction and all of a sudden you smell it, and off you go chasing after it.

问: 我现在时不时会感觉到⾝体⾥有⼀股很紧张的能量,每次位置都不太⼀样.当我越放松的时候,就越感觉不到它.请问⾝体有什么信息是想要带给我的吗?

Questioner: I occasionally feel a tense energy within my body, and its location varies each time. The more relaxed I become, the less I sense it. Could there be messages from my body that it wants to convey to me?

JO: 你就好像,⾸先你要知道你的⾝体它并不是⼀成不变的,它⼀直是根据你的状态⽽变化的.所以你不需要去关注太多于你⾝体创造的这种不适或者是紧张或者是什么感觉.你要知道,就好像你们在成长,成长的这个过程,就好像你们在健⾝,你肌⾁成长的过程它都会有⼀些不适感.所以你也不需要太多的关注在这⾥,因为你越多的关注在这⾥.你越多的就是会找到更多的问题.这么说吧,就好像你们有⼀个放⼤镜,⽆论把你的放⼤镜放在哪⾥,你都可以从放⼤镜放到的位置⾥⾯找到东西.所以你看你的放⼤镜要放到哪⾥?

JO: You're like, you first need to understand that your body isn't static; it's constantly changing according to your state of being. So there's no need for you to pay too much attention to the discomfort or tension or any sensation created by your body. You should know that this is similar to how you grow and develop – just like when you're exercising, your muscles growing process has some discomfort as well. Hence, paying too much attention here doesn't help; it only amplifies whatever issues you might find. Think of it as if you have a magnifying glass: no matter where you place the magnifier, you'll see things according to that perspective. Therefore, you need to decide where your magnifying lens should be focused?

问: 那就⽐如说我把放⼤镜放到我想要去显化的东西上,这个算不算是吧放⼤镜放到正确的位置? 还是说我又听从了狗的指⽰?

Questioner: So, for example, if I place the magnifying glass on what I want to manifest, does that count as placing the magnifying glass in the right position, or am I just following the dog's instructions again?

JO: 因为这条狗本⾝就不是来分清楚的,明⽩吗? 因为它的主⼈知道⼀切,明⽩吗? 因为你们的头脑会⼀直想要去⼀下⼦了解everything,就是⼀下⼦把所有,我是怎么来的,我来到这个世界上是来做什么的,我来到这个世界上的使命,所有所有的⼀切都好像想要⼀下⼦搞清楚.但是没有任何⼀个头脑能把任何搞清楚,你记住这⼀点.我不管你的头脑有多强⼤,不管你们通灵多少次,不管你们问了多少信息,不管你们问了⼏千⼏亿个信息,你都没有办法把这些搞清楚.因为这不是⽤来搞清楚的,明⽩吗?你顶多就是吸收了很多很多概念.如果很多很多的概念,你全部都装进去的话,你想⼀下,就好像你捡了好多好多的垃圾堆在⼀起.

JO: Because this dog itself is not meant to be divided, do you understand? Because its owner knows everything, do you understand? Because your mind wants to understand everything at once, all the answers, asking how I came to exist, why I'm here, what my purpose in this world is, every single thing trying to get clarity right away. But no mind can ever truly understand anything, remember that point. No matter how powerful your mind might be, no matter how many times you communicate with spirits, no matter how much information you ask for, no matter how many billions of questions you've asked, it's impossible to fully understand these things because they're not meant to be understood like this. You'll just absorb a lot of concepts. If you cram all these concepts in your mind, imagine trying to collect all that garbage together.

它怎么样都会产⽣… 就好像你头脑⾥⾯: 我之前通灵信息说的这个,今天通灵信息说的呢个,拿出来打架.然后你又开始再找更多的论点来⽀持你.但是你要知道你们的语⾔和你们的理解能⼒,就好像⼀条狗它永远都不能理解主⼈为什么要去做这件事情,明⽩吗?

No matter what happens, it will result in... It's like the argument in your mind: the information I received before, versus the information given today. You then start forming more arguments to support yourself. But you must understand that your language and ability of comprehension are akin to a dog never being able to fathom why its owner does something, do you see?

问: 那我对于你们说的focus关注和允许这两点我好像…JO: ⾸先你说的这些它只是how to work with yourself,你的physical body,你的这条狗,我只是来告诉你你要如何跟这条狗相处,你要如何训练,就好像是你训狗的⼀些技巧,明⽩吗?这只是这个⽽已.但是你可以制定你⾃⼰的…. 为什么呢? 呢条狗你才最熟悉,所以你可以制定⼀个你⾃⼰的,⾏得通的⽅式⽅法.⽽不是⼀味地去照抄别⼈的或者是问别⼈的.为什么呢?因为你才是呢个跟狗相处的,明⽩吗?如果呢个⽅法对你有效,就有效.对别⼈有效,不⼀定对你有效.

Questioner: But I'm confused about the 'focus' and 'permission' aspects you mentioned; they seem... JO: First, what you're asking about is how to work with yourself, your physical body, or even your dog. I'm just here to guide you on how to interact with this dog, how to train it—basically sharing tips for training the dog. That's all. But you can create your own... Why? Because you are most familiar with the dog, so you have the freedom to devise a method that works for you. Instead of blindly following others' methods or asking them for advice. Why is that? You're the one interacting with the dog. If this approach suits you and is effective, it will work; but what may be effective for others might not necessarily suit you.

问: 我的JO和指导灵有没有什么别的信息给我?

Questioner: Does my JO and guiding spirit have any other messages for me?

JO: 不要太就是⼀定要让狗去弄清楚所有的⼀切.你只需要让它在当下能和主⼈,就好像主⼈跟狗是合为⼀体的,⽽不是就是说是失去控制的⼀只狗.所以你不需要,因为你们的头脑已经充斥太多信息,你们的信息⾮常发达.你们不断地不断地传播信息,各种传播渠道.你想如果你的⼀个电脑⾥⾯装了太多不同程序,这个程序,呢个程序.你这个页⾯也打开,呢个也开始在运⾏,它会产⽣冲突的.所以你只要去相信你的⽣命当中,任何关于你的它都不会错过,任何你需要知道的你都会知道.所以你不需要不停的去钻到你的头脑⾥⾯想要搞清楚,明⽩吗? 这样你就能在⼀个全然的,就好像⼀只抓紧的⼿,你觉得你可以紧紧的抓住空⽓或者是紧紧的抓住什么东西.

Jo: Don't overthink it. Just let the dog figure out everything on its own. You only need to ensure that it can respond in a harmonious manner with its owner at the moment, making them one entity rather than an uncontrollable dog. Therefore, there's no need because your mind is already overwhelmed with information, and you have highly developed information channels constantly spreading data. If too many different programs were loaded onto one computer, causing some to run while others are open but not in use, it would lead to conflicts. Similarly, believe that your life will not miss out on any relevant information for you, nor will you fail to know anything necessary. Thus, there's no need constantly diving into your mind trying to figure things out; do understand? This way, you can be fully present, like holding a tightly clenched hand, imagining being able to grip the air or something solid.

但是你只要敞开,你就已经是空⽓的⼀部分了,你就成为空⽓了,明⽩吗? 所以你不需要去抓住任何,因为你在⾥⾯.you are not outside,you are inside.如果你觉得你是在对⽴⾯或者你在外⾯,你可能会想要去抓住什么.但是you are part of it.你就是呢⼀部分,你就是呢⾥⾯的.So you won’t miss anything.

But when you open up, you become a part of the air, you become the air itself, do you understand? So there's no need to grasp at anything because you're already inside. You are not outside, you are inside. If you feel like you're on the opposing side or outside, you might want to grab onto something. But you are indeed a part of it; you are that part, and you are within it. So you won't miss anything.

问: 能不能请你帮我们连接⼀下李⼩龙?李⼩龙: 你说吧,什么问题?

Questioner: Can you help us connect with Bruce Lee? Bruce Lee: Go ahead, what's your question?

问: 你⾝前对功夫最迷恋的是什么?

The thing you are most fascinated by in front of kung fu is...

李⼩龙: 我对功夫最迷恋的是让我体验到能量,强⼤的能量.能量它可⼩可⼤可快可慢,它可以像⼀个任何你想要成为展现的⼀个样⼦呈现.像是⼀个画家,他拥有颜⾊.然后这个颜⾊他可以去呈现任何他想要呈现的画,⼀个作品.它可以是⼀只⼩鸟,它可以是⼀只⼩狗,它可以是个孩⼦,它可以是个妈妈,它可以是⼭是⽔是风是⾬,它可以是任何.你想象⼀下.

Bruce Lee: What I'm most obsessed with about kung fu is experiencing the energy, powerful energy. Energy can be small or big, fast or slow, and it can manifest as any form you desire. Like a painter who has colors at their disposal; then that color they can use to depict any artwork they wish, creating a masterpiece. It could resemble a bird, a puppy, a child, a mother, mountains, rivers, wind, rain, anything you can imagine.

问: 你对功夫的理解是什么?

Questioner: What is your understanding of kung fu?

李⼩龙: 我对功夫的理解就是能量的运⽤.你如何⽤你的⾝体来让这个能量通过这个⾝体呈现出来.就像这个⼥孩⼦她现在做的传递⾼维信息的这个事情,她就是让这个能量如何通过她,然后来让你们能理解能接受的⼀种⽅式来展现给你们.

Bruce Lee: My understanding of kung fu is the application of energy. How do you use your body to manifest this energy within your body? Just like what this girl is doing by transmitting high-dimensional information, she's figuring out how to allow this energy to pass through her and present it in a way that can be understood and accepted by others.

问: 你有没有什么信息想要带给喜欢功夫的⼈?

Questioner: Do you have any information you would like to convey to those who enjoy kung fu?

李⼩龙: 他们不⼀定要喜欢功夫,但是他可以通过我这个例⼦我这个先例来看到他们喜欢的⼀切他们都可以去通过他这个⾝体,通过他来展现出来.他可以是喜欢舞蹈,他可以喜欢唱歌,他可以喜欢画画,他可以喜欢做雕塑,他可以喜欢任何.但是他只是呢个能量的表达者,明⽩吗?能量只是通过他⽽呈现出来.所以说不是说看这个⼈好厉害,我要跟他⼀样.你只是在你⾃⼰呈现的呢个⽅式⾥厉害.这么说吧,风是能量,它以风呈现出来.⽔是能量,它以⽔呈现出来.闪电是能量,它以闪电的⽅式呈现出来.太阳是能量,它以太阳的⽅式,温暖的⽅式呈现出来.虽然我是以功夫的⽅式呈现出来,但是你… 我可能是风,你可能⽔,我可能是花,你可能是蔬菜,明⽩吗?

Bruce Lee: They don't necessarily have to like kung fu, but they can see everything they like through this example of mine, which they can show through his body. He could like dance, he could like singing, he could like painting, he could like sculpting, he could like anything. But he was just an expression of energy, understand? The energy is simply presented through him. So it's not about seeing how powerful this person is and wanting to be like them; you are just being impressive in your own way. To put it another way, wind is energy, which is manifested as wind. Water is energy, which manifests itself as water. Lightning is energy, which presents itself in the manner of lightning. The sun is energy, which shows itself in its warm nature. Although I present myself through kung fu, you… I might be the wind, you could be water, I might be a flower, you could be vegetables, understand?

所以并不是所有都要像花,都要成为花的样⼦.那这个世界多么的单调?!问: 那学习功夫的呢些⼈,对他们来说最⼤的敌⼈是什么?

So not everything has to be like a flower or become as beautiful as one. How boring would this world be? Questioner: What is the biggest enemy for those who are learning kung fu, according to them?

李⼩龙: 最⼤的敌⼈就是他⾃⼰.就好像你们刚才通灵说的呢条狗.狗也不是你的敌⼈,只是你们还没有磨合好⽽已.它是你的最好的唯⼀的去呈现的⽅式和体验的⽅式.你想,你到底是要这条狗去受外⾯的影响其他狗的影响? 因为有很多狗都是野狗,它是没有进过训练的狗.你到底是要受外⾯的影响把这条狗变成野狗呢? 还是说你想要受主⼈的影响? 把它训练成跟你主⼈是合⼀的状态? 就好像它是主⼈的⼀个⼯具,⼀个左右⼿,明⽩吗?

Bruce Lee: The greatest enemy is himself. Just like what you just said about that dog during the spirit communication. The dog isn't your enemy; it's simply because we haven't gelled well yet. It's the best and only way for you to present yourself and experience life through this medium. You ask, do you want this dog to be influenced by external factors from other dogs? Because many of these dogs are wild dogs, they are not trained animals. Do you want this dog to become a wild animal due to external influences? Or do you prefer it to be influenced by its owner and trained to be in harmony with them? It's like the dog is an extension of the owner, a right hand or tool for him. Can you understand that?

问: 对⼿在功夫中的作⽤是什么?

Questioner: What role does one's opponent play in martial arts?

李⼩龙: ⾸先外⾯还是没有任何对⼿.你也是跟你⾃⼰的⼀个能量转态呈现出的⼀个对⼿来供你… 所以说⽆论你在哪⼀个阶段,你都会有对应的对⼿.就⽐如说如果你还是幼⼉园,你还是刚学会功夫,那⾮常强⼤的⼈他可能⼀个⼿掌你就倒下了.那他还是你的对⼿吗? 已经不是你的对⼿,对不对? 所以你的对⼿只能在你的能量状态显化出来的对⼿来供你… 就是⽐如说你的能量状态是⼀百,那你只能是⼀百⼆,⼀百左右,⼋⼗到⼀百⼆,这样⼦的是你的对⼿.所以这是不是还是你个⼈跟个⼈的游戏? 因为如果你⾃⼰突飞猛进,刻苦练习达到⼀千的⼀个转态,那你对⼿的级别是不是就到了⼀千了?

Bruce Lee: Firstly, there are no opponents outside. You face your own energy state transformation as an opponent for yourself... So, regardless of which stage you're at, you'll have corresponding opponents. For example, if you're still in kindergarten, having just learned martial arts, a very strong person could knock you down with one hand. Would they still be your opponent? No longer would they be your opponent, right? Therefore, your opponent can only be the manifestation of an opponent that corresponds to your energy state... That is, if your energy state is 100, then you can only have someone at around 102, between 80 and 102 as your opponent. Is this still a one-on-one game? Because if you suddenly improve drastically through rigorous practice reaching a state of 1000, wouldn't the level of your opponent also elevate to 1000?

就到了⼀千⼆,⼀千五,就去you are going to reach,对不对? 那你还觉得对⼿是外⾯吗?

You're going to reach a thousand two, a thousand five, and then you think your opponent is outside, right?

问: 能量和你功夫的关系是什么?

Questioner: What is the relationship between energy and your kung fu?

李⼩龙: ⾸先最开始你的能量就好像是⽔,你好像是⽔管⼀样,你的⽔管还不是很畅通的时候,你就需要不断不断地去让你的⽔管越来越畅通.你才有⼀个畅通的⽅式让⽔没有阻碍的流出来.那功夫最开始,就⽐如说你这条狗还没有跟你好好的磨合之前,你是不是需要时间去慢慢的磨合它? 去调教它? 去训练它,对不对? 所以说当你不断地不断地花时间去磨合去训练,你才会让源头的⽔流没有障碍的去通过你这个⽔管去完完全全的流出来.所以说功夫也是,从最开始你可能不是特别的灵敏.那逐渐从不断不断地练习达到⼀种炉⽕纯青的呢种感觉.然后这就是允许呢个能量让它可以通过这个⽔管畅通的流出来.

Bruce Lee: Firstly, your energy is like water; you are like a pipe. When your pipe isn't very通畅 (smooth and flowing), you need to constantly work on making it more通畅 until there's no obstruction for the water to flow smoothly out of it. Similarly, when starting martial arts, before this dog fully adapts to you, doesn't it require time to gradually get adjusted? To train it? To condition it? Therefore, by continuously dedicating time to this process of adjustment and training, you enable the source of water to flow freely through your pipe without hindrance. Hence, martial arts also follow a similar principle; at first, one might not be particularly sensitive or responsive. Over time, with consistent practice reaching a level of mastery, allowing the energy to flow smoothly through this pipe becomes possible.

问: 你通过功夫来淋漓尽致的展现能量的最⼤秘诀是什么?

The most definitive secret for manifesting energy through kung fu to its fullest is...

李⼩龙: 对它的激情.就是当你⽐如说你去感受到这个⽔从你的⾝体⾥⾯出来,从你的⾝体⾥⾯出来,你就会感受到你⾃⼰就好像是被洗刷.就是你的⽔管⾥⾯有很多脏东西,对不对?那你的⽔从你⾥⾯出来把脏东西冲⼲净了.那你冲⼲净了,你是不是就不会感受到很沉

Bruce Lee: The passion for it is when you feel the water coming out from your body, like being washed clean, right? Your pipes have a lot of junk in them, don't they? When the water cleans out the dirt inside you, doesn't that make you feel less heavy afterwards?

重了? 当你⾥⾯塞满了东西,很多东西塞满了的话,你是不是就会觉得你动都动不了.为什么? 你很沉重.你是臃肿、沉重、⽊讷、痴呆.那你们是不是都知道我刚刚描述的呢些词,对你们来说都没有吸引⼒的.你们为什么不喜欢胖,喜欢瘦的,明⽩吗? 你们为什么不喜欢痴呆,呆滞,⽽是觉得充满了吸引⼒的⼈他是充满了什么? 他有明亮的眼睛,对吧? 明亮的眼睛它就体现出他内在的⼀个状态.所以说当你体验了轻松的感觉,那你肯定不会想要停留在⼀个沉重的、堵塞的.

Heavier? When you're filled with stuff, many things stuffed into your body, wouldn't you feel like you can't move at all because of the heaviness? Why? You become so heavy. You become bloated, heavy, sluggish, and mentally incapacitated. Do you know what I described just now, those words, do they appeal to you in any way? Why don't you like being fat, preferring thinness, understand why? Why do you dislike being stagnant, lifeless, instead seeing people full of attraction as having something that attracts them? They have bright eyes, right? Bright eyes reflect their inner state. So when you experience a sense of ease, you definitely wouldn't want to stay in a state of heaviness and blockage.

问: 如何可以坚持⾼负荷的运动的习惯?

Questioner: How can one maintain a habit of engaging in high-intensity exercise?

李⼩龙: 你⾸先你要去尝试你把你这个⽔管弄通⼀下的感觉.因为如果你从来没有通过,你就会觉得呢个就是你的状态.你就会觉的我的⽔管就是这个样⼦.你都没有尝试过.所以你试着让它弄通⼀点,当你体验到它被通了的感觉过后.这么说吧,你先给呢条狗⼀点甜头,它尝到过后,它就总是想要去尝,对不对? 那当你在越来越畅通,你是不会去会去呢种堵塞的感觉.因为呢个不是你⾃然的状态.你⾃然的状态是畅通的状态,明⽩吗?

Bruce Lee: Firstly, you need to try the feeling of getting your pipe unblocked. Because if you've never done it before, you'll just think that's your condition - your state. You'll feel like my pipe is this way and you haven't tried anything else. So you try making a bit of progress with it. When you experience the sensation after trying to clear it up. Let me put it this way: you give a dog a little treat, they taste it and then they're always wanting more, right? And when you are getting clearer and clearer, you don't go back on that feeling of being blocked because that's not your natural state. Your natural state is one of being unblocked, understand?

问: 为什么选择如此短暂的⼀⽣来体验?

Questioner: Why choose such a brief lifetime to experience?

李⼩龙: 你去看⼀下拥有强⼤能量的,就⽐如说⽕⼭爆发或者是原⼦弹或者是鞭炮,任何拥有强⼤能量的,瞬间pang的⼀下.它是不是⾮常快速的、精准的? 就像⼦弹⼀样,你可能还没有见到它跑出来,它就已经击中⽬标了? 所以说我的⼀⽣就好像是⼦弹⼀样,就好像是⽕⼭⼀样,它只需要呢⼀瞬间.虽然我在你们眼⾥是短短的医⽣,但是我的影响⼒多⼤! 就好像⽕⼭爆发⼀样,它虽然只有⼀瞬间,但是它带来的影响呢? 那你是⼩⽕苗,你可能是拥有了你们所谓的很长的时间.但是呢个长的时间是在⼲什么? 都是在堵塞的状态下.它并没有释放出它的能量,明⽩吗?

Li Xiaolong: Just take a look at things with tremendous power, such as volcanic eruptions or atomic bombs or firecrackers, anything with tremendous power that produces an instantaneous 'bang'. Is it not incredibly swift and precise? Like a bullet; you might not have seen it coming out yet, but it already hits the target. So my life is like a bullet, like a volcano - just requiring that single instant. Although I'm viewed as a short-lived doctor in your eyes, how powerful my influence can be! Like a volcanic eruption with its short duration, yet the impact it carries? You're akin to small fires that may possess what you consider long periods of time. But what are those 'long times' spent doing? They're being stuck in a blocked state. Their energy is not being released; do you understand this?

问: 那你在呢⼀⽣当中没有突破的束缚是什么?李⼩龙: 没有突破的束缚也是⾝体的束缚.

Questioner: Well, what kind of constraints have you never transcended in your entire life? Bruce Lee: The constraints of not breaking through are also physical constraints.

问: 在你呢⼀⽣当中最美好的体验是什么?

Questioner: What is the most wonderful experience in your lifetime?

李⼩龙: 最美好的体验对我来说是跟婴⼉的基础,是跟宝宝的接触.因为它就好像我是⼀个很硬的铁,然后会在呢样的⽚刻被融掉了.然后我便不是以固定的模式或者是物质的硬的模式,你们物质世界的东西它就是硬的状态,对吧? 那就好像你把冰块放到温⽔⾥⾯,冰块融化的呢种感觉.

Bruce Lee: The most beautiful experience for me is the foundation of interaction with infants, which involves contact with babies. It's like I'm a hard piece of iron that gets melted during such moments. Then, instead of being bound by fixed patterns or a rigid material form, I am no longer confined to the static state of your physical world's things, right? It's akin to placing an ice cube in warm water and experiencing the sensation as it melts.

问: 你在呢⼀世的⼈⽣哲理是什么?李⼩龙: 不浪费任何⽚刻的时间.问: 那神对你来说是什么?

Questioner: What is your philosophy of life for one lifetime? Bruce Lee: Not wasting any moment of time. Questioner: And what is God to you?

李⼩龙: 我就是神.

Bruce Lee: I am God.

问: 请问你还有没有什么信息想要带给崇拜你的粉丝们的?

Questioner: Do you have any other messages you want to convey to your fans who admire you?

李⼩龙: 做他们⾃⼰.

Bruce Lee: Be themselves.

2023/03/31 —连接佛陀Connecting with Buddha

问: 你本⾝已经就是⼀个开悟的觉者了,为什么还需要再体验痛苦的开悟过程呢?

Questioner: If you are already an enlightened being, why do you still need to experience the process of enlightenment that involves pain?

佛陀: ⾸先开悟的过程并不是⼀个痛苦的过程.痛苦的过程只是你们⾃⼰觉得和定义的.就好像⽐如说已经是⼀棵⼤树的种⼦,那你播种然后想要在这个物质世界长成⼤树,你是不是还是需要突破、⽣根、发芽? 那你不能说你本⾝就是⼀棵⼤树,你为什么还要从⼀颗种⼦开始经历、发芽、长枝叶的这个过程? 因为这个过程才是最重要的.

BuddhJO: The process of enlightenment is not a painful one. The painful process is only what you yourselves perceive and define. Just like, for example, if the seed already contains the blueprint of a large tree, when you sow it with the intention to grow into a large tree in this material world, do you still have to break through, root down, and germinate? Can't you say that since you are already essentially a large tree, why must you go through the entire process of sprouting from a seed, growing leaves, and branches? It's because this process is what truly matters.

问: 佛法的核⼼是什么?

Questioner: What is the core of Buddhism?

佛陀:你们很多⼈都想要去学习佛法.然后总觉得这⾥有⼀个像是法则或者是各种规则.如果真的说法的核⼼是什么?那就是你成为,⽐如说你最开始是⼀个冰块,然后你在⽔⾥过后就成为了⽔的⼀部分.然后你就会发现你不再是冰块,然后你是任何,就是你不再是⼀个你.但是所有的又是你.因为你已经融⼊到整个⽔⾥⾯去.就是呢个所谓的你消失掉,也就是你们说的⽆我的⼀个状态.但是这个并不是说从⼀两个概念或者是告诉你,你就能真正的成为或者达到的⼀种状态.所以当你们还是冰块的时候,你不需要责怪你⾃⼰为什么还没有变成⽔跟万物⼀体,就是跟其它⼀体.(你不需要责怪⾃⼰)为什么现在还是硬邦邦的?

BuddhJO: Many of you want to learn the Dharma. You always feel like there is a kind of law or rules involved. If we really talk about what's at the core of the Dharma, it's that you become something, for example, you start as an ice block and then you become part of the water after being in it. Then you would discover that you're no longer an ice block, but any thing else; you're no longer 'you', but everything is you. You have already integrated into the whole water. This so-called disappearance of 'you' is what you say about the state of nobodyness. But this doesn't mean that it's just from one or two concepts or telling you to achieve such a state. So when you're still an ice block, you don't need to blame yourself for not having turned into water and become one with everything else, which includes other entities. (You don't need to blame yourself) Why you are still hard now?

问: 佛法最重要的启⽰是什么?

Questioner: What are the most enlightening aspects of Buddhism?

佛陀: 最重要的启⽰? 可以说这⾥没有最重要的.因为你们头脑都会去捡⼀些最好的,或者是对你最有价值的最有意义的最重要的.这⾥没有⼀个最重要的.所以你把呢个重要的拿开再提问.

BuddhJO: The most important insight? One could say there is no most important here because your mind tends to pick the best or what holds the greatest value and meaning for you. There is no single most important thing here, so take away that importance and ask again.

问: 那佛法给我们的启⽰什么呢?

The Buddhist teachings offer us what启示?

佛陀: ⾸先你不能只是去看佛法⾥⾯的启⽰.为什么? 因为所有所有的它都有启⽰,⽽不是说在佛法⾥⾯.所有的⼀切,⼀切万物,任何任何你能把你的attention带到的地⽅,那就是启⽰.如果就算是给了你⽆数个佛法的哲理也好教条也好,如果你的attention没有在.呢还是启⽰吗? 呢个对你来说就是听天书⽽已.所以你看到最重要的并不是这个法则有没有效果?有没有价值? 有没有意义? 或者重要不重要? 重要的是什么? 你的attention.

BuddhJO: Firstly, you cannot just look at the revelations in Buddhism. Why? Because all of it has revelations, not just within Buddhism but everywhere. Everything, any and everything that you can direct your attention to is a revelation. Even if you were given countless teachings or principles from Buddhism, would they still be revelations if your attention was not there? It would simply be like listening to nonsense for you. So what's most important, isn't whether the law works, has value, meaning, or matters? The crucial question is: where does your attention lie?

问: 你这⾥说的我的attention是指我的意念吗? 就是我的注意⼒吗?

Questioner: You mentioned "my attention" here; does that refer to my mental intention or just my focus of attention?

佛陀:是你的觉知.你的觉知就好像是⼀个⼿电筒的光.那⼀本书上⾯写了什么不重要.只有你的⼿电筒的光照上去让你看到,它才会变的有意义和有价值.如果离开这个⼿电筒的光,什么都是⿊暗什么都看不到.你说它们的价值还能体现吗?

BuddhJO: It's your awareness. Your awareness is like the light of a flashlight. What's written on that book doesn't matter. Only when your flashlight beam shines upon it and allows you to see does it become meaningful and valuable. Without this flashlight's light, everything would be darkness and nothing could be seen. Can their value still be manifested if separated from this flashlight's light?

问: 你的经历和普通⼈的经历相⽐,有什么不同的地⽅和相同的地⽅?

Questioner: Compared to a common person's experience, what are the differences and similarities in your experiences?

佛陀: 和普通⼈的经历不同的地⽅是我不需要shuffling,就是我不需要在这个幻像当中去沉迷或者是迷恋或者是停留很长的时间.也就是好像有⼀本书你们可能会花很长时间去看,那我可能就是看⼀下封⾯或者看⼀下标题.然后这是不同的,也就是说我不会在幻像⾥停留很长时间或者被困住很长时间.什么相同的地⽅就是你们所有⾁体、⼼灵的痛苦我都有体验,任何体验,任何任何体验你们作为⾁体作为⼈的体验我都有体验.

BuddhJO: The difference in my experience compared to ordinary people is that I don't need to shuffle, meaning I don't have to indulge or linger for a long time in this illusion. As if there's a book you might spend a lot of time reading, whereas I would just glance at the cover or read the title. That's different; I wouldn't be stuck or trapped for a long time within illusions. The same aspect is that all your physical and mental pains, any experiences as bodies as humans, I have also experienced.

问: 那以你的智慧来说,我们普通⼈怎么样可以更好的去看破和突破幻像呢?

Questioner: Considering your wisdom, how can ordinary people better discern and transcend illusions?

佛陀: 也就好像刚才说的⼀样,就像⼿电筒的光,当你的光照到的时候,你是不是就能看清楚了? 那这个是不是就需要你的临在,你的觉知,你的觉察? 因为当没有这个的时候,你就好像是在梦⾥⾯,你不知道你在做梦.那当你有觉知的时候,你就好像梦醒了,刚才发⽣的⼀切都是梦.如果刚才发⽣的⼀切都只是梦的话,你是不是就不会再感受到痛苦或者是恐慌了? 为什么? 因为你已经醒来了.你知道⼀切都只是梦境⽽已.

BuddhJO: It's just like what was mentioned earlier, like the light from a flashlight, when your light shines upon it, can you see clearly? Is this requiring your presence, your awareness, and your perception because without this, you are in a dream state where you don't know that you're dreaming. When you become aware, you are as if awakened from a dream, and everything that just happened was but a dream. If all that happened earlier was indeed a dream, wouldn't you no longer feel pain or panic? Why is that so because you have already awakened and realized it's just a dream.

问: 那请问你有没有什么信息或者智慧的话语要分享给我们的?

Questioner: Could you share any insights or wise words with us?

佛陀: 你们不需要去跟随任何宗教或者是佛法,然后在呢⾥并不⼀定是你们的⼀个出路.你们也不需要去追寻任何好的.⽐如说我想学习佛法是为了什么? 是为了脱离苦海,所谓的苦海.为什么? 因为这⾥连苦海都没有.只有你们的头脑去给它定义,就是⽣命是痛苦的或者是你吸收了别⼈的很多痛苦,你才会去体验到痛苦.所以也就是说这个地⽅没有什么需要去超脱的.然后所谓的智慧和佛法这些只是来让你不再受你⾃⼰的头脑的控制,⽽不是说你不再受这个物质世界的控制.所以你唯⼀需要超越的就是你⾃⼰的头脑.

BuddhJO: You do not need to follow any religion or Buddhism; here is not necessarily your way out. There is also no need for you to pursue anything good. For example, why would someone want to learn about Buddhism? To escape the suffering ocean, that's what they're trying to escape from. Why so? Because there's no suffering ocean here. It's only your mind defining it as life being painful or absorbing other people's pains that makes them experience pain. Thus, this place has nothing for you to transcend. And so-called wisdom and Buddhism are just meant to help you stop being controlled by your own mind, not by the material world. So, the only thing you need to transcend is your own mind.

问: 如何成为⼀个好的说法者?

Questioner: How can one become a good speaker?

佛陀: 就是成为你⾃⼰.因为你如果是⼀颗苹果,那你就没有办法把⾃⼰变成萝⼘.你如果是⼀朵玫瑰花,你也没有办法把⾃⼰变成⼀颗⽩菜.那当你完完全全的成为你⾃⼰,然后你就是⼀个真正的说法者.说法者是什么? 就是来展现我是谁,展现⽣命.所以你只有成为你⾃⼰,然后⽤你的⾹甜⽤你本来的味道去丰富去增加这个世界的⾊彩和⾹味和甜味.所以你想象⼀下如果所有的萝⼘都想变成玫瑰花,所有的蚂蚁都想变成蜜蜂,明⽩吗?成为你⾃⼰,你就是在⽤你⾃⼰的⽅式来展现.

BuddhJO: It is to be yourself. For if you are an apple, there's no way you can become a carrot. If you're a rose, you cannot become a cabbage. When you completely become yourself, then you are a true speaker of the Dharma. What is a speaker of the Dharma? It means coming forth to show who I am, to reveal life. So it's only by being yourself that you can use your sweetness, your inherent flavor, to enrich and add color, aroma, and sweetness to this world. Imagine if all the carrots wanted to become roses, or all the ants wanted to become bees. Understand? Being yourself means showing who you are in your own way.

问: 我们需要去做化斋这样的⾏为吗? 化斋背后的意义是什么呢?

Questioner: Do we need to perform acts like begging for alms? What is the significance behind this act?

,佛陀: 在每⼀个不同的阶段、不同的时期、不同的年代,都是由不同的意识,就是不同的⼈的思想构成的.然后你在你们这个阶段去做你们这个阶段呈现的⼀个⽅式,⽽不是说你去照着其他的模板.所以你才是呢个决策者、设计者、规划者、创造者.你觉得这个化斋对你来说是你想做的吗? 它是你想做的吗? 这个是你需要问你⾃⼰.所以永远永远都是你才是呢个⼿上拿着颜料想要去给世界涂上什么颜⾊的⼈.⽽不是说古代的⼈、以前的⼈他们做的哪个好,你就去照抄.因为你根本学不到核⼼的东西.核⼼的东西是什么? 核⼼的东西是捧着呢个碗的背后的呢个能量和呢个⼈.呢个才是最重要的,⽽不是这个⾏为本⾝.

BuddhJO: At every different stage, period, and era, it is composed of different consciousnesses, that is, the thoughts of different individuals. Then you perform your role according to the way presented in this phase rather than following other templates. Hence, you are the decision-maker, designer, planner, and creator. Do you feel that begging alms suits what you want? Is it what you desire? This is something you should ask yourself always. Thus, at all times, it's you who holds the brush to paint the world with colors of your choice. Not copying what others did in the past or those before us as if they were models to follow since you won't learn the core essence that way. The essence lies in the energy and person holding the bowl rather than the act itself.

因为你不同的⼈拿着这个碗,在你开⼜或者是在你的眼神跟对⽅接触的呢⼀刹那,你们产⽣的连接是不⼀样的,明⽩吗? 因为你们看到的只是单纯的这个⾏为,要⾷物.但是⾷物只是⼀个媒介,它只是通过这⼀个⾏为把你的⼼打开,把对⽅的⼼打开.但是如果你⾃⼰的⼼是封闭的,你如何把对⽅的⼼打开? 那如果你的⼼是敞开,然后你邀请他敞开,给了他⼀次敞开的机会.你们之间的能量置换就达到了.所以就好像你的这边源头是活⽔,那对⽅是死⽔.那这样⼦他通过接触你的活⽔,是不是就可以把它的死⽔给排出去? 那你把源头的⽔注⼊给她,那她又

Because when different people hold this bowl, the connection you create with them, whether through your mouth being open or by meeting their gaze in that moment, is unique. Can you understand? You only see the simple act of needing food, but food is merely a medium—it opens both your heart and theirs via this action. However, if your own heart is closed, how can you open theirs? If your heart is open and you invite them to be so as well, granting them an opportunity for openness, that energy exchange is achieved. It's like your source being fresh water while theirs is stagnant; by touching their stagnant water through contact with your fresh water, can they cleanse it? And when you infuse her with the water from your source, what happens next...

会把⽔流给她的孩⼦,流给她的⽼公.流给她接触的每⼀个⼈.所以你知道这个⾏为的背后最重要的是什么? 是通过这个,然后打开封闭,明⽩吗? 你们有其他的⽅式,有其他的很多⽅式去做这件事情.并不⼀定要去效仿.然后最最有⽤的⽅式是你有呢颗⼼.哪怕是跟⼀个⼈的眼神接触,哪怕是⼀个握⼿,任何它都是⼀次你所谓的化斋.因为你们通过呢个传递,他传递了你⾷物或者传递了你其它东西,你也传递给了他.你们发⽣了置换,你们产⽣了连接.

The water flows to her children, to her husband, and to everyone she interacts with. So, what is the most important aspect behind this action? It's through this that you open up, understanding? You have other ways, many more ways to do this thing. Not necessarily to imitate. And the most useful way is having that heart of yours, even just eye contact, or a handshake, any interaction it's an offering, because you transmit through it; he receives your food or whatever else you're conveying, and so does he. You've exchanged, you've connected.

问: 我们需要帮助家⼈开悟吗?

Questioner: Do we need to help our family members awaken?

佛陀: ⾸先如果说是帮助的话,你只是成为你⾃⼰,你就在帮助.就⽐如说你是⼀朵鲜花,那你只是绽放.你的⾹味没有办法不影响到周围的空⽓,弥漫在空⽓当中.你没有办法不吸引⼈过来闻⼀闻.为什么? 因为你给他带来了美好的感觉.那你说鲜花有需要去帮助⼈们变得快乐或者美好吗? 它没有.它只是绽放.明⽩吗? 所以这个是你所谓的帮助吗? 因为当你在成为你⾃⼰,你没有办法不改变.就⽐如说你如果盛开,你的⾹味没有办法不弥漫在这个空⽓当中,⼈们没有办法不闻到你的味道.蜜蜂它没有办法不过来,明⽩吗?

BuddhJO: If we talk about helping, you are becoming yourself first, and you are already helping. For example, if you are a beautiful flower, you just bloom. Your fragrance cannot possibly not affect the surrounding air, spreading throughout it. People can't help but come over to take a sniff. Why? Because you bring them a sense of beauty. Do you think flowers need to help make people happy or beautiful? No, they don't. They just bloom. Understand? So is this what you consider as helping? Because when you are being yourself, you cannot possibly not change. For instance, if you blossom, your fragrance cannot possibly not fill up the air; people can't help but smell your scent. Bees have no choice but to come over, understand?

问: 你在这个世上还是以⼈存在的时候,你对你⾃⼰⽣⼉育⼥这件事是怎么看待的?佛陀: 这是⼀件⾮常美好的事情,因为它也是⼀个⾮常重要的体验.

Questioner: How did you view the act of reproducing with a woman when you were still part of this world? BuddhJO: It is a very beautiful thing because it is also a very important experience.

问: 请问你还有没有什么信息想要带给现在正在学习和想要学习佛法的⼈?

Questioner: Could you share any additional information that you think would be beneficial for those who are currently studying and wish to learn more about Buddhism?

佛陀: 就好像前⾯的信息说的,它没有在书本⾥⾯,它也没有在教条⾥⾯.它是在你接触的每⼀个瞬间.如果你的光到了,呢⾥就有你收获的地⽅,就有你可以去领悟感悟学习和连接的地⽅.

BuddhJO: Just as the information mentioned before says, it is not found in books, nor in doctrines; it's within every single moment you encounter. If your light reaches there, that's where you can find your harvest, where you have places to gain insight, understand, learn and connect with.

# **2023/03/31 — ⾦钱之没有任何限制的丰盛Abundant Fortune Without Restriction**

问: 我的⼈⽣主题是什么? JO: 你叫什么名字?

Questioner: What is my life theme?

JO: What is your name?

问: 我叫XXX.

Questioner: I'm XXX.

JO:你这⼀⽣要学会的⼀个功课就是从⼀个⾮常有责任的⼈变成⼀个没有责任的⼈.你可能不太能理解这句话为什么要从⼀个有责任⼼的⼈变成⼀个没有责任⼼的⼈.因为它会围绕着你,就⽐如说过分的想要去帮助他⼈或者是家⼈或者是朋友的所谓的⼀个担⼦,就是⽣活的重量.所以你会发现你特别的放不下,看到别⼈就想要帮忙,就觉得⾃⼰要做点什么.就好像你需要认识到这⼀个功课:什么是真正的帮助,什么是真正的责任,什么是真正的共同的进步.然后变成⼀个没有责任的⼈是什么意思呢?就是说你会从⼀个有为变成⽆为.有为就是说你觉得什么都需要去动⼿,都要去参与,都要去努⼒.

JO: The lesson you need to learn in this lifetime is how to transform from being someone with a great sense of responsibility into someone without any. You might not fully understand the purpose behind shifting from having responsibility to no responsibility; it's all around you, such as overly wanting to help others or family members or friends - the burden that comes with life. As a result, you find it hard to let go; you want to assist everyone and feel like you should be doing something. You need to understand this lesson: what constitutes true help, true responsibility, and true collective advancement. What does being without responsibility mean? It means transitioning from being proactive to being inactive. Being proactive implies that you believe everything needs your hands-on effort, involvement, and hard work.

然后变成⼀种你知道所有的⼀切它都是在正确的步骤,正确的速度,正确的地⽅.就是你不会想要有太多的⼲涉.所以这也是你的智慧成长的⼀个过程.因为你必须要有能看到事情的本质,⽽不只是在表象上做功夫.你需要这样⼦的⼀个可以看到事情本质的能⼒.然后你才能觉得⾃⼰不需要去动⼿,明⽩吗? 如果你是被表象或者是被阶段性的现象,就⽐如说蝴蝶它可能要脱蛹⽽出的时候,它可能最开始挣扎,然后你就会想要去帮它,你觉得它太痛苦了,你觉得我帮你出个⼒.然后等你帮了它,它翅膀也不硬,然后就死了.明⽩吗?

Then it becomes a matter of you knowing all the details and that everything is happening at the right steps, at the right pace, in the right place. You don't want too much interference. This is also part of your wisdom growing process because you have to be able to see through things, not just dwell on appearances. You need this ability to see the essence of things instead of being bogged down by superficial concerns. Then you can feel that there's no need for you to intervene or take action anymore, do you understand? If you are guided solely by what you see or by stage-specific phenomena like a butterfly struggling to emerge from its chrysalis and thinking it's too painful without helping it out because you think you're doing it a favor. After helping it, its wings won't harden properly, and it dies. Do you understand?

问: 但是我不知道我能不能正确的运⽤?

Questioner: But I'm not sure if I can apply it correctly?

JO: 你不需要去想怎么要运⽤,因为这是你逐渐成为的⼀个过程.⽐如说你⼀直想要去帮别⼈承担或者是什么的话,你会感受到压⼒感的.你会喘不过⽓,你会觉得⽣活怎么⼀波又⼀波的,就是这种.你怎么没有轻松的感觉? 你不会有愉悦、轻松、放松或者是喜悦,就是想要跳舞的呢种感觉.因为你把所有的东西都放在⾃⼰的肩膀上或者是放在⾃⼰的⼼⾥⾯,那你肯定会感受到沉重的能量.你的翅膀就飞不起来了.所以当你的翅膀飞不起来的时候,它沾了很多泥⼟或者重量的时候.你就要知道这是需要你来转变的,⽽不是本来的样⼦.本来的样⼦就是你会觉得⽣活本来如此,⽣活本来就是残酷的,⽣活本来就是沉重的.但是并不是.

JO: You don't need to think about how to apply it because this is a process you gradually become accustomed to. For example, if you always want to help others or take on burdens, you'll feel the pressure. You'll find yourself struggling to breathe and feeling overwhelmed, like waves upon each other in life. How can you not feel at ease? There's no sense of joy, relief, relaxation, or that desire to dance; it's all because you're carrying everything on your shoulders or within your heart. This will inevitably make you feel the heaviness of energy. Your wings won't be able to fly. So when your wings can't fly and are weighed down by dirt or weight, you should know that this is something you need to change rather than accepting it as it is. The way things were supposed to be was thinking that life was like that, that life inherently has its harshness, and that life inherently carries heaviness; but that doesn't have to be the case.

本⾝是轻松、愉悦、喜悦、愉快、不费⼒的.所以当你觉得费⼒的时候,你是需要突破它、转变它.⽽不是说去肯定它、认定它,⼈⽣就是沉重的.明⽩吗?

It is inherently轻松,愉悦,喜悦,愉快,without effort. So when you feel it's difficult, you need to transcend it and change it. Not to affirm it or accept that life must be heavy. Do you understand?

问: 那我的优点和缺点以及我现在的能量状态是什么?

Questioner: What are my strengths, weaknesses, and current energy state?

JO: 你的优点也是你有很强的责任⼼,就是你什么事情都想做的很好.然后不想有什么应付啊、敷衍啊.就是认真负责吧.缺点,这个不算是缺点.为什么呢? 这么说吧,你来这⾥就是为了让你的肌⾁变⼤的,对吧? 那你能说你现在肌⾁很weak,就是很⼩,它是缺点吗? 不是.它只是⼀个状态变成另外⼀个状态的过程⽽已.你不能说它是⼀个缺点.就好像你现在还是个⼩树苗.你本⾝就是要从⼀棵⼩树苗长成⼀棵参天⼤树.你能说我本⾝就是⼀棵⼩树苗,这么weak这么弱不禁风是缺点吗?

JO: Your strength is that you have a very strong sense of responsibility; you want to do everything well, and don't settle for anything less than true effort or敷衍. This is your commitment towards thoroughness. As for the so-called drawbacks – they are not really shortcomings at all. Let me explain this way: You're here to increase the size of your muscles, right? If now you claim that your muscles are weak and small, thus considering it a flaw, isn't it just acknowledging their state transitioning into a new one? It's merely a process of becoming something else; it can't be termed as a flaw. Similarly, think of yourself as a young sapling growing into a towering tree. Would you consider being merely a young sapling and fragile to be your flaw?

问: 那我现在的能量状态是怎样呢?

Questioner: So, what is my current state of energy?

JO: 你现在的能量状态你⾃⼰知道呀.你到底是沉重的还是轻松的,你⾃⼰知道啊.是想跳舞唱歌、赞美⽣活的还是觉得⽣活好吃⼒,明⽩吗?

JO: Do you know your current state of energy? Are you feeling heavy or light, do you know that? Is it the desire to dance, sing, and praise life, or do you feel like life is too much of a burden, understand?

问: 关于我的天赋和热情是什么?

Questioner: What are my gifts and passions?

JO: 你现在还没有热情的原因是什么? 就好像刚才说的因为你被表象,就是有⼀个东西它是表象是吧? 但是还有⼀个东西是真相,就是表象下⾯的东西.那如果你只是在看到事情的表象的话,你没有办法轻松起来.你没有办法去enjoylife,就是去享受⽣命.就好像你是根⽻⽑,你上⾯沾的全是泥,你怎么飞啊? 你本⾝是可以在空中飘起来,完全不费⼒.为什么?风⼀吹你就飘到呢边去了.

JO: What is the reason you don't have enthusiasm yet? As was mentioned just now, because you are influenced by appearances; there's something that appears as an appearance, right? But there's also something that represents truth, which exists beneath the appearance. If you only see things based on their appearances, you won't be able to feel轻松 (relaxed and easy). You can't enjoy life, meaning enjoying your existence. Imagine you're a piece of hair with dirt all over it; how could you possibly fly? In reality, you are capable of floating in the air effortlessly without any effort at all. Why is that so? Simply because a gentle breeze would carry you to the side.

问: 因为我快50岁了,我就觉得我对吃东西或者性上没啥渴望.就是没啥重要的事情能让我开⼼.就是好像不能⼤笑,不能⽆忧⽆论的开⼼.就是好像很平静.

Questioner: Because I'm about to turn 50, I feel that I have little desire for food or sex. There's nothing major that can make me happy. It seems like I can't laugh heartily or be worry-free and joyful. It feels like everything is very calm.

JO: 这么说吧,就好像前⾯给你带来的信息告诉你,感受到⽣活沉重或者感受到你这种感觉,就好像有点⿇⽊⼀样.这不是本⾝,这是让你突破和转变的.前⾯的信息就已经告诉你了,它不是真实的,是来让你突破和转变的.就好像你要体验紧,很紧很紧.但时候给你松绑了,你才能体验到松.因为如果不给你体验紧的话,你不知道什么是松.因为你⼀直在松的⼀个状态.

JO: Imagine this like the information you received earlier was telling you that it feels like life is heavy or that you are numb to your feelings as if they're dead. This isn't inherently so; rather, it's meant to push you through and into transformation. The previous message already informed you that it's not true, but it's designed to challenge and change you. It's akin to experiencing a tightness that is very intense. But when the opportunity arises for you to be released from this constraint, you can then experience the sense of relief or freedom. Without experiencing the tightness, you wouldn't understand what freedom feels like. You've always been in a state of being loose.

问: 因为我前⼏⼗年我确实⽐较松…JO: ⾸先你不需要钻到你⾃⼰的,就好像你⾃⼰在给你⾃⼰诊断你有什么问题,你有什么病.你为什么会有这个反应? 你为什么会有呢个反应? 这些都不重要.为什么呢? 因为你的所有反应它都是你的意识、能量的⼀个反射⽽已.它只是反射⽽已.所以当你越来越多的去认识⽣命,就好像刚刚说的你如果没有被⽣活表⾯的幻像给影响的话,你能看到⽣命的本质的话,你就会歌颂⽣命,你就会觉得⽣命是⼀件⾮常美好的事情.但是这个是你⾃⼰成长、成为的⼀个过程.只是来让你知道你不要把你⽬前的、暂时的这⼀个紧,⽽把这个紧当成是⼀个永久的、事实的事.它不是事实,它也不是永久的.

Questioner: Because in the past few decades, I was indeed relatively lax...

JO: First of all, you don't need to delve into your own consciousness as if diagnosing yourself and identifying what issues or problems you have. Why do you react this way? And why are you having such a reaction? These questions are not important. The reason behind it is that all your reactions are simply reflections of your awareness and energy. It's just a reflection. So, when you gain more understanding about life, like how I mentioned earlier, if you're not influenced by the superficial illusions of life, you can see the essence of life. You would then celebrate life and consider it to be an incredibly beautiful thing. However, this is part of your process of growth and becoming yourself. It's merely to remind you that don't treat your current momentary tension as if it were a permanent fact or reality. It's not, and it doesn't last forever.

所以你也不需要去费劲⼼思的在呢想为什么我不开⼼,为什么这样呢样.为什么? 因为呢个你根本就不存在.你只会有脑⼦⾥⾯的⼀些记忆在创造呢个.就是你不断地在拿你昨天的反应,你还在⽤这个记忆创造⼀个呢个你来给你⾃⼰,去认为你⾃⼰就是呢样的⼈.你并不是的.

So you don't need to bother trying to figure out why I'm not happy, or why it is this way and that way. Why? Because the answer is simply that you do not exist. You only have some memories in your head creating this concept. It's like constantly taking your reaction from yesterday, using that memory to create a version of yourself for you to believe that you are that kind of person. But you're not.

问: 那我的天赋是什么?

Questioner: What is my talent?

JO: 当你翅膀能飞的时候,你就会找到你的天赋了.你现在翅膀上⾯沉重,注满了铅,动弹不了.即使告诉你你的天赋,你也不⼀定能体验的到,明⽩吗?

When your wings are capable of flying, you will find your talent. Now, they are heavy with lead on your back, making it impossible to move. Even if I tell you about your talent, you might not be able to experience it, understand?

问: 那我要怎么样才能飞起来呢?

Questioner: How can I fly?

JO: 那就好像刚才说的,你所说的你所认为的你、你体验的紧,这些它都不是事实.它都只是因为你要⾛到松的呢个步骤,先去体验紧.明⽩吗?

JO: That's like what you just said - the you that you're talking about, the tightness that you experience; these are not realities. They are simply steps you need to take in order to experience relaxation. Do you understand?

问: 不明⽩JO: 你不明⽩,你到时候再听⼏遍就好了.

Questioner: You don't understand. JO: You won't understand until you listen a few more times later.

问: 这个问题是关于爱的.我从⼩就喜欢武侠⼩说⾥的爱情.所以我⼀直没遇见这种.结婚⾥,丈夫对我不错,但我不爱他.现在也有⼀个男朋友,我也爱他.但是我们性格太相似,都⽐较急.关于爱情我应该怎么办?

Questioner: This question is about love. I used to like the romance in wuxia novels when I was young. So I haven't experienced it yet. My husband treats me well but I don't love him. Now I have a boyfriend whom I do love, but we are too similar and both tend to be impatient. What should I do about love?

JO: ⾸先你要知道你说的所有的我我我我,都是在你的头脑⾥⾯.你如果只是去满⾜你的头脑或者是头脑认为的话,你永远都不会有出路.呢是⼀条死路.所以你是在⼀条死路⾥⾯.你已经选择进⼊⼀条死路.不只是你,所有的进⼊到头脑⾥⾯的,他没有办法体验到所谓的爱情.因为你想要体验到爱情,你需要放下头脑.这么说吧,爱就好像是⼀朵花的⾹味.那进⼊你的头脑就好像是你⿐⼦塞住了,你闻不到⾹味的.所以你只有把塞住你⿐⼦的东西拿开,你才能闻到.所以就是说,爱就好像是外⾯的⼀朵鲜花.你需要把眼睛睁开你才能看到鲜花.但是你的头脑就是让你闭着眼睛,你就看不到.所以当你闭着眼睛的时候,你肯定是看不到的.

JO: Firstly, you need to understand that all the 'me's' you are saying are in your mind. If you just try to satisfy your mind or what your mind thinks, you will never find a way out. This is a dead end. Therefore, you are on a dead end street and have chosen to go down this road. Not only you, but anyone who enters the mind can't experience so-called love because if you want to experience love, you need to let go of your mind. Imagine that love is like the fragrance of a flower. Entering your mind is like having your nose blocked, making it impossible to smell the fragrance. Thus, you can only experience the fragrance by removing what's blocking your nose. Similarly, love is like an outer beautiful flower; you need to open your eyes to see the flower. But your mind is keeping your eyes closed and preventing you from seeing anything. So, when your eyes are closed, there is no way you would see anything.

所以如果你是进⼊你的头脑⾥⾯的话,你也没有办法体验到爱,不管他是⼀个多么完美的对象.那他只是你⽚刻的⼀个假象.所以说任何时候只要你的头脑有参与的话,你便体验不到你所谓的爱.为什么呢? 因为头脑就好像是⼀个隔板,它把⽔源给隔开了.那它的⽔在呢头,你的⽔在这头.你隔开的话,你们俩的⽔怎么联通啊? 怎么样连接在⼀起啊?怎么样互动啊? 那爱情其实就是你的⽔流向他,他的⽔流向你.你们俩互相,就好像是⽔跟⽔之间都互流了,明⽩吗? 那如果你想要体验,你⾸先就要放下你的头脑.

So if you are inside your mind, you cannot experience love no matter how perfect the object is. It's just a momentary illusion in your mind. Therefore, whenever your mind has involvement, you can't experience what you call love. Why? Because your mind acts like a barrier that separates water sources; your water is over there and his water is over here. How do they connect, interact, or flow together if you separate them? Love is essentially the exchange of water from one to another, understanding each other as water flows between them. If you want to experience this, you must first let go of your mind.

⽽且就⽐如说你想象爱情是什么样⼦,你想要追求这样⼦,为什么不是这样⼦,我的性格是怎样他的性格是怎样等等,所有的⼀切都是进⼊到你的头脑模式.因为你的头脑才会去储存记忆,才会去定义.它还会去分裂,这个事我们俩是有冲突的,我们俩性格不⼀样.这个是进⼊到你的头脑模式.它在分析、它在归纳、它在储存、它在评判、它在定义.

And for example, when you imagine what love is like and why it's not that way, my personality versus his personality, all of these things enter into your thought pattern because your mind stores memories, defines them. It also segregates; this thing we both have conflicts with, our personalities are different. This enters into your thought pattern. Your mind analyzes, categorizes, stores, judges, and defines.

问: 那关于这个爱我要怎么选择呢?

Questioner: How should I choose between this love?

JO: NO NO NO,你可以这样问,⽬前的这个⼈他是怎么来服务于你的? 他出现在你的⽣命⾥是如何服务于你的? 你可以这样问.

JO: No no no, you can ask like this, how is this person currently serving you? How does he appear in your life to serve you? You can ask it this way.

问: 哦,那我就这样问.

Questioner: Oh, so that's how I should ask.

JO: 他叫什么名字?问: XXXJO: 他就好像是⼀堵墙,然后堵在前⾯,然后让你知道呢⾥不是出路.然后让你要换⽅向、掉头,明⽩吗?

He asked: What's his name? JO: He is like a wall, then blocking the way ahead, then letting you know there's no出路. Then he makes you change direction or turn around, do you understand?

问: 不太明⽩.

Questioner: I'm not quite understanding.

JO: 那你以后就知道了,这些信息都会有录⾳的.因为你们很多⼈总会觉得爱情⾥的呢个⼈或者是对⽅,或者是真命天⼦才是⼀个出路,明⽩吗? 所以你们会觉得呢⾥是出路,呢⾥是把你带向幸福或者是喜悦和快乐的路,明⽩吗? 那当呢条路被堵住的话,你是不是就必须要重新去找路了?

JO: Then you'll understand in the future that all this information will be recorded. Because many of you tend to believe that the person in love or the other party is the solution, like the one true prince. Do you understand? So, you think it's a way out, leading to happiness, joy, and contentment, right? If that path gets blocked, wouldn't you have to look for another way?

问: 那我能不能理解成为就是他不是我的最终的⽅向啊?

Questioner: So can I understand that he is not my final direction?

JO: 因为你们所有⼈总会觉得外⾯有⼀个⼈可以让你们幸福.外⾯没有别⼈.外⾯的⼈他会根据你变⽽变的.你变了,外⾯的⼈就变了.

JO: Because you all always feel that there is someone outside who can make you happy. There is no one else outside. The person outside will change according to you. If you change, the person outside will also change.

问: 那如果现在有两个⼈我都放不下,那我应该朝哪个⽅向呢?

Questioner: But if I can't let go of two people now, which direction should I head towards?

JO: 你⽆论朝哪个⽅向,你都知道它最终还是会回到你⾃⼰⾝上.因为你会发现你才是呢个决定外⾯体验的⼈.⽽不是外⾯呢个⼈决定了呢个体验.也就是说如果你是喜悦的,那外⾯就是喜悦的.如果你是充满恐惧的,外⾯的⼈就会让你体验恐惧,你就会看到恐惧.

JO: No matter which direction you go, everything will eventually come back to you because you realize that you are the one who decides the external experience, not the other way around. So if you are joyful, the outside world mirrors joy. If you are full of fear, people will make you experience fear and you'll see fear.

问: 关于⾦钱.我觉得对于⾦钱我⼀直都是⼿⽐较散,没太多财富,但是也不是说缺钱.但是我也没有体验到随便花钱的这种感觉.这是为什么呢?

Questioner: When it comes to money, I feel that my hand has always been quite scattered, not accumulating much wealth, but I am not exactly in lack of funds either. However, I have never experienced the sensation of spending money carelessly. Why is that?

JO: 为什么你没有很多钱是吗? 你有多么渴望你有很多钱?

JO: Why don't you have much money, right? How much do you crave having a lot of money?

问: 我好像对这种渴望也不是很深.我不会为了钱特别卖命的去怎样.

Questioner: I feel like my yearning isn't that intense. I wouldn't work especially hard for money.

JO: 那就是了.

That's it.

问: 那未来怎么办呢?

Questioner: So, what about the future?

JO: 这是你⾃⼰的选择,明⽩吗? 因为⾦钱它决定不了你们对⽣活的满意度、幸福度、轻松感.很多⼈他可能拥有很多钱,但是他的压⼒也⽐平常⼈⼤很多.因为他的思考着如何保住这个钱.因为钱就好像有脚⼀样,它是能量.那我如何把这个能量留在我这⾥,不跑出去.因为它会动呀.明⽩吗? 所以你看呢些拥有很多钱的,哪个不是在费劲⼼思、各种⼿段的留住这个钱,明⽩吗?

JO: This is your own choice, do you understand? Because money doesn't determine your satisfaction or happiness with life. Many people might have a lot of wealth but also face more stress than others because they are worried about keeping it. Money acts like a force that moves around. How do I keep this 'force' in my possession without it escaping? It keeps moving, you see. So the question arises: how do those who possess wealth manage to struggle and use various methods to retain their riches?

问: 那你的意思就是像我这种天⽣对钱就不是特别渴望的⼈,这种能量也不会特别的流向我?

Questioner: So your point is that someone like me, who doesn't naturally crave money, this energy won't particularly flow towards me?

JO: NO NO NO,那你还要⼀个更深层次的… 如果你有⼀个信念就是说⽆论你需要多少钱或者是你需要什么体验你都是被⽀持的.当你需要钱的时候,钱就会⾃动的呈现,明⽩吗? 钱只是⼀个⼯具.它只是⼀个,就⽐如说你到底渴望什么,然后让你渴望的东西得以体现.很多⼈因为他内在对⽣存的恐惧或者是觉得⽣活没有钱他就不能安稳,他有了钱过后他体验的还是不安稳,明⽩吗? 所以他虽然有钱了,但是他还是不安稳.为什么? 他担⼼公司怎么发展,公司会不会做不下去,或者是家⾥⼈也不安稳或者是⾝体⽣病各种.他的不安稳感还是会体现出来的.虽然没有通过⾦钱的⽅式体现出来,它会通过其他的⽅式.

JO: NO NO NO, you need something even deeper… If you have a belief that no matter how much money or experience you need, it will be provided for you whenever you do. You understand? Money is just a tool; it's merely a means to bring into manifestation what you truly desire. Many people are scared of survival and feel they can't settle without money, causing them to still feel unsettled even after having wealth. Understand? Even though he has wealth now, but he remains unsettled. Why? He worries about how his company will develop or if it might fail, or that his family members may also be unstable, or that he might fall ill with various health issues. His sense of unease still manifests itself. Although not through the financial manner, it would manifest through other means.

问: 那要如何才能做到对未来不恐惧不忧虑?

Questioner: How can one overcome fear and anxiety about the future?

JO: 因为你们根本就没有未来.你们总会觉得有⼀个前⾯,前⾯有⼀个什么.你没有前⾯.为什么? 因为你到了呢⼀步,你还是只有你眼前,明⽩吗? 你们所谓的有⼀个保障或者未来怎么样怎么样,它是陷⼊头脑,明⽩吗? 它是头脑需要稳定、保证.

JO: Because you don't have a future at all. You always feel like there is something ahead, something in front of you. But you don't have anything in front of you because why? Because once you reach that point, you're still only looking at what's in front of your face, understand? Your so-called assurance or what will happen next, it's trapped in the mind, understand? It's the mind seeking stability and assurance.

问: 可是如果结合现实的案例的话…JO: 你们⾃⼰其实就可以在物质世界中看到没有任何保障.你们有多少⼈看到你们⾃⼰存在银⾏的钱取不出来,或者是你存了⼀千万变成没有或者是变成⼀半,怎样怎样.投资破产,突然⼀下⼦.你们从很多很多例⼦就可以看到根本没有⼀个所谓的安全、安稳、稳定可⾔.为什么? OK,就算你现在拥有⼀千万.你60岁你还有⼀千万.你70岁你怎么知道你的⽣命就没了? 没了的话,你的钱还是你的吗? 留给你的下⼀代.你的下⼀代没有办法掌握这个能量.它可能会给他吸引来很多灾难.为什么? 很多⼈都看着他的钱呀.明⽩吗?

Questioner: But what about real-world examples...JO: You can actually see in the material world that there is no guarantee. How many of you have seen your own money in the bank inaccessible, or where you've saved millions only to find it gone or halved, all of a sudden? Investments go bankrupt overnight. From so many examples, you see that there is simply no such thing as safety, stability, or security. Why? Okay, even if you currently have one million dollars. At age 60, you still have one million. And at age 70, how do you know your life isn't over yet? If it is, is your money still yours to leave for your next generation? Their ability to handle this energy may lead them into many disasters. Why? Many people watch their own money closely, understand?

所以如果你们⾃⼰,当头脑想要寻找这种安全感,你继续推,继续让头脑来看到这⾥根本就没有所谓的安全可⾔.你最安全的是什么? 是你有⼀个信念,任何时候你需要任何钱,它都会⾃动到位.这样⼦你不⽤去… 你这么想,你有⼀座堆满了⾦银珠宝的⼭在呢⾥.你是不是要看着它? 你看着它,你是不是要提⼼吊胆有没有⼩偷来,有没有⼈惦记着,有没有⼈想要怎么样你.你这就在消耗你了.那如果你觉得全世界的⾦钱全世界的能量都是为你所⽤,你想要的时候就会出现.就⽐如说我从这个传递信息的⼥孩⼦的头脑⾥⾯找到她看的新闻⾥⾯⼀个⼀百岁的退休⽼兵,他当时想要募捐,他募捐了上亿的钱.

So if you are yourself, when your mind wants to seek this sense of security, keep pushing it and show that there is no such thing as safety here. What is the safest for you? Having a belief that whenever you need any money, it will automatically be in place. You don't have to go through... Imagine you have a mountain full of gold, silver, and jewels somewhere inside. Would you look at it? If you do, would you worry about thieves, someone remembering you, or wanting something from you. This is consuming you. Now, if you believe that all the money and energy in the world are meant for your use when needed, such as finding a 100-year-old retired soldier who wanted to raise funds online which resulted in over one billion dollars being donated.

当他觉得我有这个⼼念,我想要去给呢些,就是疫情筹款筹⼀个亿.他就能做到.他只要动他的⼀个念头.呢些钱,不需要他在呢今天省明天省,今天赚明天赚,绞尽脑汁的在呢去凑呢个钱,对不对? 他是不是他⼀个念头他钱就到位了? 所以那你会觉得把呢个钱存在呢⾥才是好的吗? 才是有⽤的吗? 才有安全感吗? 并没有.你想象⼀下谁愿意去守着,我给你⼗个亿你把它换成现⾦.我让它光天化⽇堆在你们呢个城市的天府⼴场.我让你守着.你愿意去做这件事吗? 你看⼀下会有多少⼈会愿意过来跟你疯强?! 会不断地去消耗你多少的精⼒去跟多少⼈⽃争,去把他们赶跑.先不说呢些普通的民众,就连政府都会盯着你.

When he senses that I harbor this thought, that I wish to raise one hundred million yuan for those affected by the epidemic, all he needs to do is focus his mind. There's no need for him to save or earn today and tomorrow; no need for him to exhaust himself in accumulating this sum of money. Isn't it true that with just a single thought from him, the funds would be available? Would you feel that storing these funds as such is beneficial, provides security, or ensures peace of mind? It doesn't necessarily mean that. Imagine who would voluntarily accept being entrusted with ten billion yuan and converting it into cash, only to have it brightly displayed in your city's Tianfu Square for you to safeguard. Would anyone be willing to take on this task? How many people would willingly come forward to assist or pressure you?! Think about the constant drain of energy required to fend off so many individuals, all trying to outcompete and displace each other. Not only that, but even ordinary citizens and possibly the government would be keeping a watchful eye on you.

政府都不允许你有呢么多现⾦,它都会调查你,不是吗? 所以说当你真正的去看到这⼀切的时候,你还会觉得你⼀个⼈掌控着⼏⼗个亿⼏百个亿,我把现⾦放到你⾯前,这是⼀件好事吗? 但你拥有能⼒,⽐如说你需要⽤⼏⼗个亿,⼏千个亿,它钱⾃动归位了.就好像是⼀股能量,你要⽤它的时候,它就通过你呈现出来了.随叫随到,随叫随⽤.还是说你想守着呢⼀堆钞票提⼼吊胆的⽣活? 明⽩吗? 所以你们重要的是什么? 重要的是你到底想要体验什么? 为什么? ⾦钱它是帮助你们去体验,它只有这个功能.如果你有⼀⼤堆钱,你不去体验的话,它有⽤吗? 它没有⽤,它只是个数字,它只是银⾏拿着你的钱去创造他们的体验,明⽩吗?

The government wouldn't let you have so much cash either; they would investigate you, right? So when you really see all this, do you still think it's good to control billions or hundreds of billions of yuan by yourself, with me laying the cash in front of you? Is that a good thing? But if you have the ability, for instance, needing several billion yuan, several tens of billions, the money automatically gets back into place. It's like an energy; when you need it, it manifests through you. On demand, available anytime, anywhere. Or do you want to live in fear and anxiety over a pile of cash? Understand? So what is important for you? It's about what kind of experience you actually want to have. Why? Money helps you experience things, that's its only function. If you have a large amount of money but don't use it for experiences, is it useful? No, it's just a number; the bank uses your money to create their own experiences, do you understand?

它还要限制你今天只能拿⼏万明天拿⼏万.它不会让你⼀下⼦拿⾛的.那你的⾦钱实际上是在给别⼈创造体验,你并没有给⾃⼰创造体验.你是在受限制的.所以你到底想要去体验什么? 想要创造什么? 这个才是最重要的.为什么呢? 当你拥有了这个过后,其它所有的⽆论是⾦钱还是什么东西,它都会⾃动的归位.因为这是必然的.

It also imposes limits on how much you can take today versus tomorrow, ensuring that you won't be able to remove it all at once. Essentially, your money is being used to create experiences for others rather than for yourself; you are constrained. So, what exactly do you want to experience? What do you wish to create? That's the crucial part. Why is this so? Once you acquire this understanding, regardless of whether it's money or anything else, everything will naturally fall into place because that's how things must be.

问: 关于健康.我的肠胃每天都拉肚⼦.不拉肚⼦我也不舒服.这是为什么?

Questioner: Concerning health. I have diarrhea every day. I'm uncomfortable even without having it. Why is that?

JO: 当你的⽣命之⽕没有燃烧,你就会发现这也是问题呢也是问题.当你的这股能量像洪⽔⼀样强⼤的时候,什么⽯⼦什么东西都不是问题,明⽩吗? 所以说你⾝体它是处于什么样⼦的能量状态,是什么样⼦的能量通过你,这个才是最重要的.你的⽣命⼒强还是弱? 你的⽣命⼒弱的话,什么都会被放⼤.你的⽣命⼒强的话,它什么都变得不是个事.

JO: When your life flame is not burning, you'll find that it's also an issue. When your energy is like a flood, nothing or anything else becomes an issue; do you understand? Therefore, what really matters is the state of energy within your body and the type of energy passing through you. Is your vitality strong or weak? If your vitality is weak, everything gets magnified. Conversely, if your vitality is strong, then practically nothing poses a problem.

问: 关于孩⼦.为什么这⼀⽣我没有孩⼦? JO: ⾸先你渴望要孩⼦吗?

Questioner: Regarding children, why haven't I had any in this lifetime?

JO: First of all, do you long for having children?

问: 原来很渴望.但是因为没有找到⾃⼰喜欢的⼈,就⼀直都不想要…JO: 这么说吧,如果你发出⼀个念想,你想要⼀个⽣命.你孩⼦是什么? 是⼀个新的⽣命,他跟你发⽣连接,他跟你发⽣深层次的连接.这就是孩⼦.所以如果发出这个念想,是你想要的.你就会有.所以你不需要去纠结为什么没有? ⽽是说我想要什么? 我到底想不想要? 就好像你到⽹上去order sth,就是你到⽹上去点⼀个东西.你点菜,为什么没有回锅⾁啊? 你根本就没有点回锅⾁.你可能幻像了我下次要去餐厅吃回锅⾁.但是你并没有下单,你并没有点呢个菜.它没有上,不是很正常吗,明⽩吗?

Questioner: I used to be very eager for it. But because I couldn't find someone I liked, I never wanted... JO: Let me put it this way, if you have a thought that you want a life - your child. What is the child? It's a new life, who connects with you and has deep connections with you. That is the child. So, if you have that thought as what you desire, then you will receive it. You don't need to worry about why it hasn't happened; instead, consider: what do I want? Do I really want it or not? It's like ordering something online - like when you go on the internet and click on an item, asking for it. Why didn't they serve hot pot because there was no hot pot ordered? You never actually ordered the hot pot. You might be imagining that next time you'll order hot pot at a restaurant. But you didn't place the order; you didn't choose that dish. It's not strange that it wasn't served, right? Can you understand this?

问: 如何在物质世界于外界的⼈相处? 就是我也不是很在乎钱或者是外在,但是这样就总会被⼈欺负.

Questioner: How should one interact with people in the physical world and out there? Even though I don't really care about money or externals, it still seems like I get bullied.

JO: 如果你有⼀个概念就是你觉得你不强就会被欺负的话,就算你变得所谓的墙了,你还是会受到所谓的欺负.为什么呢? 因为是你创造了呢个欺负.这⾥没有欺负,是你创造了呢个欺负给你去体验.是你⽣了它,明⽩吗? 它是你⽣的孩⼦.这么说吧,就⽐如说这个⼥孩⼦她的⼀个概念就是说所有来到她的⽣命当中的⼈都是来帮助她的,都是来给她送礼物的.所以说她前两天旅游遇到⼀个表⾯上看上去是占便宜的事,就⽐如说标的⼀个价钱说的是另外⼀个价钱.但是她⼼⾥想着她本来就想要去把她的爱和丰盛分享给所有的⼈.所以她觉得如果你是⽤这种⽅式来接受我分享出去的丰盛,可以的.所以她并没有觉得我是被宰了,我被欺负了,我被欺骗了.

JO: If you have the concept that you think if you're not strong, you will be bullied, even if you become what is所谓的 referred to as a wall, you would still be bullied. Why? Because you created this bullying. There's no bullying here; it's you who created the bullying for yourself to experience. You birthed it, understand? It's your child. Let me explain: like this girl who has the concept that all people coming into her life are there to help her and bring gifts for her. So when she recently encountered a seemingly favorable deal during travel, where someone quotes one price but charges another, she thinks it was part of her plan. She wanted to share her love and abundance with everyone anyway. Therefore, she didn't feel that she was taken advantage of, bullied, or cheated;

她是很乐意这么做.所以说你看到了没有,外⾯遇到的事情是⼀样的,你的状态决定了你体验到什么,明⽩吗?所以说呢些欺负你的⼈,如果你觉得我不需要去逞强,我不需要让我⾃⼰强⼤.我喜欢让别⼈感受到他们是主宰,他们有⼒量.如果来欺负你,你就说: 对不起,我刚是不是影响到你打扰到你? 我跟你道歉.那对⽅是不是… ⼈们不会伸⼿打笑脸⼈,明⽩吗?所以你可能感受到他欺负你,但是当他看到你是⼀个这么好的⼀个⼈,他下次可能还是会再欺负你⼀次,他发现你还是呢么好.他可能以后就掏⼼掏肺的对你,他欺负所有⼈就保护你⼀个⼈.很多这样的⼈,也有很多⼈创造这样的体验,明⽩吗?

She would be willing to do so. This means that you've seen it: what happens outside is the same; your state determines what you experience. So, those who bully you—if you think I don't need to overcompensate, I don't need to make myself strong—I like making others feel they are in control and powerful. If they come to bully you, say, "Sorry, did I just disturb you? I apologize to you." Will the other person… People don't hit back at those who smile, right? So, while you might feel they're bullying you, when they see that you're such a good person, they might still bully you again next time. They find out that you are still so nice. Perhaps they'll later be completely honest with you and protect everyone but you. There are many like this, and there are also many who create these experiences. Understand?

问: 我想知道我的外公外婆爷爷奶奶有没有什么信息要带给我的?

Questioner: I wonder if my grandparents on both sides of my family have any messages to convey to me?

JO: 你稍等.这⾥有信息告诉你让你不要太较真,就是不要太严肃,就是轻松⼀点.玩,就是像孩⼦⼀样去玩.

JO: Wait a minute. There's information here that advises you not to take things too seriously, meaning don't be too serious, just relax a bit. Play around, like a child playing.

问: 他们过的好不好?

Questioner: Are they doing well?

JO: ⾸先你要知道只有你们有呢个物质⾁体才会⽤你们的头脑去定义好还是不好,明⽩吗? 当你没有这个⾁体,你也会脱离这个头脑不去定义这个是好还是不好.都是好的.

JO: First you need to know that only those who have the physical body use their mind to define what is good or bad, understand? When you don't have this body, you also transcend this mind and do not define whether something is good or bad. Everything is good.

问: 为什么他们从来没来到我的梦⾥?

Questioner: Why haven't they ever come into my dreams?

JO: 因为是你⾃⼰头脑⾥⾯觉得如果你想念, 你就会在梦⾥怎样.呢是你⾃⼰持有的⼀个观念和概念.你觉得事情必定要这样发⽣才是怎样怎样.但是并不是的.那是你们⾃⼰进⼊了头脑模式,明⽩吗?

JO: Because you think in your own mind that if you miss something, it will happen in your dreams. This is a concept and idea that you hold about what should happen. You believe that things must play out this way. But that's not true. It's just that you've entered into the pattern of your own mind, understand?

问: 那他们是不是就是⼀直在我⾝边?

Questioner: Or are they just always by my side?

JO: 应该说在某⼀个层⾯你们就⼀直没有分开.也就好像是源头的⽔⼀样,你们都是来⾃于呢⼀个蓄⽔池.只是进⼊了不同的管道,你是从河⾥⾯,他是从井⾥⾯,她是从湖⾥⾯,他从⼭泉,他从⾃来⽔,明⽩吗?

JO: You could say that on some level you've never really separated. It's like the source of water, all of you are from a reservoir. Just entering different pipelines, you're from the river, he's from the well, she's from the lake, he from spring water, he from tap water, do you understand?

问: 为什么我们以家⼈,我和我的⽗母⼀直处于⼀种分离的状态? 这个关系能不能改善⼀下,变得更加的紧密呢?

Questioner: Why do my family members, including myself and my parents, always seem to be at odds with each other? Can this relationship be improved to become closer?

JO: 你稍等.然后我们这⾥感应到的就是说就像前⾯你家⼈带给你的信息,就是让你轻松⼀点,让你像孩⼦⼀样玩闹⼀点.你想⼀下如果你现在变成⼀个像五岁、三岁的⼩孩⼦⼀样跑到你爸爸⾯前,你们的关系会怎样? 你想象⼀下,⼀个三岁的孩⼦.他会看到爸爸妈妈回来就在呢跳跳跳.妈妈回来了,他会抱着妈妈,他会撒娇,他会去亲妈妈,明⽩吗? 妈妈推开他,他还会继续抱,他要妈妈抱,明⽩吗? 那你的这个,如果妈妈推开你⼀下… 那可能她还没开始推你,你就看着她的脸⾊不好你就躲得远远的了.所以说如果你能像个三岁的孩⼦⼀样,你变了,你变成⼀个三岁的孩⼦.你变了,那你的⽗母就变了.你体验的不是现在这个⽗母了.

JO: Wait a moment. Then what we sense here is that your family members are conveying to you to make things easier, and for you to play like a child and have fun. Imagine if you were now a five-year-old or three-year-old child running up to your father. How would your relationship be then? Picture yourself as a three-year-old child. They would jump around when their parents return home. When the mother comes back, he hugs her, he becomes clingy, and he kisses her, do you understand? The mother pushes him away, but he continues hugging, wanting his mother to hold him, do you understand? So if your mother were to push you... before she even started pushing you, you'd notice her bad facial expression and back off. Thus, if you can become like a three-year-old child, you have changed, transforming into a three-year-old child. When you change, your parents also change. You are experiencing different parents now.

你之所以体验现在这个⽗母是因为你⽬前的能量状态创造出来的这样⼦的⼀个⽗母给你.

You are experiencing this parent because you have created them in your current state of energy.

# **2023/04/12 — 你是将军You Are The General**

问: 我的⼈⽣主题是对灵性信息的探索吗?

Questioner: Is my life's theme the exploration of spiritual information?

JO: 你⾃⼰最热爱的,不得不去做的就是属于你所谓的⼀个主题,明⽩吗? 也就是说你⾃⼰就知道.

JO: What you love most and have to do is within your so-called theme, right? Meaning you know it yourself.

问: 那我的⼈⽣主题是什么? JO: 你叫什么名字?

Questioner: Then what's my life theme?

JO: What's your name?

问: XXXJO: 你的⼈⽣主题是想要去协助你们这个社会的⼀个转变.从物质世界,就是从很多束缚转变成⼀个精神,就是更加是⼀体.就好像你们社会现在只是⼀半在运⾏.⼀半在运⾏是什么意思? 就好像你是⼀个整体的⼈,你没有整个⼈在运⾏,你只是⽤了你的物质⾝体的⼀半,明⽩吗? 这么说吧,你本⾝是⼀台可以进⼊任何⽹络的电脑,是吧? 那你就只是在⽤它呢个显⽰器,你并没有给它联⽹.所以你觉得你显⽰器打字会很快或者怎样,但是你并没有联⽹.你想⼀下,你联⽹的话,你的电脑是不是就⽆所不能,什么都可以搜到,对不对? 那你⼀个联⽹的电脑和⼀个只有显⽰器没有联⽹的电脑的区别,明⽩吗?

Questioner: XXXJO: Your life theme is to assist in the transformation of your society. From a material world, transforming into a spiritual one, where everything becomes more unified. It seems like only half of your society is currently operational. What does "half" mean? Just as you are a complete person but not utilizing all parts of yourself; it's akin to being a whole computer that can enter any network, yet you're only using the display and not connecting to the internet. Understandably, typing on the display would be swift, but without internet connection, your computer is limited in its capabilities. The difference between an internet-connected computer and one with just a display but no internet connection - do you comprehend that?

问: 那我会怎么协助呢?

Questioner: In that case, how can I assist?

JO:你⾃⾝的蜕变,你⾃⼰就会从这样⼦的⼀个状态然后渐渐地转向另外⼀个状态.你不需要去担⼼任何,因为你每⼀步它都会有指引,有路在你脚下.你需要担⼼这个路要怎么样铺,因为不是⽤你的头脑来铺的,明⽩吗?

Your personal transformation is a journey from one state to another, and you will naturally evolve over time without needing to worry about it excessively because guidance and direction are always available at your feet. You should concern yourself with how this path is being laid out, as it's not done through mere thought processes; understand?

问: 是我追随我的激情它会⼀点⼀点展开吗?

Questioner: Will my passion unfold gradually as I follow it?

JO: 你追随不追随你的激情,它都会这样⼦,明⽩吗? 只是说当你在追随你的激情的时候,它会让你的物质⾁体进⼊到⼀种不消耗的状态.就是⼀个是费⼒还是不费⼒.那你费⼒还是不费⼒,你都会到达终点,明⽩吗? 这么说吧,我们这个船开到终点去,你在船上是哭哭戚戚痛苦的到达岸边呢? 还是说轻松快乐的达到岸边? 你都会到达岸边的,明⽩吗? 这么说吧,没你们坐飞机有经济舱头等舱,对不对? 你们头等舱和经济舱达到的⽬的地是不是⼀样? 那为什么⼈们要花好⼏倍的钱要去买头等舱呢? 因为它的舒适度,明⽩吗? 他怎么被服务,他⼀个⼈占的空间,他的舒适度,明⽩吗? 并不是说呢些买经济舱的⼈他们就到不了他们的⽬的地.

JO: Whether you follow your passion or not, it will behave this way, understand? The only difference is that when you pursue your passion, it allows your physical body to enter a non-consumptive state. It's about effort or lack thereof. You would still reach the end point regardless, do you understand? Imagine our boat reaching the destination; would you arrive by sobbing and suffering, or with ease and joy? You will still reach the shore, do you understand? Similarly, think of flights with business class and economy seats; are they heading to the same destination? Why would people pay several times more for business class than economy? It's about comfort, right? How you're served, the space you occupy, your comfort level, do you understand? This doesn't mean that those who choose economy can't reach their destination.

问: 所以我不需要去担⼼怎么做?

Questioner: So I don't need to worry about how to do it?

JO: 这些你担⼼不担⼼都没有⽤的,明⽩吗?

It doesn't matter whether you worry about it or not, understand?

问: 我过去经历了⼀些挑战还有⼀些所谓的打击,这背后的积极意义是什么?

Questioner: I have gone through some challenges and so-called setbacks in the past. What is the positive significance behind this?

JO: 所谓的打击和挑战,这是你们来到这个世界上都会经历的.这么说吧,你们地球就好像是粪坑⼀样.那所有跳进来的⼈他们都会闻到粪的味道,对不对? 他们都会⾝上有粪.明⽩吗? 那也就是说你选择来到这个物质世界,你所谓的呢些东西都是必须要经历的.那你进⼊到这个粪坑的话,你们⾝上都会沾上这个味道,明⽩吗? 但是积极意义是当你知道,这么说吧,就好像你们有⼀个故事是猴⼦捞⽉是吧? 那你不清楚呢个⽉亮是在天上的话,那你⽆论怎么样都是捞不到的,对不对? 那如果你知道⽉亮在天上的话,那你是不是就知道那只是⼀个倒影? 所以说那如果你知道你们物质世界所有东西都只是⼀个⽔中⽉、镜中花,就是只是⼀个倒影⽽已.

JO: These experiences of impact and challenge are what everyone goes through when they come into this world. Let me put it this way, your Earth is like a dung heap; whoever jumps in will smell the stench, right? They'll all have that smell on them, do you understand? That means you've chosen to enter this material world, and everything you consider is something you must go through. When you dive into this dung heap, you'll沾上 its stink, don't you see? But there's a positive side: imagine if you had a story about monkeys trying to fetch the moon, right? If you didn't know that the moon was up in the sky, no matter what you did, you wouldn't be able to reach it, would you? Now, suppose you knew that the moon was indeed up there. Wouldn't that mean you'd understand that it's just a reflection? So if you realize that everything in your material world is but a reflection of a moon in water or a flower in a mirror, merely an illusion,

那你还会觉得这是伤害吗? 所以它的伤害也是不成⽴的.伤害只是你还不清楚它呢个⽉亮是在天上,你才会觉得我怎么就打不到呢个⽉亮呢? 我怎么就拿不到呢个⽉亮呢? 够不着呢? 明⽩吗? 所以你还在呢个够得着、够不着、我怎么把呢个⽉亮够着呢个⾥⾯.

Would you still consider it as an injury? So its injury doesn't exist. Injury is just that you don't clearly understand that the moon is up in the sky, which is why you feel puzzled about how I can't reach this moon, how I can't grasp this moon, how I am unable to touch this moon. Do you get it? Therefore, you are still questioning whether what I'm trying to do is within your reach or not, if I'm managing to grab that moon, within which realm are we talking about.

问: 那我们怎么样才能意识到这个是幻像呢?

Questioner: So how can we become aware that it's a delusion?

JO: 你现在听到这句话你就已经意识到了呀.

You've already become aware of this sentence as you're hearing it.

问: 可是我不能真正的感受到这就是幻像,因为我还会觉得这些是真实的JO: 就像刚才说的,你不需要去强迫它发⽣.为什么呢? 因为就好像⼩朋友他⼩时候他看到⼀个⿊影,他害怕.那你使劲跟他解释呢个⿊影是什么什么.他还是害怕.那你能帮助他不害怕吗? 或者是他想妈妈,他见不到妈妈他就哭,他晚上⼀定要抱到妈妈.那你跟他解释有⽤吗? 他还是想妈妈.那随着⼩朋友慢慢长⼤,那你说到你三⼗岁的时候,妈妈不在你旁边你还会睡不着觉吗? 还会哭吗? 你会⼀睡醒就找妈妈吗? 那是你三岁的时候的事情.所以你现在也不需要去逼你⼀下⼦就变成三⼗岁,明⽩吗?

Questioner: But how can I truly feel that it's an illusion since I still perceive them as real?

Jo: Just like what was mentioned earlier, you don't need to force it to happen. Why is that? Imagine a child who sees a black shadow when he was young and feels scared. If you were to explain to him the nature of that shadow, would it make him less afraid? Or if he misses his mother so much he cries because he can't see her at night and insists on holding onto her every night—would explaining help? He would still miss his mother. So when that child grows up, do you think you'll still be unable to sleep without your mother by your side at thirty years old or still cry for her? Would you immediately search for her upon waking up at that age? This is from the perspective of a three-year-old situation. Therefore, there's no need to push yourself to instantly become thirty years old; understand?

问: 灵界有没有想对我说的话?

Questioner: Does the spirit realm have anything it wants to tell me?

JO: 现在所有的信息不都是在对你说吗? 如果你想的话,你要知道没有任何想.为什么呢? 因为你们才是呢个创造者,你们才是主⼈.我们灵界的所有知识都是仆⼈,你说呢个仆⼈想要跟主⼈说什么? 仆⼈是跟随主⼈、⽀持主⼈,明⽩吗? 就好像你才是呢个领头的,你才是战场上领头的呢个⼈.你说下⾯的兵只是,这股能量你说往左兵就往左边跑,你说往右兵就往右边跑.然后你去问,你们下⾯的兵有没有什么想跟我说的? 我往哪边跑?

JO: Is all the information not being communicated to you right now? If you want to know, there's nothing to think about why. It's because you are the creators and masters; we in the spirit realm are but servants of your knowledge. What would a servant wish to communicate with their master? The servant follows and supports the master, understand? You're like the leader on the battlefield, commanding those soldiers. When you instruct them to move left or right, they follow your orders without question. Then, when asked if there's anything below that wants to communicate with me, it would be akin to asking whether I should move in a particular direction based on their instructions.

问: 是⾃⼰去创造⾃⼰的实相吗?

Questioner: Is it about creating one's own reality by oneself?

JO: NO NO NO NO,你要知道你才是呢个将军,我们是⼠兵.你想成为兵吗? 那你就没有⽣命的,你只是个程序.我们不需要这样⼦的,明⽩吗? You are the ONE,YOU.这是你必须要记住的.所以不存在这边是对的,这边是错的,这边是好的,这边是坏的.没有! 没有好坏对错之分.

JO: NO NO NO NO, you must understand that YOU are the general, WE are the soldiers. Do you want to be a soldier? If so, you will not have life; you would just be a program. We don't need that kind of thing, do you get it? This is what you must remember - there is no right side or wrong side, good side or bad side. There are no distinctions between right and wrong, good and bad.

问: 我想更清楚的知道⾼我是谁?

Questioner: I want a clearer understanding of who the High Self is?

JO: ⾼我是谁是什么意思? 你⾸先要明⽩你⼜中的呢个谁是什么.谁就是代表⼀个⼈.呢个⼈在你们眼⾥是什么? 他有名字,他有个性,他有⼀堆他背后创造的什么事迹,明⽩吗?

JO: What does "who" in "我是谁" mean? First, you need to understand what "who" refers to in your context. Who stands for a person. What kind of person is this in your eyes? He has a name, he has a personality, and he has a bunch of accomplishments behind him, right?

问: 因为不是说要加强和⾼我的连接吗? 然后我想知道具体加强的是和谁的连接? 这⾥的⾼我是指谁?

Questioner: Isn't it about enhancing connection with my Higher Self? And then I want to know specifically which connection is being strengthened here? Who does the term 'Higher Self' refer to in this context?

JO: 这个就好像,这么说吧,就好像你站在太阳下⾯你有⼀个影⼦.你说下⾯的影⼦哪个是我的,明⽩吗? 难道你需要问这样的问题吗? 因为你下⾯没有⼀个两个三个四个五个六个影⼦给你选.不是你去选的.你说你⾛到哪⾥你的影⼦会在哪⾥? 就在你的⾝下,明⽩吗? 所以这⾥没有ABCDEF.

JO: It's like this - imagine you're standing under the sun and have a shadow. You ask which of the shadows below is yours, right? Do you really need to ask such a question? Because there isn't one or two or three or four or five or six shadows for you to choose from. It's not about your choice. You wonder where your shadow will be as you move somewhere; it stays right beneath you, right? So, there is no ABCDEF here.

问: 那加强和⾼我的连接,这句话是什么意思呢?

Questioner: What does the phrase "strengthening and heightening my connection" mean?

JO: 也不存在加强与否.你只要就像刚才的信息告诉你,你不需要去明⽩,你也不需要去担⼼.当你能放下你的头脑去要弄明⽩,要如何怎样,how how how how,就像刚才说你坐在飞机上,你的头等舱和经济舱没有区别.你都会到达⽬的地的.只是说你在做你喜欢的事情,你会在飞机上,⽐如说飞机飞⼗个⼩时,我让你⼗个⼩时做平板⽀撑,让你⽕在屁股上烤.你呢⼗个⼩时每⼀分钟都是煎熬,对不对? 那我让你,有⼈给你按摩,就是在各种都很舒服的⼀个状态下.你是不是觉得怎么⼀个⼩时的按摩怎么⼀分钟就完了?

JO: There is no strengthening or weakening involved. You just need to understand as I've informed you previously; you don't need to worry about it. When you can let go of your mind, not trying to understand how it works, and simply being in the moment without concern, it doesn't matter if you're sitting in first class or economy on a plane - you will both arrive at your destination. It's just that when you're doing something you enjoy, like flying for ten hours, I ask you to maintain a plank position for ten hours, with your butt being grilled by the fire. Wouldn't every minute feel like torture? Now imagine if someone were giving you a massage throughout those ten hours in various comfortable conditions; wouldn't even an hour of that massage seem to pass very quickly?

问: 那你的意思是未来已经发⽣好了吗?

Questioner: So, you mean the future has already taken place?

JO: 所有的东西它都已经是存在的.你决定了,这么说,就好像你已经是在呢个飞机上,它呢个飞机就是朝呢个⽬的地.但是你要怎么样去体验就在于你⾃⼰.你到底是要像⽕烧屁股⼀样来煎熬的过,还是说是快乐的过,都是过,明⽩吗?

JO: Everything already exists. You decide this way, as if you're already on that plane, and the plane is heading to its destination. But how you experience it depends on yourself. Are you going to suffer like a fire burning your butt or enjoy it? It's just experiencing, understand?

问: 那不是说有些⼈这⼀世会完成功课,有些⼈不会完成功课.那不是有….

Questioner: Isn't it that some people will finish their lessons in this lifetime while others won't? Doesn't that mean there are...

JO: 这么说,所谓的功课就是体验,就是领悟,就是感悟,就是明⽩,就是弄明⽩.我这⼀只⼿,我有⼗个⼿指头.第⼀个⼿指头没弄明⽩,不代表第⼆个⼿指头不会弄明⽩,不代表第三个⼿指头不会弄明⽩,明⽩吗? 就好像我下⾯有很多兵,你这个兵没有到呢个⽬的地,那我其他兵会到呢个⽬的地.那你这个兵不想做这个事情,那我另外⼀个兵他会想做这个事情,明⽩吗?

JO: So,所谓作业 is experience, insight, enlightenment, understanding, and clarity. I have ten fingers on this hand. The first finger not being clear doesn't mean the second finger won't be clear, nor does it mean the third finger won't be clear. Can you understand? It's like I have many soldiers below me; if one soldier doesn't reach the destination, my other soldiers will reach it. If your soldier doesn't want to do this thing, then my other soldier will want to do this thing. Do you understand?

问: 你说的这个兵是指更⾼的存有的另外的体验吗?

Questioner: By "soldier," do you mean another experience of a higher being?

JO: 也就是说就好像你有⽆数个化⾝、分⾝.⽆论你怎么选择,你不会影响到整体的存在.问: 对我产⽣⽐较积极的影响的⼀世是怎样的?

In other words, it's as if you have countless avatars or manifestations. No matter how you choose, you won't affect the overall existence.

Questioner: How would a lifetime that has a relatively positive impact on me be like?

JO: 你稍等.我们连接到有⼀世有⼀个⼈格他特别喜欢在天空飞翔,就好像是在探索天上的事情.呢个对你的影响是⽐较⼤的.所以你会有⼀种很喜欢飞的感觉,喜欢没有拘束,喜欢⾃由,就好像⼀只⼩鸟在天上飞.

JO: Wait a moment. We're connecting to someone who has one personality that really enjoys flying in the sky, as if exploring things up above. This influence is quite significant on you. So you'll have this strong feeling of liking to fly, enjoy freedom without restriction, just like a bird flying in the sky.

问: 你说我那⼀世会飞?

Questioner: You said I would fly in my previous life?

JO: 呢⼀世的能量跟这⼀世,你还会继续的被这种想要飞的欲望给影响.

In this lifetime's energy and in this incarnation, you will still be influenced by your desire to fly.

问: 就是追寻⼀种⾃由是吗?

Questioner: Is it about pursuing freedom?

JO: 这么说吧,那你有可能就会喜欢在⽔⾥⾯游泳的呢种感觉.为什么? 因为游泳的时候就好像在⽔⾥⾯飞⼀样嘛.或者是你特别喜欢呢种降落伞或者是飞、任何.或者是飞⾏员、⽕箭、太空、任何,明⽩吗? 你内⼼对这个就会有⼀种… 那同时也代表着你很想要突破束缚,突破集体意识的⼀些束缚.反正就是像笼⼦⾥⾯的⼩鸟想要⾃由飞翔的呢种感觉.⾃由的飞翔对你来说是很重要.

JO: To put it simply, you might enjoy the sensation of swimming in water. Why? Because when you swim, it feels like flying underwater. Or perhaps you really like that feeling of jumping out of an airplane or flying or any other activity involving flight. Maybe pilots, rockets, space, etcetera. Do you see what I'm saying? This represents a deep desire within you to break free and transcend the limitations imposed by collective consciousness. It's like how a bird in a cage longs for freedom to soar. Freedom of flight is very important to you.

问: 对.你是说我呢⼀世会飞吗?

Questioner: Are you saying that I will fly in my lifetime?

JO: 不是.就是你有⼀世是这样⼦的体验,然后会影响到你这⼀世还继续会… 就⽐如说这个⼥孩⼦她以前就是说法者,然后通灵.然后她还会继续去做这件事情,因为对她来说这是她⾮常享受的⼀件事情,明⽩吗?

JO: No. Even if you have such an experience in one life, it can still influence you in this life and make you continue to do the same thing. For example, this girl was a medium in her past life, she communicated with spirits, and she would still continue doing this because it was something she enjoyed very much, understand?

问: 你是说呢⼀世想飞还是什么?

Questioner: Are you talking about wanting to fly in one lifetime or something else?

JO: 呢⼀世的体验.想飞是⼀直都想飞.只能是体验.⽐如说你曾经是⼀个歌⼿,你很喜欢唱歌.然后呢到这⼀世就会影响到你,让你继续的还想要去唱歌.你⼀拿到话筒你就会觉得好像又活过来了⼀样,明⽩吗?

JO: The experience of this lifetime. The desire to fly has always been there. It's an experience that influences you, like if in a past life you were a singer and enjoyed singing. This desire carries over into this lifetime, making you want to sing again. As soon as you hold the microphone, it feels like you're alive again, do you understand?

问: 你说的想飞是⼀个⽐喻是吧?

Questioner: When you said "the desire to fly," was that a metaphor?

JO: 是⼀种状态.

JO: It's a state.

问: ⾼我能不能对我这个阶段的成长提出⼀些建议?

Questioner: Can you offer me some advice on my growth during this stage?

JO: 就像刚才说的,你不需要去担⼼或者⼀定要去弄清楚.因为你们头脑永远都弄不清楚.问: 那我什么都不需要去做吗?

JO: Just like what I said earlier, you don't need to worry or feel that you have to figure it out because your mind can never really understand it anyway. Questioner: Does that mean I don't need to do anything at all?

JO: 就好像刚才说的⼀样,你是⼀个将军.你来问下⾯的⼠兵,我什么都不需要做吗? 我到底是往左还是往右?

JO: Just as you said earlier, you're a general. You ask the soldiers below me if I need to do nothing at all? Do I go left or right?

问: 所以说我只需要⾃⼰去选择就⾏了?

So I just need to choose for myself?

JO: 这些⼠兵会告诉你,YOU ARE THE ONE!!!! 你才是领头的,你才是将军,明⽩吗? 我们只是⼠兵,我们天⽣是⼠兵,你天⽣是将军.你要把⾝份弄清楚.

JO: These soldiers will tell you, "YOU ARE THE ONE!!!" You are the leader, you are the general, understand? We are just soldiers; we were born to be soldiers, but you were born to be a general. You need to figure out your identity.

问: 你们之前说经历⼀些挑战会激发出更多的⼒量.这个⼒量的提升是指这⼀世还是指灵魂? JO: 你⾃⼰怎么理解? 你的问题是什么?

Questioner: You previously said that facing some challenges would stimulate more strength. Does this increase in power refer to this life or the soul?

JO: How do you interpret it yourself? What is your question?

问: 这个⼒量的提升是指这⼀世还是指灵魂?

Questioner: Does this increase in power refer to this lifetime or to the soul?

JO: 你的问题,就好像要锁定⼀个⽬标,你连锁定哪⾥你都不清楚.这么说吧,你看你们有演电影的是吧? 他是个演员,是吧? 那就⽐如说周润发.那周润发他饰演了很多⾓⾊.他⼀个是武功⾼强的,⼀个是流浪汉,⼀个是皇帝,⼀个是⼩贩,他有不同的⾓⾊是吧? 那你的问题你再想⼀想,明⽩吗? 你再想⼀下这个,这个演员他演了不同的⾓⾊.那你说到底是对呢个⾓⾊的呢个什么还是对呢个演员的呢个什么? 你来说.

JO: Your question is like trying to lock onto a target but you're not even sure where it's located. Let me explain this way, do you guys watch movies right? He's an actor, correct? Like, for example, Jackie Chan. Jackie Chan played many different roles. One time he was a martial arts expert, another time he was a homeless person, then the emperor and later on a street vendor. He had different roles, right? Now think about your question again, do you understand? Think about this - an actor portraying various roles. When you ask whether it's more about which role or which actor, what are you trying to say? Please clarify.

问: 是对他演的呢个⾓⾊的提升吗?

Questioner: Is it an upgrade of the role he's playing?

JO: 你觉得呢? 你看你⾃⼰吧,你三岁的时候,五岁的时候,⼆⼗岁的时候,你不同阶段的体验和学的东西和经历的挑战.

JO: What do you think about that? Look at yourself - your experiences and what you learned, the challenges you faced when you were three, five, twenty years old.

问: 对灵魂也有⽐较⼤的成长是吗?

Questioner: Is there also a relatively large growth in spirituality?

JO: 你觉得呢? 你能这么去看待关系吗? 明⽩吗? 这不是⾮此即彼.这不是选择题.问: 神性是怎么样的?

JO: What do you think about it? Can you see relationships in this way? Understand? This isn't an either/or situation. It's not a multiple-choice question. So, what is Godliness like?

JO: 就好像刚刚说你这个显⽰器,你这个电脑不只是⼀个显⽰器,你是连了⽹络.这就是你们所谓的神性.⼀个是联⽹,⼀个只是显⽰器没联⽹的.

JO: It's like you just said about your display device; it is not only a display, but you're also connected to the network. This explains what you call divine connection. One has internet connectivity and the other is merely an unconnected display.

问: 没联⽹是指⼀种断开的状态吗?

Questioner: Disconnected refers to a state of separation, right?

JO: 只是它需要呢个体验.

Just that it needs the experience.

问: 那这样的体验是为了什么呢?

Questioner: What's the purpose of such an experience?

JO: 就是为了体验本⾝.是为了什么? 是因为你们头脑本⾝总觉得是为了什么才会去做.那你说种⼦发芽、开花、结果,是为了什么呢? 那它这是什么本⾝.它是为了什么吗? 它是为了能赚到很多钱才开花结果吗? 这就是你们头脑喜欢的,总是要为了什么.

JO: It's for the experience of being itself. Why? Because your mind always thinks there has to be a reason. Take for example seed sprouting, blooming, and fruiting. What is its purpose? Is it because it needs something specific to do these things? Or does it have an inherent reason behind these actions? Does it bloom and bear fruit solely to accumulate wealth? This is the nature of your mind that always seeks a justification or reason for everything.

问: 那现在不是要⾛向合⼀的过程吗? 那怎么样忆起⾃⼰是神呢?

Questioner: Isn't it now heading towards a unified process? And how can one remember oneself as God?

JO: 那也是你头脑⾥⾯的观念,你觉得现在是⾛向合⼀的过程 ,明⽩吗?问: 已经合⼀了吗?

Japanese: JO: That's also your idea in your mind; do you think we are going through a process of unity? Understood? Questioner: Have we already unified?

JO: 这⾥没有已经.你们还在⽤,你想试图⽤你头脑⾥⾯呢⼀丁点来理解.你没有办法去理解的.

JO: There's nothing here already. You're still using it, trying to understand with a tiny bit in your mind - something you can't possibly comprehend.

问: 我⾃⼰舍不得扔掉⽤过的东西.这反应出我内在什么样的状况?

Questioner: I am unwilling to throw away things that I have used. What does this reflect about my inner state?

JO: 这就好像是说我很喜欢吃这个,不喜欢吃呢个.我很喜欢唱歌,不喜欢呢个.这是属于你个⼈的特征.你有觉得它是个问题吗?

JO: It's like saying I really enjoy this one, not that one. I love singing, but not this other thing. These are personal traits unique to you. Do you think it's an issue?

问: 因为有⼈说要断舍离.旧的物品会有⼀些能量堆积在呢⾥.

Questioner: Some people say you should let go and declutter, that old items might be storing some energy there.

JO: 这是每⼀个⼈有不同的⼈⽣追求和⽣活⽅式.你只需要找到符合你的就可以.问: 有些信息说体验越深刻越好,有些信息说别太沉迷.这⾥⾯有什么冲突吗?

JO: This is because everyone has different life pursuits and living styles. You just need to find one that suits you. Questioner: Some information suggests that the deeper the experience, the better, while others suggest not getting too immersed. Is there a conflict here?

JO: 你就好像⼀个⼈说西⽠甜,⼀个⼈说橙⼦更甜.然后你来问到底是西⽠甜还是橙⼦甜? 它都是甜的呀.你要问你⾃⼰你难道就是来找⼀个对和错吗? 就好像我们信息前⾯就告诉你,这⾥没有对和错、好和坏.你还分哪个是对的? 哪个是错的? 哪个是更有道理? 哪个是没有道理? 然后我们通灵说这个有道理,然后我以后就拿着这个道理到处… 只要别⼈⼀说,你就⽴马站出来,这是我们通灵的信息,你们呢些都没有道理.

You're like someone saying that pumpkins are sweeter and another person saying oranges are even sweeter. Then you come asking whether the pumpkin is sweet or the orange is sweeter? They're both sweet anyway. You should ask yourself aren't you just looking for what's right and wrong? It's like we've told you in front of our information that there's no right or wrong, good or bad here. Why do you still differentiate which one is right? Which one is wrong? Which one makes more sense? Which one doesn't make sense? Then when we talk about this being sensible, then I will carry this principle everywhere... As soon as someone else says something, you immediately jump out saying that's our spiritual information and your lot have no reason.

问: 如何从地球毕业呢?

Questioner: How do you graduate from Earth?

JO: 你去允许.允许⼀切.就好像你说我要飞到英国,你已经上了飞机.我怎么样才能飞到英国? 呢是飞⾏员的事情.你们的GPS已经定位英国,明⽩吗? 你不需要去操⼼怎么样飞.因为呢不是你要去操⼼的⼯作.那你想象⼀下,你的呢个⼩⼩的头脑⼀会⽽要搞清楚我这个飞机要怎么飞,哇,这么难这么多button,我从来没有学过飞,我怎么办? 英国呢么远,英国在哪⾥我都不知道,那我怎么飞到英国? 你想象⼀下,你的头脑,这么多的信息想要它去处理想要它去弄明⽩,你不会让它崩溃掉吗? 那飞⾏员告诉你,你只需要sit down and relax.如果你还没上飞机你就开始担⼼,我要怎么样飞? 英国在哪⾥? 我什么都不知道.

JO: You go permit everything. As if you say I want to fly to Britain, you've already boarded the plane. How do I get to Britain then? It's the pilot's job. Your GPS has pinpointed Britain, got it? You don't need to worry about how to fly; that's not your concern. Imagine for a moment, your tiny mind trying to figure out how my plane should fly, oh, so many buttons, and I've never learned to fly before. What do I do? Britain is far away, and I have no idea where it is, let alone how to fly there? You can imagine your brain being overwhelmed with all this information wanting to process and understand it, wouldn't you let it break down? The pilot tells you, just sit down and relax. If you're worrying about how to fly Britain or where it is before even getting on the plane, what do I know?

然后就开始慌乱了.你们是不是要把你送到精神病医院? 他们都觉得这个⼈不正常,把他送到精神病院去.

Then they started to panic. Are you going to send him to a mental hospital? Everyone thought he was abnormal and decided to send him to a mental institution.

问: 那放下头脑具体是指什么呢?

Questioner: What does it mean to "put down one's mind"?

JO: 你说呢? 就好像刚才的信息,你说你只需要sit down and relax.因为这个飞机就是去英国的,然后你买了票,你做出了这个选择.然后呢,你觉得你要去搞清楚,你觉得是需要你来飞.你觉得是需要你去搞清楚,你觉得你都没有学开飞机怎么办? 你开始进⼊了慌乱的状态了,明⽩吗?

JO: What do you think about that? Like the message just now, you said all you needed to do was sit down and relax. Since this flight is going to Britain, and you bought the ticket, making that choice. Then, you thought it was up to you to figure out how to handle this. You wondered if you knew how to fly a plane at all? You started to enter into a state of panic, right?

问: 怎么样更好的发挥出显化能⼒? 就⼼想事成这样.

Questioner: How can I better utilize manifestation ability? Like, making wishes come true.

JO: 你要知道你们实际上⼀直是⼼想事成的.也就是说你们⼀直是将军.那你到底,就是这个能量它是导向快乐还是导向痛苦? 导向什么? 就是它创造的是什么? 是分裂,还是合⼀? 然后如果你想更呢个什么的话,就是说你不受外界影响,你不受其他⼈的恐惧能量影响.那这样你就能更加的专注于⾃⼰想要呈现的什么.因为你想如果… 这么说,如果你是⼀个黄⾊的颜料,你妈妈是绿⾊,你爸爸是红⾊.⼀会⼉你染了你妈妈的绿⾊,⼀会⼉染了你爸爸的红⾊,那你的黄⾊是不是就不黄了? 你就被mix了,对吧? 那你的颜⾊就不纯了,明⽩吗? 那如果你想要呢个黄⾊显现出来的更加是黄⾊的话,那你是不是就要不受别⼈的影响,明⽩吗?

JO: You need to know that you have always been able to manifest what you think. In other words, you have always been the general. The question is, which direction does this energy take you - towards happiness or pain? What does it create? Division or unity? And if you want more of a specific state, meaning you're not influenced by external factors or others' fear energies, then you can focus more on what you want to present. Imagine you are yellow paint, your mother is green, and your father is red. If you take on both the green from your mother and the red from your father at different times, would your yellow still be yellow? You'd be mixed up, wouldn't you? Your color would lose its purity. Do you understand that if you want to make the yellow more clearly yellow, then you need to not be influenced by others?

所以说当你能越少的去受到别⼈的影响…问: 这种不受别⼈的影响它是怎么样的呢? 怎么样才能不受别⼈的影响?

So, when you can be influenced by others... Questioner: What does it mean to be unaffected by others? How do you become unaffected by others?

JO: 那你⾸先⾸先体验过受别⼈的影响,对吧? 那你在体验受别⼈的影响的时候,你⾄少要知道你现在是受别⼈的影响,明⽩吗? 就好像你的颜⾊被你妈妈染绿了,就是呢个颜料染到你这个黄⾊.你⾸先要知道呢个绿⾊不是你的呀.不是你本来的颜⾊,明⽩吗?那如果你认不出来你本来的颜⾊,你也认不出来别⼈的颜⾊,明⽩吗?那如果你能看清楚,你能⼀下看到,OK,这个绿⾊是我妈妈的,呢不是我的颜⾊,呢不是我的黄⾊,我能分辨出来.这么说,你是麦⼦,你妈妈是稻⾕.她的稻⾕混合在你的麦⼦⾥⾯了,如果你分不出来,你也不认识这些,那你是不是就挑不出来了?那如果你能认出这些,你也看到了,那你是不是就能把它拿出去了? 明⽩吗?

JO: So you first experienced being influenced by others, right? When you experience being influenced by others, at least you should be aware that you are currently being influenced. Imagine your color was dyed green by your mom; it's as if the paint stained your yellow color. You first need to realize that this green is not yours—it isn't your original color. Can you understand? If you can't recognize your own color, then you can't recognize others' colors either. So, if you can see clearly and immediately identify that the green is your mom's—that it's not your yellow—then you understand it right? Are you like wheat, and your mom grows rice? Her rice gets mixed into your wheat. If you cannot tell them apart or recognize these differences, how do you think you could separate them out? But if you can identify and see the differences clearly, then you would be able to remove what doesn't belong, right? Can you understand this analogy?

问: 前⾯说的我要协助,有没有更好的协助?

Questioner: The assistance mentioned earlier, is there a better way to assist?

JO: 你成为你⾃⼰,你就在协助这个社会.就好像你说你是黄⾊,你就成为黄⾊.⽽不是被绿⾊红⾊其他颜⾊污染,然后变的什么颜⾊都不像了,明⽩吗?

JO: Become yourself, and you are assisting this society. It's like when you say you are yellow; then you become yellow, not getting polluted by green or red colors and turning into something that is neither of them, do you understand?

问: 那关于成为⾃⼰有没有什么信息?

Questioner: Or about becoming oneself, is there any information?

JO: 就好像刚才说你必须要,⽐如说有个过程,你必须要… 从这个过程当中我认识稻⾕有什么不同是吧? 或者是红⾊⽩⾊蓝⾊绿⾊,这些颜⾊我都学习了.那你知道你⾃⼰的本⾊是什么? 是黄⾊.那当你不被别⼈的颜料别⼈的颜⾊污染,你是不是就可以完完全全的呈现你本⾊的样⼦? 那呈现你本⾝的样⼦,就⽐如说这个拼图它需要⼀个黄⾊.那你正好这个颜⾊很正的黄⾊是不是就可以被利⽤上了?

JO: It's like when you said that you have to go through a process and you must... understand what is unique about rice, for instance? Or learn all the colors such as red, white, blue, green. Have you identified your true color? Your true color might be yellow. So if you're not influenced by others' paint or colors, can you truly showcase your original self? To show who you are, like when a puzzle requires a yellow piece, then having a perfectly matching yellow is quite useful.

问: 我之前也问过我的⼈⽣主题,为什么这两次问出来的答案有所区别?

Questioner: I also asked about my life theme before, why are the answers different in these two instances?

JO: 你要知道,这么说,上次呢个你,前⼀秒的呢个你,通灵之前的呢个你跟现在的这个你都不⼀样了.

JO: You must understand that by saying this, your previous self, the you of a moment ago, and the you before you tapped in are all different from the current you.

问: 那未来的经历会⼀样吗? JO: 什么经历?

Questioner: Would future experiences be similar?

JO: Which experiences?

问: 就是他的未来和我的未来会有区别吗?

Questioner: Will his future be different from mine?

JO: 这么说,你说不⼀样,信息⾸先是怎么样的不⼀样? 因为是你们俩个⼈,就是这个通灵的⼥孩⼦和你,你们只是取了⼀点点piece,明⽩吗? 你们就好像⼀个猴⼦从⼀个森林⾥⾯,你说为什么我这次去这个森林⾥⾯跟上次带出来的东西不⼀样呢? 你看我上次带出来的是⼀个蘑菇,我这次带出来的是⼀朵花,⼀个⽯头.到底这个⼭是什么样⼦啊?

JO: So you're saying that the information is different? Can you explain in what way it's different? Because it was just the two of you, the spirit channeling girl and yourself, extracting just a tiny bit, right? Like someone taking a monkey from one forest to another and asking why this time I brought out something different compared to last time. Last time I had a mushroom, but this time it's a flower or a stone. What is this mountain really like?

问: 那这样不同状态下带出来的信息是更利于现在的状态是吗?

Questioner: So, does information carried in different states benefit the current state more?

JO: 没有任何利于任何.这个就好像是你拿出来的⼯具.我说我去拿了⼀个⽯头拿了⼀根树枝拿了⼀个泥巴,哪个利于? 你想要拿这些东西去创造什么,明⽩吗? 所以你才是呢个创造者,使⽤者.还有你说的信息不同是因为之前可能拿出来我们说⼀个黄⾊,那下⼀次信息我们可能说⼀朵向⽇葵,明⽩吗? 因为这⾥⾯有你的理解在⾥⾯,还有你的⾓度.有可能说的同样⼀个事情,但是你站在不同的⾓度去看.有可能拿的是同⼀副画,就⽐如说拿出来⼀个⼈,你只看到他的脚指头,你就会觉得这个⼈怎么长的是这样⼦的?又没有眼睛又没有⿐⼦.就好像告诉你,你的头脑它没有办法消化所有.你也不可能⼀次就把所有东西都全部弄

JO: Nothing benefits anyone. It's like the tools you've brought out. I said I went to fetch a stone, a branch, and some mud; which one would be beneficial? You want to use these things to create something, do you understand? So you are the creator, the user. And the information is different because previously we might say yellow, then next time when the information comes we might say a sunflower, do you get it? Because there's your interpretation and perspective within this. It's possible to say the same thing but looking at it from a different angle. You could be holding the same picture, for example, taking a person, if you only see his toes, you would think that person is like this; no eyes, no nose. It's as if your mind can't digest everything all at once, and you can't possibly take in all information immediately.

懂,关于你的⼈⽣任何.为什么呢? 因为这⼀切都是在变化当中.你在变.你的思想你的观念所有东西它都在变.你不变的话,你就没有办法去突破,你就没有办法去⽣长.你就好像告诉我这⼀颗种⼦不变.它没有发芽没有办法⽣根没有办法开花结果.这个种⼦我之前看它是这样⼦,现在你怎么变成这样了? 它还是它吗? 它不是⼀颗绿⾖吗? 怎么现在变成⾖芽了?怎么现在又变成树苗了? 所以你需要从你的头脑中逃出来,因为你⼀直在你的头脑当中.上次是这个信息,那下次也是这个信息.这个说的不⼀样.就是你停⽌去关注,你头脑去找它要匹配的,要权威的,有道理的,要好的.因为你的头脑⼀直在寻找这样的事情.

Understood, about any aspect of your life, why? Because everything is in a state of flux. You are changing. Your thoughts, your perspectives, all things are evolving. If you don't change, you won't be able to break through or grow. It's like telling me that if this seed doesn't change, it can't germinate, establish roots, bloom, and bear fruit. I saw it previously one way, but now how did it become this? Is it still the same seed? Wasn't it a green bean before? How did it suddenly turn into a sprout? And then into a sapling? You need to escape from your mind because you're always trapped there. The information might vary each time, but fundamentally, you're looking for consistency, authority, logic, and goodness in your thoughts. Your mind is perpetually searching for such assurances.

你的头脑以为你是聪明的,以为你是知道⼀切的.没有.它实际上是挡着路的.它实际上是障碍.

Your mind thinks it is smart, thinks it knows everything. No. It's actually in the way. It's actually an obstacle.

问: 那怎么样才能和⾼我有更好的连接? 就是放下头脑.

Questioner: How can I connect better with my Higher Self? Just let go of the mind.

JO: 这是你的⼀个过程.就好像刚刚说你还是⼩朋友三岁的时候,你没有办法不怕⿊.给你讲再多的道理都没有⽤处.你只要去允许,明⽩吗? 因为随着你的年龄长⼤,你⾃然⽽然就不会怕⿊了?

JO: This is your process. Just like when you were a three-year-old child and couldn't be afraid of the dark no matter how many explanations you received, it was useless to give you more reasons. You just need to allow it, understand? Because as you grow older, naturally, you won't be afraid of the dark anymore.

问: 我当下有什么卡点吗?

Questioner: Is there anything blocking me right now?

JO: 你再去听⼀遍你的问题你就能知道你的卡点在哪⾥.你的问题就好像,但是这是你们⼈类公有的,是所有⼈的问题.你们⼀直觉得这⾥有⼀个⽅案,这⾥有⼀个更好的路,或者是这⾥有⼀个更好更优的或者是什么什么的.你们所寻找的更好的都是你们的障碍.当你们放下呢个障碍的话,you got everything.你就好像你把呢个⽔源给挡住了.你把呢个挡⽔的呢个拿开,⽔就出来了.你们挡住呢个⽔,然后到处找⽔.

JO: If you listen to your own question again, you will know where your sticking point is. Your question itself is like this, but it's something that you humans share in common; it's a universal problem for everyone. You've always felt that there is some kind of solution here, or a better path here, or maybe an optimal way to do things or whatever else. The thing that you're looking for as being 'better' is actually what's holding you back. When you let go of that obstacle, you have everything. It's like you've blocked the source of water; when you remove the barrier preventing water from flowing, it comes out. You block off the water and then search everywhere for more water to fill it again.

问: 那我如果不去⽤头脑去找什么是更好的,就是什么都不需要做去交给⾼我?

Questioner: If I don't use my mind to find what is better, meaning that I just leave it to be decided by my Higher Self without doing anything?

JO: 你的头脑没有办法去进⼊到⼀种状态就是我什么都不需要去做.我难道就什么都不需要去做? 明⽩吗? 并不是说你什么都需要去做.你可以去做anything,你可以去健⾝,你可以去唱歌,你可以跳舞,你可以去看书跑步,你可以去做任何.不是说你要等头脑来告诉你或者你获取到⼀个信息,跳舞好你才去跳舞,唱歌好你才去唱歌.那你是什么? 你不就是⼀个机器⼈吗? 给你输⼊了⼀个信息,然后你就去,明⽩吗?

JO: Your mind has no way of being in a state where I don't need to do anything. Don't you see that I don't need to do anything? Understand this? It's not saying that you need to do everything. You can do anything, you can go to the gym, you can sing, you can dance, you can read books and run, you can do anything. It's not like you have to wait for your mind to tell you or get an information that dancing is good before you dance or singing is good before you sing. Then what are you? Aren't you just a robot? Given input information, then you do it, understand?

问: 还有别的信息吗?

Questioner: Is there any other information?

JO: 你稍等.你说上次给你的信息和这次的不⼀样.上次的是什么信息?问: 就是问的⼈⽣主题,说我的⼈⽣主题是对灵性世界的热爱与探索. JO: 今天呢?

JO: Wait a minute. You said the information you got last time was different from this one. What was the information you received last time? Questioner: It's asking about the person's main theme, saying that my life theme is passion and exploration of the spiritual world. JO: And today?

问: 今天说是协助社会的转变.

Questioner: Today it's about assisting a transition in society.

JO: 那你觉得这个有冲突吗? 你如果就是说对灵性世界没有热情没有探索,你是完全沉浸在物质世界⾥.那你是不可能⾃⾝发⽣这种转变的,明⽩吗? 就是因为你知道这⾥有天空可以⾃由飞翔,所以你才要不断地去探索可以让⾃⼰⾃由的飞翔.当你能⾃由的飞翔的,别⼈看到你能飞了,别⼈是不是就朝着你这边跟你⼀样飞起来了?

JO: Do you find this contradictory? If you lack passion and exploration for the spiritual world, being completely immersed in the material world means you can't undergo such a transformation. Can you understand that because you know there's freedom to fly up into the sky, you constantly seek opportunities to liberate yourself like that? When you're able to freely fly, when others see you flying, will they start flying towards you just as you are?

问: 你是说先让我⾃⼰完成这种转变?

Questioner: You mean let me go through this transformation on my own first?

JO: NO NO NO NO,是让你清楚让你看到,看到是⼀样的,说的是⼀样的.问: 那这种协助有没有什么具体的什么⼯作?

JO: No no no no, it's to make things clear for you to see, seeing is the same, speaking is the same. Questioner: What kind of assistance involves specific work?

JO: You will know it.你⾃然⽽然就会知道了.所以你不需要现在给你的头脑,给它这么多⼯作.你知道天会亮的.你说怎么样天才会亮? 我需不需要做点什么天才会亮? 我需要做⼀点什么春天才会来? 就好像刚才的信息说,you sit down and relax.这是你们唯⼀不会做的.

JO: You will know it naturally, so you don't need to burden your mind with so much work right now. You know that the day will come when it's light. How do you think the day becomes light? Do I have to do something for the day to become light? Do I need to do anything for spring to come? It's as if the message just said, "sit down and relax," which is the one thing you won't do.

问: 上次的信息说到我把⽆形的东西转换为有形的东西展现在这个世界上.这个⽆形的东西是什么?

Questioner: The last information stated that I am bringing something无形 into existence in this world. What is this无形 thing?

JO: ⽆形的就是所谓的灵界,就是从源头.那⽆形的就好像是你在玩呢个投影,就是灯光下的影⼦.就好像是⼀个念头.

JO: The无形 is what we call the spirit realm, from the origin. The无形 is like playing with a projection, like the shadow under light. It's like a thought.

问: 是指捕捉到的灵感吗?

Questioner: Does it refer to spontaneous inspiration captured?

JO: 就好像刚才的信息告诉你说你很喜欢飞.你现在不是说像⼩朋友⼀样,然后来⼀步⼀步的告诉你要这样⾛呢样⾛.为什么呢? 因为你才是主⼈,明⽩吗? 你不是⽆知的.你把你⾃⼰当成就好像是什么都是⽆知的⼀个状态,就好像是需要⼀个指导⼀个将军,他们来告诉你.You are the boss.You are the one.只是说你现在还没有去到呢个时候,你的头脑还看不到.你现在还是个种⼦.你想象不出来开花结果是什么样⼦.因为你没有体验过.你说,呢个洪⽔⼀来就把我的种⼦冲跑了.我没有⼒量啊.它们把我冲到哪⾥我就到哪⾥.那当你长成⼀棵参天⼤树,⽔来风来⾬来,这些对你没有半点影响,没有丝毫影响,明⽩吗?

JO: It's like the message just now told you that you really enjoy flying. Now, instead of acting like a child and taking it step by step to be shown how to do it, why are you doing this? Because you are the one who knows best; understand? You're not ignorant. You see yourself as if everything is an unknown state, needing guidance, like being told by a guide or a general. You are in control. It's just that you haven't reached that point yet; your mind can't see it. You're still a seed. You can't visualize what blooming and fruiting would look like because you haven't experienced it before. You say the flood sweeps away my seeds, I lack strength. The forces take me where they want, and there I go. But when you grow into a towering tree, facing water, wind, rain, none of these affect you in any way; it makes no difference at all. Understand?

所以你不需要去搞明⽩我这颗⼩⼩的种⼦怎么能不被风刮⾛,怎么能不被⾬冲⾛.这就是⽣命的⼒量.你想象⼀下当你还是⼀颗种⼦的时候你还在担⼼⾬⽔⼀来就把我冲⾛了.那当你的根深深的扎到⼟地⾥⾯,当你的⽣命不断不断地蜕变,不断地变化.好⼏个⼈都不能围住你.你说它们能把你怎样?再⼤的风,你动都不动⼀下.再⼤的⾬⽔也拿你没有办法,明⽩吗?所以呢就是⽣命本⾝的⼒量.你只需要去允许它.⽽不是说呢颗种⼦不断地来问我怎么样开花呀? 我的⼒量这么⼩,我怎么才能把⼒量变⼤呀? 我怎么样发芽呀? 我怎么样才结果⼦呀? 你不需要.那⼩鸟来把我吃掉怎么办?

So you don't need to figure out how this tiny seed of mine can't be blown away by the wind, or washed away by the rain. This is the power of life. Imagine when you were just a seed worrying that a downpour might wash me away. But as your roots dig deep into the soil and your life continuously transforms and evolves, it becomes impossible for even several people to surround you. How can they do anything to you? Even with strong winds, you remain unmoved. No matter how heavy the rain is, there's nothing they can do about you, right? Therefore, it is the inherent power of life that you just need to accept, rather than constantly asking me how a seed could bloom or grow stronger, or germinate, or bear fruit. You don't need to worry about what happens if a bird eats me.

# **2023/05/08 — 如何帮助患病的⽗亲How to Help a Sick Father**

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问: 我想问李西平现在的病因是有癌肿瘤造成还是感染造成? JO: 就算你找到了是从哪⾥造成的,然后呢?

Questioner: I'd like to ask if Doctor Li's current condition is due to cancerous tumors or an infection?

JO: Even if you find out where it comes from, then what?

问: 我现在不确定它确定到底是什么造成的.

Questioner: I'm now unsure of what exactly caused it.

JO: 你想象⼀下,如果你找到了,OK,医⽣告诉你它是炎症,然后你要怎样呢?

JO: Imagine if you found it, okay, and the doctor tells you it's inflammation, then what would you do?

问: 我就想希望,因为他的单管堵住了,那如果能放个⽀架的话就好了.但是医⽣不⽀持这个做法.那我想知道如果是炎症造成的,是不是就不需要做放⽀架的⼿术了?

Questioner: I just hope that since his single tube is blocked, if we could place a支架that would be great. But the doctor doesn't support this approach. I want to know if it's due to inflammation, does that mean we don't need to do the procedure for placing a支架?

JO:你现在问的所有问题你都是在从他的这个载体,他的这个⼯具,从⼯具上⾯去解决问题.但是呢个⼯具不是他.你眼前的呢个⼯具,呢个⾁体,它只是个载体⽽已.就好像这个通灵的⼥孩⼦,现在说话的声⾳,现在想要表达的,现在所有的东西并不是来⾃于她.只是通过她的⾝体,通过她的⼈把这些信息给带出来.就好像你的呢个⽔管,那呢个⽔它是通过呢个⽔管流出来,但是你说呢个⽔它是来⾃于⽔管吗,明⽩吗?所以你在处理的任何问题,你都是在这个载体上⾯,就是这个⼯具,是在处理这个问题.但是是什么导致了⼯具有问题?是什么导致了⼯具会出现问题,这个才是你们如需要看到的.⽐如说你的这个载体这个⾁体会出现问题,它造成的原因有很多种.

You are addressing all your questions from the perspective of this medium, this tool he is using to solve problems. However, the tool itself is not him; it's merely an intermediary means through which you perceive what is happening right before you - his physical form serves as nothing but a vessel. It's like with the spiritual channeling girl who speaks and conveys her messages solely through her body and being, without any essence coming from her personally. This is akin to your water pipe analogy: the water flows out of it, but does that mean the water originates from the pipe? Do you understand?

When dealing with any issue, you're addressing it from this vessel - the tool he uses. But what causes the tool to malfunction in the first place, and what leads to its potential problems, is what truly requires your attention. For instance, when considering issues related to this physical body of yours that might be at fault, there could be a myriad of reasons for such occurrences.

但是真正的导致你的⾁体,就是这个⼯具这个载体出现问题的是,你的这个载体和你真正的呢个源头的呢个你,就是精神、灵体之间的连接、衔接不够.怎么来形容?就像是⽐如说,我⼀⾯的东西有⼗个孔,另外⼀⾯也有⼗个孔.然后这个⼗个孔要衔接在⼀切.这么说吧,就好像你们的插电板,呢个电源插头的孔不够.⽐如说有三⾓插头,你插进去两个或者是⼀个.你没有完全插进去的话,那它呢个电是不是就不会通.那他的⾝体,呢个⾁体跟你的灵体,如果它们的衔接、连接不够的话,也会导致这样的问题.

But what really causes issues with your physical body, which is this tool and vessel, is that there's not enough connection or cohesion between your vessel and the true source of you, which is your spirit, soul. How would you describe it? Imagine having ten holes on one side and ten holes on the other. These holes need to align perfectly for everything to work together. It's like comparing a power outlet where if there are three-pronged plugs that don't fit fully into each hole, meaning they're only inserted two or one at a time. If you do not plug them in correctly, the electricity won't flow. Similarly, if your body, which is your physical form, and your soul aren't properly connected or aligned, it can lead to problems.

问: 那我们现在有什么可以做的去帮助我的爸爸更好的连接呢?

Questioner: So, what can we do now to help my dad better connect?

JO:你稍等.⾸先这么说吧,你们所有的像这种关系当中的,就好像亲⼈之间任何关系之间,你们总是想要去帮助对⽅.然后呢个帮助是来⾃于爱.但是如果你是⼀棵果树,你想要去帮助⼩鸟.为什么?你想要给⼩鸟提供⾷物.可是你的果树也没有开花也没有结果.你如何给这个⼩鸟果⼦来帮助它?如果你是⼀棵⼤树,你想要帮助⼩鸟让它可以在上⾯建窝.可是你⾃⼰的树苗都没有长出来,你有办法给它提供让它放鸟窝的地⽅吗?也就是说在你⾃⼰都还没有完完全全的成为⼀个完整的⽣命的时候,你没有办法去帮助任何. 所以当你在完完全全的在成为你⾃⼰的时候,你就⾃动的服务了所有.就是你的存在就⾃动的服务了所有.你不需要刻意的去帮助任何.

In this relationship dynamic, be it within familial bonds or any other interpersonal connection, you inherently yearn to assist each other. This assistance stems from love. However, if you're a fruit tree aiming to help a bird, why? You wish to provide food for the bird. Yet, your tree isn't blossoming nor bearing fruit. How can you gift fruits to aid this bird? If you were a towering tree seeking to assist by providing a spot for the bird's nest, but your saplings haven't yet grown, how could you furnish it with ground suitable for building its sanctuary? Essentially, before one has fully realized their own life as a complete entity, they're unable to extend assistance. When you have completely embodied yourself, you naturally serve all without effort; your existence itself serves all spontaneously. You don't need to刻意 do any aiding.

因为就好像你这朵花,你盛开了过后,你的⾹味不得不让这个环境,让空⽓当中充满着你的⾹味,明⽩吗?所以所有的帮助就回到了完完全全的呈现你⾃⼰完整的⽣命.那你刻意通过这样的事件,就是在你的亲⼈⾯临疾病的时刻你能做什么?它给你⼀次机会来让你认识⽣命.因为只有这个功课送到你眼前来,它逼着你去学习它逼着你去看到,它逼着你去了解⽣命到底是什么.如果不是这层关系的话,你可能还会沉浸在如何赚钱. 我今天跟⽼板吵架,我明天跟我⽼公吵架... 你还会沉浸在这些琐事上⾯.因为你们的注意⼒就会被这些带⾛.你们不会去停下来思考⽣命到底是什么?你到底是谁?你来这⾥到底是为什么,明⽩吗?你们不会去考虑这个问题.

Because it's like you are a flower, after you bloom, your fragrance has to fill the environment and saturate the air with your aroma. Understand that all help comes down to fully presenting yourself as a complete life form. Then, deliberately through such events, what can you do when your loved ones are facing illnesses? It gives you an opportunity to understand life. Only this task is placed before you, pushing you to learn, forcing you to see, and compelling you to comprehend what life truly is. Without this relationship, you might still be lost in the pursuit of making money: I had a fight with my boss today; tomorrow I'll argue with my husband... You would still be preoccupied with these trivial matters because your attention would be drawn away by them. You wouldn't stop to think about what life truly is? Who are you? Why are you here, do you understand? You wouldn't consider such questions.

那呢些去世或者是重病的亲⼈他就好像给你敲了⼀个警钟,来让你去做这层思考.就是来让你停下来,你现在想你⾃⼰,你是不是想帮他都帮不了. ‘我还是棵⼩树苗,我本⾝可以长成参天⼤树让鸟⼉在上⾯做鸟窝,给鸟⼉遮风挡⾬.我的果⼦给鸟⼉带来⾷物.可是我现在叶⼦才刚刚长.为什么呢?因为我在这个⼟地上排斥这个养分、排斥呢个养分,⾃⼰都长不出来,⾃⼰都是⼲枯的状态’.你说你如何去帮忙?连你是棵什么样的种⼦你都不知道.我到底是棵苹果树还是⼀朵玫瑰花,你都不知道.你想要去提供什么样的帮助?所以你们没有办法,因为你到底是谁你⾃⼰都搞不清楚.

Those departed or seriously ill relatives are like an alarm bell for you, urging you to think deeply about it. They make you pause and consider whether you can even help yourself, let alone others. "I am still a young sapling, capable of growing into a towering tree providing shelter for birds by building nests on its branches and protecting them from the wind and rain. My fruits would offer food for the birds. Yet, I have only just begun to grow leaves. Why is that? It's because I reject the nourishment in this soil, rejecting certain kinds of nutrients that prevent my growth; I am in a state of withering." How could you possibly assist when you don't know what kind of seed you are - whether an apple tree or a rose flower? You're uncertain about the type of help you should provide. That's why you struggle to offer any assistance, because you're unclear about your own identity.

所以你们所有的帮助都只是在你们有限的认知,头脑⾥⾯的⼀些认知⾏为就觉得这个怎样怎样.就是不能从真正的层⾯去帮助.那真正层⾯的帮助它是⾃然⽽然的.就好像刚才前⾯说的,你的花盛开了,你的⾹味不得不散发到空⽓⾥⾯让所有⼈都闻到你的⾹味,然后让他们舒缓⼼情.这就是帮助,明⽩吗?那在这样⼦的情况,它能给你什么呢?⾸先如果⼀朵花盛开的话,它需要什么呢? 它需要⼟地的滋养,它需要⽔,它需要肥料,它需要阳光,对不对? 这朵花才会盛开,对吧? 那你现在就是⼀朵花,你现在就是⼀颗种⼦.你要盛开,如果你盛开,你是不是要感谢你的⽗亲他在这个时刻给了你如此棒如此好的礼物来让你去认识⽣命,对不对?

So all your help is just in your limited awareness and cognitive behaviors within your mind, thinking this and that, but not able to truly help from a deeper level. True-level assistance comes naturally. Like what we talked about earlier, when your flower blossoms, its scent has to spread into the air for everyone to smell it, allowing them to relax their minds. This is how you help, do you understand? In this situation, what can it give you? First, if a flower were to blossom, what would it need? It needs nourishment from the soil, it needs water, it needs fertilizer, it needs sunlight, right? For the flower to bloom, yes? Now, you are that flower, you are that seed. You want to bloom, and if you do bloom, aren't you going to thank your father for giving you such a wonderful gift at this moment to understand life, right?

所以他⽤他的⼀个结束⾁体的过程来给你上了⼀课,⼀课是你必须要拿到的.也就是说当你的这朵花盛开的时候,你是受到了万物的滋养.那⾥⾯的万物就包括了你的⽗亲,他的滋养.就好像他是树上的叶⼦,它掉落在⼟地上变成养分.然后让你这朵花开的更艳,明⽩这层关系吗? 你们⽣命中的所有关系都是这种,明⽩吗? 也就是说你⽗亲或者是你的长辈他逝去的⽣命,他可以再通过你再呈现出来,明⽩吗? 因为你们还把你们⾁体的⼯具看成是单独的⼀个⼈,就觉得你是你,我是我.你去看植物…. 这么说,我在这个

So he demonstrated to you through his process of ending the physical body as a lesson that you must learn, which is that when your flower blossoms, you are nourished by all creation. The entities in creation include not only your father but his nourishment as well. Imagine him as a leaf on a tree; it falls onto the ground and becomes nutrient for you, allowing your flower to bloom more beautifully. Do you understand this relationship? All relationships in your life are like this, do you see? Understand that your father or older generations could manifest again through you with their departed lives because you still perceive your physical instruments as separate individuals, believing 'you' is distinct from 'I'. When you observe plants... Let me continue this explanation within the context provided.

⼥孩⼦的头脑⾥⾯找到,她看到她的邻居在做⼀件事情,他们果树结了很多果⼦的时候,他们会把旁边的果⼦摘⼀部分.那为什么会,⽐如说⼀棵枝芽上⾯有⼗个果⼦,他可能会摘掉四个五个果⼦.为什么会摘掉呢四五个果⼦呢? 它给了空间给其他的果⼦,让其他的四五颗果⼦可以长的⾮常⼤.明⽩这层意思吗? 那你的⽗亲为什么他会选在在此刻结束他的⽣命呢? 他为什么在这个时刻让你来找到我们给你这段信息呢,明⽩吗? 他就好像呢个被摘掉的苹果,被摘掉的⽔果.他为了有空间为了让你长的更⼤.这就是这件事情能服务到你的.然后⾄于如何让你⽗亲的物质⾁体变好? 这个事情它不是来⾃于你⾃⼰.为什么呢?

She found a girl's mind, she saw her neighbor doing something when their fruit trees had plenty of fruits; they would pick some of the nearby ones. Why would someone, for example, if there were ten apples on a branch, take four or five? Why take those four or five apples? It allows space for other apples to grow very large. Understand this concept? Then why would your father choose to end his life at this moment? Why did he send you to find us and provide this information at this time; do you understand? He's like the apple that was picked, the fruit that was taken. He does it so there is space for you to grow bigger. This is how this can serve you. As for how to improve your father's physical body, this isn't something from yourself. Why not?

因为你们每⼀个都有⾃⼰… 就是你有你⾃⼰想⾛的路,你想要的体验.那你⽗亲他有他想要⾛的路,他想要体验的.你们谁也不能⼲涉谁的体验,明⽩吗? 所以说如果好转是他想要的体验,那他就会体验到.这是指⾁体的好转,因为在这⾥所有所有都不会受到任何破坏.我们现在说的是⾁体上的,明⽩吗? 所以只能在他个⼈的,他个⼈的规划图想要怎样.也就是说只有他⾃⼰才能救⾃⼰.那你们能做什么呢? 你们能展现出⽣命的⼒量,给他⼀个⼒.⽐如说他看到,哇,呢个⼈他被⽕烧成呢样他都能坚持下来,那我也能.就是你可以给他们做这样⼦的例⼦,让他们看到⽣命的⼒,看到⽣命的可能性,然后让他⾃⼰去做这个选择.

Because each of you has your own... You have your own path to walk and experiences you want to have. Your father also has his own path and experiences he wishes to pursue. Neither should interfere with the other's experience, right? So if recovery is what he desires, he will experience it. This refers to physical improvement; here everything remains untouched. We are talking about the physical body, understood? Therefore, only he can choose how his personal plan unfolds. As for you, all you can do is demonstrate the power of life and give him strength. For instance, if someone sees that a person could withstand being burned like that, so could they too. You can show them examples of survival, showing them the possibilities of life, allowing them to make their own choice.

就是你看这个⼈他的癌症⽐我还要厉害,它都完全消失了.那我也要⼀样,我还有很多梦想想要去做.那你就可以去跟你⽗亲讲,就⽐如说你跟他说我想要你陪我,如果你有孩⼦的话,你可以说我想要你每天接送孙⼦上学,跟你⼀起去海南旅游,带你去国外旅游.你可以给他讲这些.就是给他⼀个想要去做的,这些.这些可以去把他内在的呢股⽣命⼒给唤醒,让他想要去存活在这个世界上.他就会⽤⾃⼰的⼒量,他必须是⾃⼰的⼒量⾃⼰的抉择.但是你们可以⽤

就是你看这个 ⼈他的癌症比我还要厉害,它都完全消失了。那我也要一样,我还有很多梦想想要去做。那你就可以去跟你父亲讲,比如说你跟他说我想让你陪我,如果你有孩子的话,你可以对他说我想要每天接送孙子上学,和他一起去海南旅游,带你去国外旅游。你可以给他讲这些。

If you observe that someone's cancer is more severe than mine but has completely vanished, I also aspire to achieve the same outcome. There are still many dreams that I wish to pursue.

You can approach your father with this idea. Say something along these lines: If you have children, you could mention that I want you to accompany me regularly – for instance, taking my grandson to school every day, going on a trip to Hainan together, or even traveling abroad and bringing you along for the adventure. You can share these possibilities with him.

This approach can help awaken his inner drive to continue living. By engaging in activities that he might find fulfilling, he will utilize his own strength, relying on his personal choices rather than external assistance. Yet, it's important to involve others like yourselves in this process.

你们真诚的意念: 我真的很想他参加我⼉⼦的婚礼,因为如果有爷爷参加婚礼是⼀件多么棒的事情.就⽐如这些.你们并不是什么都不能做,明⽩吗? 然后他需要去选择.还有问题吗?

Your sincere intentions: I really want him to attend my son's wedding, as it would be such a wonderful thing to have a grandfather at the wedding. Like these... You're not powerless, understand? Then he needs to make his choice. Any more questions?

问: 想连接⼀下张杰平的⾼我看看有没有什么信息可以带给她?

Questioner: Can you connect me to Zhang Jiping so I can relay some information to her?

JO: 她还有未了的⼼愿,所以她是不想要选在在这个时间点离开,然后你们可以去征求医⽣的意见,然后继续的去维持她的物质⾁体.

JO: She has unfinished business, so she doesn't want to leave at this time. You can then seek the advice of doctors and continue to sustain her physical body.

问: 我能不能请求JO去引领医⽣去做他最应该做的治疗⽅案?

Questioner: Can I request JO to guide doctors in carrying out the most appropriate treatment plan?

JO:⾸先他选择去做医⽣,他就会去做在他的认知以内觉得是最好的选择.你们能做的就是信任.因为如果你不信任这个医⽣,那就去找到⼀个信任的医⽣为⽌,明⽩吗?所以你必须要给出你的信任.如果你不信任,那你就重新找医⽣.你既然找了医⽣,你就必须要信任他.因为你们只有信任,你只有给出你的信任,你才能获得⼀个你想要的结果.如果你给出去的是怀疑和不确定.那你接收到的也是.就好像你种的种⼦.所以你可以去找⼀个你⼀看到他你就相信他的医⽣,明⽩吗?

Firstly, if he chooses to become a doctor, he will make that decision based on what he believes is the best choice within his understanding. The only thing you can do is trust him because if you don't trust this doctor, you should find one whom you do trust until you understand. You must provide your trust. If you don't trust them, then find a new doctor. Since you have chosen to see a doctor, you must trust them. Only by trusting each other and giving your trust can both of you achieve the desired outcome. If you give doubt and uncertainty, that's what you will receive in return. It's like sowing seeds. So, you can go find a doctor whom you immediately trust upon meeting him, do you understand?

问: 我可以让现在的医⽣去跟其他科的医⽣去汇诊吗?

Questioner: Can I have my current doctors consult with doctors from other specialties?

JO: 你可以做任何,但是你的前提是你要信任他们.因为当你变了,变了什么? 就是变了你的怀疑的态度,你完完全全的信任他.他就会变得完全的⽀持你.为什么? 因为你把你的⽣命都交给他了.所以你需要交出去你的信任.然后你相信⼀切在你⾯前的都是来帮助你的.然后就像前⾯的信息说的,因为他可以听到任何你说的话.不断地在他的⽿边讲你想要他这个⾁体存在在这个世界上还要去共同做的事情,这些可以去唤醒他的⼒量.因为当他的⽣命⼒越弱的时候,病就会变的很⼤.那当的⽣命⼒越强的时候,病就会变得没有,明⽩吗?

JO: You can do anything, but the premise is that you have to trust them. Because when you change, what are you changing? It's your attitude of doubtfulness; you completely trust him. And then he becomes fully supportive of you. Why? Because you've given your life to him. So you need to give out your trust. Then you believe everything in front of you is here to help you. Then, as the previous information said, because he can hear whatever you say constantly in his ear about wanting this physical body to exist on this earth and what else they want to do together that can awaken his power. Because when his vitality is weaker, the disease will be bigger. And when his vitality is stronger, there won't be any disease, understand?

问: 问题是当下的这个坎怎么迈过去?

The question is how to overcome this current hurdle?

JO: 你当下没有坎.当下⼀切都是好的.问: 是李西平⽣命的坎.

JO: There are no obstacles now. Everything is good right now. Questioner: Is Li Xiping's life obstacle.

JO:这⼀切都是服务于你们的.刚才已经讲了,他⾃⼰可以做选择.但是你可以告诉他,你们之间共同的梦想.这么说吧,他是⼀个你们公司的同事.他现在⾛了,你怎么样留住他?为什么要留住你? 为什么我离开你不⾏? 那你怎么样这个⼈主动的、⼼⽢情愿的、充满激情的留下来、充满期待的留下来?所以你需要真诚的去表达为什么你⽣命中你离不开他.因为你们所有⼈你们其实并没有为⾃⼰⽽活.并没有为⾃⼰⽽活是什么?就是我其实把这个世界上看遍了吃遍了,没有什么好留恋的.那如果,你想⼀下,如果我要离开了,我孙⼦就可能活不下去了,他最黏的就是我.我要⾛了就没⼈照顾他了.那我怎么样都会唤起他内在的呢股⼒量,明⽩吗?

JO: Everything is for you guys. As mentioned earlier, he can make his own choices. But you could tell him about your shared dream. Think of it this way; he's one of your colleagues in the company. Now that he has left, how do you keep him? Why should you keep him? Why can't I leave without affecting you? How would you get him to stay willingly, enthusiastically, and with excitement? You need to express sincerely why you can't live without him. Because all of you actually don't live for yourselves. What does it mean when you say you don't live for yourself? It means that I've seen and experienced everything in this world, there's nothing left to be nostalgic about. Now, imagine if I were to leave, my grandson might not survive. He is always attached to me. Without me, who would take care of him? I would invoke his inner strength in any way possible, understand?

所以利他,就是他的存在就是利他才是最⼤的⼒量.⽽不是说你醒了我给你个⼀百万,没谁在乎呢个.你醒了你可以挽救他的⽣命,他可能会醒过来,明⽩吗?因为你才是呢个当事⼈,你才知道你们之间的连接,你才知道你真⼼想要他留下的原因是什么.就⽐如说妈妈可以告诉他,你离开了我的幸福就结束了,我也不会再快乐了.

So, benefiting others is the greatest power because being alive for their benefit makes a difference. It's not about giving someone a million dollars when they wake up; nobody cares about that. When you wake up, you can save his life, and he might wake up too, do you understand? Because you are directly involved, only you know the connection between you both, and only you would truly want him to stay. For example, a mother could tell him, if I lose you, my happiness will end, and I won't be happy anymore.

问: 这样依赖别⼈获得快乐…JO: 并不是依赖别⼈,⽽是你让他意识到他的重要性,明⽩吗? 你是需要把他内在的呢股求⽣欲,想要继续停留在物质世界继续体验的欲望给带出来,呢个才是强⼤的⼒量.

Questioner: So this reliance on others for happiness... JO: Not relying on others, but rather making them aware of their importance, understand? You need to bring out that survival instinct within him, the desire to continue existing in the material world and experiencing it, which is a powerful force.

问: 他还有什么未了的⼼愿,他最希望体验的是什么呢?

Questioner: What unfinished wishes does he have? What experiences is he most longing for?

JO: 你稍等,对你们的牵挂.

JO: Wait a moment, I'm worried about you all.

问: 牵挂是⼀种⼈性的东西吧? ⼈性的东西并不是永恒的呀.

Questioner: Is concern a human trait? Human traits are not everlasting, after all.

JO: 你现在的问题是什么? 你现在就是来不断地去⽤你头脑⾥⾯的认知,头脑⾥⾯储存的呢些信息来不断的辩.辩论的结果是什么呢? 啊,你说的对.我们这⾥的信息不是来说哪个有道理,哪个对,哪个不对,哪个更有意义.不是的.所以你去做跟随你的⼼的,⽽不是跟随你的头脑⾥⾯.我的这个⾏为会不会导致什么什么? 你只是跟随你的⼼.

JO: What's your issue now? You're just arguing with what you think and the information stored in your mind. What's the outcome of this argument? Oh, you're right. Here, we're not discussing which is correct or right; it's not about that. So follow your heart instead of your mind. Will my actions lead to anything? Just follow your heart.

问: 我想连接⼀下我的⾼我看看有没有什么信息给到我?

Questioner: I want to connect with my higher self to see if there are any messages for me?

JO: 今天的所有信息都是给到你的.问: 还有更直接的信息吗?

JO: All the information you have today is meant for you. Questioner: Is there more direct information available?

JO: 没有⽐这个更清晰更直接的信息告诉你了.连步骤都告诉你了,你需要怎么做.你还有什么问题吗?

JO: There is no clearer or more direct information than this to tell you. The steps are all laid out for you on what you need to do. Do you have any questions?

问: 那没有了,谢谢.

Questioner: Alright, thank you.

# **2023/05/13 — 多⼈提问现场通灵Multiple Questions and Mediumship Session**

第⼀个⼈JO: 你问吧,什么问题?

First person JO: Ask away, what questions do you have?

问: 我最近晚上经常会灵魂出体,我想问题⼀下…JO: 这是你⾃⼰给你⾃⼰创造的体验.你有什么问题?问: 我想问⼀下这个体验还能够再深化下去吗?

Questioner: I've been experiencing out-of-body phenomena at night recently. I have a question... JO: This is an experience you are creating for yourself. What's your question? Questioner: I wonder if this experience can be further deepened.

JO: 什么是深化? 问: 就是更好的… JO: 什么是更好的?

JO: What does it mean by deepening? Questioner: It means better... JO: What does better mean?

问: 因为我看赛斯,它说我们有梦体.我们可以不断地锻炼它.

Questioner: Since I have been following Seth, he says we have a dream body that we can constantly exercise.

JO: 所有的这⼀切都是你⾃⼰给你⾃⼰创造的体验,没有好与不好.所以说,你不是⽆问⼀下这个⾏为是好的我去做,这个⾏为是不好的我不去做.为什么呢? 因为这都是你⾃⼰选择我想要体验什么,我想要做什么.这个才是最重要的,明⽩吗? 所以权⼒在你⼿上.

JO: All of this is an experience that you create for yourself without any good or bad. Therefore, there's no question of whether I should do this action because it's good and I will do it, or if I shouldn't do it because it's not good, so I won't. Why? Because all of this comes from the choice you make about what experience I want to have and what actions I want to take. This is what truly matters, understand? Therefore, the power lies in your hands.

问: ⾼我在我这个阶段有没有什么想跟我说的或者是指导的?

Questioner: In this stage of high self, are there any messages or guidance you'd like to share with me?

JO: 你稍等.你叫什么名字? 你需要问问题,因为没有什么信息.因为你不会得到任何⼲扰.所以只有你想要去朝什么⽅向.

JO: Wait a minute. What's your name? You need to ask questions because there is no information. There will be no interference since you won't get anything. So, only what you want to head towards matters.

问: 我以前问过问题,⾼我说我要成为⽆条件的爱.我对这个不太理解.

Questioner: I asked a question before, and you told me to become unconditional love. I don't quite understand this.

JO: 那你现在就不需要理解它.

JO: Now you don't need to understand it.

问: 我有⼀个性格上的弱点,我遇到事情会特别的慌张.

Questioner: I have a character weakness; I tend to be extremely flustered when facing situations.

JO: 你稍等.你的慌张是来⾃于你总是想要快速,就是想要快速的冲到前⾯,想要快速的去达到哪⾥,明⽩吗? 就是你想要快速的呈现⼀个结果.然后如果你能放下来,这⾥没有⽬的地,没有⼀个⽅向你必须要达到的,明⽩吗? 就像你刚才说的,什么是好? 我要朝着这个出体,我要深化.你是不是都是在想要朝这个⽅向⾛,对不对? 你们都没有前⽅.你们要记住,你们是没有⼀个点要到的.为什么呢? 你想象⼀下,你的这个⼈⽣就好像是⼀丁点⼀丁点.你说他这⼏⼗年能达到什么? 你想象⼀下,你哪⾥都达到不了.为什么呢? 因为这不是⼀个从这⾥到呢⾥,明⽩吗? 你是永远存在,变化⽆穷.不断地变化变化,千变万化,永远是在这种变化的过程中.

JO: Wait a moment. Your panic stems from always wanting speed, just wanting to rush ahead and achieve something quickly, doesn't it? You want quick results to be shown. And if you could relax, there's no destination here, no direction you must reach, understand? Just like what you said earlier about what is good? I'm aiming for this experience outside of myself; I want to go deeper. Aren't you all trying to move in that direction, correct? You don't have a destination. Remember, there's nowhere you need to get to. Why not? Imagine your life as being bit by bit. What could he achieve over decades? Imagine you can't reach anywhere. Why is that? Because this isn't a journey from point A to point B, understand? You are forever existing, endlessly changing. Continuously changing and transforming in countless ways, always within the process of change.

所以没有⼀个你能真正的达到的⼀个点,就是没有结束.因为你要达到⼀个点,就是你要结束,对不对? 如果你想⼀下,你就会放下我要赶快的去达到⼀个⽬的地,赶快的去怎样怎样.

So there's no point you can truly reach; there's no end. Because to reach a point is to end it, right? If you think about it, you would let go of the urgency to quickly achieve a destination or do whatever you're doing.

问: 我⼤⼥⼉来到我的⽣命当中如何更好的服务我?

Questioner: How can my eldest daughter better serve me in her presence in my life?

JO: 你稍等.你⼤⼥⼉来带给你的⼀个⼈⽣礼物就是她会让你more enjoy yourself,她加强你对你⽣命的⼀个享受.就像刚刚说你很急,就想快点达到⽬的地.那你就失去了去enjoy 当下,就是享受这个过程.然后她的能量可以把你,就⽐如说你跟她的想法⼀样,那你进⼊她的能量你就可以开始慢下来,去看这个世界,去感受,明⽩吗? 这么说,你要快速,就好像你是⼀个⼟地,那我的⽔快速的从你的⼟地上冲刷过去,那你的⽔是不是就渗⼊不了? 如果渗⼊不了,你的⼟地是不是就没有任何滋养.那如果你不快速的话,它呢个⽔是不是就能渗进去了,就能滋养你?!

JO: Wait a moment. The personal gift that your daughter brings to you is that she makes you enjoy yourself more. She intensifies the joy of life for you and her presence can help you appreciate the process rather than just rush towards the destination. When you say you're in a hurry, it's like trying to reach the goal quickly, which then means you lose out on enjoying the journey itself.

If your thoughts align with hers, stepping into her energy allows you to slow down and observe the world around you, feel it, understand it - that's the essence of it. To put it simply, if you want things fast, think of yourself as soil, and imagine water rushing over your land quickly; would this let any water seep in? If not, what good is your land without nourishment?

If you're slow instead, could some water permeate through your soil to nurture you?!

所以如果你能去明⽩这层关系的话,你就会去更加在当下,让⽔真正的渗进去,⽽不是说有个⽬的地,我要奔向⽬的地.因为你们现在进⼊⼀个集体的意识.呢个集体意识就是所有⼈都是以⽬的为导向,就是我要快速的看到结果,我要快速的达到什么什么,明⽩吗?

So if you can understand this relationship, you will be more present in the moment and allow water to truly permeate rather than aiming for a destination. You see, now you are entering a collective consciousness where everyone is goal-oriented, wanting quick results and rapid attainment of something, right?

第⼆个⼈问: 我感觉我的⼿不是我的.

Second person asks: I feel that my hands are not mine.

JO: 你的⼿不是你的? 给我你的⼿.这股能量⼀直在你的⾝体⾥⾯,然后我们现在需要把它载出来.然后让它来告诉你它想要告诉你什么信息.它想要告诉你,你把所有的⼀切抓的都太紧了,你知道吗? 你需要放⼿.你现在抓的就是所有的怨恨在你这⾥.我们是想要完完全全的把它给清理出去.你放不放⼿? 你不放⼿,这股恩怨这股怨⽓就⼀直在这⾥.它积压在这⾥.

JO: Isn't your hand yours? Give me your hand. This energy has been within you all along, and now we need to extract it. Then let it tell us what information it wants to share with you. It wants to tell you that you hold onto everything too tightly, do you understand? You need to let go. What you're holding right now is all the resentment in you. We want to completely cleanse it out. Will you let go? If you don't let go, this karma and anger will stay here. They are piled up here.

问: 这个怨⽓从哪⾥来啊?

Questioner: Where does this anger come from?

JO: 就好像是⼀个⽊头的根,深深的在你的⾝体⾥⾯.然后越来越深,越长越⼤.你必须要⾃⼰决定你要不要换⼀个⼈,焕然⼀新,重新选择⼀个你.因为你有选择的权⼒.如果你要紧抓住的话,你也有这个权⼒.

JO: It's like a wooden root that goes deep into your body. Then it goes deeper and grows bigger. You have to decide for yourself whether you want to replace one person with another, renewing and choosing a new self because you have the power of choice. If you're determined to hold on, you also have that power.

问: ⼀定要换吗?

Questioner: Must it be changed?

JO: ⼀定要换.你必须告诉你⾃⼰,所有的所有的⼀切,⽆论发⽣在你的⽣命当中的记忆、过去、事情、所有的⼀切它只是⼀场梦.它只是像⼀个冰块⼀样,你抓着它会冷,你抓着它会硬.你抓着它感受到它的硬度,你就觉得它是真的.但是你抓着它,不久它就会化成⽔,它就会什么都没有,明⽩吗? 所以你抓住的呢些东西就像冰块⼀样,现在离开你化掉了.

JO: You must change. You have to tell yourself that everything, all the memories, past events, and all of life's happenings are just a dream. It's like an ice cube; when you hold it, it will be cold and hard. The hardness makes you believe it is real. But soon after holding it, it melts into water, leaving nothing behind. Understand? So, what you grasp, similar to the ice block, has vanished now that you've let go.

问: 我想知道JO想跟我说什么?

Questioner: I wonder what JO wants to tell me?

JO: 刚刚所有的信息都是JO告诉你的.因为为什么她会出现这样的问题? 因为你们所有⼈,不只是她,你们会把你们经历的⼀切当成是真的.为什么? 这个冰块是硬的呀,你摸⼀下.所有⼈摸⼀下都是硬的.那你们就就觉得这是⼀个真的.你能感受到它的温度,它呢么冰冷.你能感受到它的硬度,它如此的硬.你能尝到它的味道,你能看到它.所以对你们来说这就是真实的事情发⽣.然后呢个冰块它就形成,就⼀直在呢⾥.明⽩吗?那如果你能看到, OK,这个冰块,这个所谓的因缘只是暂时的,只是这⼀会⼉的.它⼀会⼉就化掉了,就变成⽔了,变成蒸汽了,散发掉了,什么都没有了.Nothing,nothingthere,什么都没有,明⽩吗?

JO: All the information you have just received is from JO. The reason why she faces such issues is that all of you, including her, treat everything you experience as real. Why is this so? This ice block feels hard when you touch it; everyone touching it finds it hard. Therefore, you consider it to be real because you can feel its temperature – how cold it is – and its hardness – how solid it is. You taste its flavor, you see it, hence, for you, this translates into a real event happening. Then the ice block remains there permanently. Understand that if you could see that, okay, this ice block, this concept of cause and effect being temporary, existing only for this moment, will melt away in a while, turn to water, or evaporate into vapor, leaving nothing behind – Nothing, no trace, gone completely – do you understand?

如果下次你还觉得你头脑⾥⾯有事放不下,或者是有什么问题.所有的问题都是冰块

If next time you feel there's still something troubling your mind, or if you have any issues, all problems are like ice cubes.

⼀样,明⽩吗?

Alright, understand?

问: 我去年的时候和同学去了西安张掖,去呢⾥我穿越了,看到我在打仗,头被砍下来了.

Questioner: Last year, my classmates and I visited Xi'an Zhangye. There, I witnessed a battle where heads were being cut off.

⼀块去的领头的⼈回来后精神都出现了问题.我为什么会跟他们⼀起去?

A leader who went out came back with a mental issue. Why did I have to go with them?

JO: ⾸先没有什么你为什么要跟他们⼀起去.为什么? 因为这个物质世界就像⼀个⼤卖场,你可能会随着⼈流⾛到这边.你可能看到呢边好看就⾛到呢边去.就像你去逛街⼀样,你会问你⾃⼰我为什么会朝呢边⾛? 然后问题是你觉得你看到的是你⾃⼰头被砍下来.这个事件它是如何影响你? 你需要关注的是这个.为什么你会把它当成你.

JO: First of all, why would you want to go with them? Why? Because this material world is like a big marketplace, you might drift along with the crowd over here. You may notice something attractive and head in that direction. Just like when you go shopping, you wonder why you're heading in that particular way. The question then becomes, do you feel as if your head has been severed? How does this event impact you? That's what you need to focus on. Why would you perceive it as part of yourself?

问: 因为我第⼀次经历这个…JO: 那就好像你看到⼀朵天边的云飘过去,你会觉得这个云是我.问: 就是因为⼀直在抓住吗?

Questioner: Because it's my first time experiencing this... JO: That's like seeing a cloud in the sky drifting by, and you feel that the cloud is me. Questioner: It's because I've been holding onto it?

JO: 这是因为你内在的恐惧.问: 我为什么这么多恐惧?

JO: It's because of your inner fear. Questioner: Why do I have so much fear?

JO: 这是你们来到这个物质世界,每⼀个⾁体都需要去⾯对的,都需要去看清楚的.为什么?就好像刚刚说的呢个冰块⼀样,你能看到这个冰块,你能感受到你能尝到.但是它实际上 means nothing there,什么都没有,明⽩吗? 所以恐惧也是,就好像是冰块⼀样.在你还没有了解它之前它是⼀个冰块.恐惧也是,在你还没有了解它之前你觉得它是⼀个恐惧,明⽩吗? 这是你们的过程.

JO: This is something that every physical body has to face and understand when coming into this material world. Why? Just like the ice cube mentioned earlier, you can see it, feel it, and taste it. However, there is actually nothing behind it,明白吗? So fear is similar; it's like an ice cube before you understand it. Before you know what fear truly is, you perceive it as a fear. This is your journey.

问: 我想看⼀下我跟我⼤宝之间的关系.

Questioner: I want to take a look at my relationship with my first child.

JO: ⼏岁?

JO: How old?

问: 2001出⽣的.男⽣.

Questioner: Born in 2001, male student.

JO: 你稍等.他会加深你的恐惧.你的孩⼦会通过他的存在⽽加深你内在的⼀个恐惧.所以你就会有⼀种就是把什么东西都放⼤.就⽐如说对他的担⼼放⼤,对他的⾏为放⼤,把所有事情都放⼤,明⽩吗?

JO: Wait a moment. He will intensify your fear. Your child will amplify this inner fear through his existence. So you'll tend to magnify everything – for instance, worrying too much about him, exaggerating his actions, making everything bigger than it is, do you understand?

问: 那我们之间是因为什么这样⼦?

Questioner: But what has caused us to be like this between us?

JO: 你可以通过他去看到,就好像他来把你的⼀个东西… 这么说吧,那放⼤镜,你可能地上的垃圾你看不到对吧? 你⽤放⼤镜就看到了,那你是不是就可以把它轻易的捡起来,对不对? 处理掉,是不是? 所以你可以通过他你来看到你⾃⼰内在需要被你pick up 丢掉的东西,明⽩吗? 让它不在你的⾝体⾥⾯扎根、僵化.就像扎根,它深深的扎到你的⾥⾯,让你不能⾃由.

JO: You can see it through him as if he were bringing something of yours… Let's put it this way - like a magnifying glass; you might not be able to see the trash on the ground right? But with the magnifying glass, you would be able to. So wouldn't that make it easier for you to pick it up and dispose of it immediately, don't you think? Getting rid of it, isn't that correct? Therefore, through him, you can observe your own inner things that need to be picked up and discarded within yourself, can you understand? It's about not letting those elements take root and stagnate within you. Like roots deeply penetrating into you, preventing you from being free.

问: 那这样⼦对他⾃⼰有什么好处吗?

Questioner: And what benefit would that be to him?

JO: ⾸先你只有你⾃⼰能轻松了,你才能带着他轻松.就⽐如说你都被绳⼦捆住的,你如何带他奔跑? 你没有办法的,明⽩吗? 那关于他的,如果你想对他有任何的好处,就是你⾃⼰解绑,你没有绳⼦.

JO: First, you can only make yourself relaxed first before you can help him relax. It's like when both of you are tied up; how could you run with him? There is no way, understand? When it comes to helping him, if you want any benefits for him, that means you need to free yourself and there should be no ropes involved.

问: 我觉得我现在做到了.

Questioner: I feel like I achieved it now.

JO: 你觉得你做到了? 这是⼀个过程.你觉得你做到了,你可能⽐以前感受到更加的轻松⼀点或者更能看开⼀点.但这是⼀个逐渐的过程,它不是⼀个结束了.如果你真的结束了,你便不会在这⾥跟我对话,你也不会在这个物质世界去体验了,明⽩吗?因为你不需要呆在这⾥.这⾥好像⼀个课堂⼀样,你不需要,那你就会离开.

JO: Do you feel that you've achieved it? It's a process. You might feel more relaxed or open-minded than before. But it's a gradual process, not an end. If it were truly ended, you wouldn't be having this conversation with me, nor would you experience in the material world, right? Because you don't need to stay here anymore. It feels like being in a classroom; you don't have to if you don't want to, and then you'd leave.

问: 我现在遇到⼀个寺庙⾥的师傅.我们双⽅就是很同情.我们在⼀起就会流泪.我为什么见到他会很想哭?

Questioner: I am now encountering a master in a temple. Both of us show great sympathy towards each other. We cry together whenever we are together. Why do I feel like crying when I see him?

JO: ⾸先你们每⼀个⼈都是⼀个能量场.然后呢个能量场它对你造成⼀定的影响就会导致你产⽣这样⼦的⼀个现象.

JO: Each one of you is an energy field, and then that energy field produces certain effects on you leading to such phenomena.

问: 我们之间有什么⽠葛?

Questioner: What's the beef between us?

JO: 只要能出现在你的⽣命当中,都有你所谓的⽠葛.不然的话,你见不到他.

As long as they can appear in your life, there will be melons and beans that you claim. Otherwise, you won't get to see them.

第三个⼈问: 我的⼈⽣主题是什么? JO: 你稍等.你叫什么名字?问: 我叫XXX.

The third person asked: What is my life theme? JO: Wait a minute. What's your name? The asker replied: I'm XXX.

JO: 你是来转变,就是把苦的变成甜的,把坏的变成好的,把限制的变成⾃由的,就是⼀个转变的过程.所以你会在你的前半⽣经历很多不同种类的体验.呢些体验对你来说更加像是属于酸楚,就是所谓的苦.然后导致你会⾛向⼀个想要去好像是解脱,就好像是解脱或者是从⿊暗⾛向光明,明⽩吗? 所以你就会对光,你看到前⾯有光,因为你体验很多⿊暗,那它就会对你造成很⼤的吸引⼒,你就会想要朝呢个⽅向.因为你笼聚在⿊暗当中.所以这⼀⽣⽆论是从哪个当⾯,你都会体验到⼀种就是在⿊暗当中的感觉,明⽩吗? 但是呢个不是就是

JO: You are here to transform, turning the bitter into sweet, the bad into good, and the restrictive into freedom. It's a process of transformation. Therefore, you will experience many different types of experiences throughout your first half of life. Those experiences are more akin to bitterness - what is often referred to as 'suffering'. This leads you towards seeking liberation or an escape from darkness towards light. Understandably, you would be drawn to the light because you have experienced a lot of darkness. It creates a significant attraction for you, making you want to move in that direction due to being trapped in darkness. Regardless of which aspect, you will experience a feeling of being confined within darkness throughout this lifetime. But not just...

你就定了,你这⼀辈⼦就是⿊暗的,明⽩吗? 它只是你转变它的⼀个过程,明⽩吗? 所以它只是你蜕变的⼀个过程,从这边转到另外⼀边的⼀个过程.

You're stuck with it for life; you get it? It's just a process of transforming it for you; you understand? So it's just part of your transformation process, transitioning from one side to the other.

问: 我的⼈⽣使命是什么?

Questioner: What is my life mission?

JO: 你的⼈⽣使命就是转变.为什么呢? 当你⾃⼰发⽣了转变过后,就好像你从⿊暗⾛到光明当中,你是不是才能影响别⼈去从⿊暗当中⾛到光当中.所以你在做⾃⼰的时候,你就已经在履⾏所谓的你的⼈⽣使命,明⽩吗? 所以你没有必要刻意的去做什么.因为如果让你刻意的去做什么,你不是,明⽩吗? 所以你只是成为你是,你就已经是在做什么了.

Jo: Your life mission is transformation. Why is that? After you yourself undergo a transformation, it's as if you've moved from darkness to light, and only then can you influence others to move from the darkness into the light. So when you are being yourself, you are already fulfilling what your life mission supposedly is, right? Therefore, there is no need for you to刻意do anything. Because if someone were to刻意make you do something, it wouldn't be them doing it, would it? So you just being who you are is already enough for you to be doing what needs to be done.

问: 所以这也是我的灵魂特质,天赋才华?

So this is also my essence, my gift.

JO: 你做你⾃⼰就是你的所有天赋才华.为什么呢? 你不需要导师,你不需要别⼈教你.这么说吧,你是⼀只猫,你是⼀只⽼虎,你是⼀只狮⼦,你是⼀只⽺.你需要别⼈来教你怎么成为⼀只⽺? 怎么成为⼀只⽼虎? 怎么成为⼀只狮⼦? 怎么成为⼀只猫吗? 你不需要.只是你们⼈类会有⼀种什么是好的,我要模仿.但是你们都知道对⽅是装的.你们感受到的还是他真实的样⼦,你们每⼀个⼈都知道的,明⽩吗? 所以你只需去做⾃⼰.你不需要去跟任何⼈学习我要成为⼀个什么样⼦.为什么? 你能学到的只是表⾯的.

JO: Your being yourself is all your innate abilities. Why not? You don't need a mentor, you don't need someone to teach you. Let's say you're a cat, a tiger, a lion, or a sheep. Do you need others to teach you how to be a sheep? How to be a tiger? How to be a lion? Or how to be a cat? You don't need that. Only humans would have an idea of what is good and try to mimic it. But everyone knows the other person is just putting on a show. The essence or true self you feel is still there, understood by each one of you. Therefore, all you need to do is be yourself. There's no need for anyone to learn how to become something else from others, because what you can really grasp are only superficial aspects.

问: 对我今⽣影响最⼤的前世是什么?

Questioner: Which past life has influenced me most in this lifetime?

JO: 你稍等.是⼀个学习佛法的⼀世对你这⼀世有⾮常⼤的影响.所以在你的⼼⾥会有⼀种慈悲,看什么都充满了同情、同理⼼,就是有⼀种奉献、舍⼰为⼈的精神.因为你吸收的很多的佛法的知识让你在⾻⼦⾥⾯还是有⼀种要把⾃⼰奉献出去的精神.这个是对你有影响.

JO: Wait a moment. In this lifetime, there was someone who had a profound influence on you through the study of Buddhism. Therefore, in your heart, there will be a sense of compassion towards everything, filled with empathy and altruism. There is a spirit of selflessness and dedication to others because you have absorbed much knowledge about Buddhism that has instilled within you this tendency to give yourself up for others. This aspect significantly affects you.

问: 我和我⼤⼥⼉的灵魂关系是什么? JO: 你⼤⼥⼉多⼤?

Questioner: What is the spiritual relationship between me and my eldest daughter? JO: How old is your eldest daughter?

问: 14岁.

Questioner: 14 years old.

JO: 你会带上你⼥⼉⾛上这条灵性的道路.你对她的影响就是把她带到光中.问: 我经常感到⾝体很烫,能给我做个疗愈吗?

JO: You will take your daughter on this spiritual journey. Your influence on her is to bring her into the light. Questioner: I often feel very hot in my body, could you do a healing for me?

JO: 你不需要疗愈.你唯⼀就是需要做你⾃⼰,明⽩吗? 就像刚刚说的,你只有做你⾃⼰… 这么说吧,你是⼀只蝴蝶,对吧? 那你是⽑⽑⾍的时候你会觉得我的⾝体这么笨重这么多脚,飞不起来.当你成为蝴蝶的时候,你有这些问题吗? 明⽩吗? 所以你只是去成为你⾃⼰,你没有任何问题,ok?

JO: You don't need healing. The only thing you need to do is be yourself, okay? Like what I just said, you are only being yourself... Let me put it this way, you're a caterpillar, right? When you were a caterpillar and saw my body with so many legs, would you think that it's too heavy for flight? When you transform into a butterfly, do you still have those issues? Do you understand? So just be yourself, you don't have any problems, okay?

问: 我和我⽼公的关系?

Questioner: About my relationship with my husband?

JO: 你稍等.你⽼公就是你的⿊暗,就是你所谓体验的⿊暗.所以你从和他的关系中你就会体验到所谓的不如意,所谓的⿊暗,所谓的限制,所谓的苦,这些.明⽩吗? 他是你体验⿊暗的⼀部分.

JO: Wait a moment. Your husband is your darkness, which you experience as the darkness of your relationship with him. Therefore, in your interactions with him, you'll encounter dissatisfaction, the sense of being in the dark, limitations, and suffering. Do you understand? He represents part of your own inner darkness.

问: 他为什么会来到我的⽣命当中?

Questioner: Why did he come into my life?

JO: 不是他来到你的⽣命当中,是你⾃⼰给⾃⼰设置了我要在所有的⽅⾯要体验,就好像⼈间的⿊暗⾯或者是酸苦的⼀⾯.为什么呢? 因为你本⾝就是来做这个从⿊暗⾛向光明的这⼀个转变的过程的,明⽩吗? 所以他是这么服务你的.

JO: It's not that he comes into your life; it's that you yourself have set up a path for experiencing everything - the dark side or bitter aspect of life. Why is this? Because you are here to undergo the transformation from darkness to light, understand? So, he serves you in this way.

第四个⼈问: 我这⼀世的天赋是什么?

The fourth person asks: What is my talent in this life?

JO: 你为什么现在想要找到你的天赋呢?

Why do you want to find your talent now, JO?

问: 因为这样可以让我专⼼的去跟着天赋去做事.

Questioner: This allows me to focus on following my talent to do things.

JO: 这么说吧,你知道你是有翅膀的.那你能飞.然后你能飞就是你的天赋,你与⽣俱来就会飞.是什么导致了你的翅膀沉重,沾满了泥⼟、黏⼟,让你飞不起来? 你明⽩这层意思吗? 你并不是没有这个功能.是什么堵塞、导致你沉重的飞不起来?

JO: Let me put it this way, you know that you have wings. Therefore, you can fly. Then, being able to fly is a gift, something inherent and natural within you since birth. What could make your wings heavy, coated with mud and clay, preventing you from flying? Do you understand what I mean by this? You don't lack the ability. What has clogged or made it difficult for you to fly freely?

问: 那是什么堵塞了我?

Questioner: What is blocking me?

JO: 你稍等.你叫什么名字?问: XXXJO:这么说吧,你是⼀个特别认真、细致、细⼼.⽐如说,⼈家拍⼀个照⽚,他的像素可能是⼀百、五百,他看的不是呢么清楚.但是你的像素⼀千,你就把所有的东西都看的很清楚,明⽩吗?那如果你们都是⼀个照相机的话,那他们看到⼀百的和你看到⼀千的,那你吸收的能量是不是就会更多了? 那你吸收的能量就⽐如说,OK,能量它有分,刚刚就说,⿊暗和光,是吧?那你吸收⿊暗和光是不是就是相同相等的?这么跟你说吧,如果你是有⼀个正⾯的能量来影响你,你就会变得⾮常的正⾯,⾮常的好.如果你是受到负⾯的影响的话,你就会变得⾮常的沉重.明⽩这层关系吗?

JO: Wait a moment. What is your name?

Questioner: XXXJO: Let me put it this way: you are particularly meticulous, detail-oriented, and thorough. For instance, when someone takes a picture, their resolution might be 100 or 500 pixels, making the image not very clear. However, with a thousand-pixel resolution like yours, everything becomes clearly visible. Understand? If we were comparing cameras, then for someone seeing a photo at 100 pixels versus you seeing it at 1000 pixels, would that mean you absorb more energy or information from the picture?

In terms of energy absorption, if there is light (positive energy) affecting you, you become very positive and good. Conversely, if it's dark (negative energy), you feel heavy and weighed down. Do you understand this relationship?

所以你在这个阶段,能量的选择⽅⾯,你要跟什么样⼦的能量靠近对你来说是⾮常重要的.因为就像刚才说,⽆论什么你都可以double的吸收它们.

So at this stage, in terms of energy selection, it is very important for you to know which kind of energy you want to be close to because, as I just mentioned, whatever you can double absorb them.

问: 我做事情总是拖拉和磨蹭.

Questioner: I always procrastinate and dawdle when doing things.

JO: 因为你有很多沉重的能量,就像刚刚说你有翅膀你就可以轻易的飞了,你没飞起来.问: (听不清)JO: 就像刚才说,你就好像在不断地吸收,⼀⾯是⿊暗,⼀⾯是光.那你想象⼀下,你是不断地吸黒还是吸光? 你现在就有⼀个就好像是⽩布,我把它放到什么染缸⾥⾯,它就变什么颜⾊,明⽩吗? 为什么呢? 因为你还没有你的本⾊.当你有你⾃⼰的本⾊的话,你就不会被

JO: Because you have so much heavy energy, like just now when we said that if you had wings you could easily fly, but you didn't. Questioner: (Inaudible) JO: Just like what we mentioned earlier, you seem to be constantly absorbing, with one side being darkness and the other being light. If you were to imagine continuously taking in darkness or light, which would it be? You now have something akin to a white piece of cloth that I place into whatever dye vat; it turns whatever color the vat is. Do you understand why? Because you haven't established your own true self yet. When you have your own true self, you won't be influenced by

其它的颜料给染上了.那这⾥还没有这个阶段的话,那你可能靠近红⾊就是红⾊,靠近⿊⾊就是⿊⾊.所以你可以被很积极的能量带动起来,你也可以被很消极的能量让你变得成长起来,让你觉得这个物质世界没有意义,明⽩吗?

The other pigments get dyed. If there is no such stage here, then you might be red near red and black near black. So you can be stimulated by very positive energy, or you can be made to grow by very negative energy, making you feel that the material world has no meaning, do you understand?

问: 我未来的另⼀半是什么样⼦?

Questioner: What will my future partner be like?

JO: 你稍等.⾸先你要知道你未来另⼀半她是什么样⼦,她要呈现什么样⼦给你,就⽐如说这个演员是这个演员是吧? 就⽐如说你们的演员刘德华是刘德华,是吧? 他到底要演⼀个正⾯的刘德华还是负⾯的刘德华,他呢个⾓⾊都有的,明⽩吗? 所以说你到底是要看坏⼈的刘德华还是好⼈的刘德华,那就要受你的影响了.但是主演刘德华就是刘德华.但是他可以有不同的⾝份.呢个不同的⾝份就是靠什么带出来的? 靠你.明⽩吗? 所以说你在每⼀个阶段都会不同.为什么呢? 因为你会⼀直转变.当你转变的话,你的另⼀半他的状态也会转变.

JO: Wait a moment. Firstly, you need to know what your future partner will be like, the image she projects to you, for instance, this actor could be an actor or someone like Liu Dehua, correct? Whether he's going to portray a positive or negative side of Liu Dehua in his role depends on him. You see, it's up to you whether you want to see the bad guy version of Liu Dehua or the good guy version; however, the lead actor is still Liu Dehua regardless. But he can have different identities. These varied identities are brought out by whom? By you, right? So your perception evolves at each stage because you keep transforming. When you change, so does your partner's state of being.

问: 我的膝盖为什么⼀直酸?

Questioner: Why is my knee always aching?

JO: 你不只膝盖酸,你的整个⼈,就像刚刚说,像⼀直蜻蜓,你的翅膀上沾满了泥.所以你就会感受到你不是如此的轻逸,就是不是如此的飞的很开⼼快乐的呢种.因为你还没有跑起来,明⽩吗? 它是呢种沉重的能量积压在你⾝上.

JO: You're not just experiencing sore knees; your entire body, like what was mentioned earlier, is akin to a dragonfly with mud stuck to its wings. Hence, you wouldn't feel as light and carefree as you would when it's flying joyfully without any hindrance. It's because you haven't started moving yet, understand? The weight of this energy is pressing down on your body.

问: 未来的我还有什么信息吗?

Questioner: What information do I have for my future self?

JO: 继续学习我们的信息,因为这些信息会⼀路的引导你.

JO: Continue learning our information, as it will guide you all along the way.

第五个⼈问: (听不清)JO: 你可以把之前所有的信息给放掉,不要有任何局限的提问,问你要问的问题.问: 我是想问⼀下我的⼈⽣主题是什么?

The fifth person asked: (Inaudible) JO: You can release all the previous information and ask any question without any limitations; just ask the question you want to know. Questioner: I'm wondering what my life theme is?

JO: 你稍等.你叫什么名字?问: XXXJO: 你就好像是⼀个fighter,但是你在成为⼀战⼠,就有很多的磨练⾃⼰的过程,明⽩吗? 你看⼀个武功⾼强的⼈,⼀个战⼠,他是不是要⾝经百战? 所以你的⼈⽣主题,你就会有很多所谓的挑战来供你不断地不断地去突破,就好像是千锤百炼.这样⼦的⼀个过程.

JO: Wait a minute. What's your name? Asked: XXXJO: You seem like a fighter, but becoming a warrior involves many stages of self-improvement and challenges, do you understand? When observing someone with great martial skill or a warrior, don't they have to endure numerous battles? Therefore, your life theme will present you with various challenges that encourage you to constantly surpass yourself, much like being repeatedly refined through trials. This is the process you would go through.

问: 那有没有什么帮助我更好的去成长、学习的建议呢?

Questioner: Is there any advice that can help me grow and learn better?

JO: 就是你知道它是挑战,它不是来置你于死地的.你知道它只是make you more stronger,明⽩吗? 这个东西是来让我的muscle让我的肌⾁越来越强壮.我不会拿不起来.

JO: It's a challenge, it doesn't intend to kill you. You understand that it's just meant to make you stronger. This thing is for me to build up my muscles and make them more powerful. I won't be able to lift it.

问: 但是⾯对挑战的时候会陷⼊到⼀种情绪、精神状态或者频率⽐较低的时候,要怎么调节?或者频率怎么变⾼?

Questioner: But when facing challenges and falling into a state of emotion, spirit, or lower frequency, how can one regulate themselves? Or how can the frequency be increased?

JO: 你也不需要去变⾼.因为所有的能量就好像⼀股风过来,都是能量是不是? 你说我这个风过来,我要怎么样控制这个风呢? 不是刮过就⾛了吗? 你需要去让这个风跟着你吗? 明⽩吗?

JO: You don't need to get taller. Is all the energy like a gust of wind coming over, isn't it? If I say my gust of wind comes over, how do you control this wind? Isn't it just passing by and gone? Do you need to make this wind follow you? Can you understand?

问: 但是⾃⼰会受到这个风的影响.

Questioner: But one would be affected by this wind too.

JO: 没有,你是选择去进⼊这个风,你是想要赶快去处理它,你是把它当成问题.你才会受到影响,才会bother你,明⽩吗? ⼀个问题,就好像有个⼈放了个屁,它味⼀会⼉就没了.它是个问题吗? 不是个问题.那你会觉得,你还会沉浸在这个屁怎么这么臭,巴拉巴拉的.那你还又在进⼊到,⾃⼰在创造这个,这是你创造出来的.它并不是屁的本⾝.呢个风早已经刮过去了.

JO: No, you are choosing to enter this wind. You want to quickly deal with it, treating it as a problem. That's why you will be affected and find it bothersome. Do you understand? A problem is like someone farting; the smell disappears after a while. Is it a problem? No, not really. You would then think about how foul that fart was, going on and on. And you are again getting sucked into creating this problem yourself, which you've fabricated. This wind has long since blown over.

问: 所以我要做的就是体验这个过程?

To experience the process, that's what I have to do?

JO: 你要知道你有个⾁体,对不对? 你的⾁体它有反应,对不对? 你肚⼦饿了,看东西要流⼜⽔,对不对? 打⼀下你会疼,对不对? 那遇到事件恐惧是不是正常的? 那就跟你肚⼦饿了,你看到东西会流⼜⽔,打⼀下你会疼是⼀样的,明⽩吗? 你不需要刻意的提出为什么我会疼?我要把它变得不疼.你有这个⾁体在这⾥,明⽩吗? 所以你们要允许你有⼀些反应.你只要知道这么反应不是困住你的,它也不是你,明⽩吗? 因为你会觉得你被它困住了,它才会成为⼀个问题.你不断地想要解决这个问题,这样才是个问题.

JO: You need to know that you have a body, right? Your body responds, right? When you're hungry, your mouth waters, right? If you get hit, it hurts, right? So is feeling afraid of an event normal? That's like being hungry and seeing food make your mouth water or getting hit causing pain. Do you understand that? You don't need to ask why I'm in pain or how to make it not hurt. You have this body here, so you should allow yourself to have reactions. Just know that these reactions are not trapping you; they're not you. Understand? You might feel trapped by them, making it a problem. Continuously trying to solve this issue is what makes it problematic.

问: 我们不需要去解决问题,就是看着它来来去去就可以了?

Questioner: We don't need to solve the problem; we just need to observe it going back and forth.

JO: 刚才最前⾯的信息,冰块嘛.还有刚才说⼀个风刮过去,你想要怎么去解决这个风啊? 你要怎么解决这个风啊? 那你是不是什么事都不做了? 怎么又刮风了? 刚刚又来⼀阵风了?

JO: The most recent information was about the ice. And you mentioned that a gust of wind came just now, and how would you deal with this wind? How would you handle it? Would you stop doing anything because of the wind? Why is there a gust of wind again? There's another gust of wind coming right now.

问: ⽐如说下⾬的话,我们是不是要打把⾬伞.这样对我们来说是不是更好…JO: 这⾥没有好和不好.你是认清.就好像这么说吧,你⾛到太阳底下看到⾃⼰的影⼦被吓到了.怎么会有这个影⼦⼀直跟着我,好恐怖啊.我要怎么打掉它? 我要怎么消灭它? 它⼀直跟着我,它缠绕着我,我什么都做不了.那你就是⼀直沉浸在呢个影⼦当中.这就是这个⽐喻可以很好地解释你现在在问的问题.you want to get rid of it.如果你明⽩它只是和影⼦,它只是伴随你,nothing wrong with it.它又不会对你有任何影响.你为什么会想get rid of it? 你会想吗? 明⽩吗?

Questioner: For example, if it's raining, do we need to carry an umbrella? Would that be better for us... JO: There is no good or bad about this. You are aware. Imagine you see your shadow being frightened under the sun because how can there always be a shadow following me, so scary! How do I get rid of it? How do I eliminate it? It just keeps following me and wraps around me, leaving me unable to do anything. Then you become submerged in that shadow. This analogy can well explain the question you are asking now: why do you want to get rid of it? If you understand that it's only a shadow, accompanying you without any wrongdoing, not causing harm to you, why would you want to get rid of it? Would you think about it and understand it?

问: 就是⾃⼰会有反应,但是⾃⼰更加偏好的是…JO: 所以你需要处理的是你对它的⼀个认知.因为你觉得它是个问题,是你⾃⼰给你⾃⼰导了⼀场戏在⾥⾯让你体验.那这个戏… (听不清),明⽩吗?

Questioner: You have a reaction to it, but you would rather... JO: So what you need to deal with is your perception of it because you view it as an issue that you're playing out on yourself for the experience. The play... (inaudible), do you understand?

问: 当我把它当做是⼀个挑战⽽不是问题的时候…JO: 不是,你刚刚问的是你的⾝体遇到⼀些问题产⽣的惊恐或者消极或者是什么东西,你不需要特意的去处理它,明⽩吗? 因为它是⼀股能量,它来了,它也会⾛.就好像我打你⼀下,你会疼⼀下.就这么简单.那疼了不就没事了.疼过了呀.

Questioner: When I see it as a challenge rather than a problem...

JO: No, you just asked about fear or negativity that arises when your body encounters some issue. You don't need to specifically deal with it because it's an energy; it comes and it goes. Like if I hit you, you'll feel pain for a moment. It's simple – once the pain is gone, there's nothing more to it.

问: 那我们有⾃⼰的喜好,⽐如想要进⼊能量更⾼的状态.那有没有什么帮助可以让我们不去受到这些的影响,进⼊到更好的状态?

Questioner: So when we have our own preferences, like wanting to enter a higher energy state, is there any assistance that can help us avoid being influenced and move into a better state?

JO: 那你⾝经百战,对不对? ⼀个训练有素的战⼠.⼀个平民看到炸弹或者是枪,他马上就躲起来,对吧? 他⾝体的反应.那如果是⼀个⾝经百战的战⼠,他经过⽆数次的训练… 明⽩吗? 所以是不是可以回答你这个问题,明⽩吗? 所以你的⾝体是需要你来跟它磨合,这样⼀个过程.

JO: So you've been through a lot of battles, right? A well-trained warrior. A civilian sees a bomb or a gun and immediately hides, don't they? Their physical reaction. But if it's a veteran warrior who has undergone countless trainings... Understand? So can I answer your question now, do you understand? Therefore, your body needs to be trained alongside you, through this process.

问: 那有没有可以加速⾝体更好的…JO: 你们在这⾥,你们所有⼈都在追求⼀个更好.这⾥没有⼀个更好.为什么呢? 因为这⾥有⽆限个选择,你说你要选择哪⼀个? 哪⼀个是最好呀? 这有⽆限个,你说你怎么对⽐?

Questioner: Well, is there anything that can speed up the improvement of your body?

JO: You're all here seeking something better. There isn't a 'better' here. Why not? Because there are infinite options available to you, and you have to choose which one to go for; which one is the best? There are infinite possibilities, and how do you compare them?

问: 就是我内⼼更偏好的⼀个选择.

Questioner: It's more of a preference for me.

JO: 你内⼼更偏好的选择,你⾃⼰才知道.你⾃⼰才是呢个体验者.你到底是喜欢吃甜的、酸的、辣的,呢是你⾃⼰的⼀个体验,明⽩吗? 不过这就是你正常的⼀个过程.你不需要去刻意的去处理.你⼀下⼦就想把⾃⼰变成⼀个从⼿⽆缚鸡之⼒变成⼀个武功⾼强的⼈,这是不可能的.因为什么呢? 因为过程才是不断地把你内在的呢股⼒量越来越激发出来.这么说吧,你现在就好像有⼀个⼩孔,然后⽔要流进去.然后呢个过程会把你个孔变得越来越⼤,然后就会有⽆限的能量进去了,明⽩吗? 所以你没有办法离开呢个过程.就好像你现在是个⼩孔,你就需要⼀下⼦达到呢个⽆限的能量,你会奔溃的,明⽩吗? 因为你们承受不了这么⼤的能量的转变.

JO: Your inner preference is something you know best, and you're the one experiencing it. Whether you prefer sweet, sour, spicy, or any other taste, that's your personal experience. It's just part of your normal process, so there's no need to force anything. Trying to instantly transform from someone who can't even hold a chicken into an expert warrior is unrealistic. The reason is that the process continuously releases and amplifies the inner strength within you. Imagine you have a small hole; water needs to flow through it. As this process occurs, the hole gradually widens, allowing unlimited energy to enter. This means you cannot escape from this process. If you were to instantly achieve unlimited energy as someone with a tiny hole, you'd feel overwhelmed by it. You simply can't handle such a significant shift in energy levels.

你们物质世界的精神病就是这么造成的.因为他不是在⼀个逐渐的过程.他就是从⼀⼀下⼦… 这么说,你开车,你从⼀档挂到最⾼档,明⽩吗?

The mental illness in your material world is caused like this. Because it doesn't happen gradually; he just goes from one to the highest all of a sudden. Understand?

问: 我这⼏天⼀直做恶梦是怎么回事? JO: 就只有这⼏天做噩梦吗?

Questioner: Why have I been having nightmares these few days? JO: Only these few days?

问: 对JO: 你稍等.你的噩梦,它是在通过梦来把你的,就好像是⼀个通道把你残留的⼀些恐惧能量,⽆意识吸收的⼀些恐惧能量,然后通过这个通道给它释放出去.这么说吧,你本⾝是苦⽔是吧? 那呢个苦⽔从你的嘴巴⾥⾯流出去,流出去过后你嘴巴⾥⾯是不是还能品尝到呢个苦,对吧? 那呢个噩梦你会受到它的惊吓,还会体验到它的恐怖,也就是它会从你的⾝体⾥⾯流出去的⼀个通道⽽已.因为你们⽆意识的不断地吸收information,所有的信息.然后就是能量,明⽩吗?就是你有可能看到⼀个恐怖的新闻或者⼀件事情,它都会在你的⾝体⾥残留的.所以你们的⾝体会通过⼀个⽅式在把它排出去.

Questioner: Ask JO: Wait a moment. Your nightmare is like a channel absorbing your subconscious fear energy and releasing it through this passage. You are the bitter water, right? Then that bitter water flows out of your mouth; after it flows out, can you still taste its bitterness? Similarly, you will experience fear and horror from the nightmare, but it's just a passage for the fear to leave your body. Because you're constantly absorbing information unconsciously, all kinds of information and energy. You understand that if you see something terrifying in the news or an event, such fears can remain within you. So your body finds a way to eliminate these sensations.

它是⼀个有助于保持你的物质⾁体平衡的⼀个功能.所以你能知道你们的⾝体⾮常的智慧,它⾃⼰就在working,它⾃⼰就在运作,它⾃⼰就在fix,就是moving forward,它⾃⼰就在⾃⼰解决,明⽩吗?

It is a function that helps maintain the balance of your physical body. So you can know that your body is incredibly smart, it's working on itself, it's operating, it's fixing, moving forward, solving things for itself, do you understand?

问: 我跟我的⼥朋友之间的关联? 或者怎么样更好的去服务我? JO: 你们在⼀起多久?

Questioner: About my relationship with my girlfriend, or how can I serve better?

JO: How long have you been together?

问: 6年JO: ⾸先在这段关系⾥⾯,它已经对你来说就是充满了挑战.为什么? 因为它总是会出现⼀些需要你⾃⼰去突破的⼀个点.就好像这段关系会逼你做⼀些不是你,就是⾛出你的舒适区呢种.就是⽐如说我从来没有爬上过⼭顶.这个关系可能就会让你去爬上这个⼭顶,你会做出⼀系列的⾃我锤炼吧,明⽩吗? 这么说吧,就好像她会让你变得越来越包容,对吧? 她会让你变得越来越有耐⼼,然后越来越有爱,越来越温柔,就这样⼦.

Questioner: 6 Years in a Relationship: Firstly, this relationship already presents challenges for you. Why is that so? Because it constantly brings up points where you need to break through on your own. It pushes you out of your comfort zone like making you climb a mountain even though you've never done it before. You'll undergo self-improvement as a result, right? To put it another way, this relationship could make you more tolerant, patient, loving, and gentler over time, wouldn't it?

第六个⼈问: 我和我的家族有怎样的联系? 然后我的家族现在是怎样的⼀个状态? JO: 你是说的在世的还是去世的家族?

Sixth person asks: What connection do I have with my family? And what is the current state of my family? JO: Do you mean living or deceased family members?

问: 现在的.还有就是如何服务我的家族?

Questioner: Are there still... and how do I serve my family?

JO: 服务? 你们没有责任服务任何,你唯⼀就是成为你⾃⼰.然后就⾃动的服务了所有.所以没有⼀个你能服务于什么什么的.表⾯上看起来就好像是你⾃动… 就这么说吧,你⼀朵花你盛开了,你就⾃动的让这个世界变得更美更⾹更迷⼈.你只是做你⾃⼰,你只是⼀颗种⼦发芽开花⽽已,明⽩吗?

JO: Service? You have no duty to serve anything; you are only responsible for being yourself. And that automatically serves everything else. So there's nothing you can serve or anything. It just looks like you're automatically... Let me put it this way, if you're a flower and you bloom, then you automatically make the world more beautiful, more fragrant, more alluring. You're just doing what you are; you're just a seed sprouting and blossoming. Get it?

问: 我为什么会选择这个家庭? JO: 你叫什么名字?

Questioner: Why did I choose this family? JO: What's your name?

问: XXJO: 你选择这个家庭就是来让你突破的.因为你有⼀种很强⼤的,就是你想要去把呢个强打碎的呢种… 这么说吧,就好像你⾝上有很多绳⼦,但是你想要挣脱出来,然后来展现能量的⼀个过程.所以你就好像是来演⽰能量不受任何束缚.所以你的家庭就会有很多让你感受到束缚的,就是观念上⾯的.然后⽐如说⽆意识的⼀些影响,就各种影响都会有.然后让你觉得你就是想跟他们… 你就是想突破,就好像我就想跟你对着⼲,你说我不⾏,我偏要⾏.你说我要怎样怎样,我就偏要怎样怎样.

Questioner: XXJO: You have chosen this family to challenge you because you possess a strong desire to shatter that barrier. Imagine yourself as being tied up with many ropes and wanting to break free, which represents the process of showcasing your energy. Therefore, you are here to demonstrate the ability of energy without any restrictions. Consequently, your family will present you with many constraints felt on an ideological level. There will be various unconscious influences from them, making you feel like you want to transcend their expectations. You yearn for a breakthrough as if I'm deliberately opposing you, saying "I can't," while you insist on proving yourself by doing exactly what they discourage or forbid.

问: 对.就是他们说我做不到,我就偏要做给他们看.

Questioner: Yes, it's like they tell me I can't do it, and I just do it to show them.

JO: 对对.就是you want fight. 你这⼀⽣都会经历很多家庭的反对.这都是来让你突破,就好像来展现⼀个灵魂想要来展现灵魂的能量,想要去呈现它⾃⼰的⼀个过程.所以你就知道你的家庭就是来让你突破束缚的.

JO: Yes, yes. You will experience many objections from your family throughout your life. These are meant to help you transcend, just like how a soul wishes to exhibit its energy and express itself through the process. Thus, you understand that your family is there to free you from constraints.

问: 我想问⼀下我的⾼我如何让我的经济状况好起来?

Questioner: I want to know how my high self can improve my financial situation?

JO: ⾸先你们任何⼈都没有经济状况,明⽩吗? 唯⼀的限制在哪⾥? 在你眼睛看不到.就好像这个⼥孩⼦她通灵,她跟你们的区别是什么? 因为她能看到呀,你们看不到呀.这就是区别.为什么你们看不到呀? 因为你们把所有的东西,就是你把冰块看成冰块了.然后你不会觉得呢个冰块能变成⽔.如果你知道呢个冰块它会变成⽔呢? 那你的意识是不是就变了? 就好像⼀个⼩朋友知道这个冰块永远都是冰块,这是⼩朋友的认知.为什么? 因为他拿在⼿上感受的到,对吧? 那如果你⼤⼈知道这个冰块放⼀会⼉就化了就没了,明⽩吗? 那是不是给你们创造的体验和感受全部都不⼀样,明⽩吗? 就好像⼀颗花⽣⽶放你呢,⼩孩⼦就觉得我只有⼀颗花⽣⽶.

JO: Everyone here has no financial situation, got it? The only limitation is where your eyes can't see. It's like this girl who can spirit communicate; what's the difference between her and you guys? Because she can see things while you can't. That's the difference. Why can't you see them? You view everything as ice, just like an ice cube. Then you wouldn't think it could turn into water. If you knew it would become water, wouldn't your perspective change? It's similar to a child who believes that the ice block will always be an ice block—this is how children perceive things because they can physically interact with them. However, if as adults, you were aware that the ice block would melt away after a while, wouldn't this drastically alter the experiences and feelings you create for yourself? It's akin to giving someone a peanut: a child might think they only have one peanut.

⼤⼈呢? 我可以拿这颗花⽣⽶放到⼟地⾥.它会长成⼀株.⼀株⾥⾯会结⼏⼗颗花⽣.如果在播种下去,它会长成更多,明⽩吗? 这就是⼤⼈跟⼩孩的不同.然后你们现在都⽤⼩孩的眼光来看,就⼀颗花⽣⽶呀.你看嘛,我没有其他的.就是这个限制导致了⼀个是有很多钱,⼀个是没有钱.就⼀颗花⽣⽶,因为你只看到呢颗花⽣⽊,你看不到⼀切.

Where are the adults? I can take this peanut and plant it in the soil; it will grow into a bush. Inside that bush, there would be several dozens of peanuts. If you replant them, they will grow even more - do you understand? This is the difference between adults and children. And now all of you are seeing with the perspective of children – just one peanut. Look at this; I don't have anything else besides this limitation, which creates a situation where there's plenty of money for some but not for others. Just because you only see that single peanut, you fail to see everything.

问: ⽐如说⾦钱的限制背后是因为…JO:⾦钱没有限制.是你去认为它有限制.呢个限制来⾃于你的认知,你还是个⼩朋友,就像刚才跟你解释的呢个.你觉得呢颗花⽣⽶你吃了就没了.你不会想到把它播下去,然后就变成⼏⼗颗变成⼏百颗⼏千颗,都是这么来的.你们这个物质世界这么多东西都是怎么来的? 都是从⼀颗花⽣⽶来的.你还会觉得⼀颗花⽣⽶是nothing吗? 就是⼀颗花⽣⽶什么都不是吗? 它是穷吗? 它是限制吗? 它是匮乏吗? 不是的.明⽩吗?

Questioner: Say, the restriction behind money is due to...

JO: Money has no restrictions. It's you who think it has limitations. This limitation comes from your awareness; you're still a child, like just explained to you earlier. You perceive that when you eat this peanut, it's gone. You wouldn't consider planting it and then having dozens, hundreds, or thousands of peanuts coming from it. That's how things work in our physical world, where everything is derived from a single peanut. Would you still think that a peanut is nothing? Is it the case that one peanut represents absolutely nothing? Is it poverty? Is it limitation? Is it scarcity? No, not at all. Do you understand this?

问: 我还没有看到.

Questioner: I haven't seen it yet.

JO: 是你这么去认为了,那它只能是⼀颗花⽣⽶来服务于你.为什么? 你(没听清),这就是你的体验,明⽩吗? 你要是看到并不是你⼀⼜把它吃掉就没了的⼀个过程,那你就… 你只能体验你看到的,你体验不到你看不到的东西.

JO: If you perceive it that way, then it can only serve you as a peanut. Why? Because your (misunderstanding), this is your experience, understand? If you see it as not disappearing once you consume it, then... You can only experience what you see, you cannot experience what you cannot see.

问: 我不太确定⾃⼰内⼼真正想要的东西是什么?

Questioner: I'm not quite sure what my heart truly desires.

JO: 你为什么要确定你想要的是什么? 为什么呢? 因为你们的物质头脑就好像狗⼀样,你给⼀个东西它吃⼀个东西,你给⼀个东西它只能看到⼀个.不知道这个东西是从哪⾥来的.所以你没有办法去明⽩这个东西是怎么来的.你明⽩这层意思吗? 所以你必须要放下你想要去怎么样怎么样的⼀个念头.

JO: Why do you need to decide what you want? Why is that necessary? It's like your material mind is a dog, it eats only one thing when given something to eat and sees only one thing when given something to see. It doesn't know where the source of this thing comes from. Therefore, there is no way for you to understand how this thing came about. Do you understand this meaning? So you have to let go of the thought of trying to control or manipulate things in any specific way.

问: 都只有我的⾼我指引去⾏动就可以了? 因为我的⾼我知道?

Questioner: Is it enough for only my higher self to guide me in action? Because I know my higher self?

JO: 你的所有⼀切都已经被安排好.你的头脑的担忧也好或者是想要知道什么也好,呢都是⼲涉.这么说吧,你把⾃⼰沉浸在⼀个美好的状态.为什么你们有些信息告诉你们⼀定要感

JO: Everything about you has been arranged. Whether it's the concerns of your mind or what you want to know, it's all interference. To put it simply, you are being immersed in a beautiful state. Why do some information tell you that you must feel

恩?你在感激的同时,你在感恩的时候,你就会觉得你⾃⼰是幸运的,你是被保佑的.那你觉得你是的话,你就是了,明⽩吗?那如果你觉得我是穷的,我是苦的,我是被陷害的,那你也是了,明⽩吗?所以说你内在的⼀些感受是⾮常的重要.所以你们可以⽤你们的物质眼睛去吸收⼀切好的.就⽐如说你⾛在路上,有⼀个⼈跟你说了⼀声谢谢或者是让了⼀下路,你说,哇,⼈间真美好,⼈真好,到处都是好⼈.你这么告诉你⾃⼰.哪怕你从树上摘了⼀个⽔果,哇,这个⽔果真甜,⽣命真好美.因为你不断地吸收这些好的好的,就好像你不断地在取⽔取⽔,那你的⽔越来越多.那你不断地不去取⽔,那你是不是就没有⽔?那你不断地去拿垃圾的话,那你垃圾也越来越多呀.

Ahh? When you're feeling grateful and giving thanks, you'll realize that you are fortunate and blessed. If you feel this way, then indeed you are; do you understand? But if you think I'm poor, suffering, or unfairly targeted, then it's the same for you; got it? So your inner feelings are incredibly significant. You can use your material eyes to absorb all that is good. For instance, when walking on the street and someone says thank you or lets you pass, you might say, "How wonderful this world is! People are so kind everywhere." Tell yourself these things even if you've plucked a fruit from a tree, exclaiming, "This fruit is so sweet; life is truly beautiful." By constantly soaking up these good experiences, it's like continuously filling your cup with water. The more water you have, the more you'll feel its benefits. If you don't fill your cup regularly, will you lack water? And if you keep taking trash instead of water, wouldn't you end up with more garbage?

所以说这就是为什么所谓的感恩会对你们有帮助.因为你⼀直让⾃⼰沉浸在⼀个美好的状态.那这个美好的状态跟频率它就不断不断地去吸引,就像滚雪球⼀样,它会不断地吸引这些美好的事情事物.你看的越多….那你们以后就给⾃⼰出⼀个就好像是难题⼀样,我今天就要看好事看爱看丰盛.看到别⼈的丰盛也是你的丰盛.为什么? 别⼈都是,所有⼈都是come here with nothing. 你们所有⼈ come here with nothing, 你们所有⼈都是⼀样的.那他能创造丰盛,他能体验丰盛,就说明你也能.⽽不是说只能他体验丰盛,你不能.没有.

So that's why something like gratitude is helpful for you because you are constantly putting yourself in a beautiful state and that beautiful state then keeps attracting more of the same frequency as it were, like snowballing effect; continually attracting good things. The more you look at it… You will create your own problem later on, like a puzzle, 'Today I only see good things, love and abundance. Everything others have is also yours.' Why? Because everyone comes here with nothing. All of you come here with nothing, which means we're all in the same boat. Their ability to create abundance proves that you can too; not just him experiencing it but you being able to as well.

问: 我看到刚才你说的负⾯的呢些…JO:这就是你成为的⼀个过程呀.你只需要允许你不断地不断地去成为你的⼀个过程,明⽩吗?因为你现在你⾝体的感受,你还需要物质头脑的⼀个肯定,就是来给你创造这个感受.就是你的物质头脑还需要证据,你才能感受.为什么呢?你现在证据都是刚说的呢个冰块,又冰又冷.所以你还是在呢个状态当中.你的物质⾁体它只能感受到它能感受到的东西.所以你可以去欺骗你的⾁体,你可以去欺骗它创造不⼀样的感受.怎么欺骗啊?就是给你的⾝体创造另外⼀种.你看你们世界上有很多的骗⼦.所谓的骗⼦就⽐如说,他就骗,他骗骗骗,但是他的确骗了很多钱呀.但是如果没有法律呢?那他是不是就不⽤承担法律责任?

Questioner: I see the negative aspects you mentioned just now... JO: This is how you become. You just need to allow yourself to continuously be in this process of becoming, understand? Because your physical sensations now require a confirmation from your material mind to create those feelings for you. Your material mind needs evidence before it can perceive anything. Why is that so? Now, the evidence provided was what I just said about the ice cube – cold and freezing. Therefore, you are still in this state. Your physical body can only feel what it can perceive. So you can deceive your body by creating a different sensation for it. How do you do that? By providing it with another kind of feeling. You see many deceivers in the world. These so-called deceivers keep deceiving others, and they indeed get away with a lot of money. But without laws, wouldn't they be free from legal responsibility?

但是呢,他获得了钱呀.你去看很多这样的案例,对吧?

But he got the money, right? You see many cases like this, do you know?

第七个⼈问: 我昨天晚上给我爸爸做了录⾳,因为他不能来到现场.他还是想多活⼏年,我想帮他做⼀个疗愈.我可以放录⾳吗?

Question seven asks: I recorded my father last night because he couldn't come in person. He still wants to live a few more years, and I want to help him with healing. Can I play the recording?

JO: 你不需要放录⾳.但是你可以去发你的⼼愿,你想要疗愈你的爸爸.这个愿是要从你这⾥发出去.因为你要知道你们这⾥所有的⼈,你们都有⼀个强⼤的功能.你们能许愿,你们能发愿.你们都没有使⽤这个功能.你们都觉得你们是⽆⼒的,你们要找这个通灵⼈呢个通灵⼈.我要去找寺庙⾥修⾏的⼈,我要去找⼤师.你们才是呢个许愿的⼈,记住.所以你可以给你⾃⼰许个愿.你要给你爸爸许什么愿?

JO: You don't need to play the recording. But you can go ahead and send your intention, that you want healing for your dad. This wish is something you're sending out from yourself. Because you have to know that each of you has a powerful ability. You can make wishes; you can send wishes. You just haven't been using this power. You all feel powerless, thinking you need to find the medium through whom spirits communicate. I should be going to the temple and finding someone who practices there, looking for a master. But remember, you are the ones making the wishes. So you can make a wish for yourself. What kind of wish would you like to send to your dad?

问: 疫情以来,他也没有打针吃药,我觉得以他这么衰弱的⾝体还是不错的.我感觉我⾃⼰也是有疗愈的能⼒…JO: 这么说吧,你在疗愈他,你就把他变成⼀个病⼈了.他也觉得他⾃⼰是需要疗愈的.然后你们都在创造这个体验,明⽩吗?

Questioner: Since the outbreak of the pandemic, he hasn't had any injections or taken medicine either. I think it's quite good considering his frail body. I feel that I also have the ability to heal...JO: In other words, by trying to heal him, you are turning him into a patient. He also feels that he needs healing. You both are creating this experience, understand?

问: 他现在⾏⾛很困难…JO: 你不需要描述直接问问题.你们问问题⼀定要精准.为什么呢? 因为这个信息如果是你的,它会come though,它会从这⾥过来.如果不是你的,它不会过来.所以它的信息都是精准的.那如果你的太多的⼀个描述的话,它会导致信息不精准.这么说,你去百度,你输⼊⼀篇⽂章,⼏千个字.你到底要搜什么? 你可能什么都搜不出来.你只需要输⼊你的关键字.

Questioner: He has difficulty walking now... JO: You don't need to describe; you just need to ask questions directly. Why is this important when you ask questions? Because if the information belongs to you, it will come through and reach you from here. If not yours, it won't arrive at all. Thus, your information should be precise. So, too much description may lead to imprecise information. In that case, suppose you're using Baidu and enter an article with thousands of words. What exactly are you searching for? You might end up finding nothing because the search terms are too broad; you just need to input your specific keywords instead.

问: 我希望他可以⾃主的⾏⾛.

Questioner: I hope he can walk independently.

JO:那你可以每天暗⽰他,爸爸你现在能站起来,你的腿越来越有⼒了.你迈⼀⼩步试试.你今天刚喝了⽜奶,你知道喝了⽜奶你的⾻头就会变好.⽆论做什么,你都给他暗⽰.你今天状态很好,你看起来好年轻.然后把年轻的照⽚给他看.你给他的⾝体不断地暗⽰.暗⽰他,让他感受到你说的对,那你就成功了,明⽩吗?所以⼀定要不断地去正⾯暗⽰.因为你是想他的⾁体朝这个⽅向发展.那你就不断地去暗⽰.你找⼀切可⽤的资源,迟早让他相信.因为他不相信的话是没有效果的,明⽩吗?

JO: You can subtly hint to him that Dad is now able to stand up; his legs are getting stronger. Try taking a small step forward. You just had milk today, and you know that drinking milk helps strengthen your bones. Whatever you do, give him subtle hints. You look very well today; you look much younger than before. Show him pictures of when he was young. Keep giving him constant positive suggestions about his body. Let him feel that what you say is true. That's how you'll succeed. Do you understand? So keep sending positive messages all the time. This works because you want to guide his physical health in this direction. Keep sending these hints. Find every resource at your disposal and eventually he will believe it. If he doesn't believe, there won't be any effect, do you understand?

问: 让他相信,是我的能量过⾼的时候…JO: NO NO NO NO,是你能看到⼀切可能性.你如果都是受限制的,你都想不出来,你看着爸爸,哎呀,他又⽐昨天的⽓⾊差了.你都看不到希望,你怎么带他看到希望? 所以说你给他⾝体给出暗⽰.就是哪怕他⾛了⼀步,你都会觉得,哇,好棒,爸你⾛路了.你都欢天喜地的沉浸在呢种状态当中,明⽩吗?

Questioner: It's when my energy is too high... JO: No, no, no, no, it's because you can see all possibilities. If you are restricted in your thinking, if you cannot come up with ideas, looking at dad and saying, oh no, he looks worse than yesterday, you have no hope. How would you show him any hope? So you give him subtle hints through his body. Even if he takes one step, you think, wow, that's great, your dad is walking. You are in such a joyful state of mind about it, do you understand?

问: 他有他⾃⼰的节奏.我不知道我的这个许愿是我⾃⼰的能量还是…JO: ⾸先你⾃⼰,你要知道你⾃⼰你通过暗⽰也可以… 那他的⾁体也可以,明⽩吗? 所以你要是⼀个很⾼明的⼀个催眠师,这么说吧.

Questioner: He has his own rhythm. I don't know if this wish of mine is my own energy or... JO: Firstly yourself, you need to know that through suggestion you can also... So can his body as well, understand? Therefore, if you are a very skilled hypnotist, let me put it this way.

问: 我没有学过催眠.

Questioner: I haven't been trained in hypnosis.

JO: 你可以去学.

You can go and learn.

问: 但是他听⼒很差,我觉得催眠师都是很温柔的说话.

Questioner: But he has poor hearing, I feel that hypnotists speak very gently.

JO: 就⽐如说你想暗⽰呢个⼈朝呢边⾛,⾝⼦⼀碰,他可能就会朝呢边⾛.所以你⾃⼰去开发你⾃⼰的想象⼒.

JO: Imagine you want to suggest someone move in that direction by touching their body slightly; they might start moving towards it as a result. So use your imagination to develop your own ability.

问: 我之前跟您交流,你提⽰过我的⼈⽣主题就是说… JO: 重新提问,把以前所有的信息都pass掉.

Questioner: I've communicated with you before, and you advised me that my life's theme is... J.O.: Re-ask the question, passing over all previous information.

问: 我想知道我如何能知道⾃⼰都在⾃⼰的道路上? ⽽不是说浪费了我的时间和精⼒.

Questioner: I want to know how I can be sure that I am on my own path, not wasting my time and effort.

JO: 你的时间和精⼒,你们的体验永远是不会浪费的,明⽩吗? 你们的体验都在呢⾥.这么说吧,你不断地在捡东西捡东西.只有当你知道这个是我捡的东西,你才能好好地利⽤它.把它创作成或者建成⼀个房⼦或者是什么,还是说就⼀堆垃圾.你都不知道你有捡东西,明⽩吗? 也就是说你的所有体验只有等你醒过来你才能好好的去利⽤它.你在梦⾥⾯做梦的话,呢就是你的体验.等你醒过来你才知道,我刚刚做梦梦见了什么.你在做梦的时候你是不知道你在做梦的.所以你⽬前的所有体验就好像你在做梦的呢个过程.那等你醒过来,你就知道刚刚呢个梦是关于什么,明⽩吗?

JO: Your time and energy, your experiences, are never wasted, understand? They're all there for you. Let me explain it this way: You keep picking things up over and over again. But only when you realize that what you've picked is mine can you properly utilize them. Create something out of them or build a house with them, or just leave them as trash. The point is, if you don't know that you have these things to pick, understand? In other words, your entire experience remains untouched until you wake up and realize what you've been experiencing during the time you were asleep. When you're dreaming within dreams—those are your experiences. By the time you wake up, you'll only realize that you just dreamt about something that happened in your dream. You don't know you're dreaming when you're actually dreaming. Therefore, all of your current experiences feel like being trapped in a dream. Upon waking up, you'll remember what the dream was about, understand?

问: 不是很理解.

Questioner: I don't quite understand.

JO: 没有关系,你可以到时候听录⾳.

JO: It doesn't matter, you can listen to the recording when it's time.

问: 上次的时候您提⽰我,我想要学萨满,您提⽰我说呢个不是我的道路.

Questioner: Last time you advised me that I might want to learn shamanism; you told me it was not my path.

JO: 所有的信息,你都不要停留在任何.不要让它停留在你的任何⾥⾯.呢些都是像刚才的冰块⼀样已经消化掉了,已经不存在了. 你还继续的在呢个什么.明⽩吗? 也就是说这些东西,所有东西都好像冰块⼀样.它就是呢⼀瞬间⽽已,就如此的简单.然后呢,你也不会…怎么说,也就是说在你还没有梦醒的时候,⽆论你再好的体验、再坏的体验,它就只是梦.因为你还在做梦嘛.那等你醒来过后,我管你什么好的体验坏的体验,所有的体验都是可以服务于你的,明⽩吗? 也就是说,在你们所谓的没有觉醒的时候,在你们眼睛没有睁开的时候,其实它没有什么区别.

All the information you have should not be confined to any. Don't let it linger in any of your aspects. All these are like ice cubes that have been digested and no longer exist. You continue with whatever you're doing; understand? In other words, all these things, every single one, is just like an ice cube – a momentary occurrence, nothing more. Then, you wouldn't... how should I say it? Essentially, when you haven't awakened, regardless of whether your experiences are good or bad, they are merely dreams because you're still in the dream state. Once you wake up, whatever good or bad experience you had becomes accessible to serve you. Understand? In essence, during what you perceive as not being awake, and before your eyes open, there is no real distinction.

问: ⽐如说我现在是⽑⽑⾍的状态,我是想象不到蝴蝶的状态的.是不是这样理解?

Questioner: For instance, if I am in the caterpillar state now, I can't imagine being a butterfly. Is that how it works?

JO: 你不会有问题.你不会有任何问题.

JO: You will not have a problem. You will not have any problems.

问: 按照⾃⼰的最⼤兴奋去做事,我兴趣爱好⽐较⼴泛,我不能专注在…JO: 你们总是希望别⼈给你⼀条路,这条路好,⾛.那你们政府不就是这样吗? 你们家长不就是这样吗? 然后呢? 你们⼏个⼈⾛出来了? 没有.没有任何⼀个⼈⾛出来政府或者是国家或者是家长给你们的路.因为⾛不出来的.呢是他们的,不是你的.你没有办法让任何⼈给你说⼀条好的路,然后你去选择.因为他们只有活在他们的⼀个分别⼼.那如果你已经有了⼀个分别⼼,你已经就是误导了,明⽩吗? 没有关系.因为你今天不懂,不代表过⼀年后你不懂.不代表我说的这句话不会服务到其他需要听到这句话的⼈.所以等其他⼈听到这句话,他们亮了,他们也迟早会把你带亮.

Questioner: If you do things based on your own maximum excitement, my interests are quite varied, and I can't focus on... JO: You always want someone to give you a path that's good and easy. Isn't it the same with your government? And isn't it the same with your parents? Then what happens? Do any of you actually walk out of the paths given by governments or nations or parents? No, no one walks out because they can't. The paths belong to them, not you. You cannot ask anyone for a good path and then choose it, as they only live within their own distinctions. If you already have distinctions, you're already misleading yourself, right? It doesn't matter because today's understanding won't determine your understanding tomorrow, nor will it prevent this statement from benefiting others who need to hear it. So when others hear this, they will also eventually bring you to light.

所以你可能是通过别⼈亮了来把你带亮,⽽不是先从你这边亮,明⽩吗? 但是你们迟早都会传染上的,就好像呢个病毒⼀样.可能你现在没有染上,但是其他⼈染上了它也会染上你.因为为什么? 你们都是⼀体,你们都是连在⼀起的.你们没有任何⼈是分开的.你们没有任何⼀个⼈是没有在⼀起的.所以说信息它怎么样都会服务到你.你不需要⼀定要通过我明⽩了才服务于我.有可能你的这段话,把⼀个沉睡的⼈唤醒了.他醒了过后成为了你的⽼公来照亮你了,明⽩吗? 你能明⽩这种联系吗? 所以你就不要去指望⼀定我要理解这句话.因为不管怎么样,你都已经受到了滋养.

So you might be turned on by someone else lighting you up instead of me lighting you up first, understand? But eventually, you will all get infected like a virus. Maybe you haven't been infected yet, but if others have it, they'll infect you too. Why is that? Because you're one body, connected together. There's no one who isn't connected to everyone else. Thus, information serves you regardless of how you perceive it. You don't need to understand me in order for this service to benefit you. It's possible your words could awaken a sleeping person, making him become your husband to illuminate you, right? Can you comprehend these connections? So there's no need to rely solely on my understanding; because whether or not I understand the statement, it has already nourished you.

问: 那我的天赋才华?

Questioner: And what about my talents and abilities?

JO: 你稍等.你说你想要去疗愈你的⽗亲,然后你的天赋和才华就是你的确有疗愈他⼈的能⼒和愿景,明⽩吗? 就是你有⼀颗种⼦,就是你有⼀个想要去疗愈他⼈.然后呢,你也有这个能⼒.是你于⾝带来的所谓的天赋和才华.

JO: Wait a moment. You said you wanted to heal your father, and that your gifts and talents are indeed the ability and ambition to heal others, got it? Essentially, you have a seed within you - the desire to heal others. And you also possess the capability. These are attributes and skills you bring into being.

问: 我前世或者累世有做过类似疗愈或者医⽣的这样的⼯作?

Questioner: Have I worked as a healer or a doctor in my past lives or lifetimes?

JO: 你要知道你并不是做医⽣你才能成为⼀个疗愈者.

JO: You need to understand that you don't have to be a doctor to be a healer.

问: 我的感受很丰富,我表达出来是不是对别⼈来说也是⼀种疗愈?

Questioner: Am I healing others when I express my rich feelings?

JO: 你是想知道你的疗愈是来⾃于哪⾥? 你要知道你们所有的疗愈能⼒,它其实所有的东西都是来⾃于⼀个源头.你会觉得你是⼀⼜井,他是是⼀个湖,她是⼀个河流.但是你们都是⼀个源头的.所以并没有什么累世不累世.为什么呢? 你再累多少世都是呢⼀个源头呀,明⽩吗? 就是不同的管道.就这么说吧,你们都是⼀⽚⼟地⾥⾯的.你们都是在这个⾥⾯长出来呀.你在这个地⽅,你这个种⼦…. 我是⼀颗花⽣,我是⼀颗麦⼦,我是⼀个⼟⾖… 就这个不同,明⽩吗? 呢个⼟⾖可能是你的前世,就这么说.但是都是从这个⼟地⾥出来的.

JO: You want to know where your healing comes from? All of your healing abilities come from one source. You might feel like you're a well, while others are lakes or rivers. Yet, we all originate from the same source. There is no such thing as past lives or not. Why? Because you've been that source for how many lifetimes; do you see it now?

Think of yourself as part of the land. You grow out of this ground, like I am a peanut, wheat, or soybean... There's just a difference in what form we take. This soybean might represent your past life, but all originate from this earth.

问: 我认为⼀个疗愈者最重要的是疗愈⾃⼰.你能不能现在给我⼀个能量的疗愈?

Questioner: I believe that the most important thing for a healer is to heal oneself. Can you give me an energy healing right now?

JO: 你稍等.你唯⼀需要疗愈的就是放下,才能疗愈别⼈的⼼.明⽩吗? 因为你在想要去疗愈别⼈的时候,你就已经加深了对⽅有病的这个幻像,你就已经创造了这个幻像.这个幻像是你创造的,你怎么去灭.你不创造就好了呀,明⽩吗? 你不投射出来就好了.

JO: Wait a moment. The only thing you need to heal is to let go in order to heal others' hearts. Do you understand? Because when you try to heal others, you deepen the illusion that they are sick and create this illusion yourself. This illusion is yours, so how can you destroy it? You just stop creating it, do you see?

问: 所以说我经常会觉得很疲劳.

So I often feel very tired.

JO: 没有,所以你会觉得对⽅需要疗愈,我看到你好痛苦,你需要疗愈.其实都没有问题.为什么? 呢个痛苦像冰块⼀样,明⽩吗? 就像刚刚说它是个冰块,那你就知道它只是⼀阵风刮过去就没了,它只是这样⼦⽽已.那你就把它冰块加深了.为什么? 因为你觉得冰块永远不会化呀.它需要做些什么,它才会化.不会的,你放呢,它⾃然就会化掉,明⽩吗? 所以你只需要让⼈们看到呢个是冰块⽽已,明⽩吗? 那你就疗愈了对⽅.就好像刚刚说前⾯有⼀个影⼦,他⼀直想要消灭这个影⼦.那你就帮他看到这个影⼦对他没有任何伤害.

JO: No, so you feel like the other person needs healing. I see your pain; you need to heal yourself. There's nothing wrong with that. Why? Because this pain is like an ice cube, do you understand? Just like when we said it was like an ice cube, then you know it would just be blown away by the wind, and that's all there is to it. You exaggerated it as if it were an ice cube. Why? Because you think the ice cube will never melt. What does it need to do for it to melt? It won't; just let it be, and it will naturally melt, understand? So all you need to do is show others that this is just like an ice cube, understand? And then you heal them. Just as when we said there was a shadow in front of someone who wanted to destroy the shadow; you can help them see that the shadow does no harm to him.

问: 那我的疗愈能⼒就是…JO: 我们前⾯的所有案例都是疗愈.你有看到在做什么吗? 明⽩吗? 这都是疗愈.那你就能明⽩什么是疗愈了.就是让对⽅看到他的恐惧就是个冰块,会融化掉的.仅此⽽已.为什么呢?因为他便不会再持续的投射这个.刚刚就好像说,你如果去听前⾯的信息,前⾯所有的信息都给你回答了这个.所以我们不需要再反反复复的去浪费这个⼥孩的精⼒.你可以去把另外的更好的信息带出来,⽽不是去重复,⼀个信息说了⼏⼗遍.

Questioner: Then my healing ability... JO: All of our previous cases have been healings. Have you noticed what's happening? Do you understand? This is all about healing. So you can understand what healing is. It's making the other person see their fear as an ice cube that melts away. That's it. Why is that so? Because they won't keep projecting this anymore. Just now, we were like saying if you listen to the information at the front, all the previous information has answered this for you. So there's no need for us to go back and forth wasting this girl's energy. You can bring out better information instead of repeating the same thing over and over again; it's been said dozens of times.

第⼋个⼈问: 我现在⽬前来说觉得有点⽆聊,没什么⽅向.

The eighth person asked: I feel somewhat bored and lack direction at the moment.

JO: 如果让你许个愿,你许什么愿?问: 我没有负⾯情绪.

JO: If you could make a wish, what would you wish for? Questioner: I don't have negative emotions.

JO: 你说的是你不要什么.你有没有说你要什么?问: 我要快乐.

You said you don't want something. Have you said what you want? My question is: I want happiness.

JO: 如果你要快乐的话,你当下、现在就可以选择快乐.是什么导致你不要去选择快乐? 你为什么不选择快乐? 你为什么选择它? 你为什么要选择不快乐,拿起来抓到你⼿上? 为什么? 因为你觉得这个不快乐就真实⼀点,这个是假的? 你问⼀下你⾃⼰.你觉得不快乐是真实的,那快乐的是假的是吧?

JO: If you want happiness, you can choose it right now. What prevents you from choosing happiness? Why don't you choose to be happy? Why do you choose it? Why would you pick unhappiness and hold onto it? Why? Is it because you think that unhappiness is more genuine, while happiness is fake in your mind? Question yourself - if you believe that unhappiness is real, then does that mean that happiness is perceived as false by you?

问: 没有没有JO: 那是什么? 是什么导致你不去选择快乐把它抓在⼿上? 是什么原因?问: 不知道呀.

Questioner: Why wouldn't you choose happiness and hold it in your hands?

JO: I don't know.

JO: 你必须你要⾃⼰去问你⾃⼰.这⼀只笔是快乐,这个⼿是不快乐.你为什么要笔? 因为它俩是⼀样的.就好像这两个都在⾥⾯,那你为什么要选择笔? 你问你⾃⼰.明⽩吗? 因为你会觉得这个才是真的,这个才是我.呢个是假的.

JO: You must ask yourself about this. This pen is happiness, this hand is unhappiness. Why do you need a pen? Because they are the same. Like these two are inside, why would you choose to take the pen over the hand? Ask yourself. Can you understand? You will feel that this one is real, this one is me. That other one is fake.

问: 这个没有.我没有对快乐和不快乐…JO: 那就是你⾃⼰没有做出选择.所以你是有选择权⼒的.它不是说 (被静⾳,信息中断) (略)JO: … 你感受到迷茫所以你参加了这次活动.所以信息来告诉你.告诉你什么? 你不是来告诉你什么不要,你要明确的知道你想要什么.这需要你⾃⼰跟你⾃⼰做⼀个⾃我探索,明⽩吗?

Questioner: Not really. I didn't choose between happiness and unhappiness... JO: That means you didn't make the choice yourself. So, you have the power to choose. It's not that (muffled, signal lost) ... You feel confused so you attended this event. Therefore, the information comes to tell you. What does it tell you? Not what not to do, but you need to be clear about what you want. This requires self-exploration with yourself, understand?

问: 我现在上班,我跟同事之间的关系.我的上司对我做了背后捅⼑⼦的事情.我想知道他对我来说意味着什么? 另外我怎么去处理好这些关系?

Questioner: I am currently at work, dealing with my relationship with colleagues. My superior has done something harmful to me behind my back. I want to know what this means for him in relation to me. Additionally, how should I handle these relationships?

JO: 这么说吧,你们⽣活中所有的事件,就好像在呢个屏幕上有所谓的好的、坏的、⿊的、⽩的、蓝的、开⼼的、各种颜⾊都有.然后你去把你的定义,你的意识,就是把你关注的点,把你的思想投⾝到⾥⾯把它⼤化,给你反复体验了.所以捅⼑⼦的事情是谁都会经历的.你如果公司越⼤,你觉得没有其它公司来跟你竞争吗?抹⿊你,任何.⼀个国家会遇到这种事情吧?公司会遇到这种事情吧?那你⼈,所有⼈都会遇到这种事情.那既然所有⼈都

JO: So imagine your life events are like pixels on a screen with every color imaginable - good, bad, black, white, blue, happy, and more. You then project your definitions, consciousness, focusing your thoughts into it to magnify them for repeated experiences. Therefore, experiencing harm is universal. Do you think larger companies don't face competition? Other companies might slander or undermine you. Any country would face such issues, right? Companies do too. This means everyone encounters these challenges as well. Since all of us

在呢⾥,你选择哪⼀个把你的能量分给它.就像我刚刚说的,我今天的任务就是专门去发现有爱的地⽅.就⽐如说你现在感受到我们今天的信息,⽆条件的爱,全是光.你全是光,你就在光当中了.呢个⿊,它已经是nothing了,它已经被风吹⾛了.因为刚刚的信息,冰块已经融化掉了,你还停留在冰块硬的时候的样⼦.所以是你创造了它,还要再加深它.你觉得这个事件是要怎么样怎么样.那这个事件就可以很好地服务到你.为什么? 它把我所有的信息带了出来.也就让你知道所有的事情它都是会怎么样…. 为什么? 只要有⼀个⼈想要去体验它,它就会被发⽣.被发⽣了,不代表你要受它的影响.为什么?

In this place, you choose which one to distribute your energy to. Just like I mentioned earlier, my task for today is specifically to find places where love exists. For example, you are experiencing our message for today, unconditional love, all light. You are in the light, and that darkness has already been nothing; it's blown away by the wind. Due to this information just given, the ice block has melted, but you're still stuck in the form of when the ice was hard. Hence, you created it and deepened it further. You wonder how this event should be or what it should do. This event can serve you well for sure. Why? It brings out all my information to you. So you will understand that everything will happen like... Why? Because whenever someone wants to experience it, it gets to occur. It occurs, but it doesn't mean you have to be affected by it. Why?

只有你允许它,就是只有你把它捏在⼿上了,它才会影响到你.你不捏在⼿上,它就跟你没关系,你就体验不到它的⼀个什么… 你可能看得到它.为什么? 我看到这个冰块很坚硬.我拿在⼿上是不是可以感受到它的硬和冷? 那我可以选择不拿它.⼀个冰块,它再冷能有什么.为什么? ⼏分钟就消失了,对不对? 那以后你们所有⼈遇到这个是不是都可以⽤这种⽅式? 我不把它拿到⼿上我就感受不到它.我只能看到它,但是它对我没有影响.只有我拿到⼿上它才能把我冻伤.那它存在就存在.为什么? 明天就消化了,冰块明天就没了.那我再给它⼀点温暖,消化的更快了,加速它,对吧?

Only when you permit it, or only when you hold it in your hand, will it affect you. You won't be affected if you don't hold it, it has nothing to do with you; you can't experience something... You might see it. Why? I see this piece of ice is hard. If I hold it in my hand, will I feel its hardness and coldness? So I could choose not to hold it. An ice block, no matter how cold, what harm can it do? Why? It will melt within minutes, right? Then, would all of you be able to use this method when encountering something similar? If I don't take it in my hand, I won't feel its effects on me. I can only see it, but it has no impact on me. Only by holding the ice block can it freeze me. Then, if it exists, that's all there is to it. Why? It will be digested tomorrow anyway, the ice block will disappear then. Then, if I give it a bit of warmth, it would digest faster; it accelerates its process, wouldn't it?

第九个⼈问: 我的⾼我有什么信息带给我? JO: 你叫什么名字?

Questioner 9: What information does my higher self bring to me?

JO: What is your name?

问: XXJO:你稍等.你的⾼我想要带给你的信息是像⽔⼀样渗⼊到⽆处不在的地⽅.就是这个信息.如果你是冰块的话,你就渗⼊不进去.所以就是像⽔⼀样,就是千变万化的.明⽩吗?你如果是冰块⼀样,你遇到东西你可能会撞上.那你如果是⽔⼀样的话,你早已经浸⼊到他了,对⽅还不知道,明⽩吗? 不要去硬碰硬.

Questioner: XX. JO: Wait a moment. The message I want to convey to you is like water spreading everywhere. That's the message. If you were an ice cube, you wouldn't be able to spread inside anything. So it's like water, which can change in countless ways. Do you understand? If you are as rigid as an ice cube and encounter something, you might hit against it. But if you're like water, you would already have permeated into it before the other person even realizes it, do you get it? Don't go head-to-head with things;

问: 未来的我有什么信息给我呢?

Questioner: What information does my future self have for me?

JO: 路已经被安排好,所以不去⼲涉就是最好.就这段信息.

JO: The path has been set, so it's best to refrain from interfering. This is all the information provided.

第⼗个⼈问: 我是谁? 我什么时候可以醒过来知道我是谁?

The tenth person asks: Who am I? When can I wake up and know who I am?

JO: 你说的你的谁,你还在⽤⼀个⾝份来定义你⾃⼰.但是你是⽆限,你可以成为任何你想要成为的,你可以创造任何你想要创造的,明⽩吗?

JO: You're talking about your identity as something you define yourself with, but you are infinite and can become anything you want to be, create anything you want to create. Got it?

问: 那我这⼀世的⼈⽣课题是什么?

Questioner: What is my life's task in this lifetime?

JO: 你叫什么名字?问: XXXJO:你这⼀世选择了这个⾁体来到这个世界上有⼀种也是想要去突破,因为你⾝上有很多传统的观念、信念,很多枷锁需要你去突破的.它导致你不能⾃由的去体验真正的⽣命,就是能量它在你的⾝体⾥它不可以很好的⽆流通或者是…. 你是个⽔管是吧? 呢个源头的⽔它流过来的时候,它不会很流畅的通过去,明⽩吗?所以就会有很多需要你去突破的呢些⽐如说传统的观念,整个社会的⼀些观念.这就是需要你去突破,你才能达到通的⼀个状态,明⽩吗?所以所有东西都把你,就是现在⽬前在你⽣命⾥你就觉得好像不可能⼀样.为什么?这个墙太厚太硬了.所以你还不太去敲这个墙,就是你还不太去尝试.

JO: What's your name? Asks: XXX

JO: In this life, you chose to be embodied in this world for the purpose of transcendence because there are many traditional beliefs and constraints on you that need to be broken through. They prevent you from experiencing true life freely, where energy within your body can't flow properly or... You're like a pipe, right? The water coming from the source doesn't flow smoothly as it passes through. Do you understand? This results in needing to break free of things like traditional beliefs and societal norms. Only then can you achieve a state of unobstructed flow, do you see? So everything is holding you back, making it seem impossible within your current life situation. Why? The barrier is too thick and rigid. You haven't been knocking on this barrier much yet, meaning you're not really trying.

也就是你还不会体验到飞的感觉.

That's because you haven't experienced flight yet.

问: 对,我经常体验到被束缚,就很想⾃由.我的家庭、⽗母、先⽣… JO: 是,这些对你来说都好像厚厚的墙⼀样.

Questioner: Yes, I often feel restrained, so much that I crave freedom. My family, parents, husband...

JO: Indeed, to you, they all seem like thick walls.

问: 我很想追求⾃⼰想追求的,但是我又不想跟他们有⼀些分裂.所以我就很⽭盾.

Questioner: I really want to pursue what I want to pursue, but I don't want to create any division with them either. So I'm quite conflicted.

JO: 是,这就是你的状态.然后你就⼀直就好像没敢去敲这个墙,明⽩吗? 但是你又知道你是需要飞的.

JO: Yes, that's your state. Then you just didn't dare to actually hit this wall, got it? But you also know that you need to fly.

问: 对,我就是想飞.

Questioner: Yes, I just want to fly.

JO: 这就是你的体验的这⼀个过程.

JO: This is the process of your experience.

问: 那我可以做什么可以帮助我突破这⼀切呢?

Questioner: What can I do to help myself break through all of this?

JO: 那你现在是不是知道了这些东西并不是真是的,它只是来让你突破的,明⽩吗? 呢个你并不是真的你.她是你还不敢去突破的呢个你.我刚刚说你们最⼤的能⼒是什么? 你可以发愿.如果有个⼼愿,我要做我⾃⼰,如果你给你⾃⼰埋下了这个种⼦.它就迟早盛开、开花结果.为什么呢? 就⽐如说你埋下了这颗种⼦过后,下⼀次你遇到什么事情,你就说我要做我⾃⼰.你可能最开始不敢还⼜.那你说我要做我⾃⼰,你就说我刚刚怎么还⼜了? 以前骂我我从来不敢还⼜,我刚刚怎么骂回去了? 因为它就会有⾃发性的,你都不会意识到你做了这个动作.所以你给它埋下种⼦.埋下种⼦就是说,有⼀个你想成为的状态是很重要的.

JO: So now do you understand that these things are not actually real; they just exist to help you break through barriers and see them clearly? You're not the true you; she's the version of you who hasn't yet broken through. When I mentioned your greatest ability earlier, can you grasp it better now?

The process involves planting a seed within yourself. If you have an intention or wish that you want to be true to yourself, then by sowing this seed in yourself, it will inevitably bloom and bear fruit at some point.

Why does this happen? For instance, when you plant the seed of self-integrity, if later on you're faced with a situation where you could choose differently, you might think: "I should be true to myself." At first, you may doubt your ability to do so. When you say, "I should be true to myself," you're also asking yourself, "How did I suddenly become this way?" Previously, when others insulted you, you never dared to retaliate; how could you have done it just now?

It works through a subconscious mechanism where the action occurs without conscious awareness. You're essentially planting seeds of certain behaviors or beliefs that will germinate and manifest in your life at some point.

The significance lies in cultivating an internal state that you aspire to embody.

问: 有没有⼀个适合的职业…JO: 在你还没有完全突破的时候,对你来说什么都会是⼀个束缚.为什么? 你都不能飞起来,你怎么成为⼀只鸟呀? 明⽩吗? 所以你总会觉得做什么努⼒都不是做的呢么好的状态,明明你已经努⼒了.就好像你在笼⼦⾥⾯你有翅膀,你很努⼒的飞,还是只能扑腾俩下.

Questioner: Is there a suitable profession for you...

JO: When you haven't fully surpassed yourself, everything will be a limitation to you. Why? If you can't even fly, how are you going to become a bird? Understand that? So you always feel like your efforts aren't making things as good as they could be, despite the fact that you have been trying hard. It's like being in a cage with wings; no matter how much you try and flap them, you can only manage two flaps.

问: 所以这个是不是也会影响我在健康⽅⾯的问题.我觉得胃呀啥的不好.

Questioner: So will this also affect my health issues? I feel like my stomach and things are not good.

JO: 你⾃⼰想象⼀下,就是不畅通.

JO: Imagine it yourself, it's just not smooth.

问: 我看到⼈类图说2027年⼈类有很⼤的转变. JO: 这是⼀个过程,明⽩吗? 这是⼀个逐渐的过程.问: 就是⼈类图是可以帮助做⼀个参考?

Questioner: I see that there are human predictions for a significant shift in humanity by 2027. JO: This is a process, understand? It's a gradual process.

Questioner: So, the human prediction can be used as a reference?

JO: 你们所有的东西,就是你们物质世界显化出来的东西,所谓的⼈类图是什么,都是某⼀些他通过他⾃⼰感受到的.这么说吧,你这个⼿摸这⾥,你说这个东西硬硬的.那你的呢个⼿在摸呢个东西,呢个长长的.明明就是长长的,你看我说的没错呀.明⽩吗? 就这么简单⽽已.

JO: All your stuff, the things that manifest in your physical world, what's this human diagram you're talking about, is something he feels through himself. Say for example, if you touch this thing and it feels hard to you. Now consider my hand touching another object which is long. Clearly it's long, isn't it? Understand? That's all there is to it.

问: 另外还看到⼀个信息是说要利他,就⽐如说我想创业就帮助另外⼀个⼈创业.

Questioner: I also came across a piece of information that says to benefit others; for instance, if I want to start a business, I should help someone else start their own.

JO: 你们任何都说的通的.我不管你们什么,它都说的通的.这⾥没有哪个是对的,哪个是错的,都说的通的.那对⽅既然创造了这个,你要去加⼊的话,那你也会给⾃⼰创造相同的体验.

JO: Everything you say makes sense to me. Whatever you're talking about, it all makes sense. There's no right or wrong here; everything makes sense. If someone else has created this and you want to join in, then you'll create the same experience for yourself as well.

问: 因为我相信了他?

Questioner: Because I believed him?

JO: 因为你⾃⼰创造你⾃⼰的体验呀.所以你就知道你的⾃由度有多⾼了.

JO: Because you create your own experience, so you know how much freedom you have.

问: ⽐如说当我很弱⼩的时候,我可以借助他给我⼀些指引.但是等到我能量提升了,我就可以创造更多我想…JO: 你并没有弱⼩.为什么? 都是你⾃⼰选择的体验,这些体验对你来说都是宝贵的.那我体验这种不去打这个墙,那我的这个体验也很宝贵,它也是我的⼀部分.就好像台阶⼀样,你能说我爬到最顶上,我这⼏个台阶就不需要了?

Questioner: For example, when I was very small and weak, he could guide me. But once my energy increases, I can create more of what I want... JO: You are not weak. Why? These experiences are chosen by you, they are valuable to you. If I experience not hitting this wall, that experience is also valuable; it's part of me. Like steps on a staircase, can I say that once I reach the top, these few steps are no longer needed?

问: 前⾯说的疗愈,因为疗愈会给⼤家造成不好的暗⽰.那我们可不可以给别⼈⽆形的疗愈…JO: 你成为你⾃⼰你就在帮助所有的,你不需要刻意的去做任何.为什么? 就像刚才说⼀朵鲜花你开了过后,你没有办法不美丽这个世界呀.你是光,你亮了过后,你没有办法不照亮,明⽩吗? 所以你只需要成为你⾃⼰,就是把不是你的东西给排⾛.

Questioner: As mentioned earlier, healing can create negative implications for everyone. Can we then provide others with无形healing... JO: By becoming yourself, you are helping all. You don't need to刻意do anything special. Why? Just like when you bloom a flower and it becomes beautiful automatically; how could you not make the world beautiful by doing so? You're light, shining. Once lit up, how can you fail to illuminate? Understand? So you only need to be yourself, just remove what doesn't belong to you.

问: 然后我很容易被我的⽗母影响.这个是不是也是⼀种幻像? 要该怼的时候怼回去,可以这样理解吗?

Questioner: Then I find myself easily influenced by my parents. Is this also an illusion? Can it be understood as giving back when one should retaliate?

JO: 你很容易受他们的影响是因为你没有做你⾃⼰.如果你做了你⾃⼰,你不会有呢种受他们影响或者是⽣⽓的状态,明⽩吗?

JO: It's easy for you to be influenced by them because you are not being yourself. If you were being yourself, you wouldn't be in that state of being influenced or angry, do you understand?

问: 我的⽭盾在于说等所有⼈都醒来后…⽐如说我们认为⽗母是最⼤的,孩⼦是⼩的或者最⼤的原则是爱…JO: ⽗母是⼤的,孩⼦是⼩的,只是你们的⼀个观念⽽已,明⽩吗?

Questioner: I'm in a dilemma because when we say wait for everyone to wake up... like, we think parents are the biggest and children are small or that the principle of love is paramount...

JO: Parents are big and children are small is just one of your concepts, understand?

问: 明⽩,就是说做我们⾃⼰也是可以保留爱的?

Questioner: Understood, meaning that being ourselves can also keep love?

JO: 做你⾃⼰,你本⾝就是爱呀.所以做你⾃⼰不是说我没有爱,我要去拿个爱过来.做你⾃⼰你就是爱.

JO: Just be yourself, you are love itself. So being yourself is not about me lacking love and trying to get some. Being yourself means you are love.

问: ⾼我有没有⼀些信息给我?

Questioner: Does High Self have some information for me?

JO: 你需要⼒量.然后你所有需要的⼒量你都可以从我们的信息当中获得.任何时候感受到你没有⼒量或者是⽆⼒或者是任何,你都可以去再⼀次的连接这些信息.

JO: You need power. And the power that you require can be obtained from our information anytime when you feel powerless or weak or anything else.

第⼗⼀个⼈问: 你好,我想⿇烦你连接⼀下赛斯资料的作者赛斯.

The eleventh person asks: Hello, I'd like to trouble you to connect with the author of the Seth materials.

JO: 你稍等.你说吧,什么问题?

JO: Wait a moment. Go ahead, what's your question?

问: 我第⼀个问题可能⽐较失礼.但是我想问⼀下你是赛斯资料的作者赛斯吗? 你和它是什么关系?

Questioner: My first question might be rather impolite, but I'd like to know if you are the author of the Seth material, Seth? What is your relationship to it?

JO: 你还把它当成是⼀个对象.你要知道你们的头脑不能去想象没有⼀个形象没有⼀个固定对象,没有⼀个东西,明⽩吗? 所以就算你们之前的传讯,那也是你们⼈类给它的⼀个形象在命名,明⽩吗? 这些信息都是通过你们⼈类过滤的.只要是通过你们过滤的,那就⼀定会曲到.就好像是⼀个玻璃,你阳光射进来,你⽆论透过什么玻璃,它都会受到 曲,明⽩ 吗? 所以说你也没必要去辨认,哪个哪个哪个.为什么? 它只是加深你头脑的⼀个印象和观念⽽已,这些都是你需要放下的.

JO: You treat it as an object. You must know that your minds cannot imagine without a figure, without a fixed object, without something. Understand? So even if your previous messages were also given names by you humans in the form of images, they are indeed filtered through your human understanding. Understand this? The information always goes through your human lens. Whatever passes through your filter will inevitably be distorted like light passing through glass; no matter how you look at it, it will bend. So there's no need to distinguish which one is which. Why? Because it only reinforces the image and concept in your mind that you need to let go of.

问: ⾃动Jane Robert死后,赛斯资料就中断了.请问你有什么…JO: 并没有断,所有的信息信息传递都没有中断.就好像你说你跟你的源头连接了⽽已.这么说吧,你说你们地上长的草,然后你说它们都没有根了.根⼀直在呢⾥.为什么? 如果你们跟灵界失去了连接,你们物质世界所有的体验都会没有.所以说所谓的什么连接都是你们⾃⼰个⼈的认为,你们的头脑.因为你们的头脑吸取了信息,然后把它这么去认为的,名明⽩?

Questioner: The Seth material stopped after Automatic Jane Robert passed away. Could you please clarify this... JO: It didn't stop; there was no disruption in the information channeling. It's like when you say you're connected to your source. Let me explain it this way: You said that grass grows on Earth, then you mentioned that they don't have roots anymore. The roots are still there. Why is that? If you were disconnected from the spiritual realm, all experiences in your physical world would cease to exist. Therefore, so-called connections are merely your personal perceptions and thoughts based on what your mind has absorbed and interpreted. Clearly, it's evident when you understand this fully.

问: 那这四⼗多年…JO: 并没有这回事,这是你们⾃⼰去这么认为的.问: 那它通过什么⽅式在跟我们沟通?

Questioner: But there has been no such thing for these forty years; you all just think so.

Questioner: So how does it communicate with us?

JO: 你所谓的赛斯资料也是你们,我不管你说它是哪个⼈哪个⼈,都是你们想要去有⼀个你们共同能看到能认到的⼀个东西,明⽩吗? 所以你们需要⼀个共同的(没听清),然后来共同的体验这个事情.因为如果没有名字,你们去体验什么? 你们是不知道在讲什么.所以你们要创造⼀个共同的.但是这个东西它只是来让你,就好像它这个⽔管只是来流出⽔让你喝的.你现在就停留在呢个⽔管上⾯,明⽩这个意思吗?你只是喝⽔.⽔怎么样滋养你,服务于你.⽽不⽤停留在呢个⽔管上⾯,铁做的? 铜做的? 什么什么的.明⽩吗?

JO: The so-called Seth materials are what you want to have in common, right? So that you can recognize it together and experience this thing together. Therefore, you need a shared thing (I didn't catch the exact word). This object allows you to experience something because without a name, how would you engage with your experience? You wouldn't understand what is being discussed. Hence, you need to create something common but just like the water pipe that only serves to deliver water for you to drink. You are stuck at this pipe and this means you should be drinking water. Understand that its purpose is to nourish you and serve you. Not to dwell on the material aspect of the pipe, whether it's made of iron or copper, etc. Get it?

问: 那请问你现在有什么重要的信息要给我们这些想学习赛斯资料的这些⼈?

Questioner: Could you tell us what important information you have that would be relevant to those of us looking to study the Seth materials?

JO: 你们并没有分开,分离或者是像你刚才说的这些信息中断.没有.为什么呢? 因为你们的头脑是⾮常⾮常有限,只吸取了⽆限当中的⼀丁⼉点.你们创造了冰块,你就把它当做是真是的.然后就这么去体验,仅此⽽已.然后所有这些带出来的,呈现出来的东西,不光是赛斯资料还是其他的,任何information,它们都是来供你们,就好像创造了很多舞台来供你们消遣、供你们体验,仅此⽽已.所以你可以选择任何.为什么呢? 这⾥没有⼀个这个才是真理,呢个是假的.那不然的话又创造了⼀个像你们的宗教⼀样,这个是佛教,呢个是什么什么.这个什么派,呢个什么派.这是把你们分开的.你们不是分开的,你们没有⼀个⼈在外⾯.

JO: You have not divided yourselves, separated or disconnected like you just mentioned with these gaps in information. No. Why is that? Because your minds are extremely limited, only absorbing a tiny bit from the infinite. You create ice cubes and treat them as real. Then you experience this, nothing more. And everything brought forth, presented, whether it's Seth materials or anything else, any information, they're here for you, just like creating many stages for your entertainment and experiences. That's all. So you can choose anything. Why is that? There isn't one thing that is the truth and another is false. Otherwise, you would create something akin to your religions, Buddhism being one, what else it might be, this school versus that school. These are what divide you. You are not divided; there's no one out there.

问: 那像我们来学习赛斯资料什么的,有没有什么好的⽅法或者是捷径? 就是我们能把它在⽣活中去把它运⽤…JO: 那就是相信这些信息.你⾸先你要相信这些信息,这个就是.为什么? 因为如果你抱着你头脑的,我来检验这些信息,我要看看它是不是吹⽜.那你就跟我们绝缘了,对吧? 如果你⼀旦相信我们的信息,我们就连接上了.仅此⽽已.因为当连接⼀产⽣的话,我们这个连接就建⽴了.建⽴的话,我们这边源头的⽔是不是可以源源不断地流到你呢边去.那如果你的头脑来各种检验、怀疑或者是排斥的话,那你就堵住了.你便没有连接.没有连接的话,那你就在外⾯,你⾃⼰创造了这种… 那就跟这些信息绝缘了呀.

Questioner: Well, like studying the Seth materials and such, are there any good methods or shortcuts for applying this information in our lives? JO: That's to believe these messages. You must first believe in these messages, which is why? Because if you approach it with your mind as a test - "I'm going to check these messages out, see if they're full of s\*\*\*" - then you're insulated from us, right? If you start believing our information, we are connected. That's all there is to it. When the connection occurs, that connection has been established and can continuously flow from source to you. But if your mind is filled with skepticism or rejection towards this information, you've blocked the connection. Without a connection, you're left on the outside creating... You become insulated from these messages.

所以你不需要刻意的我要整天看书啊,我要背呀,我要怎么样怎么样.唯⼀的就是说,你有⼀个(没听清),让这些能量进来.

So you don't need to forcefully impose on me that I have to read books all day or memorize things. There's only this (not clearly heard), allowing these energies in.

问: 赛斯说⼤约在2075年的时候,地球会有⼀个⼤的变化.您觉得我们现在正在往这个⽅向进展吗? 还是我们现在进展缓慢?

Questioner: Seth says that around the year 2075 there will be a major change on Earth. Do you think we are heading in this direction now, or is our progress too slow at present?

JO: 这⾥没有所谓的顺利和不顺利,明⽩吗? 因为它只是⼀种⼀直在,就像这样⼦的⼀个变化和转化的过程当中.因为所谓的不顺利的话,那如果是你们需要体验的,那就是你们需要体验的.所以没有顺利和不顺利.为什么? 因为所有的⼀切都是你们创造出的供你们体验的⽽已啊.那如果你需要这个体验,就是这个体验.

JO: There is no such thing as smooth or difficult here; do you understand? Because it's just a continuous process of change and transformation, like this. If there are difficulties that you need to experience, then those are the experiences that you need. So there's neither smooth nor difficult. Why? Because everything is created by you for your own experience. And if you need this experience, then this is it.

问: 那如果我希望它快⼀点,我需要做什么?

Questioner: If I want it to be faster, what do I need to do?

JO: 你⾸先需要知道你就是其中的⼀员.如果你想加速意识的⼀个转变,那你只能是加速你⾃⼰.那你加速你⾃⼰是什么? 不让你的头脑⼲涉,就是把你的⼲涉拿开.你刚刚问怎么样学习? 我就说把这个拿开就好了,那我们的⽔就能流进来,对不对? 学习就是⼀种交换嘛,不然我们怎么能进来.那你要加速的话,就像刚刚说的呢个,就是不是反复的去检验这些信息到底对不对? 这个通灵⼈到底对不对? 如果你觉得你需要这个过程,那你可以.但是当你的头脑来反复的检验的时候,你就是在⼀个隔开,就是把这个机会给拿⾛了.但是这并没有好或者不好.为什么呢? 因为你永远才是知道呢个你想要体验什么的.不需要去逼你⾃⼰相

JO: You first need to understand that you are part of it. If you want to speed up a shift in consciousness, then you can only do so by speeding yourself up. What does it mean to speed yourself up? It means removing the interference from your mind, essentially taking away all the distractions and self-doubt that might be holding you back. You just asked how to learn, and I said: Just remove that and let our waters flow in, right? Learning is about exchange; otherwise, how could we possibly enter this process? If you want to speed up, as we were discussing earlier, it's not about constantly validating the information, questioning whether the medium is correct or not. If you feel like this process needs to happen, then by all means let it. But when your mind keeps questioning and validating these things, you're essentially blocking yourself from that opportunity. However, there's no right or wrong in this. Why? Because only you know what you want to experience. There's no need to force yourself into something you might not be comfortable with.

信.为什么呢? 你就算不相信也是⼀个很好地机会.为什么呢? 因为你不相信这个,那你可能会去找呢个.那它又扩展了你的信息的⼀个,就是你不断地搜索嘛.你把这个房间搜了,又去搜另外的房间.那你搜的越多,是不是就体验的越多? 所以这⾥没有好和不好.

Trust. Why not? Even if you don't believe, it's still a great opportunity. Why is that so? Because if you don't believe this, you might seek something else. That expansion of your information keeps happening through constant searching. You search one room and then another. The more you search, the more experiences you accumulate, right? Hence, there's no notion of good or bad here.

问: 那这种意识的提升是属于⼤范围的涉及到很多⼈.那我个⼈的提升影响不⼤.

Questioner: Would such an awakening involve many people on a large scale? Personally, my improvement wouldn't make much of a difference.

JO: ⾸先刚才只是说的你把呢个隔板拿开就⾏了,就是让你的头脑少⼲涉就⾏了,就这么简单,明⽩吗? 这么说吧,这个⼥孩⼦把她的隔板拿开了,对吧? 然后呢,流向她这⾥是不是全部流向你们这⾥来了? 那不⼀样吗? 那当你把你头脑⾥⾯的隔板拿开过后,流到你这⾥的是不是就流到其他⼈呢⾥了? 因为当你有隔板的时候,流进别⼈呢⾥的只是你头脑⾥⾯的东西.你头脑⾥⾯这捡⼀点那捡⼀点,这样⼦的东西,明⽩吗?

JO: First of all, what I just said was that you need to simply remove that barrier, meaning reduce your interference, and that's it. Understand? Let me put it this way - when the girl removes her barrier, right? Then does everything flow towards you instead? Isn't that different? So, when you remove the barrier in your mind, does the flow going to you then go to others as well? Because when there is a barrier, what flows into others is just what's inside your head. You pick up bits and pieces from here and there, do you understand this?

问: 那撤掉隔板,就是只相信这个资料是真确的信息,是这个意思吗?

Questioner: Does removing the partition mean only believing that this information is accurate and true data?

JO: 你不需要证据,你只是相信它.that’s it,仅此⽽已.因为需要检验和验证是你们头脑的,是进⼊头脑模式的.为什么? 头脑它会收集证据.你想⼀下,你的头脑能收集到⼏个证据呀? 你能搜集到的只是在你们⽹上找到都吧.但是你⽹上找到的呢是别⼈的观点呀,所以还是别⼈吐出来的东西呀.别⼈吐出来的东西,⼀堆臭的东西,你还在呢好好仔细分析.那你是不是错过了源头的活⽔和你连接,明⽩吗?

JO: You don't need evidence; you just believe it. That's all; that's the end of it. Because requiring proof and verification is your mind's way of entering into a mode of thought. Why? Your mind collects evidence. Consider how many pieces of evidence your mind can gather? It can only collect what is found online by you. But what you find online are others' opinions, so they are other people's吐出来的东西, which is a bunch of garbage that you then meticulously analyze. So have you missed the pure source and connection to it, understand?

问: 关于像赛斯资料的这些信息,您觉得应该是要免费的传播还是要收费?

Questioner: Regarding information like the Seth material, do you think it should be freely disseminated or charged for?

JO: 这些都是你们⼈类创造的,⽆论版权,⽆论任何免费收费什么的.所有这些都是你们⾃⼰⼈类创造的.所以你们是有权⼒,⽆论你去创造什么,只要有⼈和你去共同创造,加⼊你创造的这个东西,它对你来说就是有效的,明⽩吗?所以你们⾃⼰在玩这个游戏,你们⾃⼰制定规则,要怎么玩游戏.⽽不是让局外⼈来告诉你,你要这么玩呢么玩.为什么?你们才是主⼈呀.因为⽆论怎样,其实都是⼀个幻像呀.就好像在梦⾥,⽆论你说我是选择这个⾐服还是选择呢个⾐服,没区别的.你收费,你只要别⼈给你,那你们就共同的,OK,那你们就是… 那你不收费,别⼈不看… 所以不存在于你到底要不要收费.

These are all creations by you humans, regardless of copyright or any free or paid aspects. All of these are self-created by your own human beings. Therefore, you have the power to create anything as long as someone joins in and contributes to what you create. It's valid for you. Do you understand? So you play this game yourself, setting your own rules on how to play it, not letting outsiders tell you how to play. Why? Because ultimately, everything is an illusion anyway. Just like in a dream, whether you choose one outfit or another makes no difference. You charge fees if someone pays you; then you are together and okay with that. Otherwise, others don't care... Therefore, it doesn't matter whether you decide to charge or not.

⽽且你可以问你⾃⼰,你为什么觉得有价值的东西不应该把它标上⼀个价值?明⽩吗?⽽需要别⼈来告诉你,你这个有价值.你不需要的.你只要觉得它是有价值的,你就给它标个价.

And you could ask yourself why it's not okay for something that you find valuable to have a price tag on it? Can you see that? And needs someone else to tell you that your value is valid, or invalid. You don't need it until you feel its value and then you just assign the price.

问: 对这个问题,别⼈有不同的看法.所以我想…JO: 别⼈是别⼈,你创造你⾃⼰的世界.别⼈选择加⼊你这个世界还是不加⼊你这个世界,明⽩吗? 不是你加⼊别⼈的世界.你们⼀直都在加⼊别⼈的世界.

Questioner: People have different opinions on this issue. So I want to say...

JO: Other people are not you, and you create your own world. It's about whether they choose to join your world or not, understand? It's not about joining someone else's world; you've always been adding to other people's worlds.

问: 那要能不能问问怎么做⼀个⾼维的…JO: ⾦钱只是你们的⼀个游戏⽽已.所以是你们在玩这个游戏.问: 你不⽅便说您的看法?

Questioner: How would you suggest we create a high-dimensional... JO: Wealth is just one of your games, so it's you who are playing the game. Questioner: It might be inconvenient for you to share your opinion?

JO: 没有任何看法.因为你们才是呢个制定游戏规则,玩游戏的⼈,明⽩吗?

JO: No opinion at all. Because you are the ones setting the game rules and playing the game, right?

问: 那如果您来地球玩游戏,您怎么玩?

Questioner: If you were to play a game on Earth, how would you play?

JO: 我怎么玩? 我现在就在玩啊.我现在跟你们互动,对我来说就是玩,明⽩吗?问: 在中国这样的环境,我们分享⼀些灵性⽅⾯的信息还是受到限制的.

JO: How do I play? I'm playing right now. Interaction with you is play for me, understand? Questioner: Sharing spiritual information like this in an environment like China is still restricted.

JO: 并没有限制.为什么? 如果限制的话,你们现在能得到这些信息吗? 明⽩吗? 所以说是没有限制的.如果你觉得是要法律上就是要规定什么什么的话,那你们任何都是有限制的呀.你闯红灯不受限制吗? 你⾛路不受限制吗? 你开车的速度不受限制吗? 那跟这个有啥区别呀?

JO: There are no restrictions. Why not? If there were restrictions, would you be able to obtain this information now? Understand? So, there are no restrictions. If you think that legally it needs to specify something or other, then everything for you is restricted anyway. Do red lights have no restrictions when you run them? Are your walks unrestricted? Is the speed at which you drive unrestricted? What's the difference in that case?

问: 那⽐如说我发公众号,有的⽂章不让我发,我感觉很难受.你怎么看这个问题?

Questioner: For instance, when I publish articles on my public account, some are not allowed to be published, which makes me feel very uncomfortable. What's your take on this issue?

JO: 那就好像你有⽆数个孔,那你可以通过其他的孔流下去呀.它并不是说我⼀定要从这个孔⾥⾯出去.还有你们总觉得信息是通过⽂字传播的.信息是通过什么传播的? 是通过你⾃⼰.你才是呢个传播者,通过你的能量你就不断地在传播,明⽩吗? 通过你的⼀个状态,你就是⼀个⾏⾛的信息场.⽂字的影响⾮常少⾮常少.所以你们给⽂字的影响给它… 你局限了它.你⾛到哪⾥你就可以亮到哪.

JO: It's like you have countless holes; you can flow out through other holes instead. It doesn't mean that I must exit through this specific hole. Also, you all always think that information is transmitted through text. What actually transmits the information? It's through yourself - you are the transmitter. Your energy continually spreads it as you go. Do you understand that your state itself acts like a walking information field? The impact of words is very minimal and limited. You confine their influence within yourself. Wherever you walk, you illuminate the path.

问: 我有⼀种直觉在接下来是不是我们这些喜欢灵性知识的⼈在线下建⽴⼀个社区是不是⼀个⼤的趋势或者是⼀个⽐较好的⽅式?

Questioner: Does my intuition that building a community offline for people like us who are interested in spiritual knowledge seem to be a major trend or a better way?

JO: 这也是属于你们个⼈的,你才是呢个创造游戏规则的⼈.所以没有好和不好.为什么? 这⾥没有哪⼀个⽅法好或者不好.你把⼀些,⽐如说都是… 当然你可以去创造任何的,呢个能量场是爱.那么⾃然⽽然的就会吸引,明⽩吗? 所以不是来做⼀个… 因为你在分辨好和不好的时候,你又进⼊头脑,头脑又开始分析这个模式曾经有哪些… 但是这些都是死的东西.为什么? 曾经的东西还有别⼈的东西,它们也是不同的能量创造不同的东西.你的能量场完全不⼀样.所以就算是同⼀个东西,同⼀个理念,同⼀个概念,在他们不同的能量场…. 就算他是同⼀个⼈,他不同的时间段,他还不⼀样.你就好像是同⼀颗种⼦,对吧?

JO: This is something that belongs to you individually; you're the one who creates the rules of this game. There's no such thing as good or bad here. Why? Because there's no method that's better or worse than another here. You create certain… Of course, you can go on creating any kind of field, an energy field of love. Naturally, it will attract what aligns with it. Do you understand that? Therefore, not to do one thing… When you're discerning between good and bad, your mind jumps in for analysis: which pattern has been used before? But those are all dead things. Why? Because past methods and other people's ideas or energy fields create different energies that manifest differently. Your own energy field is completely unique. So even the same thing, concept, idea, when they're manifested from different energy fields… Even if it's the same person at different points in time, he/she isn't exactly the same either. You're like a seed, you know?

它最开始是它种⼦的时候和它开花、结果,它状态是不⼀样的.那就算是同⼀个种⼦它都不⼀样.你又何必再去分析呢些⼀直在变化的东西呢,明⽩吗?

It is in its beginning as a seed and when it blooms and bears fruit that its state is different. Even the same seed isn't the same. Why would you analyze these constantly changing things, understand?

问: 那我就倾听⾃⼰内在的声⾳…JO: 做任何你想要做的事情.因为你创造,别⼈加⼊.问: 我想知道我的⼈⽣使命是什么?

Questioner: So I listen to my inner voice... JO: Do anything you want to do because you create and others join in. Questioner: I wonder what my life mission is?

JO: 你稍等.你叫什么名字?问: XXJO: 你就好像是⼀个⽅⽅正正的,然后通过这⼀世你是把它变得柔和.所以说你会遇到很多跟你的⼀个⽅正,就好像观念冲突吧.就是他不符合你的条条框框,就是你已有的认知.所以你会产⽣很多这种.但是你要知道所有的这些东西come with same thing,就这么说吧,⽆论是河⽔还是井⽔,它其实都是⼀个源头,明⽩吗? 所以所有的你持有的呢些,井⽔好? 还是

JO: Wait a minute. What's your name? Questioner: XX. JO: You're quite square, but in this life you've made it more gentle. Therefore, you'll encounter many conflicts with your squareness, akin to opposing ideas. It means his thoughts don't align with your established beliefs and knowledge. This will result in various issues for you. However, understand that everything comes with its counterpart; whether it's river water or well water, they both originate from the same source. You see? So all the things you hold true - which one is better, the well water or...

河⽔好? 还是湖⽔好? 这些都是⼀样的源头,明⽩吗? 所以说通过这种,渐渐的你会⾛到其实没有分别.

Is the river water good, or is the lake water better? They all originate from the same source, do you understand? Therefore, through this gradual understanding, you will eventually come to see that there is no difference.

问: 你说的就是我⾃⼰持有的河⽔和别⼈持有的湖⽔都是⼀个源头?

You are saying that both the river water I possess and the lake water others have come from the same source?

JO: 对.这是你去成为的⼀个过程.就是去学习、去领悟、去了解,原来没有分别.问: 就是让⾃⼰有更多的包容?

JO: Yes. This is a process you go through to become something. It involves learning, understanding, and realizing that there's no difference. Questioner: It's about allowing yourself more inclusivity?

JO: 让你逐渐的去看到去体验到去学习的⼀个过程.问: 我感觉我学的好像差不多了.

JO: An ongoing process to observe, experience, and learn. Questioner: I feel like I've learned enough.

JO: 你不需要外⾯来评判你你到底是什么样的⼀个状态,明⽩吗? 因为你⼀直是在变的.你也不需要去评判你⾃⼰到底到哪⼀步了.为什么? 你们这⾥没有⼀个⽬的地,没有⼀个固定的结果,没有⼀个finish的状态,明⽩吗? 因为它永远都是⼀个在不断地变的过程.

JO: You don't need outside judgment of who you are or where you stand, do you understand? Because you're always changing. And you don't need to judge yourself on how far you've gone either. Why not? There's no destination here, no fixed outcome, no 'finished' state; do you see why? Because it's perpetually an evolving process.

问: 那我的⼈⽣使命是什么?

Questioner: What is my life's purpose?

JO: 你稍等.在你最开始发现⼀个不符合你的,然后再变成你发现所有东西都是come with one, 都是⼀个源头的.你的⼈⽣使命就是分辨不同,然后万教归⼀吧.就是从最开始有分别到没有分别.

JO: Wait a moment. Initially, you found something not aligned with your expectations, then it transformed into discovering that everything comes with one, deriving from the same source. Your life's purpose is to distinguish the differences, and unify all teachings in essence. It's about transitioning from initial distinctions to achieving a state of no distinction.

问: 这是我个⼈的,还是说和其他⼈也有关?

Questioner: Is this mine, or does it concern others as well?

JO: 你们所与⼈都像⼀个⽹⼀样,动任何⼀点都会影响到其他.⽐如说这么说吧,我从这⾥给你注⼊⼀个液体进去,它会蔓延你全⾝的.打针注⼊到这个肌⾁部位,明⽩吗?

JO: You and everyone you're connected to are like a web; moving any point affects others. For example, imagine if I inject a liquid into this area here, it would spread throughout your body. Like when you get a shot in this muscle area, got it?

问: 我⾃⼰的改变也会影响其他⼈?

Questioner: Will my own changes also affect others?

JO: 这是⼀个逐渐成为的过程,就是你逐渐去understand,你逐渐去理解、看到的⼀个过程.你可能之前没看到,然后慢慢看到.这是⼀个过程,明⽩吗? 就好像⼀个picture,你最开始进⼊⼀个puzzle,你最开始只有⼀个框只有这么⼀⼩块.慢慢慢慢你就越来越⼤越来越⼤,你就看见全貌了.原来如此.

JO: This is a process of gradual comprehension where you gradually understand and perceive it as such. You might not have seen this before, then gradually over time you do see it. It's a process that I hope you can grasp, like seeing an entire picture when you start solving a puzzle with only a small piece at the beginning. Over time, as you add more pieces, the full image becomes visible to you. That's how it works.

第⼗⼆个⼈问: 如果死前是开悟的状态,那死后他会结合到哪⼀种变化当中?

The twelfth person asks: If enlightenment is achieved before death, where would he combine into after death?

JO: 你的问题不是很清晰.

JO: Your question isn't very clear.

问: ⽐如说我们道教说要抱元守⼀,然后死后就会有…JO: 这些只是他们个⼈的观念⽽已.你要知道你们所有⼈的观念它都能创造⼀个体验,记住.没有什么道教佛教什么的,都可以创造⼀个体验,明⽩吗? 所以没有哪⼀个是假的.呢个疯⼦在外⾯说的话,也是真的.呢是他个⼈的体验.你们没有加⼊他的体验⽽已,但是他呢个也是真的.所以你所说的呢些,你来问我这个体验怎么样怎么样.因为这⾥就是⼀张⽩纸⽽已,你可以画任何你想要画的东西.你有权⼒的.那你画的就已经在画纸上了.

Questioner: For example, when we talk about Taoism and say to hold onto the essence and remain true, then after death there will be... JO: These are just individual perspectives. You need to know that everyone's perspective can create an experience; remember, nothing like Taoism or Buddhism cannot create experiences. Do you understand? Therefore, none of them are false. That crazy person outside speaking is also real. It is his personal experience. You haven't added his experience into yours but he's genuine. So the things you talk about, asking me how this experience goes, is just because there is a blank piece of paper here. You have the power to draw whatever you want on it.

问: 那你的意思就是⼈死后….

Questioner: That means when a person dies...

JO: 我的意思就是别⼈都观念、画的画…问: 我是想问死后进⼊哪⼀个意识体或者是意识流…JO: 所谓的意识体和意识流,所有的东西也是你们画的画,明⽩吗? 因为你们头脑必须要有⼀个分别有⼀个辨认.如果我告诉你这是⽆呢? 你没有办法理解.

JO: What I mean is all the concepts and paintings... Questioner: I'm asking about entering into which state of consciousness or stream after death... JO: The concepts and streams of consciousness are all like pictures you've drawn. Do you understand that? Because your mind has to make a distinction, have a recognition. If I tell you it's nothing, you wouldn't be able to comprehend.

问: 那不是说空中⽣妙有吗? ⽆它也是⼀种存在对吗?

Questioner: Isn't that saying there is marvelous existence in midair? Without it, isn't it a form of existence as well, right?

JO: 你的所有都是在你们已有的观念,你们已经有的观念,你们已经画的画上⾯.问: 那你连接的⾼维它现在是哪⼀种状态? 哪⼀种意识流呢?

JO: All of your is on what you already have, the concepts that you already hold, the pictures that you've painted. Questioner: And which higher dimension are you connecting to now, and which stream of consciousness is it?

JO: 所有说你现在又要把我们拉⼊到你的头脑当中,我来给你命个名.今天取这个名字,明天取呢个名字,然后来满⾜你的头脑,对不对?

JO: So now you want to pull us into your mind and name us. You give me one name today, another name tomorrow, then satisfy your mind, right?

问: 我想问的就是死后的意识它会有意识吗?

Questioner: I want to ask if there will be consciousness after death?

JO: 之前这个⼥孩⼦说,因为她打拳,就像这个拳套,打坏了,那我扔了.那你就是呢个拳套⽽已.

JO: Previously, this girl said that because she punched and damaged the gloves like these, she threw them away. So you're just a pair of gloves, right?

问: 我知道.但是不是还有⼀个借假修真的本源嘛.或者是元神嘛.那元神最后的状态是怎样? 如果我相信道教的东西,那我死后会归到所谓的我们的画⾯⾥⾯?

Questioner: I know that. But there's still the source of borrowing false for true or the original spirit, right? What would be the final state of the original spirit? If I believe in Daoist concepts, would I return to our depicted scenes after death?

JO: 你可以去体验任何你相信的东西.

JO: You can go and experience anything you believe in.

问: 那很多⼈死后是没有意识的,就是⼀种⿁的状态.

Questioner: Many people are unaware after death, existing in a spirit state.

JO: 所以说别⼈是别⼈的,你是你的.

So everyone has their own opinion, you have yours.

问: 你还没有回答我的疑问,我就是不知道嘛.

Questioner: You haven't answered my question yet; I just don't know.

JO: 所有的疑问就是进⼊到你的头脑⾥⾯.问: 那把头脑撇开之后是什么? 是⼼吗?

JO: All questions enter your mind. Questioner: After setting aside the mind, what is left? Is it the heart?

JO: 那你要问你⾃⼰.

In that case, you should ask yourself.

问: 我知道是⼼,但是之后在死后呢? ⼼也停⽌了呢?

Questioner: I understand about the mind, but what happens after death when the heart stops functioning?

Questioner: I comprehend the concept of the mind, but what occurs following death when the heart ceases to operate?

JO: 你这样就好像是要进⼊你的,就是创造另外⼀个东西,然后来满⾜你的头脑.你这样⼦的提问最好是去找呢些创⽴帮派的⼈.为什么? 他们可以帮助你,来满⾜你的头脑.

JO: It seems like you're trying to create something new, and then satisfy your mind with it. Your kind of question is best directed at people who form cliques. Why? They can help you satisfy your mind.

问: 因为找不到嘛,他们讲不清楚嘛.

Questioner: Because they can't find it, they explain it不清, unclearly.

JO: 所以如果你来这⾥找答案的话,就是告诉你所有都是别⼈画的画.然后你再分析别⼈画的画,明⽩吗?

So if you come here looking for answers, it's to tell you that everything is someone else's painting. Then you analyze the paintings of others, got it?

问: 那你说连(没听清)都是假的?

Questioner: So you're saying that even (the unclear parts) are fake?

JO: 没有真和假.这⾥是长⽩纸,你画你想要画的.没有说别⼈画的好,就是真的.有多好,你拿出来看嘛.每个⼈画的都是真的.没有说佛法或者是道教的东西,它就是怎么样怎么样的.呢个疯⼦的东西他体验的就是假的,你们把他关到精神病院去,明⽩吗? 这个没有区别的.⼀个疯⼦告诉你的⼀句话,看到的⼀个景象,和你⼀个宗教、道教说的话,没有区别.

JO: There is neither true nor false here. This is Long White Paper; draw whatever you want to draw. There's no saying that someone else's drawing is better, that means it's the true one. How good it is, show us; every person's drawing is true. There's no distinction between Buddhism or Daoism, they are just as they are. That madman's experiences are false; put him in a mental institution, understand? There is no difference here. A word from a lunatic, a vision he sees, and what you hear from your religion or Daoism - there's no difference.

问: 最⾼的境界也都是画的⼀幅画吗?

Questioner: The highest level of skill also involves painting a picture?

JO: 没有⾼.你们进⼊的所有东西都是在进⼊你们的头脑⾥⾯.问: 那如果把这个画拆开过后,⼈类如何带着意识去醒过来?

JO: There is no high. Everything you enter goes into your mind. Questioner: If this painting is broken apart, how does humanity wake up with consciousness?

JO: 什么意思,带着意识去醒过来?

Japanese: JO: What does it mean, waking up with awareness?

问: 就是带着记忆、觉知去醒过来.因为很多⼈是在迷雾之中,或者在半梦之中.那你说我们其中的⼀个意识醒过来,它回归呢个源头.要怎么样进⼊呢个状态?

Questioner: It's about waking up with memory and awareness. Many people are in a state of confusion or half-asleep. If one of us wakes up to consciousness, how does it return to the source? How do we enter that state?

JO: 你就好像呢个种⼦,我要怎么样成为呢棵⼤树?

JO: You're like that seed, how do I become that big tree?

问: 没有说成为.就是什么都看的很透,它死后回归到哪⾥了? 它有成为这个说法吗?

Questioner: It doesn't mean to see everything through; it's about where it returns to after death. Is there a concept of becoming in this context?

JO: 你们还在把⼀个,就好像我要从⼀个⼩孩⼦长成⼀个⼤⼈.你觉得呢个⼩孩⼦和⼤⼈是同⼀个⼈.

JO: Are you still thinking of it as me growing from a child into an adult? What do you think about the child and the adult being the same person?

问: 不是,我已经知道不是.

Questioner: No, I already know it's not.

JO: 所以你刚才的问题就可以已经来让你回答你去哪⾥,在哪⾥.每⼀个⽚刻,每⼀个当下都只是⼀种体验⽽已.然后你们每⼀个⼈都是在⾃⼰创造⾃⼰的体验.只是有的⼈创造的体验他会让更多⼈看到,更多⼈加⼊,明⽩吗? 就是你们所谓的道教什么教什么教,它是这样.它是更多的⼈去相信.

So the question you asked earlier can already be answered by asking where you are going and where you are at each moment. Each moment is simply an experience. And every single one of you creates your own experiences. The difference is that some people's experiences are more visible, attracting more people to join in, understand? It's like the so-called Daoist teachings or any other form of religion - it operates this way; there are more people who believe in it.

问: 那就是还是在玩这个游戏是吗?

Questioner: Isn't it still playing that game?

JO: ⼀切都是体验.

JO: Everything is experience.

问: 有没有不体验的状态? JO: 你是说你的这个⾁体吗?问: 不是,我背后的这个.

JO: Are you referring to your physical body?

Questioner: No, this one behind me.

JO: 你背后的这个? 你想要它知道它是什么状态?问: 就是有没有不体验这个状态?

You are asking if it should be aware of its state behind this? Questioner: Is there a state that is not experienced here?

JO: 这么说吧,就好像有⼀个东西⼀直在呢⾥.它是像这样流过去.你的念头⼀动,有没有不体验到它在动的? 你都已经影响它了,变化它了.

JO: So think of it as something lingering there, flowing past like this. Do you not feel its movement when your thoughts change? You've already influenced and altered it.

问: 就是有没有可能成为呢个状态? 就是⾬滴回到⼤海的状态.⼤海也是⼀种存在对吗? 但是是⽆形的存在,对吗?

Questioner: Could it be possible to reach that state, where raindrops return to the sea? Is the sea also a form of existence, isn't it? But it's an无形existence, right?

JO:你的所有东西都是在满⾜你头脑的⼀个想要去搞明⽩.然后我今天告诉你,你头脑永远都搞不明⽩.为什么呢?你永远都是在拿别⼈的观念、观点、还有信息来鉴证来对⽐来辨别.然后你的东西⾮常的有限.为什么?就好像你们英语有24个字母.你24个字母怎么去组合怎么去解释,你都没有办法让你去理解.所以就是说⽆论今天怎么解释,你的头脑永远不会明⽩.就好像你试图跟⼀个狗交流.这个是什么维他命,这个吃了对你有什么好处.狗说我起来就是苦的呀.所以说⽆论你去解释⾥⾯有什么成分,对它有什么坏处或者是好处,它都听不懂.它只能感受到呢个是什么味道,它是喜欢还是不喜欢.它是继续吃还是不继续吃.

JO: All your things are to satisfy a desire in your mind to understand. Then I tell you today that your mind will never understand. Why? You're always using other people's concepts, opinions, and information to judge, compare, and discern. Your resources are very limited. Why? As if there were 24 letters in the English alphabet. How can you possibly form words from them or explain their meanings when they're beyond your comprehension? So, no matter how you explain it today, your mind will never understand. It's like trying to communicate with a dog. This is what vitamin does, and this will benefit you in some way. The dog says, "It tastes bitter." Therefore, regardless of what components you explain or the benefits or drawbacks for it, it can't understand. It can only perceive whether something tastes good or bad, if it likes or dislikes it, if it continues to consume it or not.

所以⽆论你今天满⾜了你的头脑多少的信息,你都没有办法去理解.因为这个不是你能理解的.你的头脑不是⽤来理解的,你要相信.⽽且你⽤你们有限的头脑你根本理解不了,你没有呢个功能,明⽩吗?所以你就好像是逼着⼀个狗去理解我的这个药⾥⾯的成分哪个是哪个的.

So no matter how much information you may satisfy your mind with today, you cannot understand because this is not something that can be understood by your mind. Your mind is not meant for understanding; you should believe in that. And even with the limited capacity of your mind, you simply cannot comprehend it, as you do not possess that ability, understand? Thus, you are like forcing a dog to identify which component is what within my medicine.

问: 那你说的这些就是破幻嘛.那所有的幻像都破了过后,那有没有⼀种集体的状态? JO: 如果我告诉你有⼀个东西你从来没见过,你知道呢是什么东西吗?

Questioner: So these are dispelling illusions? And after all the illusions have been dispelled, is there a collective state?

JO: If I tell you about something you've never seen before, do you know what it might be?

问: 但是我就是说我死后的状态.

Questioner: But I'm just saying about my state after death.

JO: 死后的状态就是跟你做梦的状态是⼀样的.

Afterlife is just like dreaming, JO.

问: 那做梦的时候是不觉知的.那死后开悟的状态是什么?

Questioner: When we dream, we are unaware. What is the state of enlightenment after death?

JO: 你所说的⼀切,就好像你输⼊的这些information就好像只是乱码⼀样.你需要很明确的提出你的问题到底是什么? 因为你所说的这些东西全是你们⼈世间的观念.

JO: Everything you're saying seems like a string of gibberish inputted information. You need to be very clear about what specific question or issue you are referring to because all of these concepts are based on human-world notions.

问: 那我们如何回归到⼀切万有的状态?

Questioner: How do we return to the state of all-encompassing existence?

JO: 放下你的头脑,然后没有任何问题产⽣.问: 然后如何连接呢? 是⽣前还是死后呢?

JO: Let go of your mind, and then there are no problems. Questioner: Then how do you connect after that? Before death or after death?

JO: 你没有任何问题.因为你没有办法放下你的头脑.问: 我本来没有问题的.

You have no issues at all because you can't let go of your mind. Questioner: I didn't have any issues to begin with.

JO: 那现在最简单的,就像刚刚前⾯呢个⼈提的问题.因为当你的头脑加⼊的话,你就把我们之间的⼀个,这⾥是源头,这⾥是你….

JO: Now, the simplest case is like the question that was mentioned earlier. When your mind joins in, it creates a source between us here and you...

问: 那您⾼维的源头是属于谁呢? 源头它不是⼀个存在的状态吗? JO: OK,你说是属于谁? 我们是属于谁? 那你的名字是谁给你的?

Questioner: But who is the origin of your higher-dimensional existence? Since an origin implies a state of existence, right?

JO: Alright, you're asking about whose origin it is. We all are asking about whose we belong to. And who gave you your name?

问: 我就是说我背后这个.呢个点也好,呢个灵也好,就呢个东西.

Questioner: I mean, this point behind me, or this spirit, that thing.

JO: 不知道问: 就像你现在在传导的这个⼈,我如何变成她的状态?

JO: I wonder how I could become like the person you are conveying right now?

JO: 前⾯说的信息⼀样,你不相信,你来检验.你拿着别⼈的观念的时候,你就把这个挡住了.

JO: The information you just heard is the same; if you don't believe it, come and check it out. When you hold someone else's ideas, you block your own.

问: 我没有检验,我只是好奇如何进⼊呢种状态?

Questioner: I didn't perform any tests; I was just curious about how to enter that state?

JO: 刚才已经说了,放下你的头脑.

Just now we already talked about it, let go of your mind.

问: 没问题,就是这个问题⼀直没有解答到.

Questioner: No problem, it's just that this question hasn't been answered yet.

JO: 没有解答到,通过其它⽅式.或许这⾥不是你的路,你不⼀定需要去,就是⼀定要把这条路给打开,明⽩吗? 因为还有很多条路.

JO: There's no answer here; try another way. Perhaps this isn't the path for you, and it might not be necessary to go down that road at all. You have to find a way to open up this one, understand? There are still many paths available.

问: 我在梦境⾥经常会梦到星际征战.但是我不会经常看这些.我想连接⼀下我的母星.⽐如说也特兰蒂斯.

Questioner: I often dream about interstellar battles, but I don't watch them frequently. I want to connect with my home planet, like Atlantis.

JO: 这些都是你⾃⼰给⾃⼰创造的⼀些体验.问: 梦境也是吗?

JO: These are all experiences you create for yourself. Questioner: Are dreams also included?

JO: 你⾃⼰给你⾃⼰创造的体验,就好像是幻觉⼀样,明⽩吗?问: 做梦⽆意识的状态去创造的,是吗?

JO: The experience you create for yourself is like a hallucination, do you understand that? Questioner: Dreams are created in an unconscious state, right?

JO: 你们不断地不断地在给⾃⼰创造体验.它有可能是通过,你想你⽩天不断地在搜集信息,你不断地有念头、想法、情绪、感受或者是别⼈的信息.任何这些都会形成你给⾃⼰创造的体验和感受,明⽩吗?

JO: You are constantly creating experiences for yourself all the time. It could be through gathering information during the day, having constant thoughts, ideas, emotions, feelings, or other people's information. Any of these can form the experiences and sensations that you create for yourself, understand?

问: 那在这个星球上有没有其他的⽂明存在过?

Questioner: And is there any other civilization that existed on this planet?

JO: ⼀直就在.只是你们能不能感受到.

Japanese (JO): It's always there. It's just whether you can feel it or not.

问: 那我看到的呢个画⾯也是存在的是吗? 是我上⼀世的记忆?

Questioner: Does the scene that I see also exist? Is it my memory from a previous life?

JO: 你只要产⽣了,它就存在.你只要把它给产⽣了,体验了,就好像你在上⾯画了⼀幅画.你就想⼀张⽩纸,你去画画,明⽩吗?

JO: As soon as you create it, it exists. The moment you create and experience it, it's like painting a picture on it. Imagine a blank canvas; you go ahead and paint, understand?

# **2023/05/14 — 疗愈之改变懦弱的⼈格Transforming Weakness through Healing**

JO: 你问吧,什么问题?

You ask, what question?

问: 你好,我想你帮我治疗⼀下⾝体发抖的问题.

Questioner: Hello, I'd like you to help me with my problem of body shaking.

JO: 你稍等.我先看看导致你⾝体发抖的原因是什么.你⾝体抖动的原因不是病,就是并不是你⾝体有缺陷或者是你⾝体它⾃⼰的功能问题,就是你的⾝体它是正常的.然后导致你⾝体发抖的原因是你的⼼理因素,然后是因为你过于紧张.你很难处于⼀种放松、安全,就是⾮常⾮常的没有安全感.你会觉得外⾯的世界很危险,你觉得你需要防范.所以外⾯的风⽔草动或者是任何事情它都会让你进⼊到⼀种像猫,它听到⼀个声⾳全⾝的警惕起来.然后让你的能量处在⼀种⾮常紧绷的状态.你想,你的⾝体就像⼀根弦⼀样,如果你处在⼀种⾮常紧绷的状态,你就会发⽣颤抖.所以说放松,还有就是建⽴你内在的安全感,这两点是⾮常重要的.我们今天可以帮你做治疗.

JO: Wait a moment. I'll first determine the cause of your body shaking. The reason for your body trembling is either illness, meaning that there's something wrong with your body or an issue with its own functions; it could be that your body is normal. Then, the cause of your body shaking is due to psychological factors, because you're overly anxious. You struggle to feel relaxed and secure, which means you have a very low sense of security. You perceive the world as dangerous, needing constant defense. Thus, any external events or changes would make you alert like a cat hearing sound, causing your energy to be in a highly tense state. Imagine your body as a tightly wound string; if it's kept in such a tight condition, it will shake. Therefore, relaxation and building inner security are crucial. We can help provide treatment today.

但是你要相信真正真正改变⾃⼰的⼒量在你⾃⼰⼿上,不是在这个通灵的⼥孩⼦⼿上,也不是在其他⼈⼿上.所以你要知道你才是呢个做决定的⼈.因为你今天做了决定让她来帮助你.但是你要知道真正真正能帮助你的只有你⾃⼰.你现在闭上你的眼睛,然后抓紧你的双⼿,握紧,再紧⼀点,然后再紧⼀点.然后⼿腕再打圈.你会感受到你好像把你内在的紧张的能量全部抓到了你⼿上、抓紧、打圈.你⾝体的所有的所有的紧张能量都会现在流到你的⼿掌.你现在跟我⼀起这样呼吸.继续呼吸.把你⾝体所有的紧张能量通过呼吸把它给呼出来.你继续呼吸.如果你感受到你想流泪、想哭、想叫、任何你⾝体想要产⽣的反应都允许它.

But you must believe that the true power to change yourself lies in your own hands, not in this spirit medium's or in anyone else's. So recognize that you are the one making decisions. Because today you have decided to let her help you. But know that truly, the only person who can truly help you is yourself. Now close your eyes and clench both of your hands tightly, tighter, even more so. Then move your wrists in circles. You will feel as if you are capturing all of the tension inside of you into your hands, holding on tight, making circles with them. All of your body's tense energy will now flow into your palms. Now breathe with me. Keep breathing. Release all of the tension from your body through your breath. Continue to breathe. If you feel tears coming or a desire to cry or scream, allow it; let your body's reactions happen.

它会通过这种⽅式排出你的⾝体,你所积压的紧张的能量.你现在又进⼊到⼀种恐惧的能量,刚才紧张的能量已经呈现出来,现在你又感受到你⾮常的恐惧.我们把你内在有的东西,就好像拿出来,从你⾝体拿出来你可能还会再⼀次的感受它.因为就像把你的东西从你嘴⾥⾯拿出来,你还能尝到它的味道.所以你现在又进⼊到⼀种恐惧的能量,因为这是你⾝体积压的恐惧.你会觉得你是⽆⼒的,你是弱⼩的,外在的⼀切都⽐你强⼤.但是这是⼀个错误的观念.就好像⼀个⼩朋友他觉得⾃⼰没有⼒⽓.为什么? 因为他从来没有尝试过⾃⼰的⼒⽓,他从来没有释放过⾃⼰的⼒量.所以你的内在有很多很多储存起来,就好像没有释放出去的⼒量.允许这个恐惧,你把恐惧想象成像

It will expel through this method the accumulated tension in your body. You are now entering a state of fear energy; previously the tension had been manifested and now you feel intense fear once again. We bring out what is within you as if it were being removed from your body, and you may experience it anew because it's akin to pulling something out from your mouth where you can still taste its flavor. Hence, you're now entering a state of fear energy; this is the fear that has been built up inside you. You'll feel powerless and weak, perceiving everything external as stronger than yourself. However, this notion is incorrect. Similar to how a child feels they lack strength because they've never tried their own might, nor have they unleashed their power. Therefore, there's much untapped energy stored within you that hasn't been released. Allow this fear, imagine it like

⽯头⼀样,然后⼀个⼀个的把它捡出来,从你的⾝体⾥⾯.你不需要变得有地位、有钱、或者是有⾝份有名⽓你才是强⼤的,你才是有⼒的.你并不需要.你只要存在在这个世界上,你就已经是强⼤的,明⽩吗?你们外在的有钱有权或者是所谓的有名利,这些东西它只是⼀个表现.只是⼀个⾮常暂时的⼀个,就好像太阳会上⼭太阳也会下⼭,它只是呢⼀会⼉⽽已.你说⽆论有多⼤的名⽓,⽆论有多⼤的权⼒,像⽑泽东的权⼒,那他现在还存在吗,明⽩吗? 所以说⽆论你的权⼒有多强⼤,你都只是⼀个好像过眼云烟⼀样,明⽩吗? 所以它只是⼀个幻像,它只是⼀个像冰块⼀样会消失掉的东西.

Like a rock, then pick each one out from your body. You don't need to become powerful, rich, or have status and fame; you are strong when you exist in this world. You just need to be here on Earth, and that makes you powerful, understand? Your external wealth, power, or so-called status and benefits are merely expressions. They are a very temporary thing, like the sun rising and setting, it's only for a while. Say no matter how great your fame might be, no matter how much power you have, like Mao Zedong's power, does he still exist now? Understand that regardless of how strong your power is, you're just a fleeting presence, like a cloud passing by. So these things are mere illusions; they will vanish like ice melting away.

所以对你来说它并不是⼀个让你觉得你强⼤的⼀个武器,就是你必须要拿到: 我必须要有权⼒有⾝份有地位有名⽓有钱,我才强⼤,明⽩吗? 因为这是你的⼀种⾃我否定和对⽣命的⼀个不认知.你还把你的⾁体的⾝份当成⼀个你是否强⼤的标志.所以你总会觉得外在的其它东西都会⽐你强⼤,让你的⾁体产⽣⼀种恐惧.为什么? 对⽅很强⼤,我很弱⼩.这是你的⼀种⾃我暗⽰,你的⼀种⾃我误解.但是你既然能创造出来⼀个这样的暗⽰让你⾝体产⽣恐惧,那就说明你也可以同样的创⽴⼀个有⼒的证据让你的⾝体产⽣⼒量,明⽩吗? 这么说,你是⼀个伟⼤的催眠师.你可以把你的⾝体催眠到胆怯、胆⼩、害怕、恐惧,对吧?

So for you, it's not a weapon that makes you feel powerful because you must possess: power, status, authority, fame, and wealth; only then are you deemed strong. Understand? This is due to your self-deprecation and misunderstanding of life. You attribute your physical identity as the indicator of strength. Hence, you always perceive external entities as stronger than yourself, causing fear within your body. Why? The other person is powerful, I'm weak. It's a form of self-implication and self-misunderstanding on your part. But if you can create such an implication that instills fear in your body, then it suggests you can also create equally potent evidence to empower your body, right? This means you're a great hypnotist. You can subconsciously make your body feel timid, fearful, and afraid, correct?

那你是不是同样的拥有这个能⼒把你的⾝体催眠到强⼤、有⼒、没有恐惧、⽆惧⽆畏,对吧? 那这两者的区别是什么? 在于你到底要选

That means you also have the ability to hypnotize your body into being strong, powerful, fearless, and without any fear, right? What is the difference between these two? It lies in which one you choose to go with.

择哪⼀个? 你现在已经体验完了这种极端,你已经体验够了.你既然今天来获取这个信息,那就是说明你想要去改变,你已经够了,就是你受够了! 你告诉我你受够了没有? (⾮常⼤声)问: 受够了.

Which one should you choose? You've experienced this extreme already, and you're sick of it. If you're seeking information today, it means you want to change - you've had enough! Are you telling me that you're done with it all? (very loudly) Questioner: Done with it.

JO: ⼤声点问: 我受够了.

JO: Ask louder: I'm fed up.

JO: ⼤声点问: 我受够了. JO: 我受够了!问: 我受够了!JO: 我受够了! 我受够了!问: 我受够了!JO: ⼤声点

JO: Speak louder: I'm tired of this.

JO: I'm so tired of this! Questioner: I'm tired of this!

JO: I'm tired of this! I'm tired of this! Questioner: I'm tired of this!

JO: Speak louder

问: 我受够了!JO: 你的⼒量马上会随着你这句话出来.问: 我受够了.

Questioner: I'm fed up! JO: Your strength will be released with these words. Questioner: I'm fed up.

JO: ⼤声点问: 我受够了. JO: 我受够了!!!问: 我受够了. JO: 不够!问: 我受够了! JO: 不够!问: 我受够了! JO: 不够!!

JO: Ask louder: I'm fed up. JO: I'm fed up!!! Questioner: I'm fed up. JO: Not enough! Questioner: I'm fed up! JO: Not enough! Questioner: I'm fed up! JO: Not enough!!

问: 我受够了! JO: 不够!问: 我受够了!JO: 不够,还没有出来,不够!问: 我受够了!JO: 不够!

Questioner: I'm fed up!

JO: Not enough!

Questioner: I'm fed up!

JO: Not enough! It's not out yet, not enough!

Questioner: I'm fed up!

JO: Not enough!

问: 我受够了!JO: 不够! 还没有!问: 我真的受够了! JO: 你没有受够! 问: 我受够了!JO: 你没有受够!问: 我受够了!JO: 没有!!!!!

Questioner: I'm tired of this!

JO: Not yet!

Questioner: I really can't stand it anymore!

JO: You haven't even begun!

Questioner: I'm tired of this!

JO: You're not tired yet!

Questioner: I'm tired of this!

JO: You haven't been tired!

Questioner: I'm tired of this!

JO: Not at all!!!

问: 受够了!JO: 没有!!! 你没有受够!!!问: 受够了!JO: 你没有受够! 你告诉我你受够了没有?问: 受够了!JO: 你没有受够这种⽣活! 你还想继续去体验⽆⼒感! 你受够了没有?问: 受够了.

Questioner: Had enough? JO: No!!! You haven't had enough!!! Questioner: Had enough? JO: You haven't had enough! Are you telling me that you're done? Questioner: Had enough? JO: You haven't had enough of this life! You still want to keep experiencing helplessness! Have you had enough? Questioner: Had enough.

JO: 没有! 我没有听到你内在的有⼒的猛兽,它还没有出来! 快点! 你受够了没有?问: 受够了!JO: 没有!问: 受够了!

JO: No! I haven't heard your powerful inner beast yet; it hasn't come out! Hurry up! Have you had enough?

Questioner: Had enough!

JO: No!

Questioner: Had enough!

JO: 没有! 它没有震慑到我! 你受够了没有?问: 受够了!JO: 没有! 你没有受够! 你还想继续的萎缩在呢个⾓落⾥⾯,我看到了! 给我站起来! 你说我他妈的受够了,我现在叫你站起来!问: 我他们的受够了! JO: NO,重新来!问: 我他妈的受够了!

JO: No! It didn't intimidate me! Are you tired yet? Questioner: Are you tired yet? JO: No! You haven't had enough! You still want to continue shrinking in that corner, I saw it! Get up for me! If you say I'm fucking tired, then stand up right now! Questioner: We are fucking tired! JO: NO, do it again! Questioner: I am fucking tired!

JO: 听到了,现在出来了! 继续叫!问: 我他妈的受够了!JO: 继续!问: 我他妈的受够! JO: 继续!问: 我他妈的受够了!! JO: 再来!

JO: Heard it, now out! Keep calling! Questioner: I'm fucking sick of this! JO: Continue! Questioner: I'm fucking sick of this! JO: Continue! Questioner: I'm fucking sick of this!! JO: Come on again!

问: 我他妈的受够了! JO: 我看到了! 再来!问: 我他妈的受够了! JO: 再来!问: 我他妈的受够了! JO: 再来!问:我他妈的受够了! JO: 再来!

Questioner: I'm fucking tired of this!

A (JO): I saw it! Do it again!

Questioner: I'm fucking tired of this!

A (JO): Do it again!

Questioner: I'm fucking tired of this!

A (JO): Do it again!

Questioner: I'm fucking tired of this!

A (JO): Do it again!

问: 我他妈的受够了!JO: 再来⼀遍! 你现在⼒量还不够!问: 你现在⼒量还不够!JO: 你像打拳击⼀样打我,猛击,快点!问: 我他妈的受够了!

Questioner: I've had enough of this!

JO: Do it again! Your strength isn't enough right now!

Questioner: Your strength isn't enough right now!

JO: Hit me like you're boxing, with a strong punch, hurry up!

Questioner: I've had enough of this!

JO: 还没有! 不够有⼒! ⼒量在出来了,但是还不够有⼒,继续!问: 我他妈受够了!JO: 没有.

JO: Not yet! Not strong enough! The strength is coming out, but it's not strong enough, keep going! Questioner: I'm fucking tired of this! JO: No.

问: 我他妈受够了!JO: 你没有! 你没有受够你的⽣活! 你还觉得你是个穷⼈! 你觉得你没有⼒量! 你没有名⽓! 你什么都不好!问: 我他妈受够了! JO: 还没有! 继续!问: 我他妈受够了!JO: 你的马上就要被你叫醒了,继续喊.问: 我他妈受够了!

Questioner: I've had enough of this!

A (JO): You haven't! You haven't had enough of your life! You still think you're poor! You don't feel powerful! You have no fame! You are nothing good!

Questioner: I've had enough of this!

A (JO): Not yet! Keep going!

Questioner: I've had enough of this!

A (JO): Your turn is coming, keep yelling.

JO: 继续!问: 受够了!JO: 继续!问: 我受够了! JO: 继续!

Continue! Questioner: Enough already! Continue! I'm fed up! Continue!

问: 我受够了!JO: 继续! 你还可以更加的!问: 我受够了!

Questioner: I'm fed up! JO: Keep going! You can do more! Questioner: I'm fed up!

JO: 继续!问: 我受够了!JO: 我要你的⼒量都震撼你⾃⼰.只有他出来,这个你才会退回去.你现在的壳还没有被蜕掉! 继续!问: 我受够了! JO: 继续!

Chinese: JO: Keep going! Questioner: I've had enough!

JO: Use your strength to shock yourself. Only when he comes out, will you retreat. You still haven't shed your current shell! Keep going! Questioner: I've had enough!

JO: Keep going!

问: 我受够了!JO: 咆哮! 像野兽⼀样的咆哮!问: 我受够了!JO: 继续!问: 我受够了!

Questioner: I'm tired of it! JO: Roar! Roar like a beast! Questioner: I'm tired of it! JO: Keep going! Questioner: I'm tired of it!

JO: 呐喊! 你的壳要蜕掉! 今天就要蜕掉!问: 我受够了!JO: 你这个软弱的假体! 你这个软弱的⾝体! 这个假象今天要撕裂掉!问: 我受够了!JO: 今天从这⾥⾛出去,你就变了⼀个⼈! 把这个软弱的外⾐给脱掉! 你不需要它!问: 我受够了!JO: 我他妈的受够了!问: 我他妈的受够了! JO: 我要重新做⼈! 问: 我要重新做⼈!

Chinese: JO: 呐喊! 你的壳要蜕掉! 今天就要蜕掉!问: 我受够了!JO: 你这个软弱的假体! 你这个软弱的身体! 这个假象今天要撕裂掉!问: 我受够了!JO: 今天从这里走出去,你就变了一个人! 把这个软弱的外衣给脱掉! 你不需要它!问: 我受够了!JO: 我他妈的受够了!问: 我他妈的受够了! JO: 我要重新做人! 问: 我要重新做人!

Yell! Your shell is about to shed! It's shedding today! Questioner: I'm sick of it! JO: You, weak bodyshell! This weak body! Today, this illusion will be torn apart! Questioner: I'm sick of it! JO: Go out from here today and you'll be a different person! Get rid of this weak outer layer! You don't need it anymore! Questioner: I'm sick of it! JO: I can't take it anymore! Questioner: I can't take it anymore! JO: I want to start anew! Questioner: I want to start anew!

JO: 我要重新选择! 问: 我要重新选择! JO: 我他妈谁都不怕!问: 我他妈谁都不怕!JO: 谁看到我,他们都怕我!

JO: I want to choose again! Questioner: I want to choose again! JO: I不怕 anyone! Questioner: I不怕 anyone! JO: Whoever sees me, they all fear me!

问: 谁看到我,他们都怕我! JO: 继续!问: 我他妈受够了! JO: 继续!问: 我他妈受够了! JO: 继续!问: 我他妈受够了! JO: 我他妈受够了!问: 我他妈受够了! JO: 我的声⾳有⼒!问: 我的声⾳有⼒! JO: 我的眼睛有神!问: 我的眼睛有神! JO: 我就是我!

Questioner: Everyone who sees me is afraid of me!

JO: Keep going!

Questioner: I'm tired of this shit!

JO: Keep going!

Questioner: I'm fucking tired of it!

JO: I'm fucking tired of it too!

Questioner: I'm so fucking tired of it!

JO: My voice is strong!

Questioner: My voice is strong!

JO: I have a good eye!

Questioner: I have a good eye!

JO: I am who I am!

问: 我就是我!JO: 我不需要名⽓!问: 我不需要名⽓! JO: 我不需要权⼒!问: 我不需要权⼒!JO: 我不需要⾦钱来标榜我!问: 我不需要⾦钱标榜我!

Questioner: I am who I am! JO: I don't need fame! Questioner: I don't need fame! JO: I don't need power! Questioner: I don't need power! JO: I don't need money to justify me! Questioner: I don't need money to justify me!

JO: 我本⾝就是独⼀⽆⼆的存在!问: 我本⾝就是独⼀⽆⼆的存在! JO: 外在的外表的假象我要死掉!问: 外在的外表的假象我要死掉! JO: 我要突破!问: 我要突破! JO: 我要展现!问: 我要展现! JO: 继续咆哮!问: 我他妈受够了!JO: 继续咆哮! 你的野兽现在要把它唤醒!问: 我受够了!

Me: I am a unique existence! Questioner: I am a unique existence! Me: The external illusions of appearance must die! Questioner: The external illusions of appearance must die! Me: I want to break through! Questioner: I want to breakthrough! Me: I want to demonstrate! Questioner: I want to demonstrate! Me: Continue roaring! Questioner: I'm fucking sick of it!Me: Continue roaring! Your beast now needs to be awakened! Questioner: I've had enough!

JO: 啊!!!问: 啊!!!JO: louder!! ⼤声点!!!问: 啊!!!JO: 啊!!!!!!!!问: 啊!!!!

JO: Ah!!!

Questioner: Ah!!!

JO: Louder!!

Speak louder!!!

Questioner: Ah!!!

JO: Ah!!!!!!!!!

Questioner: Ah!!!!

JO: 啊啊啊啊啊啊啊啊啊 我是野兽!!!问: 啊啊啊啊啊啊,我是野兽!JO: ⽤你所有的⼒量! 如果不够⽤⼒,抓紧你的拳头!问: 啊!!!!JO: 再来! 还没出来!!

Ahahahaha... I'm a beast!!! Questioner: Ahahahaha, I'm a beast!

JO: Use all your strength! If it's not enough, grab your fists!

Questioner: Ah!!!

JO: Do it again! It's not out yet!!

问: 啊!!!!JO: 这个还是假象在叫! 这个还是你现在这个假的!问: 啊!!!JO: 不够!!问: 啊!!

Questioner: Ah!!!

JO: This is still a hallucination calling! This is your current fake one!

Questioner: Ah!!!

JO: Not enough!!

Questioner: Ah!!

JO: 不够! 还是假的!问: 啊!!!JO: 假的! 继续!!问: 啊!!!JO: 我们现在就像是在⽣孩⼦⼀样,你必须要不断地 不断地⽤⼒! 你的新⽣命才会出来!问: 啊!!!

JO: Not enough! It's still fake! Questioner: Ahhhh!!!

JO: Fake! Keep going!! Questioner: Ahhhh!!!

JO: We're like giving birth right now, you have to constantly use force, keep pushing continuously so that your new life can come out!

Questioner: Ahhhh!!!

JO: 继续叫! 你内在的野兽⼀样! 咆哮!问: 啊!!JO: 你外⾯没有任何⼈看你,没有任何⼈听你!问: 啊!!!JO: 你外⾯没有任何⼈! 你现在只有你!问: 啊!!!JO: 把你内在的野兽给唤醒!问: 啊!!!!!

JO: Keep screaming! Like a beast inside you! Roar!

Questioner: Ah!!

JO: No one is watching you outside, no one is listening to you!

Questioner: Ah!!!

JO: There's no one outside! You're alone now!

Questioner: Ah!!!

JO: Wake up the beast within you!

Questioner: Ah!!!!

JO: 不够有⼒!!问: 啊啊啊啊!!!JO: 不够有⼒!! 再继续⽤⼒!!问: 啊啊啊!!

JO: Not strong enough!! Questioner: Ahhhhhh!! JO: Not strong enough!! Keep using more force!! Questioner: Ahhhhhh!!

JO: 再继续⽤⼒!!问: 啊啊!!JO: 它现在只冒了⼀个头出来! 继续!!!!!!问: 啊!!!!!JO: 继续!!!!!

JO: Keep pushing harder!! Questioner: Ahhh!! JO: It only showed its head now! Keep going on!!! Questioner: Ahh!!! JO: Keep going on!!!

问: 啊啊啊!!!!!JO: 继续!!! 你的嗓⼦不重要!!! 这个不是你! 继续!!问: 啊啊啊啊啊!!!JO: 继续!!!问: 啊啊啊!!!

Questioner: Ahhhhhh!!!!!

JO: Keep going!!! Your voice doesn't matter!!! This isn't you! Keep going!!

Questioner: Ahhhhhhhh!!!

JO: Keep going!!!

Questioner: Ahhhhhh!!!

JO: 继续!!!!问: 啊啊!!!JO: 继续!你现在这个假象不重要! 你假的⾝体不重要! 你越是⽤⼒,呢个内在的呢个你,呢个⼒量才会出来!

JO: Keep going!!! Questioner: Ahh!!! JO: Keep it up! The illusion you're creating now doesn't matter! Your false body doesn't matter! The more you try, the more this inner you, this power, will come out!

问: 啊啊啊!!!JO: 继续咆哮!!!!问: 啊啊啊!!!JO: 你不想再来第⼆次! 你不想再做第⼆次!! 你⼀次就要把它⽣完!! ⽣孩⼦⽣到⼀半她就不⽣了,呢就是难产! 难产就没有⽣命!! 就没有⽣命!! 你现在想要放弃吗? 不想放弃继续⽤⼒!!

Questioner: Ahh...!!! JO: Keep roaring!!! Questioner: Ahh...!!! JO: You don't want a second time! You don't want to do it again!! You have to give birth to it once and for all!! If she stops giving birth halfway through, that's called complications during childbirth! Complications during childbirth means no life!! No life!! Do you want to give up now? Don't give up, keep trying!!!

问: 啊!!!!!JO: 你要叫到我说出来了!问: 啊!!!!JO: 继续! 你想⼀下你受了多少侮辱、轻蔑、看不起、不被尊重、没有价值!!! 你受够了吗? 受够了⽆⼒感吗? 受够了窝囊的⽣活吗?

Questioner: Ah!!!!! JO: You have to shout until I tell you! Questioner: Ah!!!!!

JO: Keep going! Think about how many insults, disrespect, and contempt you've endured, not being valued!!! Have you had enough? Are you tired of feeling powerless? Are you sick of living a pathetic life?

JO: 受够了吗?问: 受够了!!JO: 受够了就⼤叫!!问: 啊啊啊!!!!JO: 继续!! ⽤你内在的⼒量,⽽不是嗓⼦的⼒量! ⽤你腹部的⼒量!!问: 啊啊!!!JO: ⽤你腹部的⼒量!!问: 啊!!!

JO: Are you done yet? Say: I'm done!!! JO: Say you're done loudly!! Questioner: Ahhhhhh!!!! JO: Keep going! Use your inner strength, not the power of your voice! Use the power of your abdomen!! Questioner: Ahhhh!!! JO: Use the power of your abdomen!! Questioner: Ahh!!!

JO: 不够有⼒!! 你必须先死掉,你才能重⽣!! 你还没有死!问: 啊!!!JO: 你现在还没有死!问: 啊!!JO: 没有⼒量!!问: 啊!!!

JO: Not enough power!! You must die first, then you can be reborn!! You haven't died yet! Questioner: Ah!!!

JO: You are not dead yet!

Questioner: Ah!!

JO: No strength!! Questioner: Ah!!!

Ah!!

JO: 想象⼀下,你这么⼏⼗年有多么的窝囊,有多少憋屈!! 想象⼀下你受够了没有?? 受够这种⽣活没有?? 受够这种对待没有?? 受够了没有??

Imagine how pathetic you've been for decades, how much frustration you've endured! Have you had enough? Enough of this life? Enough of this treatment? Are you tired of it all yet?

问: 受够了!!JO: 想不想体验体验⼀个强有⼒的⼈?? 你马上就可以在这⾥让这个你死掉,重⽣出来!!问: 想!!JO: 那你继续! 让我看到这股⼒量!! 你现在在通过这个产道,你需要你⾃⼰⼀次⼀次的挣脱!!你明⽩吗? 你现在就像⼀条蛇在蜕⽪⼀样!问: 啊!!!!

Questioner: Had enough?! JO: Want to experience the power of a strong person? You can do it here, reborn immediately!

Questioner: Yes!

JO: Then continue! Let me see this strength! You're going through this passage now, needing to break free from yourself over and over again! Do you understand? You're like a snake shedding its skin right now!

Questioner: Ah!!!

JO: 你像是⼀只⼩鸡,在不停的想要出来从蛋壳⾥⾯! 你只有不断地⽤⼒! 你像是⼀只⽑⽑⾍变成蝴蝶的呢个过程! 你必须要⾃⼰⽤⼒!!JO: 继续! 我没有听到撕⼼裂肺!问: 啊!!JO: 我没有听到撕⼼裂肺! 你想象⼀下⽣孩⼦⽤⼒! 新的⽣命! 为了新的⽣命,必须要蜕掉以前的呢⼀个! 以前的呢⼀个死掉,新的才会出来! 所以这股⼒量,这就是⽣命的⼒量!

JO: You're like a little chick trying to come out of the eggshell! You have to keep pushing hard! It's like the process of a caterpillar transforming into a butterfly! You must do it yourself!! Keep going! I didn't hear you tear your heart apart! Questioner: Ahh!! JO: I didn't hear your heart tearing apart. Imagine using all your strength when giving birth to new life! To bring forth new life, one has to shed the old one! The old dies for the new to come out. This force is the power of life!

问: 啊!!!JO: 你这是⽤嗓⼦叫!!! 你需要咆哮 ! ⽤你的⾝体内部的⼒量像野兽⼀般咆哮! 你想象⼀下你现在⽤你的⼒量把整栋楼给震碎!问: 啊!!!JO: 呢股⼒量出来过后,它就属于你! 呢就是你对你⾃⼰的突破,它就属于你.你就永远不会去找别⼈,从别⼈呢边拿⼒量了.不会觉得别⼈有钱的有⼒量,有权的有⼒量.你就现在在

Questioner: Ah!!! JO: You're using your voice to shout!!! You need to roar! Use the power within your body like an animal would roar! Imagine you are breaking the entire building with your strength right now!

JO: After that burst of energy comes out, it belongs to you! That's your breakthrough for yourself. It becomes yours. You will never have to look elsewhere or rely on others for this kind of strength. You won't feel envious of others' money power or status power. Just take it from here on.

⼀次⼀次像健⾝⼀样!!问: 啊!!JO: 这个楼还没有动.这栋楼⾥⾯没有任何⼈在听你叫! 你可以肆⽆忌惮的⽤你内在的⼒量,⽽不是嗓⼦的⼒量! 内在的⼒量,肚⼦⾥⾯,从腹部⾥⾯发出去的⼒.

Again and again, like a workout!! Questioner: Ah!! JO: This building hasn't moved yet. Nobody in this building is listening to you shout! You can use your inner strength without restraint, not the force of your voice! Inner strength, from inside the belly, exerting force from within.

问: 啊!!!!JO: 不够! 呢是嗓⼦的⼒量! 继续想你受到多少歧视!! 想象⼀下不能真正的做⾃⼰!问: 啊!!!JO: 你被这个虚假的外壳⾃我暗⽰⾃我欺骗了.你觉得你是没⼒的.你⼀直披着这个外⾐.你⼀直在等待,期待这⼀天的转变.那现在就是你转变的时候.你内在拥有这股⼒量.只是你现在没有把它给完完全全释放出来.

Questioner: Ah! J.O.: Not enough! This is about the power of your voice! Keep thinking about how much discrimination you've endured! Imagine being unable to truly be yourself!

Questioner: Ah! J.O.: You have been deceived by this false self-image. You think you lack strength. You've always worn this facade. You've been waiting for a change, expecting it to happen someday. This is the time for your transformation. The power lies within you. You just haven't fully unleashed it yet.

问: 啊!!!!JO: 继续! 如果你觉得你没有这股⼒量,你就去把你以前受的所有委屈,所有你想实现的梦想,所有你想成为的⼈,所有别⼈对你的歧视对你的指指点点,把这些东西全部积压在你内在.

Questioner: Ah!!! JO: Keep going! If you feel like you don't have this power, go back to all the injustices you've suffered, all your dreams that you want to achieve, all the people who you aspire to be, and all the discrimination and pointing fingers from others towards you. Accumulate all of these things within yourself.

问: 啊!!!JO: 不够! 只要是⽣命,它就可以蜕变.⽆论是植物、动物还是你.问: 啊!!!

Questioner: Ah!!! JO: Not enough! As long as it's life, it can transform. Whether it's plants, animals, or you. Questioner: Ah!!!

JO: 你不会想等到死了过后再重新去变,你现在就可以变.所以你现在必须经历⼀个撕⼼裂肺的呐喊! 内在新⽣的呢个你就会出来! 如果今天你的觉得你的忍辱还没有够的话,你还可以再回去继续体验这种⽣活,等你受够了你再来.

JO: You don't want to wait until you're dead to transform again. You can do it now. So you must experience a heart-wrenching scream! The new you will emerge from within! If you feel that your suffering hasn't been enough today, you can go back and continue experiencing this life. Come back when you've had enough.

问: 啊!!!JO: 不够有⼒!问: 啊!!!!JO: 你想象⼀下,⼀个⼈打在你脸上⼀拳说: 你这个废物.你这个废物,你永远都不如我.你他吗的永远只能做⼀个懦夫,你知道吗? 我说的对不对?

Questioner: Ah!!! JO: Not enough power! Questioner: Ah!!! JO: Imagine someone punching you in the face and saying, "You're a piece of shit. You're always worse than me. You'll forever be just a coward, do you understand? Am I right or not?

问: 对JO: 对? 你愿意做⼀个懦夫,对吧?问: 不对.

Questioner: Are you willing to be a coward, JO: Yes? Correct. You would like to be a coward, wouldn't you? JO: No.

JO: 那你为什么没有⼤喊? 你为什么没有展现给我你的⼒量?问: 啊!!JO: 你的脸已经被⼈踩在脚底下,说你这⼀辈⼦什么都不如我! 说你⽣下来就是⼀个下贱的⼈! 对不对?

JO: Why didn't you shout? Why didn't you show me your strength? Questioner: Ahh!! JO: Your face has been stepped on by someone, saying that you have never been better than me in your entire life! Saying that you were born to be a lowly person! Correct?

问: 不是!JO: 为什么不是?

Questioner: Not! Why not?

问: 因为我本来就不是!JO: 为什么? 你就是⼀个懦夫,你连声⾳都没有⼒量!问: 我不是!JO: 你声⾳有我⼤吗? 你连声⾳都没有我⼤! 你还有什么! 你告诉我,你是不是⼀个懦夫?!问: 不是! 啊啊!!!JO: 继续!!! 你到底有多想把这个假⾯具给死掉? 只有你⾃⼰才能撕掉! 别⼈给你撕不掉的! 你连说话都不敢⼤声,你还说你有⼒量吗? 你有没有⼒量?

Questioner: Because I'm not like that! JO: Why? You're just a coward, you don't even have the strength in your voice! Questioner: I'm not! JO: Is my voice bigger than yours? You don't even have as much power as me with your voice! What else do you have? Tell me, are you a coward?! Questioner: No! Ahh!!! JO: Keep going! How badly do you want to get rid of this mask? Only you can remove it! Others can't. Even if you're too afraid to speak loudly, how can you say you have power? Do you even have the strength?

问: 我有! JO: 没听到!!问: 我有! JO: 没听到!问: 我有!JO: 这是嗓⼦在叫,你就像⼀个鸭⼦⼀样.我要听到⽼虎,狮⼦咆哮!问: 我有!

Questioner: I have!

JO: (Can't hear you!)

Questioner: I have!

JO: (Can't hear you!)

Questioner: I have!

JO: This is your voice yelling. You sound like a duck. I want to hear the roar of a tiger, lion!

Questioner: I have!

JO: 还是⼀只鸭⼦! ⽼虎! 狮⼦!问: 我有!JO: 没有! 继续撕开你这张⽪,继续把它撕开! 你会感受到撕⼼裂肺的痛,那你就把它撕开了!继续撕! 你不撕掉,你今天就⽩来了!问: 啊!!!JO: 继续! 我要听到我觉得出来了为⽌! 你继续叫,⽤你腹部的⼒量,⽤你内在的⼒量! 不是嗓

JO: Just a duck? An old tiger! A lion! Questioner: I have! JO: No! Keep tearing this skin off you, keep tearing it! You'll feel the agony of your soul being torn apart, and that's how you tear it! Keep tearing! If you don't remove it, you're wasting your visit today! Questioner: Ahhhh!!! JO: Keep going! I want to hear until I feel relieved! Keep yelling, using the strength of your abdomen, the strength within you! Not just shouting.

⼦⼲吼! 你如果是嗓⼦叫,你就是个⼩鸭⼦! 你⼩鸭⼦看到狮⼦、⽼虎、豹⼦,就是没有⼒量的.⽆论⽤你什么⽅法来积压你内在的愤怒.愤怒它是⼒量.这股⼒量它可以帮助你新的⽣命呈现出来.它在你内在,在你肚⼦⾥⾯.你只需要⽤⼒的把它给挤压出来,把它给推出来.

Child's cry! If you're shouting because of your throat, then you're just a little duck! A little duck sees lions, tigers, and leopards and becomes powerless. Regardless of the method you use to suppress your inner anger. Anger is power. This force can help you manifest new life. It exists within you, in your belly. All you need to do is apply pressure to it, push it out.

问: 啊!!!JO: 你看你是愿意在选择回到你旧有的呢个壳⾥⾯?问: 啊!!!JO: 还没有出来.真正的出来是撕⼼裂肺,⾥⾯还有哭声,还有哭腔.问: 啊!!!JO: 这栋楼没有任何动摇.你的强⼤的⼒量可以把这栋楼的玻璃给震碎.问: 啊!!!

Questioner: Ah!!! JO: Are you willing to choose and return to your old shell?

JO: Ah!!!

JO: It hasn't fully emerged yet. True emergence is tearing the heart out, with cries inside, and a wailing tone.

Questioner: Ah!!!

JO: This building shows no signs of shaking. Your powerful strength can shatter the glass in this building.

Questioner: Ah!!!

JO: 我跟你讲,这个⼥孩⼦她不会想接单你第⼆次.为什么呢? 因为她做个不是为了赚钱的.所以你只有这⼀次机会转变你⾃⼰.如果你错过这次机会,你以后变没有机会.你就难产了.你知道什么叫难产吗?难产就是说你已经没有,肚⼦⾥⾯的孩⼦,新⽣命已经死掉了.你现在就这⼀次机会可以让这个⽣命出来,要么难产,这是你的选择.如果你害怕,如果你恐惧,如果你还有所顾忌、顾虑,你回到你⾃⼰的壳⾥⾯去.你就不会有第⼆次机会了.因为这个世界上没有任何⼈来帮助你接产了.只有你⾃⼰.

JO: I'll tell you something; this girl won't want to take your second order. Why is that? Because she doesn't do it for money. So, you only have one chance to change yourself. If you miss this opportunity, you will never have another chance. You're in for a difficult delivery. Do you know what a difficult labor is? It means you no longer have the baby inside, and the new life has already died. You have just one chance to let this life come out; either it's going to be difficult, this is your choice. If you're afraid, if you're scared, if you still hesitate or have reservations, go back into your own shell. You won't have another chance because nobody in this world will help you give birth anymore. Only you can do it yourself.

问: 啊!!!JO: 你现在不是⽣就是死,你选⼀条路! 你要么就回到以前的呢个你,你要么就让新的你出来! 你选⼀个!问: 啊!!!JO: 快出来了! 继续!!

Questioner: Ah!!! JO: You're either going to survive or die now. Choose your path! Either go back to the old you, or let the new you emerge! Pick one! Questioner: Ah!!! JO: It's almost out! Keep going!!

问: 啊!!!JO: 拉长这个声⾳,让这股⼒量拉长知道你没有⼒,没有⽓息.问: 啊!!!!!!!!!!!!JO: 继续!!!!!!!问: 啊!!!!!!!

Questioner: Ah!!!

JO: Stretch this sound, feel the force that pulls you when you have no strength, no breath.

Questioner: Ah!!!!!!!!!!

JO: Keep going!!!!!!!!!!

Questioner: Ah!!!!!!!!!!!

JO: 你想哭就哭,哭完了继续!!!问: 啊!!!!!!JO: 前⾯就好像是⼀个⼤⼒⼠⼀样推着你的脑袋说: 你顶不过去.你看,你就像是⼩鸡⼀样在他⼿上.你要怎么样才能把你内在的⼒量展现出来? ⽽不是⼈家⼀只⼿就能捏死你!问: 啊!!!!!!!!JO: 继续!问: 啊!!!!!!

JO: Cry if you want to, and then keep going!!! Questioner: Ah!!!!!! JO: It's like a big strong man pushing your head and saying, "You can't resist." Look at yourself; you're like a little chicken in his hand. How do you need to show the strength within you, not letting someone just squish you with one hand?! Questioner: Ah!!!!!! JO: Keep going! Questioner: Ah!!!!!!!!

JO: 继续!问: 啊!!!!JO: 还没有出来! 继续! 你不需要储存你的⼒⽓,你留着⼒⽓做什么? 你不需要储存它! 你需要⽤尽你吃奶的⼒,全⾝的⼒,所有的⼒.你每个细胞的⼒量,然后在来把这个新⽣命给呐喊出来! 呐喊,就好像你的整个⾝体被撕碎⼀样,你疼到撕⼼裂肺.就好像你掉进⽕坑⼀样,惨烈的叫.想象⼀下,熊熊的烈⽕在烧着你的⽪肤、你的内在.惨烈的嘶叫.

JO: Keep going! Questioner: Ah!!!! JO: It hasn't come out yet! Keep going! You don't need to save your strength; why are you saving it? You don't need to save it at all! You need to use every ounce of energy you have, from the tip of your fingers to the soles of your feet, and from every single cell in your body. Use all your power, all the force within you, and then bring this new life out with a mighty cry, like your entire body is being torn apart; it hurts as if your heart is being ripped open. It's like diving into flames; scream in agony. Imagine the scorching flames burning through your skin and inside you. Scream in unbearable pain, just as though you were being burned alive.

问: 啊!!! JO: 不够惨!问: 啊!!!JO: 还不够.你就像前⾯有⼀棵⼤树,你刚刚只是让它稍微振动了⼀下.你要推倒它,你要⽤你所有的⼒量把它给推倒! 因为你⼀直觉得我之前碰这棵树动都不会动⼀下,我根本没有

Questioner: Ah!!! JO: Not bad enough! Questioner: Ah!!! JO: It's not enough yet. You're like a big tree in front of you, you just made it sway slightly. You have to knock it down, use all your strength to push it over! Because you've always felt that I wouldn't move this tree even a little before, I genuinely didn't...

⼒⽓把它给推倒.的确,你的⾝体没有⼒⽓.但是在你的⾝体体内,你有⼀个管道,你把它打开.然后强⼤的⼒量从你的体内流出来.所以,呢不是你⾝体的⼒量.呢是宇宙的⼒量,是⽣命的⼒量,明⽩吗? 是这样的⼒量.是你本⾝的⼒量.你只是⼀个管道,你允许呢股⼒量从你的⾥⾯出来.想象⼀下你没有⼒⽓做任何事情,就算你有⼀个你很爱的孩⼦你都没有办法去保护他,因为你没有⼒⽓.就算你有⼀个你很爱的⽗母,你也没有办法保护他们,因为你没有⼒⽓.就算你⾃⼰,你也没有办法保护他.你让他⼀直处于⼀种恐惧、担忧、没有安全感的状态当中.因为你没有⼒⽓.你的⼒⽓是通过你⼀次⼀次的呐喊.

It pushed it down with force indeed, your body lacks strength. But within your body, there is a channel; you open it. And then powerful energy flows out from your body. So it's not the strength of your body; it's the power of the universe, the power of life, understand? It's this kind of power—it's your own power. You're just a conduit, allowing that force to come out of you. Imagine being unable to do anything, even if you have a child you love deeply and cannot protect him because you lack strength; or you have parents you adore and can't protect them for the same reason. Even with yourself, you couldn't protect yourself. You kept it in a state of fear, worry, without security—because you lacked strength. Your strength comes from your repeated cries.

就好像你现在在挖井,你现在是没有⽔可以从这个地⽅流出来.你不断地往⾥⾯挖,每⼀挖你都会不断地靠近⽔源.当你真正的挖通了,你的呢个⽔就会源源不断地进来,明⽩吗?

It's like you're digging a well now; there's no water flowing out from this spot. You keep digging in, with each dig getting closer to the source of water. Once you've truly connected to it, your water will flow continuously in. Got that?

问: 明⽩JO: 那你是要选择继续还是放弃?问: 继续.

Questioner: Understandably, JO: So you're choosing to continue or give up? Questioner: Continue.

JO: 那你想象⼀下,你今天就是要⾄你⾃⼰于死地.因为你死了,你才能重⽣.你把⾃⼰给打死,因为呢个是虚假的你.把呢个懦弱、⽆⼒、胆⼩、害怕的呢个你给打死.因为呢个是⼀直被你⾃⼰⾃我暗⽰⾃我催眠⽣出来的⼀个东西.继续.

JO: Imagine for a moment, you are destined to kill yourself today. Because only by dying can you be reborn. You are killing yourself because that is the false version of you. You're going to kill that cowardly, weak, timid, and fearful self. That's something created within you through self-hypnosis and self-suggestion. Continue.

问: 啊!!!!JO: 你的⼿没有⼒⽓.你的声⾳没有⼒⽓.你的眼神没有⼒量.你说你有什么,你这个废物?你来这个世界上就是做废物的吗?

Questioner: Ah!!! JO: Your hands have no strength. Your voice has no power. Your eyes lack energy. What do you think you possess? You are a waste? Is this why you exist on this planet, to be a waste?

问: 啊!!!!JO: 继续.这个⼒量还是表⾯的.它是你嗓⼦的⼒量,它是⾮常表⾯的,它不是内在的.内在的呢股⼒量强⽽有⼒,内在的呢股⼒量不是扯着嗓⼦喊.你想象⼀下⽆⼒的⼈,他们要么像你爸⼀样被疾病给打死.他⽣个病就死了.要么就被社会其他⼈给弄死,他们是多么的⽆⼒.⽆⼒并不是⼀个美德,你相信我.⽆⼒、懦弱、软弱、懦弱,并不是⼀个好⼈,你知道吗? 你觉得你⽆⼒、软弱、懦弱,是个好⼈? 是个废物! 是个废物! 废物在这个世界上他能产⽣什么? 除了被⼈当⼈⾁靶⼦⼀样被⼈打、被⼈发泄,当出⽓筒⼀样.他能做什么? 他能创造吗? 他不能.他只能做⼀个就好像是⼈⾁沙包,给别⼈锻炼⼒量的.

Questioner: Oh!!! JO: Keep going. This power is superficial. It's the power of your voice, it's very superficial, not inner. The inner power is strong and mighty, the inner power doesn't rely on shouting with your voice. Imagine a powerless person; they either die like your father did from illness or get killed by others in society because of their powerlessness. Powerlessness isn't a virtue. You should believe me. Lack of strength, cowardice, weakness, cowardice is not what a good person possesses. Do you think being weak, timid, and cowardly makes one a good person? Or just a waste! A waste! In this world, what can a waste produce except being someone's target to vent anger upon or an outlet for frustrations? Can he create anything? No, he can't. All he can be is a human punching bag for others to use to build their strength.

因为你就是⼈沙包,你知不知道? 所以不断有⼈想要打击你,明⽩吗? 你⽣来就是个⼈⾁沙包? 你还要继续做⼈⾁沙包吗?

Because you're just a human cushion, don't you know? So there's always someone wanting to take you down, get it? Are you destined to be a human cushion for life? Are you going to keep being a human cushion?

问: 不要! JO: 没听到!问: 不要!JO: 没听到!问: 不要!!!JO: 好,听到了你⼀点点声⾳! 那你展现出来你不是⼈⾁沙包!问: 我不是!

Questioner: No!

JO: I didn't hear you!

Questioner: No!

JO: I didn't hear you!

Questioner: No!!!

JO: Alright, I heard your tiny sound. Now show me that you're not a human punching bag!

Questioner: I'm not!

JO: 好,继续.开始有⼀点点⼒量了!问: 我不是!JO: 有⼒! 是内在的⼒,这个⼒才能扎根! 你这个虽然能把地打⼀下,地上有⼀点动静,但是你呢个根还扎不进去,明⽩吗? 你的⼒量还扎不进去! 继续!问: 我不是!JO: 你就好像对着⼀个恶狠狠的⼈,他刚才还说你是个废物,你个废物! 你⽣下来就是个废物! 你们家全家都是废物,你爸你妈你爷爷奶奶,你们家所有⼈都是废物! 你要不要从你这⾥改变?

JO: Alright, keep going. You're starting to show some strength! Questioner: I'm not! JO: You've got power! It's inner power that needs to be rooted! Although you might be able to shake the ground and create a disturbance, your root isn't digging deep enough yet. Understand? Your power is still too shallow! Keep going! Questioner: I'm not! JO: Imagine confronting someone who just insulted you by calling you trash – he said you were worthless before! You've been born as trash! Your entire family are all trash – your dad, mom, grandpa, grandma, everyone in your family is trash! Do you want to change this from within yourself?

问: 我要!JO: 你这个废物!问: 啊!!!!JO: 你们⼀家⼈全是废物! 是不是?问: 不是!JO: 你声⾳都没我⼤! 都没有我有⼒! 你声⾳要超过我! 你的⼒量要超过我,是⼒量,明⽩吗?我说话是咬⽛切齿! 那⽤的是什么? 是⼒量,明⽩吗? 你能从我的声⾳当中感受到我的⼒量!它不是吼,它不是嘶叫,它不是空的.它是能量在⾥⾯.你声⾳只有字,没有能量,明⽩吗? 你继续.你们⼀家全是废物.

Questioner: I want! JO: You're just trash! Questioner: Ah!!! JO: Your whole family is trash, right? Questioner: No! JO: Your voice isn't louder than mine! It's not as powerful as me! You need to surpass my voice and your strength. Understood? When I speak, it's with clenched teeth! What do you think I'm doing? Using power! Do you understand that? You can feel my power from my voice. It's not shouting, it's not a scream, it's not empty. There is energy within me. Your voice only has words, no energy. Understood? Keep going. You're all trash as a family.

问: 啊!!!JO: 你⼀个废物,你连拿东西都拿不起来.你是个男⼈吗? 你是个男⼈吗?问: 啊!!!!JO: 你连⼀只鸡都打不动? 你还怎么去保护你爱的⼈? 怎么保护你⾃⼰?问: 啊!!!

Questioner: Ah!! JO: You're a complete waste, you can't even pick up things. Are you a man?

Questioner: Ah!! JO: Can't you even hit a chicken? How do you protect the people you love and yourself?

JO: ⼀个⼩朋友的拳头都⽐你重! 你拳头⼀握起来还要发抖! 你是多么的懦弱啊! 你这个废物!问: 啊!!!JO: 你不是个男⼈! 别说⼥⼈,⼩朋友的⼒量都⽐你⼤! 你⽣来是做什么的? 你⽣下来就知道喝喝果汁,喝喝饮料? 玩玩游戏? 这就是你存在的价值和意义? 你不是废物是什么?

JO: A child's fist is heavier than yours! Your fists tremble when you clench them! How weak you are! You're a complete waste!

Questioner: Ah!!!

JO: You're not even a man! Not to mention women, the strength of a child surpasses yours! What were you born for? Did you spend your entire life drinking juice and soft drinks, playing games, without any value or purpose in existence? If not a waste, then what are you?

问: 啊!!!JO: 你这个废物! 你从⼩就被⼈打压,就被⼈歧视,就被⼈看不起! 你他妈都三⼗⼏岁的⼈了.三⼗⼏岁都⼀事⽆成,你这⼀辈⼦不是个废物是什么? 你还要不要继续做废物?

Questioner: Ah!!! JO: You're a piece of crap! You've been oppressed since you were young, discriminated against, and looked down upon by others! At your age, which is in the thirties, you've accomplished nothing. What else can you be if not a waste of space? Don't you want to continue being a waste of space?

问: 不要!JO: 不要就把这个⾐服给撕掉! 它会疼,它会流⾎.哪怕把你的每⼀层⽪给剥掉,都要把这个给剥掉,剥下来.你愿意剥你的⽪吗? 什么叫脱胎换⾻啊? 什么叫扒了⼀层⽪啊? 你现在亲⾃扒你的⽪? 你这个废物! 你爸爸死了,这么痛苦你都帮不了他.你是个男⼈吗?

Questioner: No! JO: If you don't want it, rip off this shirt! It will hurt, and it will bleed. Even if I peel away each layer of your skin, I'll still make you do it and then take it off. Are you willing to peel off your own skin? What does it mean to undergo a metamorphosis or shed your bones? What is it like to strip yourself of a layer of skin? Are you doing this right now, tearing away at your own flesh? You're a good for nothing! Your father's dead and you can't even help him during such painful times. Are you even a man?

问: 啊!!!JO: 你是个男⼈,连家庭都没有? 我说的对不对?问: 啊!!!JO: 我说的对不对? 你这个男⼈⽩长了! 这么⼏⼗年你⽩活了,你除了做⼀个废物,拳头都没有⼒量,拳头都握不住.⼀个⼩朋友⼀个拳头都可以把你打死打倒,你怎么去保护别⼈? 怎么去保护你妈? 怎么去保护你家⼈? 随便哪个⼈出现在你⾯前都可以⼀拳把你打死! ⾄你于死地! 你就是⼀个懦夫,你⽣下来到现在你就是⼀个懦夫.你什么都做不了,你什么事业也成就不了! ⽽且还想继续把这层⽪留在你⾝上.你撕不掉它! 为什么呢? 你没有⼒⽓! 你没有⼒量! 你是个废物! 知道什么是废物! 你存在你就是⼀个废物的形式存在! 继续!

Questioner: Ah!!! JO: You're a man without a family? Is that what I'm saying correctly? Questioner: Ah!!! JO: Am I correct in my statement? You've wasted your life as a man! All these decades, you've been nothing but an incapable person with no strength; you can't even hold onto a punch. Any child could knock you out or kill you with their single punch. How are you supposed to protect others? How are you supposed to protect your mother? How are you supposed to protect your family members? Anyone can appear in front of you and deliver a fatal punch, leading you to death! You're nothing but a coward, born as one until now. You've accomplished nothing, and you'll never succeed in any career! Moreover, you want to continue keeping this layer on you. But you can't tear it off. Why? Because you lack strength! You lack power! You're just a waste of space! And you realize what a waste is?! You exist as merely an embodiment of waste! Continue!

继续,让你⼼中的怒⽕! 积压你所有的怒⽕,让它在你的内在熊熊的燃烧! 所有的仇恨,就像⽇本⿁⼦杀了你全家,烧了你全家.然后你是⼀个战⼠,你要保护你的家庭! 你亲眼看着⽇本⿁⼦在你⾯前污染你妈,打你妈,甚⾄是戏弄你妈,吐⼜⽔在你妈脸上,你什么都做不了.为什么? 因为你的拳头没有⼒量,你的拳头不断地发抖,你都不敢站出来,你这个懦夫! 你这个废物! 所以⽇本⿁⼦可以吐⼜⽔在你妈脸上! 你妈看着你,你什么都做不了! 你想站起来保护你妈都不

Continue, let the rage burn in your heart! Accumulate all your fury and let it ignite within you fiercely! All the hatred, like when Japanese devils killed your entire family and burned your home. Then you are a warrior who must protect your family! You watch as these Japanese devils defile your mother, beat her, even mock her, spitting on her face in front of you, and there's nothing you can do about it. Why? Because your fists lack power; they tremble without courage. You dare not stand up for yourself, you coward! You worthless excuse for a human being! Thus, Japanese devils can spit on your mother's face! Your mother watches you powerless, wanting to protect her but unable to

⾏! 你⼀拳头打出去,⼈家嘲笑你这个拳头就跟棉花⼀样.

Go on! When you punch someone, they just laugh at your fist as if it were cotton.

问: 啊!!!!!JO: 继续打! 你把刚才侮辱你的⽇本⿁⼦的头打碎! 不停的打!! 不然你妈就要被打死!!问: 啊!!!!!!JO: 继续! 出来了! 继续! 你这废物! 你打的不痛不痒的! 你觉得你⽤了全⾝的⼒⽓吗? 你并没有! 你的⼒⽓都还没出来!

Questioner: Ah!!! J: Keep hitting! Hit the head of that disgusting Japanese ghost you just insulted! Hit it continuously!! Or else your mother will be killed!! Questioner: Ah!!! J: Continue! It's coming out! Continue! You worthless excuse for a human being! You're not hitting hard enough! Do you think you're using all your strength? No, you're not! Your power hasn't even been released yet!

问: 啊!!!!JO: 好⼀点.我感受到了⼀点疼,感受到了你的⼒量.但是你还是没我⼒量⼤! 为什么? 因为你缺少信息! 因为你不相信你的⼒量有多⼤! 你明⽩吗? 我相信我是全世界⼒量最⼤的! 你呢?你相信你是全世界最没有⼒量的!问: 啊!!!!!!!!!JO: ⾮常好! 我看到了你的⼒量开始要出来了!问: 啊!!!!!

Questioner: Ah!!!

A (JO): A little better. I felt a bit of pain, and your strength. But you still don't have as much power as me! Why? Because you lack information! Because you don't believe how strong you are! Do you understand? I believe I have the greatest power in the world! And what about you? You believe that you have the least power in the world! Questioner: Ah!!!

A (JO): Very good! I can see your strength starting to come out! Questioner: Ah!!

JO: 继续! 我们⽣孩⼦现在还没有⽣出来,还在你的⼦宫⾥⾯!问:啊!!!!!JO: 继续push! ⽤⼒!问: 啊!!!!!!!!!JO: 看到⼀点苗头了! 现在有⼀点⽕苗出来了,但是还没有熊熊的燃烧起来! 这个⼒量还不够!什么是熊熊的烈⽕? 什么是⼩⽕苗? 你现在只是个⼩⽕苗.

JO: Keep going! We haven't born the child yet; it's still inside you in your womb! Questioner: Ah!!!!! JO: Keep pushing! Use force! Questioner: Ah!!!!!!! JO: I see some progress! There's a spark now, but it hasn't ignited yet. This force isn't enough! What is an intense fire? And what is a small spark? You're just a small spark right now.

问: 啊!!!!!!!JO: 你连野兽都不如! 你知道野兽内在的⼒量有多震撼吗? 它的⼀个眼神就把你给吓怕了.它的⼀声吼叫所有动物都跑开了! 明⽩吗? 你有看到狮⼦⽼虎眼神⾥⾯有恐惧吗? 它们很明确的知道⾃⼰要什么! 它们眼⾥只有猎物,它们知道⾃⼰是森林之王.你在森林⾥⾯你就是⼀只⼩⽼⿏,看到什么都躲起来,唯唯诺诺的.

Questioner: Ah!!!!!!JO: You're not even worth the effort it takes to hunt a beast! Do you understand the power that lies within beasts? A single glance from them is enough to scare you. Their roar can make all other animals flee in terror! Get it? Have you ever seen fear in the eyes of lions and tigers? They know exactly what they want! Their eyes are only focused on prey, knowing that they're the kings of the forest. In a jungle setting, you would be as timid as a little mouse, hiding at the sight of anything, constantly fearful.

问: 啊!!!!JO: 你是⽼⿏,你能做什么? 你什么都做不了! 你有家庭你也保护不了他们.你就算娶了⼀个⽼婆,你的⽼婆都要跟别的男⼈跑了.因为她会说你不是个男⼈,你连抱她都抱不起来!抱她,你⼿都会发抖,明⽩吗?所以你⽼婆会被真正的男⼈给吸引⾛.真正的男⼈是什么?他充满了⾃信,他是强⼤的,他是有⼒的,他是坚定的,他知道⾃⼰是谁,他知道⾃⼰想要什么.他的眼神是有⼒的,他的声⾳是有⼒的,他的拳头是有⼒的.你呢? 你什么都没有! 所以就算你娶了⽼婆,你⽼婆都要跟别的男⼈跑了.你娶第⼆个也会跟着别的男⼈跑,明⽩吗?所以就算你娶多少个⽼婆,她都是来侮辱你的.

Questioner: Ah!!! JO: You're a mouse, what can you do? You can't do anything! You have a family and you can't protect them. Even if you marry a wife, your wife will run away with another man. Because she would say that you are not a man, you can't even hold her up. Holding her, your hands shake. Get it? So your wife will be attracted by a real man. What is a real man? He's full of confidence, he's powerful, he has strength, he knows who he is, and he knows what he wants. His eyes are strong, his voice is strong, his fist is strong. You? You have nothing! So even if you marry a wife, she will still run away with another man. Even if you marry her the second time, she'll still follow another man. Get it? No matter how many wives you marry, they all come to humiliate you.

来让你知道你连做男⼈的基本都不是,都不如,都没有.别⼈要欺负你⽼婆,你⼀拳头打过去,⼈家就开始嘲笑你.你是没吃饭呢?还是你是⼀只三岁⼩孩呢? 你的拳头连⼀只鸡都捏不死! 所以最符合你的名称就是废物!你要不要把这个废物的⾐服给脱掉?

Come to let you know that you don't even qualify as a man, not even the slightest bit. If someone wants to bully your wife, and you punch them in the face, they start mocking you instead. Are you starved? Or are you just a three-year-old child? Your fist can't even crush a chicken! Therefore, the most fitting name for you is 'Waste'. Should I take off this waste attire for you?

问: 要!JO: 有多想?问: ⾮常想!JO:那继续去酝酿这种感觉.让这种想的情绪在你的内在,让它这个⼩⽕苗燃烧成熊熊烈

Questioner: Want! JO: How much want? Questioner: Very much! JO: Then keep nurturing this feeling. Let this desire burn internally, let it ignite into a raging fire.

⽕,然后再⼀⼜⽤⼒的把它给推出来! 继续! 在你⼼中像发酵⼀样!问: 啊!!!!JO: ⾮常好! 继续酝酿你⼼中的仇恨!你的怨⽓! 你的不满! 你的委屈!你的⽆⼒感! 继续酝酿! 像我说过,你娶⼀个⽼婆都会跑掉.娶第⼆个⽼婆也会跑掉.娶第三个⽼婆也会跑掉! 为什么呢? 他们都告诉你,你就不是个男⼈!问: 啊!!!!

Fire! Then push it out with all your might! Keep going! Let it ferment in your heart! Questioner: Ah!!! JO: Very good! Continue brewing the hatred in your heart! Your resentment! Your dissatisfaction! Your sense of injustice! Your helplessness! Keep brewing! As I said before, you'd run away with a wife. You'd also run away with a second wife. And even with a third wife! Why is that? They all tell you, you're not a man! Questioner: Ah!!!

JO: 继续! 让这种感受在你的内在发酵.所有的感受! 你这⼀⽣受的委屈还不够吗? 你这⼀⽣过的这种⽇⼦还不够吗? 你的这种⽆⼒感!问: 啊!!!!!JO: 继续! 你想改变的意愿到底有多强烈? 你还是想退回到你⾃⼰以前的壳⾥⾯去吗? 你告诉我你还想退回到你以前的壳吗?

JO: Keep it going! Let this feeling ferment within you. All the feelings! Haven't you suffered enough in your lifetime? Don't you have enough of this kind of life? Your sense of helplessness?

Questioner: Ahhhhhh!!

JO: Keep it going! How strong is your desire to change? Do you still want to retreat back into your own shell? Do you tell me that you still want to retreat back into your old shell?

问: 不要!JO: 你是不是死都不要? 告诉我宁愿死都不要!问:我宁愿死都不要!JO: 已经出来了! 再说!问: 我宁愿死我都不要! JO: 已经出来了! 继续!问: 我宁愿死我都不要了!

Questioner: No! JO: Are you going to die and say no? Tell me, would you rather die than say no?

Questioner: I'd rather die and never say no!

JO: Already out! Say it again.

Questioner: I'd rather die and not agree at all!

JO: Already out! Keep going!

Questioner: I'd rather die and refuse to agree anymore!

JO: 好! 你现在跟我重申! 下⾯你要跟我⼀起念,我才是这个世界的⽼⼤! 我没有任何形象! 我所体现的任何样⼦都是个假象! 就像你们电视⾥⾯的演员,我这个主演可以扮演不同的⾓⾊!我可以是个恶棍! 我可以是个强奸犯! 我可以是个企业家! 我也可以是⼀个卑鄙的⼩⼈! 我可以像佛⼀样! 我也可以像妓⼥⼀样! 这些都只是好像我每天穿不同的⾐服⼀样! 这⾥有⽆数件⾐服!每⼀件⾐服它都不能代表我! 我随时可以脱下,穿上另外⼀件! 这个才是我! 把这所有的话都记住,然后时不时的对着镜⼦,然后闭着眼睛说这⼀段话.当你⼀个⼈的时候,不断地不断地去把刚才呢⼀段话给背下来.任何让你感觉良好的⾐服,你随时可以穿上!

JO: Alright! You need to repeat this with me now! I am the number one in this world! I have no form! Any manifestation of my essence is just an illusion! Like actors on TV, I can play different roles! I could be a villain! I could be a rapist! I could be an entrepreneur! I could also be a卑鄙 person! I could be like Buddha! Or I could be like a prostitute! These are just like changing clothes every day! There are countless clothes here! Every single one cannot represent me! I can take them off at any time and put on another. This is truly who I am! Remember all these words, then repeat this passage in front of the mirror periodically. Whenever you're alone, keep repeating those words until they stick in your mind. Wear whatever makes you feel good whenever you want to!

任何让你感觉不爽的⾐服,你随时可以脱下,明⽩吗? 所以你才是呢个决定你想要穿上什么⾐服,

Any clothes that make you feel uncomfortable, you can take off at any time, got it? So it's your decision on what kind of clothes you want to wear.

戴上什么⾯具,什么样的形象呈现在这个世界上.没有任何阻碍! ⽆论你穿上什么,你就是什么! ⽆论你穿上什么,外⾯的⼈就怎么跟你演对⼿戏!

What mask do you wear? What image is presented to the world? There's nothing holding you back! Whatever costume you put on, that's what you are! Whatever costume you put on, how others will play their part with you!

# **2023/05/27 — 安全感Sense of Security**

问: 我的下半⽣如何才能开⼼快乐? JO: 现在是什么让你不快乐?

Questioner: How can I be happy and content in my remaining years? JO: What is it now that makes you unhappy?

问: 现在是我喜欢的⼈我不能跟他结婚⾛在⼀起,该怎么办? JO: 你不能跟他结婚⾛在⼀起?

Questioner: Now that I like him, but I can't marry and be with him. What should I do?

Jo: You cannot marry and be with him.

问: 我很喜欢他.我要怎么样才能快乐? 我该怎么办?

Questioner: I really like him. How can I be happy? What should I do?

JO: ⾸先,你有你喜欢和爱的⼈,这件事情本⾝是⼀件愉快的事情,是⼀件快乐的事情.是什么导致你在你有喜欢的⼈,却产⽣了不快乐.你要去找到是什么导致了你不快乐? 因为这件事情本⾝是让你快乐的.

JO: First of all, having people you love and like is itself a joyful matter. What causes the sadness when you have someone you like? You need to find out what's causing your unhappiness because this thing should be making you happy instead.

问: 就是他有前妻,离婚没离家,有孩⼦.他不能陪在我⾝边,天天在⼀起.

Questioner: He has a former wife and didn't get divorced but stayed with her family, he can't be by my side every day because we don't spend time together regularly.

JO: 他⾃⼰⾝上有他的责任.然后他的责任导致你不快乐是吗?

JO: There's a responsibility on him for himself, and then that responsibility leads to your unhappiness, right?

问: 对,没有给我什么安全感.我没有安全感.很怕他不理我了.

Questioner: Yes, nothing has given me a sense of security. I feel insecure. I'm very afraid he'll stop talking to me.

JO: 所以你的所有快乐是建⽴在他理你,你才快乐.他不理你,你就不快乐.问: 对JO:那也是你把你的快乐交给别⼈的.那如果你是交给别⼈,⽆论呢个⼈是谁.哪怕你是交给所谓的神.你只要是寄托于别⼈的话,你永远都不可能能找到你内⼼的所谓的安稳或者是安定或者是快乐.因为你永远都会去观察、辨别外界的,然后才会来衡量我内在要不要快乐.也就是说你把你的快乐是建⽴在外在的.如果是外在,不管是这个⼈也好还是另外⼀个⼈另外⼀件事.就⽐如说你的快乐是来⾃于你的⾝份.你的⾝份是什么? 是个⼤明星.或者是⼀个总统,就是你是世界上权⼒最⼤的⼀个⼈.

So your entire happiness is based on whether he cares about you; if he does, you are happy; if not, you are unhappy. Questioner: JO, it's also that you're giving away your happiness to others. If you give it to whoever, even if it's someone like a so-called god—if you place your happiness in something external—then you will never find inner peace or stability or happiness, because you will always be observing and evaluating the outside world before deciding whether you should feel happy inside. In other words, your happiness is based on what's happening externally. If that external environment changes, no matter if it's this person or another thing—it could be like your happiness being derived from your identity—what is your identity? Perhaps you're a big star, or maybe you're the President of the world, which means you are the most powerful person in the world.

那⽐如说你的快乐是建⽴在你是世界上权⼒最⼤的⼀个⼈,你的快乐建⽴在你有没有权⼒.你也不可能快乐.为什么呢? 那我今天有权利,明天有权⼒,那后天我的权⼒会不会被别⼈拿⾛? 那你也会处在这样⼦的状态.也就是说⽆论你的这⼀份所谓的快乐是来⾃于外在的⼀个谁? ⼀个事情或者是⼀个⾝份或者是⼀个任何.你都不可能有你真正安稳和安定的时候,明⽩吗? 所以说并不是这个⼈.为什么?如果他换了另外⼀个⼈,也是你爱的.或者说你本⾝是⼀个喜欢权⼒的.你是⼀个当官的,你是当地最有权的,⽐如说.或者你是⼀个⼤明星,是吧?

For instance, if your happiness is based on being the most powerful person in the world, or if your happiness depends on having power, then you can't be happy either. Why not? If I have power today and authority tomorrow, could my power be taken away by others the day after tomorrow? You would also be in such a state. That means no matter what kind of so-called happiness comes from an external source, whether it's a person, a thing, or any identity, you won't have a truly stable and peaceful time. Understand this? Therefore, it's not just about this individual because if he were someone else that you love as well, or if you are inherently fond of power – like being in a position of authority or being the most influential person in your area, or perhaps even a big celebrity – it doesn't matter; you still wouldn't have peace and tranquility.

那它给你带来的快乐,然后你如果是取决于这个,那你永远是⼀个被动的状态,你永远都会去观察这个会在什么时候产⽣变化.所以你从中你就可以看到这种是不成⽴的.就好像你是把你的⼀个房⼦,就是⼀个在海滩上⽤沙⼦堆的房⼦,呢个海浪迟早都会把它冲⾛的.你还说我这个房⼦建在沙滩上.为什么我没有安全感? 总是有海浪过来,海浪就会把我的房⼦冲⾛,我不快乐.那你本⾝就建⽴在沙滩上的,你本⾝就不稳定.你就不可能避免它会被冲⾛的可能性.那怎么样才可以让你可以避免掉让它不要被海浪冲⾛的可能性呢? 那就是不要把你的房⼦建在沙滩上,对不对?

The joy it brings you, and if your happiness depends on this, then you are always in a passive state, constantly observing when the situation might change. Thus, you can see that such dependence is flawed. It's like building your house on sand by the sea; sooner or later, the waves will wash it away, even as you say your house stands on the beach. Why should you lack security? Waves always come to carry my house away, making me unhappy. So if you are constructing your happiness on an unstable foundation, how can you expect stability? How do you prevent your happiness from being washed away by the waves? The answer is not to build your house on sand; it's that simple, isn't it?

那如果你知道我的房⼦建⽴在沙滩上,随时可能都会被冲⾛.那我是不是就可以移到⼀个⽐较稳定的⼀个地基上⾯,就是不是沙滩上.因为你们不会去做这么愚蠢的事情.那也就是说你不要把你所谓的安全感和快乐建⽴在对⽅⾝上.为什么? 因为对⽅⽆论他是谁,就算他没有其他⼈或者⾝份或者责任在⾝上.那如果他有⼀天出了车祸⼈死了呢? 那是不是你所谓⽀持你快乐的⼈是不是又没了,明⽩吗?

If you know that my house is built on sand and could be swept away at any moment, wouldn't it make sense to move to a more stable foundation rather than staying on the beach? Since no one would do something so foolish. This means you shouldn't base your feelings of security and happiness solely on someone else. Why? Because whoever that person might be, even if they have no other responsibilities or identities, what happens if they were to die in a car accident? Would the person who supports your happiness then also disappear, understand?

问: 那我该怎么办呢?

Questioner: Well, what should I do then?

JO: 你可以通过你内在的这种不安全感或者是忧虑或者是不快乐,然后去寻找到底什么才是真正的给你… 就好像刚刚说你的房⼦建在沙滩上会被⽔冲⾛,那你是不是要去找要把房⼦建到哪⾥呢,对不对? 那你现在就要去看,那我究竟要怎样才能让我内在充满所谓的安全感或者是安稳或者是不是取决于外在的.你⾃⼰要有这个欲望和这个动⼒去探索去发现去挖掘出来.因为这是关于你⾃⼰的.如果你只是浅浅的我就是不快乐,那你就只停留在我不快乐上⾯.那如果你通过这个不快乐的线索,我继续要去⾃我探索,我要继续的去明⽩到底怎么样才能让我内在感受到稳定或者安稳或者快乐,对不对? 你有这个意愿吗?

JO: You can seek out what truly gives you inner security, anxiety, or happiness by examining your insecurities, worries, or unhappiness. It's like asking if a house built on sand will be washed away; then, where should the house be built? Now, you need to figure out how to fill your inner self with feelings of security, stability, or joy that don't solely depend on external factors. You must have the desire and motivation to explore, discover, and delve into these aspects as they pertain to you personally. If you merely say "I'm unhappy," then you stay there. But if through this unhappiness, you continue to self-examine, seeking clarity on how to make your inner world feel stable or joyful, do you have the willingness to do so?

问: 有JO: 你有这个意愿,那我们就可以继续的往下去帮你看到.你继续提问.问: 我不知道我应该放弃他还是继续跟他⾛下去?

Questioner: Should I let go of him or continue with him?

JO: 因为⽆论你选择⼀个,你就好像说,OK,这个⼈给我导致了这个,那我换⼀个⼈.换⼀个⼈就算他没有所谓的负担或者是责任,他可以完完全全的跟你在⼀起给你爱给你开⼼给你快乐,对吧? 那你是不是要担⼼他会不会死掉啊? 担⼼他会不会被别的⼥⼈抢⾛啊? 那你会不会担⼼他出门会不会被车撞掉啊? 那你会不会担⼼他⼀⽣病,⾝体就没了? 得了癌症,⼈死了.那你是不是还有这些担⼼呢? 明⽩吗? 那你有这些担⼼,那你是不是还是不够快乐不够安稳,明⽩吗? 所以不在乎于这个⼈,⽽在乎于你⾃⼰还是继续把房⼦建在沙滩上,明⽩吗?

Japanese: JO: Because no matter which one you choose, it's as if you're saying, "Okay, this person brought me to this point, so let me change people." If another person has none of the so-called burdens or responsibilities, and can fully be with you, loving you, making you happy, etc., then would you still worry about whether they'll die? Would you worry about them being taken away by another woman? Would you worry about them getting hit by a car when they go out? Would you worry about their body disappearing if they fall sick and die of cancer? Do you have these worries too? Can you understand this? If you still have such concerns, then it means that you are not truly happy or at peace, can you see that? So the question is whether you're more concerned about the person or yourself when building your house on sand, can you get that?

问: 我不知道是上辈⼦是我⽋他的,还是他⽋我的?

Questioner: I wonder whether it's my debt to him in past lives or his to me?

JO: 这个不是说谁⽋谁的,⽽是说你看到,这么说吧,这段感情把你内在的恐惧给拉出来.就好像你内在本⾝就有⼀个恐惧,对吧? 那通过这个感情,它好像是⼀个线索或者是⼀个拔萝⼘的⼈.那你这个萝⼘从⼟地⾥拔出来让你看到.那你就通过他把你内在的恐惧或者是不安全感给你显现出来、浮现出来,来让你看到,明⽩吗? 所以说最终的问题还是在于你内在有没有这个萝⼘.如果你没有这个萝⼘,你拔出来就没有萝⼘.你有萝⼘,你拔出来就有萝⼘.也就是说你要有恐惧的话,你拔出来的就有恐惧.那如果你是深深的⼀种满⾜感或者是爱,那拔出来也是深深的满⾜感和爱,明⽩吗? 所以它只是⼀个线索,只是⼀个导⽕线.这么说吧,像⼀个⽕炮⼀样.

JO: This isn't about owing someone; rather, it's because you've seen that this relationship has brought your inner fears to the surface. As if there was an inherent fear within you, right? Through this relationship, it acts as a clue or a means of uncovering, like pulling up a turnip from the ground for you to see. It reveals to you your inner fear or lack of security, making them apparent so that you can recognize them. You understand? The underlying issue is whether there's this 'turnip' within you. If you don't have this 'turnip', there wouldn't be one to pull up. If you do have it, then pulling it up will show you the presence of fear or insecurity. Similarly, if your deep feelings are satisfaction and love, then what emerges when you pull is also profound satisfaction and love, right? So, it's just a clue, merely a spark that sets off an explosion like a cannonball.

如果你的鞭炮⾥⾯是有炸药的话,那你就会炸.它是导⽕线,只是把你呢个鞭炮给引起来.炸的话,还是你内在有没有⽕药.你内在如果没有⽕药的话,是个哑炮.就算有导⽕线,它不会炸掉.因为你看到没有,对⽅只是个引⽕的⼈,他只是个导⽕线.你内在有没有⽕药,是你内在,是你⾃⼰,明⽩吗? 也就是说你内在如果是充满了满⾜感和安全感的⼀个⼈的话,他给你拔出来的还是这样⼦的⼀个状态,明⽩吗? 所以说你可以看到你内在本⾝就是⼀个没有安全感.那你需要去通过外界的⽀撑,这么说,你本⾝双腿

If the firecrackers you have inside contain explosives, then they will explode. They act as a fuse, igniting your firecrackers. If it explodes, that means there is explosive energy within you. If there's no explosive energy within you, it's a dud firecracker. Even with a fuse, it won't explode because you understand? The person who sets you alight is merely the fuse; it's whether you have explosive energy inside yourself that matters, right? That means if someone within you is filled with satisfaction and security, they will still leave you in the same state when they take it away, do you see? So you can see that inherently you are insecure. You need external support for this, which means you don't have a solid foundation on your own two legs.

就是没有⼒量的,你才需要有⼒的拐杖让你得以⾏⾛.如果你的双腿是有⼒的,你§需要拐杖吗?你不需要拐杖.那你现在所谓的拐杖就是什么?你索要的,⽐如说你要有⼀个婚姻,⼀个物质层⾯或者要有⼀个承诺要有⼀个肯定.这些就好像是你的拐杖⼀样.那你为什么要有⼀个拐杖? 就说明你的腿是没有⼒量的,明⽩吗? 所以现在只是让你看到你⾃⼰的双腿是没有⼒量的,所以你才需要拐杖,明⽩吗? 那你是不是就可以从⾃⾝出发? 我现在看到我的腿是没⼒的,那我就要开始锻炼了,让我的腿越来越有⼒量.⽽不是说这个⼈到底是换掉还是不换掉? 这个⼈我到底是要跟他好还是不好? 这个⼈我到底怎么处理? 因为不是这个⼈,因为这个⼈只是个导⽕线.

Without strength, you need a strong crutch to help you walk. If your legs are strong, would you need a crutch? You wouldn't need one. So, what is this 'crutch' you're referring to now? For instance, wanting a marriage, a material aspect or needing a commitment and certainty; these are like your crutches. But why do you need a crutch? It means that your legs lack strength, right? Therefore, it's just showing you that your own legs lack strength, so you need a crutch, right? Can't you start from yourself now? I can see my legs lacking in strength, so I should begin exercising to strengthen them. Rather than asking if this person should be replaced or not, if I should have a good relationship with them or not, how do I handle this situation? It's not about the person themselves; they are just a catalyst.

你内在到底是有⽕药还是没⽕药是你⾃⼰的状态.呢个导⽕线只是让你看到了你内在是有⽕药的还是没⽕药的⼀个状态,明⽩吗? 那是不是所有的点都回到你⾃⾝上⾯.是什么导致了你没有安全感? 是什么让你没有⼒量,你需要拐杖? 那是什么?

Whether the dynamite is within you or not is your own state. That fuse just shows you whether there's dynamite within you or not, right? Does that mean all the dots are back on yourself? What caused a lack of security for you? What made you feel powerless, like needing a cane? And what was that?

问: 就是感觉喜欢他又得不到他.没有给我安全感,没有给我…JO: 刚才说了很多遍,呢个安全感来⾃于你⾃⼰的腿有没有⼒量.因为你的腿没有⼒量你才需要拐杖.也就是说你内在是没有安全感你才需要他给你安全感.如果你本⾝就有,你不需要对⽅给你,你不需要任何⼈给你.

Questioner: It's like I like him but can't have him. He doesn't give me a sense of security or... JO: You've heard this before - the sense of security comes from your own strength. If your legs are weak, you need crutches because you lack confidence internally. That means it is because you don't feel secure that you require him to provide that安全感. If you already have it within yourself, you don't need someone else to give it to you; you don't need anyone else for this sense of security.

问: 我要怎么样才有安全感?

Questioner: How do I gain a sense of security?

JO: 你必须要知道是什么导致你没有安全感.你本⾝你从⽣下来…. 明⽩吗? 你⾃⼰有什么东西,你相信什么? 或者是有什么信念或者什么观念,有什么想法让你觉得你需要这些所谓的安全感.你需要去问你⾃⼰.

JO: You need to understand what causes your lack of security. You have something from birth... get it? What do you believe in yourself? Or maybe there are beliefs or concepts or thoughts that make you feel like you need this so-called security. You need to ask yourself this.

问: 我懂了.我问⼀下我⼉⼦,我要怎么教育他,他才会懂事更理解我?

Questioner: I understand. I'll ask my son, how should I educate him so he grows up to understand and appreciate me better?

JO: 什么叫懂事呢? 如果听你的话就叫懂事的话,那你能听你⾃⼰的话吗? 就⽐如说你告诉你⾃⼰,我要快乐,我要不⽣⽓,我要⾮常有安全感的⼀个状态,你告诉你⾃⼰.你能做到吗? 你如果你⾃⼰告诉你⾃⼰的话, 你都不能做到的话,你为什么希望你的孩⼦会你告诉他什么他就遵循什么? 因为你⾃⼰的⾁体你都做不到.

JO: What does it mean to be懂事 (understanding and reasonable)? If being obedient is considered懂事, can you listen to your own guidance? For example, if you tell yourself that I want happiness, I don't want to get angry, and I need a state of extreme security, can you achieve those for yourself? If not, why do you expect your child to follow whatever you tell them without question, considering you struggle with even giving yourself the advice you give others?

问: 我要怎么教育他才能对他好⼀点呢?

Questioner: How can I educate him to be kinder?

JO: 你稍等.你的这个孩⼦他还会继续的让你处在⼀种没有掌控感没有安全感,就是不能安稳的⼀个状态当中.就是说你跟他的⼀个关系也会像你跟你爱⼈的⼀个关系,他会把你内在的⼀些恐惧或者是内在的⼀些寻求安稳的这些给你拉出来.因为他的个性他的灵魂⾥⾯,他会是⼀个特别喜欢有挑战有风险的,就是去尝试⼀些⾼风险⾼危险的⼀些事情.就⽐如说像你们看到的特别喜欢飙车,就打⽐⽅啊,这些就是属于有风险的,对吧? ⽐如说去蹦极或者是呢种⽐较刺激的.然后他会⽐较喜欢尝试这些.然后他尝试这些又会把你带⼊到呢种,就是你会处处的去担⼼或者想要他去求安稳.你就会想要让他不要去做这些事情,就是到达⼀个安稳的状态.

JO: Wait a moment. Your child will continue to make you feel out of control and insecure, unable to find stability in the state he keeps you in. The dynamics between you two resemble those with your partner; he will surface some of your inner fears or desires for security due to his nature and soul's inclination towards challenges and risks. He enjoys taking on high-risk activities that might be perceived as dangerous. For instance, he may have a strong liking for speeding, which is an example of risky behavior. Similarly, he might enjoy activities like bungee jumping or anything thrilling, which he likes to try out. When engaging in such activities, it will lead you to feel anxious and wish for him to seek stability. You'll want him not to do these things, aiming for a state of calmness and security.

所以说这层关系又会把你带到⼀种像是⼀种着急或者是担忧这样⼦的⼀个状态.那为什么会出现这么⼀个孩⼦来,⽐如说你是⼀个想要安稳的,他是⼀个想要刺激想要风险的,为什么会是这样⼦呢? 因为这是你⾃⼰这⼀⽣内在想要处理的,就好像你内在本⾝就有呢种不安,没有安全感的因⼦在⾥⾯.你想要把它全部带出来.就好像你内在本⾝有很多垃圾,然后你想要把它引出来,然后处理.所以说它会就好像把你逼到极限,然后你就必须要去处理.就把你这些东西都给你逼出来,然后你就必须要去处理.来让你看到,来让你重新认识⽣命.其实你们⽣命从你们⽣下来的呢⼀刻起,你们就没有任何所谓的安全感存在,明⽩吗?

So this relationship will bring you to a state of urgency or concern. Why would such a child appear? For instance, if you desire stability, and he seeks excitement and risks, why is it like that? Because these are the aspects of your life that you need to handle internally; it's as though there's an inherent sense of unease and lack of security within you that you want to address. You're trying to bring all those feelings out. It's akin to having a lot of trash inside you, and you're attempting to expose and deal with it. So it pushes you to the brink, making you confront these issues head-on and process them in order to see your life anew actually, realizing that from birth, your existence lacks any sense of security at all.

因为你们从⽣下来的呢⼀刻起,你们的⾁体就踏上了探险之路.你们⾛上的就是这⼀条探险之路.所以这⼀条探险之路本⾝就充满了曲折波折刺激或者是风险的⼀个路.所以这⾥根本就没有所谓的安全感可⾔.如果你真的要所谓的安全感的话,你就不⽤去选择你的这个物质⾁体,明⽩吗?这么说吧,你变成⼀个物质⾁体就是⼀个实的东西.实的东西,你碰什么你都会得到碰撞.得到碰撞那你就没有在安稳.那如果你是⼀个空⽆的状态,你跟什么都撞不到的.你像空⽓⼀样,对吧?所以说你们只要拥有⾁体,你们就不会有呢种所谓的安全感.因为什么呢?因为你们的⾁体会变化呀.就好像你看着你们的⾷物,⽆论它多么新鲜或者是多么好看好吃好闻,它迟早会变质的,对吧?

Because from the moment you were born, your physical body has embarked on an adventure path. This is the path you've chosen to travel. Therefore, this adventurous path itself is full of twists and turns, excitement or risk. Thus, there's no such thing as security here. If you really want that sense of security, then you don't need to choose a physical body, understand? To put it simply, becoming a physical body is something tangible. A tangible thing, whatever you touch will cause collision. And if you're in an empty state, you won't collide with anything. You'd be like air, right? Thus, as long as you have a body, you won't experience that kind of sense of security because your body changes. For instance, when looking at your food, no matter how fresh or delicious it may seem, it will eventually go bad, correct?

那⽆论你这个⾁体是多么的好看或者是强壮或者是能量强⼤,它也会变质的呀.所以这是你们需要去认清楚的⼀个东西,你们的⾁体它会变质的.如果会变质的东西,你就不可能有所谓的⼀个安稳存在的,明⽩吗?所以说你想要得到安稳之前,你必须要放下所谓的安稳,明⽩吗?因为你放下它,你不去寻求它,不去寻找安稳.

That is to say, no matter how good, strong, or powerful in energy your physical body may be, it will still degrade over time. This is something you need to understand clearly: your physical body will degrade. If there's something that degrades, then stability cannot exist permanently; do you get this? Thus, before you can achieve stability, you must let go of the notion of stability; do you understand? Because by releasing it, you do not pursue it or seek stability.

问: 放下就是顺其⾃然?

Questioner: Letting go is allowing things to take their natural course?

JO: 就是你不去寻找安稳.因为你知道所有的⼀切都是在变化的当中.我怎么去寻求安稳,明⽩吗? 因为你每⼀天每⼀时刻,你的⾝体都在变化.就好像花,你想要它⼀直保持在盛开娇艳的状态,不可能的呀.为什么? ⽆论它开的多艳,它迟早会枯萎,它的花瓣会慢慢凋落的,明⽩吗? 那花凋落了有什么好处? 结果⼦呀,是吧? 那花期成熟了过后就有果实呀.那你能说我永远都只要花,不要果实? 明⽩吗? 那你结了果实,果⼦也会凋落呀.果⼦掉落下来,下⾯又有什么,你明⽩吗? 有种⼦.种⼦是什么? 新的⽣命,重⽣.所以说它每⼀个阶段都有⼀个礼物.⽽且每⼀个阶段都是重⽣,都是新⽣.那你说我只要花吗?

JO: It's because you don't seek stability. You understand that everything is in a state of constant change. How can I seek stability when I know that every day, every moment, your body undergoes transformations? Like flowers, you want them to remain always in their most vibrant and beautiful bloom, but it's impossible. Why? No matter how beautifully they blossom, they will eventually wither, and their petals will fade away. Do you understand? What good is there when the flower fades? To bear fruit, isn't it? The flowers mature and produce fruits. So can I say that I want to have only the beauty of the flowers and never bear any fruit? Do you understand? When you bear fruit, those fruits also wither and fall down. Underneath them, what awaits? You understand - seeds. What are seeds? They represent new life, rebirth. Therefore, every stage brings its gift. And each stage is a rebirth, a new beginning. So, can I say that I just want the beauty of the flowers but never want to bear fruit or experience rebirth?

我不要果⼦我也不要种⼦,明⽩吗? 所以说那你现在在这个阶段是什么? 是不安稳,没有安全感的⼀个状态.但是这是你转变的⼀个过程.为什么? 你现在就好像是花⼀样,你害怕它凋落.但是你知不知道你凋落了过后,你就是⼀个果实.也就是说你现在所谓的不安全感,等到你真正的去认识它了解它成为它过后,你就是⼀个果实.果实⽐花更诱⼈.为什么? 你看到⽔果你会流⼜⽔,对不对? 你看到花你不⼀定会流⼜⽔.也就是说这个花挺漂亮的,但是你看到果实你就忍不住想要吃它.它还给你⾝体很多很多营养,对不对? 所以你怎么知道… 如果你是在拒绝,就是你要安稳不要变化就好像是在拒绝果实.那你是不是就不是⼀个完整的⽣命.

I don't want fruits and I don't want seeds either, understand? Therefore, what are you at this stage? It's a state of being unstable, lacking security. But this is your transformation process. Why? You're like a flower now, afraid it will fade away. But do you know that after it fades, you become a fruit? In other words, your current state of insecurity will turn into a fruit when you truly understand and embrace it. Fruits are more tempting than flowers. Why? When you see fruits, you can't help but drool; whereas with flowers, this might not always happen. That means the flower is quite beautiful, but once you see the fruit, you can't resist wanting to eat it. It also provides your body with a lot of nutrients. So how do you know... If you're rejecting stability in favor of no change, you're essentially rejecting becoming a fruit. Thus, aren't you missing out on being a complete life?

那你拒绝果实,那你也不是⼀个种⼦,你也不会重⽣.你没有办法,以后你就这么想,你想要安稳你就好像你要拒绝这个果⼦结果,拒绝它开花,拒绝它成为种⼦重⽣,明⽩吗? 还有问题吗?

If you refuse the fruit, then you are not a seed either, and you will not be reborn. There's no way out for you; just keep this in mind from now on. If you want stability, it's like refusing to receive the fruit and therefore preventing it from blooming or becoming a seed to be reborn. Do you understand? Any questions?

问: 他要多⼤才懂事?

Questioner: How old does he have to be to understand?

JO: 什么叫懂事? ⾸先你们对懂事是有⼀个你们⾃⼰的⼀个,就是不要你操⼼.问: 不让我操⼼,我很苦.

JO: What does it mean to be懂事? First of all, you have your own understanding which is not to worry me. Questioner: Not letting me worry, I'm suffering a lot.

JO: 你苦吗? 你没有苦,明⽩吗? 你们最好的⽅式就是让他知道⽣命是充满了快乐喜悦,⽣命是在⼀个安全的状态下.这⾥都是丰盛,你要什么你就可以拥什么.这就是你能对他,就是展现出⽣命的美好.⽽不是告诉它⽣命多苦.为什么? 那你不是在告诉他你别活了.为什么? 活着是苦的.明⽩吗? 你就给它播下了绝望的种⼦.所以为什么要让他知道妈妈苦呢? 你要知道妈妈是快乐的,妈妈们很开⼼你能来到我的⽣命当中来给我展现⽣命.像妈妈这么胆⼩的⼈,你给我展现出⽣命即使在呢么充满危险的状态下也是安全的.这是多好的⼀个例⼦来给你展现,让你知道,让你热爱上⽣命,让你热爱上这⼀场冒险的游戏,让你热爱上⽣命的每⼀个阶段.

JO: Are you suffering? You don't suffer, do you understand? The best way for you to communicate this is by showing him that life is full of joy and happiness, that it is in a safe state. Here there's abundance; whatever you need, you can have it. This is what you should show him – the beauty of life – not how hard life is. Why would you tell him to stop living? Why say that life is suffering? Wouldn't you be planting seeds of despair into him? So why make him know that I suffer when you should let him know that Mom is happy, and that Moms are glad that you're here to show me the beauty of life? For someone as timid as Mom, you've shown how even in such a dangerous situation, life remains safe. This is a wonderful example for you to demonstrate, so he knows, loves life, loves this game of adventure, and loves every stage of life.

⽽不是说你理解我的苦,你不要去做任何.那你跟死了有什么区别? 那你就在杀死呢个⼈.为什么? 因为你告诉他别活着,活着是苦的.

And not that you understand my suffering, don't do anything either. What's the difference between you and death? You're just killing that person. Why would you do that? Because you told them to die, because living is painful for them.

# **2023/05/28 — 关节疼痛的原因Causes of Joint Pain**

问: 我全⾝关节疼痛⽼是好不了,能不能帮我疗愈⼀下?

Questioner: I have persistent joint pain all over my body that won't go away. Can you help me heal it?

JO: 你稍等.⾸先所谓的内风湿疼痛只是你们⾃⼰给你们⾃⼰⾝体的⼀些症状给它⼀个命名.所以呢,这个命名是不正确的.因为你们会把关节疼痛就觉得是这个.然后导致你⾝体会产⽣疼痛还是因为你⾃⼰的⼀个紧张能量.所以说你不要把它归类为⼀个所谓的风湿还是什么疼痛,明⽩吗? 所以说你⾃⼰在你的脑海⾥⾯你需要把它的名字改变.你不要告诉任何⼈或者告诉你⾃⼰,你是有风湿病的或者是任何.这个是因为你能量的⼀个紧张,也就是说你长期在⼀个紧张的状态.你没有在⼀个完完全全放松的⼀个状态.你⾃⼰想⼀下,你有没有什么时候,每⼀天或者是每⼏个⼩时是完完全全放松,就是头脑⾥⾯没有任何东西.

JO: Wait a moment. First of all, the so-called rheumatoid pain is just giving your body's symptoms a name that you give yourselves. So this naming is incorrect because you would equate joint pain with this. And then cause physical pain in your body due to your own tense energy. Therefore, do not categorize it as rheumatic pain or any other type of pain. Understand? Therefore, in your mind, you need to change the name for yourself. Do not tell anyone or tell yourself that you have rheumatoid disease or anything else. This is because of the tension in your energy, meaning you are constantly in a tense state over a long period. You are not in a completely relaxed state. Think about it; when did you feel fully relaxed every day, or every few hours, where your mind was completely empty?

就是没有任何让你操⼼,没有着急,没有焦虑,没有任何担⼼,没有任何念头,就是属于⼀个放松,去享受⽣命,就是⼀个完完全全享受的状态?

There's no worry to trouble you, no rush, no anxiety, no concern of any kind; it's all about complete relaxation, enjoying life, being in a state of total and pure enjoyment.

问: 没有,没有这个时间.

Questioner: No, there's no such time.

JO: 是.你想象⼀下,你⾃⼰的⾝体,就这个⾁体,哪怕是⼀个机器它如果⼀直在持续的运动当中,它是不是都是会过热? 呢个就会产⽣故障.那如果机器都会产⽣故障,你为什么觉得你的⾁体不会呢? 所以它不是⼀个器质性病变,器质性病变就是说你本⾝就是有问题.它不是的.它是属于你的⼀个能量堵塞,就是持续的⼀个紧张,⾼度紧张、压⼒、着急.就是完完全全没有任何时间.就⽐如说如果你每天焦虑的时间如果是三个⼩时.那你有⼗⼏个⼩时是放松的.那不会对你⾝体有什么影响.那如果你的⾝体⼆⼗四⼩时都是这个状态的话,那它肯定会敲警钟.就好像⼀个机器过热,那它也会出现故障,对不对? 那你的⾝体也在给你发出警报,明⽩吗?

JO: Yes. Imagine your body, this physical self, even if it's a machine that is continuously in motion, wouldn't it eventually overheat and malfunction? That would be akin to experiencing issues due to continuous operation. If machines can malfunction, why do you think your body won't? So, it's not an organic ailment; organic ailments imply there is something inherently wrong with your body. It isn't that way. It's a blockage of energy, sustained tension at high levels, stress, and urgency, where there is absolutely no downtime. For instance, if three hours of anxiety each day occur, then you have ten to twelve hours of relaxation in the same day. This won't affect your body negatively. However, if your body remains in this state for twenty-four hours a day, it will surely sound an alarm. Just like a machine overheating and malfunctioning, isn't that correct? Your body is also sending out alerts, do you understand?

所以如果你能⽤任何⽅式先让你的⾝体进⼊到放松的状态,就是头脑⾥⾯没有任何担⼼、担忧,没有任何像我明天怎么办,我明天还有什么事.没有任何这些,全部放下.就像你去做实验⼀样,然后完完全全的进⼊这种状态过后,你去感受⼀下.你的⾝体是不会有任何疼痛的.你的疼痛它是警报,滴滴滴滴.那当你不需要这个警报的时候,它就不会发出这个警报,明⽩吗? 所以你试着去放下你所有的对事情对将来,这么说吧,你就好像是⼀个时时刻刻警惕的⼀个状态,就好像猎⼈狩猎,就好像猎狗.你永远都是在看看看看,有什么东西要攻击我.就像是这样⼦.有什么东西我要处理,有什么东西我要忙.

So if you can in any way get your body into a state of relaxation, where there's no worry or concern in your mind, no questions like what am I going to do tomorrow or what else do I have to do? Nothing like this; everything is let go. It's like you're doing an experiment, then completely immerse yourself in that state and feel it out. Your body won't be experiencing any pain. The pain in your body acts as a warning signal, beep-beep. But when there's no need for this alarm to sound off, it doesn't do so; understand? So try letting go of all your thoughts about things and the future – you're always on high alert, like a hunter preparing for the hunt or like a dog waiting for prey. You constantly watch out, ready for anything that might attack you. It's just like this; there are things that need to be dealt with, tasks that demand attention.

那在这样⼦的⼀个状态,你想象⼀下,你就是⼀个⾼度紧张,你就是⼀个⼀直在消耗的状态.所以如果你能去转变你这种精神层⾯的⼀些紧张的能量,去放松.然后你会发现你的⾝体是完美的运作,就是它不会给你提醒.它现在只是在给你警报⽽已,明⽩吗? 所以那你现在你知道你需要疗愈的是什么.你不是需要这样的疗愈,是需要你⾃⼰调节你⾃⼰的⼀个⼼态.那你可以继续问问题,就是怎么样可以让你放松不去担忧?

In this state of high tension and constant consumption, imagine you are always on edge. So if you can transform the energy of your mental stress into relaxation, you'll notice that your body operates perfectly; it doesn't give warnings anymore. It's only sounding alarms now, understand? Therefore, you now know what you need to heal. You don't need this kind of healing; you need to adjust your own mindset. You can continue asking questions on how to relax and not worry.

问: 就是怎么样我的这个病就是好不了?

Questioner: How can I get better with my illness?

JO: 不是.这个不是病.就好像刚才我告诉你它就像警报⼀样.那你的警报好不了是什么原因? 是你需要有提醒你的东西呀.那如果你不需要这个提醒呢? 不需要这个警报呢?

JO: No, it's not a disease. It's like the alarm I just explained to you. Why can't your alarm work properly? Because you need something to remind you. But what if you don't need this reminder? What if you don't want this alarm?

问: 我家⾥的经济状况啊,孩⼦啊,⽼公啊,⽼是操⼼.⾃⼰⾝体状况受不了,就是⽼是很烦躁的这种状态.

Questioner: I'm always worrying about our family's finances, my children, and my husband. My physical condition can't take it; I'm just in a constant state of agitation.

JO: 那就像刚才告诉你,你不是⾝体有病好不了.你是因为你的⾝体给你警报告诉你,你的⾝体没有放松的时间,没有完完全全放松的时间.问: 那要怎么来放松?

JO: That's like what I told you just now; it's not that your body is ill and won't get better. It's because your body is giving you an alert telling you that your body doesn't have time to relax, doesn't have the complete time to relax.

Questioner: How can one relax?

JO: 这是需要你提⾼⾃⼰的认知,转变你的认知.因为你觉得所有的事情是需要你的头脑去操⼼它才能完成的.但是你看⼀下,你们旁边的植物,它呢颗种⼦播下去过后.你需要去操⼼,它才会发芽才会长叶才会结果吗? 它⾃然⽽然的就会.因为什么? 因为阳光、泥⼟、⾬⽔,所有东西它都是在呢⾥.它⾃然⽽然就会发芽开花结果.它不需要你额外的去操任何的⼼,明⽩吗? 那你们的⽣命也是⼀样的.你的孩⼦他选择来到你这个家庭,他就已经知道它

JO: This is about elevating your consciousness and transforming your understanding, because you believe that everything requires your mind to worry about it in order to be completed. But let's observe the plants next to you; after they've been planted with a seed, do you need to worry for them to sprout or grow leaves or bear fruit? They naturally just do. Why is that? Because of sunlight, soil, and water - all those elements are already in place. It's natural for them to sprout, bloom, and produce fruit without requiring extra concern from you, right? Similarly, your life operates the same way too. Your child chooses to come into this family, knowing it

⾃⼰是个什么.就⽐如说他是个萝⼘还是个⽩菜,是⼀棵桃树还是⼀棵杏⼦,明⽩吗? 它的这颗种⼦⾥⾯已经包含了将来会长出什么果实.他不需要你去操⼼,这个是桃⼦的果实,我要操⼼去把他变成菠萝.你觉得这个可能吗? 明⽩吗? 你就是在⼀种违背⾃然,违背原理,明⽩吗? 所以你的任何⼲涉它都是在违背.那如果你能认清楚,你能从万事万物、⽣命中的⼀切去观察到,你就不会去⽤你的头脑在过于的去⼲预.你的头脑它认为只有它去⼲预或者是在⼀种⼲预的状态下事情才会变好.

What you are is like whether he's a radish or a cabbage, a peach tree or an apricot, understand? The seed inside already contains what fruit it will grow. He doesn't need your concern, this is a peach, I have to worry about turning it into pineapple. Do you think that's possible? Understand? You are acting against nature, principles, understand? So any interference from you is in violation. If you can recognize this and observe everything in existence without overusing your mind to intervene, then you won't overly concern yourself with changing things. Your mind believes that only intervention leads to improvement.

问: (没听懂)JO: 你的⾝体它是很聪明的.当它加载或者超负荷运作的时候,它会给你警报的.它会给你滴滴发出警报的.

Questioner: (Did not understand) JO: Your body is very smart. When it's loading or overworking, it will give you an alert. It will sound like beeps to alert you.

问: 就是我要顺其⾃然,⾝体就不会疼痛了是吗?

Questioner: Am I just supposed to let things take their natural course and my body won't hurt anymore?

JO: 你必须要认识到所有外在的事情不是需要你去操⼼或者担忧它才会变好的.这是⼀个认知的问题.因为你们很多⼈,不只是你,都觉得事情需要你们操⼼、操劳、⼲预、它才会变好.你觉得你们的⽣命是这样运作的.但并不是.你看⼀下你们⼤⾃然中的花花草草、树⽊、长的很好的参天⼤树,需要哪个⼈去操劳它,明⽩吗? 所以你们⼈也是⼀样.他在选择来到这个世界上,他已经做好他的选择,他知道他的⽣命路线是怎么样安排的.所有的⼀切就好像⼀颗种⼦⼀样,它的路程、它的路线、它什么时候开花什么时候结果.你说你在担⼼,你就好像是说你的孩⼦现在刚长出嫩叶⼦,你就担⼼说你看别⼈的果⼦又⼤又红,你连果⼦都没有.别⼈已经活了多少年了?

JO: You must understand that all external matters do not need your concern or worry to improve. This is a matter of perception. Because many of you, including yourself, believe that things require your effort, labor, intervention, and only then will they improve. You perceive your life as being run this way. But it's not like that. Look at the plants and trees in nature, flourishing without any human effort or labor. Do you understand? Therefore, humans are also similar. They chose to come into this world, having made their choice already, knowing how their life path is arranged. Everything is like a seed, with its journey, route, when it blooms and when it bears fruit. You're worried about it, as if saying your child just sprouted tender leaves and you're concerned that others' fruits are big and red, but you haven't even gotten to the fruit stage yet. Others have lived for so many years?

呢棵果树已经长了⼗⼏年了,你这棵果树才长了⼏年,你能相⽐吗? 明⽩吗? 所以你是不是要允许它⽣命的⼀个⾃然的阶段? 那你允许了过后,你是不是就不需要去消耗你⾃⼰的(能量),让你在呢持续的运作,持续的运转.

This tree has been growing for over a dozen years. Your tree has only been growing for a few years; can you compare? Can you understand? So, are you going to allow it a natural stage of its life? After allowing that, don't you think you will no longer need to expend your own (energy) in maintaining this continuous operation?

问: 那我知道要放松,但是脑海总是在想这些,控制不住.

Questioner: I know I need to relax, but my mind keeps thinking about these things and I can't control it.

JO: 就是你知道⾃⼰不要去想这些,但是你还是会⽌不住的去想去担⼼去担忧是吗? 那你在你背后你还是有⼀个抓住不放的,你觉得你要去做些什么事情才会变好.这是你的⼀个信念.为什么你会抓住不放? 因为你觉得它会服务于你.你才会去⽤它.因为当你的头脑知道这个事情不能服务于你,你不可能再去抓住的,明⽩吗? 所以你需要⼀步⼀步的来让你的头脑…你把你的头脑当成像是⼀个孩⼦或者像是⼀个动物.你的头脑是条狗,你想象⼀下你要去教会这条狗⼀个习惯.因为它⼏⼗年它都是这样趴着吃,你要让它站着吃,你是不是需要时间慢慢来,让它有⼀个适应的过程.

JO: You know you shouldn't think about these things but you still can't help it. You worry and feel anxious, right? There's something in your mind that you're holding onto—some idea of what you need to do for the situation to get better. This is your belief. Why are you holding onto this belief? Because you think it serves you. That's why you rely on it. Your mind knows that this thing can't serve you, so there's no way you would hold onto it. Get it? You have to gradually help your mind understand and adjust—your mind is like a child or an animal. Your mind is like a dog that you're trying to teach a habit. It has been lying down to eat for decades, and now you want it to stand up. Don't you think you need time to train it, allowing it to adapt?

那你的头脑也是⼀样,它这么⼏⼗年看着旁边的⼈都是这么趴着吃,然后你也这么趴了⼏⼗年.那你马上要转换另外⼀个模式,你是不是需要给它⼀个过程.你是不是需要时间? 你是不是需要慢慢引导它? 所以说你也需要慢慢引导你的⾝体去接受这个新的… 这么说吧,所有的想法、观念,它就好像是⼀个程序⼀样.那你这个电脑⾥⾯有不同的程序,你就好像装另外⼀个程序进去⼀样,明⽩吗? 所以当你的头脑发现现在这个程序运作的很好的时候,它慢慢慢慢就不需要旧的呢个程序了.所以你也需要给你的⾁体给它⼀点证据让它看到,就⽐如说我今天没有担⼼我⼉⼦,他却做的很好.那我就今天不担⼼你.明天也不担⼼你.后天也不担⼼你.我越来越没有操⼼了.

Your mind is the same; it has been observing people eating this way for several decades and you have followed that pattern for the past several decades. Now, you want to switch to a different mode, which means your brain will require time to adapt to this new process. Do you need time? Will you need to guide it step by step? Hence, you also need to gradually guide your body to accept this novelty. Let me put it like this: all thoughts and ideas are akin to programs running on a computer. Your mind is equipped with different programs; you're essentially installing a new program into the system. Do you understand? When your mind realizes that the current program works well, it will eventually phase out the old one without needing it anymore. Similarly, you need to give your body evidence that shows improvements when you don't worry about things. For example, if I didn't fret over my son today and he did just fine, then tomorrow and the day after, why worry about you? Over time, my worries will lessen.

慢慢这样⼦,明⽩吗 ?慢慢你的⾝体… 你的⾝体它是为了保护你,它是为了最⼤程度的服务于你,保护你.

Slowly like this, understand? Slowly your body... Your body is for protecting you, it's for serving you to the greatest extent, protecting you.

问: 疼痛也是保护我是吧?

Questioner: Is pain also protecting me?

JO: 疼痛也是在给你提醒你在做不属于你的事情.就是有些事情不需要你操⼼.你只是需要这⼀个过程去认识.

JO: Pain is also giving you a reminder that you are doing something not yours. There are some things that don't need your concern. You just need this process to learn.

问: 慢慢的改变⾃⼰的想法、认知.慢慢的疼痛会消失?

Questioner: Gradually alter your thoughts and understanding. Will the pain gradually disappear?

JO: 你的疼痛是你的⽼师.它是你的⽼师.明⽩吗? 就好像你又偏了,你的注意⼒没在这⾥,那⽼师是不是打你⼀下.那疼痛就好像敲你⼀下,打你⼀下.那如果你⾃⼰不偏的话,它是不是就不需要打你了? 你⾛偏了.所以你不需要疗愈,你主要是转变你⾃⼰的⼀些观念.

JO: Your pain is your teacher. It's your teacher. Get it? Just like you're off track, your attention isn't here, and the teacher would hit you. The pain is like a tap on you, hitting you. If you aren't going off track, then why does it need to hit you? You are drifting away. So you don't need healing; mostly, you just need to shift some of your own beliefs.

# **2023/05/31 — 找不到⾃⼰的天赋怎么办How do you handle not finding your own talent**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我的天赋是什么? 为什么我总是感受不到?

Questioner: What are my talents? Why do I always feel unable to access them?

JO: 你很容易找到你的天赋.⾸先你的天赋没有任何限制.为什么呢? 你所谓的天赋就好像你做呢个是很在⾏很好很得⼼应⼿.那什么样⼦才能达到这样⼦的状态呢? 那就是你的⾝体就就好像是⼀个载体,你的⾝体只是⼀个⼯具,然后你连接的是你源头的能量,明⽩吗? 那怎么样才能把你的⾝体让它成为⼀个像载体像⼯具⼀样呢? 那你就在你⾃⼰的⽣活中去做你⾃⼰特别想要去做的事情,特别热爱的事情.然后你不断地去做不断地去做,慢慢慢慢你的⾝体就不断地被打通,就好像你是⼀个⽔管⼀样.你不断地再把它跟你源头的⽔连接.然后⾥⾯堵塞的东西慢慢拿掉,它就流出来了.

JO: It's very easy for you to find your talent. Firstly, your talent has no limitations. Why is that? Your so-called talent seems like you're doing it well and excellently proficient. What kind of state can achieve this level? That means your body acts as a carrier, your body is just an instrument, then connecting you with the energy from your source. Do you understand? How do you make your body become like a carrier or tool? You should do what you really want to do in your own life, things that you're particularly passionate about. Then keep doing it continuously and constantly, gradually your body gets unblocked over time, as if you are a pipe. Keep connecting it with the water from your source repeatedly. Then remove all obstructions inside slowly, allowing the flow of water to come out.

问: 这种说法我之前查⼀些资料就讲过.但是能不能再具体⼀点就是我⾃⼰更能发挥⾃⼰优势的⼀些地⽅?

Questioner: I have researched this topic before and mentioned it. However, could you please provide more specifics on the areas where I can better utilize my strengths?

JO: 你是想我们来告诉你应该从哪些⽅⾯.但是你要知道你才是主⼈.为什么呢? 因为⽆论你… 就这么说吧,前⾯有九⼗九个选择,⽆论你选择哪⼀个选择,⾸先你都是被⽀持的.⽽不是说这九⼗九个选择,你只有这⼀个选择才是属于你的,明⽩吗? 那你需要你⾃⼰对呢⼀个选择有多么强烈的愿望,就是你有多么强烈的想要去做什么.呢个才是最重要的.

JO: You're expecting us to tell you from which aspects to consider things. But you should understand that you are the master here. Why is that? Because no matter what… Let me put it this way, there are ninety-nine options ahead. Regardless of which one you choose, first and foremost, your choice will always be supported. It's not as if these ninety-nine choices, only one belongs to you, do you get it? You need to understand how strongly you desire a particular option, that is how much you want to achieve something. That's what truly matters.

问: 那⽐如说我和朋友⼀块去学习⼀个东西,我俩都是没有接触过.那他为什么⽐我进步的更快?

Questioner: For example, if my friend and I both go to learn something together, and we have no previous exposure to it. Why does he progress faster than me?

JO: 你们⼈类最⼤的问题就是你们总是喜欢⽐较.这么说吧,有的植物它是在春天疯长,有的是在冬天疯长,有的是在春天开花,有的是在冬天开花,明⽩吗? 那你可能你在这个阶段你的确是从外在看上去没有什么.这么说吧,你就好像是⼀棵树苗,你可能外在…. 别⼈都是在疯长,它可能⼀会⼉就长的很⾼很⾼了,就长了⼀两⽶了,然后你呢,你可能还是在发芽的状态.你就看着觉得你没有长.但是你的根却不断地不断地往地底下深⼊、扎根,明⽩吗? 所以说你⾸先要放下你跟任何⼈去⽐较任何.别⼈的特长、别⼈的优势,就是别⼈特别在⾏的,并不代表你⼀定要去跟他⼀样,明⽩吗? OK,那他可能成为⼀个职业的拳⼿,是吧?

JO: Your greatest problem as humans is that you always like to compare. Let me explain it this way: Some plants are crazy about growing in springtime, others during wintertime, some bloom in the spring, and others in winter. Understand? In this phase, you might not seem to be doing much externally. Picture yourself as a sapling; while everyone else is growing like crazy, yours might shoot up high within moments, reaching one or two meters tall, whereas you're still in the process of germinating. You might perceive that you haven't grown much externally. However, your roots are continually penetrating deeper into the ground. Understand? Therefore, first and foremost, don't compare yourself with anyone else in any aspect. Others' strengths, advantages, and what they excel at do not necessarily mean you should aim to be like them. Got it? Alright, he might become a professional fighter, right?

那你有可能成为⼀个给他们打分的裁判呢? 那你有可能是举办呢个拳击⽐赛的单位呢? 那你有可能是投资⽅呢,明⽩吗? 所以放下任何⽐较.因为⼀旦你开始去⽐较,你可能就会限制你⾃⼰,就是对你⾃⼰的⼀种限制.因为你会,⽐如说这棵植物它明明是像爬⼭虎呢样去四⾯⼋⽅的蔓延⽣长.你却说,你看呢棵植物都是朝上的,你也必须朝上.那你就违背了它⾃然的原理,就是它本⾝就是⼀个什么.所以你唯⼀能做的就是不去违背你本⾝,明⽩吗?就⽐如说你本⾝你这颗种⼦⾥⾯就包含你是什么样⼦.

Could you be a judge deciding their scores? Could you be the organizing unit for that boxing competition? Could you be an investor? Do you see it? So, put aside any comparisons. Because once you start comparing, you might limit yourself and restrict yourself, limiting your own potential. You'll end up forcing something unnatural onto what naturally is. For example, a plant clearly grows in all directions like a climbing vine, spreading out. But you say that this plant must only grow upwards too. That goes against its natural principle; it's just being what it inherently is. The only thing you can do is not violate your own nature, understand? Like how inside that seed contains who you are.

问: 那假如说我就想成为职业运动员,不想成为举办⼈.我还有这种可能性吗? JO: 那你还需要去⽐较吗?

Questioner: What if I just want to become a professional athlete and not an organizer? Is there still a possibility for me?

JO: Then you still need to compare, right?

问: 那如果不⽐较的话,⼀路去坚持的话.还会成为最顶尖的职业运动员吗?

Questioner: If not comparing and just persisting all the way, would one still become the top professional athlete?

JO: 什么叫顶尖? 你唯⼀的对⼿只有你⾃⼰.外在的⼀切它只是像镜⼦⾥⾯,或者是像天边的云⼀样,你没有任何对⼿,明⽩吗? 你唯⼀要不断突破的只有你⾃⼰.

JO: What does it mean to be at the top? Your only opponent is yourself. Everything external is like a mirror or clouds on the horizon; you have no opponents, understand? You are the only one you need to constantly surpass.

问: 那我还需要去定外在的⽬标吗? ⽐⽅说我要去拿哪个冠军之类的?

Questioner: But do I still need to set external goals? Like, for example, which championship should I aim for?

JO: 外在的⼀切它都可以成为⼀个,就好像你的化肥⼀样,养分.就⽐如说你是种⼦,你在⼟壤⾥⾯,那如果给你⼀些化肥你就长的更好.那外在的⼀切是不是都可以成为这种催化剂⼀样,它可以就是让你不断地不断地去突破⾃⼰,明⽩吗?

JO: Everything external can become one thing, like your fertilizer, providing nutrients. Imagine you are a seed in the soil; if you receive some fertilizer, you grow better. Can everything external function as this catalyst, constantly pushing you to surpass yourself?

问: 那如果要突破⾃⼰是不是需要⼀些外在的⽬标去⽀撑去证明? ⽐⽅说我的成绩会越来越好?

Questioner: But if one wants to surpass oneself, does it require external goals to support and prove oneself, for example, by ensuring that my grades keep improving?

JO: 这个是取决于你⾃⼰.你是独⼀⽆⼆的,什么对你来说work for you,就是它对你有效.你⾃⼰需要跟你的这个,就是believe systerm,就是跟你的信念系统,跟它去… 这么说吧,你的⾁体就像是⼀条狗⼀样,⼀个动物.然后你需要跟它去,你们俩… 你要训练这条狗,你怎么样把这条狗训练成冠军或者什么样什么样,激发它全部的潜能.那这是你这个主⼈和这只狗你们之间,你们才是最清楚的.为什么呢? 是你在训练这条狗,不是我们或者其他⼈来训这条狗.虽然我们告诉你狗有什么通性,你们⼈有什么通⾏,你有什么能⼒.但是⾄于是什么⼿段,那是between you跟这个狗之间的,明⽩吗?

JO: This depends on yourself. You are unique; whatever works for you is effective for it. You need to communicate with your belief system, or rather, your faith system. You must understand that your body is like a dog, an animal. Both of you need training. You have to train this dog in such a way that it becomes a champion or achieves its full potential. This process involves your relationship with the said dog; only you know how to do this because you are the one training the dog, not us or anyone else. Although we can provide general information about what dogs and humans share, as well as your capabilities, determining the right methods is something that needs to happen between you and the dog.

问: ⼤概吧.如果是这种观念的,那也就是说没有必要跟外在去⽐较.那如果我硬要去⽐较呢? 这个是我⾃寻烦恼呢? 还是有解决⽅法呢?

Questioner: Around that. If it's based on this concept, then there would be no need to compare with the external world. But what if I force myself to compare? Is it causing unnecessary trouble for me? Or is there a way to solve it?

JO: 你要去跟外在⽐较你就⽐较.为什么呢? 刚才不是说了,它们就像化肥⼀样给你养分,明⽩吗? 它可以助推你帮助你.这是⼀股能量,这是⼀股⼒.为什么呢? 因为当你去产⽣这个过后,它就好像是有⼀个能量它在促使你.但是你也要注意,因为它有可能也会让这股能量以负⾯的⽅式呈现出来,明⽩吗?就⽐如说这么说吧,因为如果你能明⽩外在其实没有对⼿.那你就是不断地⽤它的这个来激发你⾃⼰.那如果你把外在的对⼿当做是真实的,就⽐如说OK,那我给对⽅下点药.你攻击的是对⽅,你会觉得只要给他下点药,他变得很弱了过后,你就成为赢家了.所以说最重要的是外在的⼀切都不是你的对⼿,它只是供你来(突破的).

JO: You should compare with the external. Why? Earlier didn't you say that they are like fertilizer giving you nourishment, understand? It can boost and assist you. This is an energy, a force. Why? Because once you generate this, it's as if there's an energy driving you. But also be aware, because it might also manifest this energy in a negative way, understand? For instance, because if you realize that the external has no opponent, then you constantly use it to stimulate yourself. If you see your opponent externally as real, like okay, I'll give them something to weaken them. You're attacking the other party, thinking as long as you weaken them and they become weak, you become the winner. So, most importantly, everything external is not your opponent; it's just there for you to surpass (or transcend).

然后呢,你要知道外在的⼀切它都可以被你转化成能⼒,让你就像是⽕箭、飞机,就是任何能量来让你飞的更快,能量更强⼤.那你就知道你其实不断突破的只有你⾃⼰.⽽不是说你把过多的关注放在外在.因为你过多的关注放在外在的话,你们头脑就会想⼀些办法,如何如何.

Then you should understand that everything external can be transformed into power for you, allowing you to become like a rocket or airplane – any energy that helps you fly faster and with greater strength. You'll realize that the only limit you constantly surpass is yourself, not by focusing excessively on externals. Because if you do focus too much on externals, your mind will come up with strategies, figuring out how to make things work.

问: 那⼀件事情如果遇到的阻碍太多,想要放弃的时候.我怎样知道这个放弃是明智的还是需要再坚持⼀下?

Questioner: When facing too many obstacles and considering giving up on something, how do I know if the decision to give up is wise or if I should just hold on a little longer?

JO: ⾸先你⾃⼰的定义就有问题,⼀件事情阻碍太多.为什么是阻碍呢? 你能说你通往天国的阶梯,呢个梯⼦是阻碍吗,明⽩吗? 呢个明明就是你的路.为什么它是阻碍呢? 所以是你的定义有问题,⽽不是什么阻碍,什么放弃,明⽩吗? 你说你要过到呢个河对⾯.那这个桥是你的阻碍吗? 这个桥明明就是通往对⾯的⼀条路,明⽩吗? 所以它是来让你从这边到呢边.你选择来到这个物质世界,那你就必须需要这个过程.这个过程才是最重要的,⽽不是你所谓的阻碍.所以是你的定义它误导了你.为什么? 你现在给狗wrong information,给了它错误的指导、指令.那它是不是会产⽣错误的反应.

JO: First of all, your own definition has a problem—when you say something is obstructing too much. Why is it an obstruction? Could you explain why the staircase to heaven that you're referring to is considered an obstacle? Understandably, that staircase is actually your path. So why would it be considered an obstruction? This means there's an issue with your definition, not any obstacles or giving up. Do you understand? You say you want to cross this river. Is this bridge the obstacle for you? Clearly, this bridge serves as a way to get across, doesn't it? Therefore, its purpose is to allow you from one side to reach the other. You chose to come into this physical world and thus must undergo this process; this process is what's most important, not any supposed obstacles. So your definition has misguided you. Why would that be? You've given wrong information to a dog—erroneous guidance or instructions—and as a result, it might produce incorrect responses.

你刚刚在给你的⾝体⼀个错误的指令,这是阻碍,我要不要放弃? 这⼏个都是错误的指令,明⽩吗? 那你就必须给你这条狗正确的引导,正确的指令,它才会有正确的反应.所以并不是事情它阻不阻碍导致你想不想放弃,⽽是说你本⾝给它的order就是给它的命令,给它下的指令才是错误的.导致它不知道要进还是退,明⽩吗?

You are giving your body a wrong command just now, is this preventing you from progressing? Are you considering giving up because of these mistaken commands? You see, the issue isn't about whether circumstances prevent you from wanting to give up; it's that the instructions or commands you're providing to your dog (representing your actions or thoughts) are incorrect. This leads to confusion as to whether they should proceed or retreat, do you understand?

问: 那我怎么样才能去判断这个指令的正确与否呢?

Questioner: So, how can I determine whether this command is correct or not?

JO: 那通过你刚刚提问你就能知道你的问题不在于你是要进还是退,不在于你要放弃还是坚持.⽽在于你把这个从河这边通往河呢边的阶梯,你把呢个⼀步⼀步往上⾛的阶梯当做是阻碍,阻拦你去天国.它是帮助你去天国的,明⽩吗?

JO: That's how you can tell through your question that it doesn't matter if you're moving forward or backward, if you're giving up or persisting. The issue lies in perceiving the staircase leading from one side of the river to the other as an obstacle preventing you from reaching heaven. It actually aids your journey to heaven, understand?

问: 我的意思是,⽐如说我违法犯罪了,那我是要掉转⽅向的.这个怎么判断呢? 我触犯法律了.但是在⼀些我⽆法判断的事情上,我怎么样知道我是正确的呢?

Questioner: I mean, for example, if I break the law, then I should change my direction. How do you determine this? If I violate laws. But how can I know that I am right in some things I cannot judge myself?

JO: 这⾥没有任何⽆法判断的事情.⾸先你觉得⽆法判断,这也是你的⼀个错误的(观念).为什么呢? 因为你是在依靠你的头脑,就好像你来依靠这条狗来判断.呢个狗明明是要从主⼈呢⾥接受指令的,你却指望呢条狗来判断,明⽩吗? 所以说你必须要放下你的头脑要去判断哪边是正确还是错误,是进还是退.因为这不是狗的⼯作.

JO: There's nothing to be uncertain about here. First of all, you thinking that there's something uncertain is also a misunderstanding on your part. Why? Because you're relying on your mind, just like how you would rely on this dog to make judgments. The dog clearly needs to receive instructions from its owner, yet you expect the dog to judge for itself. Do you understand? Therefore, you must put aside your reliance on your mind to determine what is right or wrong, whether to advance or retreat. Because that's not the job of a dog.

问: 我也看过⼀些资料,他们说是靠内⼼.

Questioner: I've also seen some resources, they say it relies on one's inner self.

JO: 这么说吧,如果你太依赖这条狗的话,那你就忽略了主⼈.你就没有办法跟主⼈有很好的连接.那你跟主⼈达到连接过后,你们就是通的.就不会存在⼀个你所谓的⼀个就是狗去判断什么什么.然后所有在你眼前的没有任何是你的阻碍或者是苦难或者是来打到你的.它全部都是来让你去,就是全是通往天国的阶梯.就好像刚才你说的呢个问题,就⽐如说你把它当成是台阶、通往天国的阶梯,还是你要放弃还是不放弃.当你有两种不同的想法,你的⾝体是产⽣不同的频率,明⽩吗? 这么说,所谓的平⾏世界,你就选择了不同的地球版本,不同的平⾏世界,不同的呢个你,明⽩我意思吗?

JO: In other words, if you rely too much on this dog, you overlook the owner. You won't have a good connection with the owner. After achieving a connection with the owner, everything will be fine for both of you. There wouldn't exist any so-called judgment from the dog about what to do or not. Everything before you would no longer be an obstacle or hardship or anything that could stop you. Instead, it would all serve as steps towards heaven. Just like when you were talking about the problem earlier, comparing it to stepping stones leading to heaven, should you give up or not? When you have two different thoughts, your body produces different frequencies. Understand? This means that parallel worlds are essentially choices between different versions of Earth and different versions of yourself.

问: 道理我明⽩,但是执⾏上我就…JO: 这么说,你在当下你只要明⽩,OK,是我的定义错了.那我现在通过我们的对话,我现在知道这个是来助我的,不是阻碍.当你转变这个想法,你⾝体的⼒⽓就变了.就是⼀个来让你垂头丧⽓,⼀个来让你充满了战⽃⼒.你的⾝体的⼒量变了,你前⾯的困难它就变了.也就是说当你充满了⼒⽓,你去拿⼀百公⽄,它⼀下⼦就拿起来了.当你垂头丧⽓⼀点⼒⽓都没有的时候,你碰都碰不动.所以是你的⼀个能量状态决定了前⾯的重量是碰都碰不动,还是⼀下⼦轻轻的被拿起来,明⽩吗? ⽽不是呢个⼀百公⽄本⾝.因为你现在是在把⼀百公⽄本⾝把它给真实话.你觉得呢⼀百公⽄就是雷打不动的,它才是真实的.并不是.

Questioner: I understand the theory, but when it comes to implementation... JO: So you're saying that as long as you understand this in the moment, okay, my definition is flawed. Now through our conversation, I realize this is helping me rather than hindering me. When you change your mindset, the strength of your body changes. It's either to make you feel defeated and demotivated or to fill you with combat energy. Your physical strength changes, and thus the difficulties in front of you also change. In other words, when you are full of strength, picking up a 100-pound object becomes effortless. But when you are discouraged with no strength left, even touching it is impossible. So it's your energetic state that determines whether the weight in front of you can't be touched or if it can be lifted easily, right? Not because of the actual weight of the hundred pounds itself; you're now making it real by focusing on this particular weight. You believe a hundred pounds stays constant and that is reality, not anything else.

它到底重还是不重,它到底是像⼀根鹅⽑这么轻还是像⼀座⼭碰不动,它来⾃于、取决于你是⼀个什么样的状态,ok?

It is heavy or not, is it as light as a goose feather or as immovable as a mountain, depending on what state you are from and based on who you are, okay?

问: 那如果是信⼼这么重要,那假如是⼀万公⽄的巨⽯,我真的有可能把它拿起来吗?

Questioner: But if confidence is so important, would I really be able to lift a huge boulder weighing ten thousand kilograms?

JO: 为什么没有可能呢? 是你⾃⼰的想法限制了你,明⽩吗? 那你现在可能想着是⼀只⼿.那如果你是想去动它,那你是不是可以发掘机器? ⽐如说很多⼈跟你⼀起? 明⽩吗?

JO: Why can't it be possible? It's your own thoughts that are limiting you, do you understand? Now you might think of it as one hand. If you want to move it, why don't you explore the machine? Like with many people around you? Do you get it?

问: 那我如果就是想⽤⼿呢?

Questioner: But what if I want to use my hands?

JO: 那你发明⼀个机器,⽤键按,那它不是也起来了? 那也在⽤你的⼿啊.你为什么⼀定要去违背你的⼀个… 你⾸先你说的任何事情它都是在你们的物质世界的事情,你是通过物质⾁体.那在你们物质世界,你的⾁体和其它,它都是有受限制的,明⽩吗? 那你在说的这些东西,你是想要去突破你的限制.那也有可能啊,你脱离物质⾁体就可以了.就是你不要在这个⾁体⾥⾯.

JO: Then you create a machine, press the button and it rises up right? You're using your hand too. Why must you necessarily violate your... Whatever you say comes from your physical world's reality, you are through material flesh. In your physical world, both your body and others have limitations, do you understand? What you are trying to achieve is breaking these limitations. Yes, it might be possible for you to transcend the physical body. Essentially, you should not be confined within this body.

问: 是不是说有⼀些⼈他在突破极限突破不过去的时候,他是不是应该换个⽅向,不应该再坚持呢? 因为他的物理⾝体已经决定他⽆法再更近⼀步.

Questioner: Does it mean that when some people are unable to break through their limits, they should change direction instead of persisting, because their physical body has already determined that they cannot go any further?

JO: 你们体验物质世界最⼤的⼀个乐趣就在于你可以不断不断地去突破所谓的极限或者是打破你们⼈体所谓的⾃然规律,明⽩吗? 这也是你们的⼀部分的有意思的事情,明⽩吗? 你才是呢个来告诉这个物质世界,告诉我们how powerful you are,你到底有多强⼤,明⽩吗? ⽽不是外在.

JO: The greatest joy of experiencing the material world lies in your ability to constantly surpass所谓的limits or break the so-called natural laws governing your body, do you understand? This is also part of what makes it interesting for you. Do you get it? You are the one telling the material world and us how powerful you are, how strong you truly are, do you understand? Not something external.

问: 这个⾁体也是有极限吧?

Questioner: Is this physical body also limited?

JO: 你只要是这个⾁体,这个单纯的⾁体,它是有⾮常多的限制的.就⽐如说你觉得你从⼀万⽶的⾼空中下坠,你不会粉⾝碎⾻吗,明⽩吗?

JO: You, as this mere physical body, are limited in many ways. For example, if you were to fall from a height of 10,000 meters, would you not be crushed into pieces, understand?

问: 那如果我有信⼼的话,就是我就是摔不死.

If I have confidence, it's like I'm invincible and can't be defeated.

JO: 你有信⼼的话,你不会去尝试这个.你如果有信息的话,你为什么会去尝试这个呢? 你只有觉得我想要去试⼀下.那就是你不相信了,明⽩吗? 因为你为什么想要去挑战⼀个你坚信不疑的东西呢? 你只有在对它产⽣疑问,你不相信它你才会去尝试.你看吧,我来证明你是错的.为什么? 因为⽆论你觉得是什么,它就是什么.所以有什么好去挑战或者是去证明的呢? 明⽩吗? 这个事情你说了算,你相信什么是真的它就是真的,你相信什么是假的它就是假的.你没必要去跟JO或者是跟任何信息任何⼈去辩解.你没有必要.或者是去证明你是对的.为什么? 你永远都是对的,你本⾝就是对的.所以你不需要去证明任何.你们的精⼒不是⽤来浪费在证明.

JO: If you're confident, you wouldn't try this. If you have information, why would you go and try this? You only do it because you suspect I want to try it out. That means you don't trust me, right? Because why would you challenge something you firmly believe in? You only do it when there's a doubt, when you don't believe in it. See, I'm here to prove you wrong. Why? Because whatever you think it is, that's what it is. So what's the point of challenging or proving anything? Get it? This decision is yours; what you consider true becomes true for you and vice versa. There's no need to argue with JO or anyone about information or defend yourself. You don't have to. Or prove that you're right. Why? Because you're always right, inherently so. Therefore, there's nothing you need to prove. Your energy should not be wasted on proving things.

你来到这个世界上就是来证明别⼈是错误的,你是对的? 你本⾝就是对的,明⽩吗? ⽆论你如何去认为这个世界,它都会去按照你认为的呢个⽅式去显现和体验的,ok? 如果你觉得你是⼀个useless没有⽤,谁都⽐你强⼤,你就会体验到这个.

You come into this world to prove that others are wrong and you are right, isn't it? You yourself are right, understand? Whatever way you perceive the world, it will manifest and be experienced in accordance with your perception, alright? If you feel like you're useless and everyone is stronger than you, you will experience that.

问: 为什么我即使⽣活环境很顺,但是内⼼总是觉得有⼀块⽯头压着,总是快乐不起来? 持续好久了.

Questioner: Why do I feel like there's a heavy stone on my heart even though my life is going well, and I can't seem to be happy? This has been going on for a long time.

JO: 你所谓的顺,就是外在的条件或者是物质条件很好.然后它只是针对呢条狗.你就说为什么我给这条狗好吃的,给它舒适的环境,它总是来捣乱,总是感觉没有⼒⽓可以使,明⽩吗? 然后所以说你应该放下,⾸先从你的问题你就应该理解到你不是你的问题.呢个你不是你的⾁体,这个⾁体它就好像只是⼯具⼀样来供你使⽤的.所以说你所谓的物质条件好或者是外在条件好,这⼀切它只是针对你这个⾁体来说什么是好什么是不好.但是你们来到这个物质世界并不是来享受,就是去体验吃喝拉撒的,体验这个好的⼀部分的.你们更多的是来到这⾥你们有⼀个课题来供你去突破和体验的.

JO: The 'smoothness' you refer to is when external conditions or material conditions are good. It's just directed at that dog. You say, why do I give this dog delicious food and a comfortable environment but it always causes trouble? Why doesn't it seem to have the strength to stop doing this? Understandably, you should then say, you should let go of your issues because you're not actually the problem. The body is just an instrument for you to use. Hence, good material conditions or external conditions are only about what's considered good or bad for that body. However, coming into this physical world isn't to enjoy it but to experience things like eating, drinking, and so on – experiencing the good parts of life. Here, more importantly, there is a challenge for you to overcome and experience.

然后呢个课题当你完成了或者是当你在做,你才会… 呢才是你来到这⾥真正的⽬的.所以你现在呢股内在的感觉它就是推动你去找到呢个真正的你来到这⾥的⽬的.

Then that topic, once you finish it or when you're doing it, is... then it's what you've really come here for. So the inner feeling that you have right now is pushing you to find your true purpose of being here.

问: 那能看看我来到这⾥的⽬的是什么吗? JO: 你稍等.你叫什么名字?

Questioner: Can you tell me why I am here?

JO: Wait a minute. What's your name?

问: 我叫XX.

Questioner: I am XX.

JO: 你就好像是⼀个fighter,就好像是⼀个战⼠.然后你想要再去体验呢种越战越勇.这么说,你就好像是⼀个资深的武功⾼强的⼀个战⼠.你就不断地想要去fight,就好像战场上才能让你真正的感受到你的存在感,明⽩吗? 所以你只有真正的在fight的时候,你才能觉得你是活着.你才能真正的感受到⽣命,就是你是活着.不然你就觉得你像死了⼀样.所以任何让你觉得你是在⼀种你是在fight的状态都会让你觉得… 也就是说你想要再次体验你是在 fight… 这么说吧,你特别喜欢玩游戏,喜欢跟别⼈对打打⽃.然后你就想再⼀次的上战场去 fight去打⽃.

You seem like a fighter, a warrior. You desire to experience the thrill of getting stronger with each battle. In that sense, you're akin to an experienced and highly skilled warrior who continuously seeks out combat - believing true presence is only felt on the battlefield. This means you can truly feel alive only when engaging in fights; it's how you understand life. If not, you feel like you're dead. Therefore, anything that makes you feel like you're actively fighting invigorates you... Essentially, you want to relive those moments of combat... To put it another way, you particularly enjoy playing games and engaging in battles with others. You long to return to the battlefield for more fights.

然后你又选择这个物质⾁体,来穿上这个⾐服来继续fight,明⽩吗? 所以说你来就是玩的.所以只有你在真正的玩的时候,你才会觉得精神抖擞.

Then you choose this material body to put on this suit and continue the fight, understand? So you come here just for fun. Therefore, only when you are genuinely playing, will you feel refreshed and energetic.

问: 我总掉头发有什么办法能解决呢?

Questioner: What can I do about always losing my hair?

JO: 你稍等.你掉头发来⾃于你⾃⼰跟你⾃⼰有⼀种压⼒、压迫.就好像你在压迫你⾃⼰,压迫感,明⽩吗? 这么说吧,你看有⼀些鸡或者是鸟它会把⾃⼰的⽑给拔掉的呢种感觉.就好像你⾃⼰也是在做这种事情⼀样.那当你有新的⽬标过后,你这种现象就会改善了.因为你不再是⼀种压迫感,⽽是在⼀种释放你的能量的状态当中.就是做你⾃⼰,就是在have fun.

JO: Wait a moment. Your hair loss comes from self-pressure or pressure exerted by yourself upon yourself - as if you're pressing down on yourself, creating a sense of oppression. Do you understand? Imagine seeing chickens or birds pulling out their own feathers, and it feels like you are doing the same thing to yourself. Once you have new goals, this phenomenon will improve because you won't be under pressure anymore but rather releasing your energy in a state of self-expression and enjoyment. Just be yourself, enjoy yourself.

# **2023/05/31 — 总是感到莫名的悲伤怎么办How to Deal with Unexplained Sadness**

JO：你说吧,什么问题？问：我是觉得我⽗亲他,就是我们作为孩⼦感受不到他的爱.我觉得我们五个孩⼦作为孩⼦都特别痛苦.就是这期间我和我⽗亲作为这种⽗母和孩⼦的关系怎么之间感受不到爱？JO：您稍等,⾸先你要知道,你们需要放下作为⽗亲,就是来给孩⼦应该是什么关系,就⽐如说,作为⽗亲就应该爱孩⼦,疼孩⼦,或者是怎么样怎么样教育孩⼦……那有⼀些很多,就是你要知道,你们的⾁体来到这个世界,你们的灵魂来到这个世界,你们是为了体验的,体验才是最重要,为什么？那有很多关系,就是他们选择了⽗母,会去⽐如说⽗母会虐待孩⼦.为什么会选择这⼀层关系呢？因为这是有可能是单⼀⽗母的⼀个课程,为什么？他需要

JO: Speak up, what's the question? Questioner: I feel that my father, as a child, couldn't sense his love. I think all five of us children suffered greatly from this period. How do you and your father, as parents and children, not feel love during this relationship?

JO: Please wait, first you need to understand that you need to let go of the expectation that a father should be related to children in such-and-such way, for example, a father should love and care for their children or how they should educate them... There are many expectations here. You need to know that when your physical bodies come to this world, along with your souls coming into existence, you have arrived to experience things. Experience is the most important thing, why? There are various relationships, including choosing parents who might abuse their children. Why would someone choose such a relationship? Because it could be part of a single parent's course, why? They need

⼀个对象,来释放他⼼中的⼀个就是⼩虐待,就是所谓的恶嘛.你们内在的所有东西,都会通过物质显现出来.就是好像你们地底下的东西都需要沉上来,浮上来.来给你们体验,明⽩吗？也就是你们内在的东西,它都需要显化出来给你们体验.那他需要有⼀个东西,这么说吧,影⼦戏,就像那个⽪影戏⼀样.明⽩吗？问：明⽩.

One object to release what's in his heart, which is a little abuse, the so-called evil. All the things within you manifest themselves through matter. It's as if what's underground needs to rise up and surface for you to experience it, understand? That your internal things all need to be made visible for you to experience them. And he needs something like this: puppet theater, just like that shadow play. Understand? Questioner: Understand.

JO：所以说,并不是所有的亲⼦关系,都是以爱的⽅式呈现的,⽽是以各种⽅式.每⼀个灵魂他们的体验都是不⼀样的,没有任何是⼀样的.因为你们每⼀个个体都不⼀样,你们需要体验的,每个时间段也不⼀样,就⽐如说有可能你们最开始都是这种不友好的相处,但是他也会随着你们意识的转变⽽转变.那不是说每⼀个灵魂不⼀样,他每⼀个阶段都不⼀样.明⽩吗？所以他⼀直也是在变化当中的,那就算是体验被虐待或者是恶,也不是完全是他这⼀⽣的主题.关键在于你们如何去转变？你的意识的转变就会带来物质世界的呈现的转变,所以那你今天来找到了这个信息,你知道吗？你现在就掌握了.

JO: So, not all parent-child relationships are manifested in an affectionate way; they manifest in various ways. Each soul's experience is unique and entirely different because each individual is unique. Your experiences vary with the time of your journey. For example, you might initially have a hostile relationship, but as you change internally, so does your relationship. This doesn't mean every soul is different; rather, their stages are different. Do you understand? He/she undergoes constant transformation, and experiencing abuse or cruelty isn't his/her entire life's theme. The key lies in how you transform yourselves. Your internal transformation influences the changes in the material world. Therefore, by seeking this information today, you now have control over your journey.

就好像之前的那个船是别⼈,就是你顺着风,⼀会把你飘到这边,⼀会⼉飘到那边,你是被动的,对吧？那你今天选择了来找我们的信息.你就拿到了、你就握到了那个开船的那个⽅向盘,明⽩吗？你现在就掌握着,你这个船要开向什么⽅向,要以什么样的速度开.你现在就拿到了这个掌控权,明⽩吗？你现在就拿到了这个掌控权.为什么？因为你开始去探索你们之间的联系,探索你⽗亲的这个灵魂和你的灵魂,你们是如此共同的去转变.明⽩吗？所以说第⼀就是你要认清楚,你们所有的⼈的主题都不⼀样,⽽且每个阶段也都不⼀样,所以没有任何是相同的.所以你就会放下⼀个⽗亲就必须要怎么样怎么样.

It's like the previous ship was someone else; you were being carried along by the wind, sometimes here and then there, at the mercy of events, right? But today, when you sought out our information, you took control of the rudder. You now have command over where your ship is heading and how fast it's going. You've taken charge. Have you understood that? You're taking control because you started exploring the connections between yourselves, between your father's soul and yours. You're transforming together in such a unified way. So number one: you must realize that all of you have different themes and stages are unique; nothing is the same. Hence, you can no longer think that a father has to be something specific or follow any prescribed path.

明⽩吗？但是如果他来到你的⽣命当中,那你们彼此都是有礼物给对⽅的,是彼此,他有他的礼物送给你,你有你的礼物送给他.那他有可能就是让你体验到没有爱,这也是礼物,为什么呢？他会激发出你内在去想成为⼀个有爱的⼈.他会激发出你很多就是说你需要的体验.他会给你,那是你需要的.就好像OK,没有爱的⼀个⽗亲的呈现,那是你⽣命中的⼀个素材.这么说吧,你⼀幅画⾥⾯你需要⿊⾊,绿

Understand? But if he comes into your life, then you both give gifts to each other, are giving gifts back and forth. He has his gift for you, and you have your gift for him. It's possible that this could lead you to experience a lack of love - also a gift, why? Because it would stimulate within you the desire to be a loving person. It would present many experiences that you need. It gives you what you need. Like, no love from a father figure is one of the elements in your life's canvas. To put it simply: if you're missing black or green in your painting,

⾊,黄⾊,红⾊……就是所有的⾊彩,那你⾊彩越多的话,你来作画,你的选择、你能表达的就越多,是不是？你的画⾊彩就越丰富,对不对？问：对.

Color, yellow, red... all the colors are there. So, the more colors you have, the more choices you have when you paint, and the more you can express, right? Your painting will be richer in color, won't it? JO: Yes.

JO：所以如果你来到这个世界上,你只有⼀个颜⾊,只有⼀个⿊⾊.那你来做画,你这个画的选择性、表达性,是不是就特别那个什么了？所以⼀样的,那这个⿊⾊,虽然⿊⾊,OK,你们所有⼈都嫌弃⿊⾊,但是那个⿊⾊也可以在⼀幅画中,让它呈现出、让这幅画更加的饱满.明⽩吗？问：从理论层⾯,从头脑,就是从思维层⾯明⽩,在现实层⾯,⼀旦遇到他那种情况吧……

JO: So if you were to come into this world with only one color, just black, then how would your artistic choices and expressions be? Would they not have a certain limitation or peculiarity? Therefore, even though it's black, okay, everyone despises black. But within an artwork, the black can still enrich and make that piece more complete. Do you understand? Questioner: Theoretically, from cognition, i.e., at a mental level, does this concept make sense? But then in practical reality, when faced with his situation...

JO：你现在的情况,你现在是还不明⽩你来到这个世界上的主题是什么？也不知道他是如何服务于你,你如何服务于他,所以你还会⽤你旧有的记忆,你还活在你的记忆当中.但是这些东西感觉好像都是死的,就好像你是⼀个艺术家,你好像是⼀个画家,这些东西、这些素材,在你没有开始去创作之前,它都是死的.就好像⼀堆⼲的树枝,那⼀个艺术家可以把它变成⼀件艺术作品,那你在普通⼈,你还没有开始去做它之前,它就是⼀堆垃圾在那⼉.你们世界上,你可以看到很多,把垃圾变成⼀个精美的艺术品这种例⼦,这就⼀样的.⽬前你还没有开始创作,你还不是艺术家,那所有东西对你来说就是垃圾.它可能就是垃圾,你看不到的.你继续问.

JO: Your current state is that you are not clear about the theme of why you came to this world? You also don't know how it serves you and how you serve him, so you still use your old memories; you're still living in your memories. But these things feel like they're dead, just as if you were an artist, a painter, that material or those resources are dead before you start to create with them. They're like dry branches, something that an artist could turn into an artwork. Before you start doing it, for ordinary people, they're just trash lying there. In this world, you can see many examples of turning garbage into a beautiful piece of art, which is similar. You haven't started to create yet; you're not the artist; everything you have is just trash. It might be trash that you cannot see. Please keep asking.

问：就是因为这⼀层关系,我没有真正的看到相互对⽅给予的礼物,所以我感觉我整个⼈都是被困住了.

Because of this connection, I didn't truly see the gifts given by each other, so I feel like I'm completely trapped.

JO：你不⽤着急,你不⽤着急.问：在现实层⾯,我不会爱.

JO: You don't need to rush, you don't need to hurry. Questioner: On a practical level, I won't be in love.

JO：你不⽤着急,然后⼀定要……你不⽤着急着马上要去把它就是怎么样⼦的转变,为什么呢？因为你现在已经踏⼊这个门过后,就是你现在已经播下了⼀个种⼦,你播下了⼀个种⼦是什么？我要去探索我这⼀⽣的灵魂主题和我⽗亲的关系,OK,你这个种⼦播下过后,它就会长出来的.明⽩吗？那在这同时,你需要给它什么？你需要给它⼀些允许,就好像你播种是⼀样的,那你把种⼦播到地底下,你允不允许它去长,就是发芽,它内在产⽣变化？那你好像种⼦播下去,说我没看到有发芽呀,我没看到开花呀,我也没看到有结果呀,你这是骗⼈的.明⽩吗？你们物质世界需要这⼀个过程,这个过程才是最有意义的.

JO: You don't have to rush; then definitely you must...You shouldn't be in a hurry to immediately make the transformation of how things are. Why is that? Because after you've stepped into this door, meaning you've already sown a seed. What kind of seed have you sown? Exploring my life's soul theme and my relationship with my father, okay? When you plant this seed, it will grow. Do you understand? At the same time, what do you need to give it? You need to allow it, just like when you sow. If you throw a seed into the ground, are you allowing it to sprout, for it to germinate internally and undergo changes? And if you say you didn't see any sprouting, no flowers blooming, or fruits forming, that's a lie, right? You understand? In your physical world, this process is the most meaningful.

因为你感受到它的变化,你感受到⼀点点,你感受到它发芽了,然后让你看到了惊喜,让你看到了希望,让你看到了⽣命,然后你感觉它突破那个⼟地了,⼟壤了.你又看到了⽣命的⼒量,⼀点⼀点⼀点⼀点的,今天的叶⼦,慢慢叶⼦变得更绿了.哇,它的树枝越来越强壮了,这就是⽣命的过程.所以你现在只需要去相信和允许,还有就是说,任何时刻你想要得到指引,你都可以,你永远只要你伸⼿,你就会得到帮助,明⽩吗？你继续问.

Because you feel its transformation, you sense a little bit of it growing芽 out, and then you see the surprise, hope, life emerging. You perceive it piercing through the soil, experiencing vitality, layer by layer. Today's leaves are greener, gradually becoming more vibrant. Wow, its branches become stronger over time—this is the essence of life's journey. So all you need to do now is trust and accept this process. Remember, at any moment when you seek guidance, it is always available; just reach out, and help will come to you. Understand? Keep asking.

问：我和我⽗亲这层的关系,不仅影响我,也影响我和我伴侣的关系……JO：⾸先,你要把你刚才说的话全部收回去,OK,就算所谓的影响影响影响任何,那是像之前说的,那个船,它是随风飘的.但是现在,从现在开始,⽅向盘我放到你的⼿上了.明⽩吗？你现在决定你要朝什么⽅向,以什么速度去⾏驶这条船,你要去往哪边的风景？到底是⿊暗的风景还是向光的风景？是你来决定！为什么？不是你⽗亲来找我们？我们是光, OK,光是从你这边照亮的,那迟早会照亮你的⽗亲,照亮你的伴侣,明⽩吗？因为你是那个来取⽔、取⽕的⼈,你们之前⼀样是⿊暗当中的,他们也需要光.那你是那个来取⽕把的⼈,明⽩吗？我们是⽕,我们是光.

Questioner: The relationship between me and my father not only affects me but also impacts the dynamics of my relationship with my partner...

JO: First, you need to take back everything you just said, okay? Even any so-called influences are like a boat that floats with the wind. But from now on, starting right here, I'm putting the steering wheel in your hands. Do you understand? You now decide the direction and speed of this boat; where you want to go and what kind of scenery you're heading towards - darkness or light? It's your decision! Why is that so? Because it's not your father coming to us? We are the light, okay? The light shines from here, eventually lighting up your father and partner. Do you understand? You're the one fetching water and fire; both of you were in darkness before, and they also need light. You're the one bringing the torchlight; we are the fire and the light.

所以你现在就必须要放下,就是希望从你⽗亲改变,或者是你伴侣改变,或者是你是被动的,你没办法.你需要完全放下,为什么？因为是你来到

So you must let go now, meaning hoping for your father's change or your partner's change, or being passive because you can't do anything else. You need to completely let go, why? Because it's you who has come.

源头取⽔.你们之前都是⼜渴的⼈,你来到源头取光、取⽕照亮,对吧？所以现在是你⼿上拿着⽕把.你拿着⽕把,你还指望你的⽗亲来照亮你？你还指望你的伴侣来照亮你？明⽩吗？所以,从现在这⼀刻开始,你是那个举着⽕把的⼈,拿着光的⼈,⼿中捧着光的⼈.你决定你⾛到哪⾥？你亮到哪⾥？⽽且我们已经告诉你,你现在找到了⽅向,哪⾥有光了,对吧？你找到哪⾥有⽔源了,对吧？然后你已经知道,OK,我这次需要⽔,那我这边打⽔,我下次需要⽔,我也可以打⽔,为什么？这个源头就在这⾥,你任何时刻可以回来取⽔.明⽩吗？直到你⾃⼰内在不需要取⽔了,为什么？你内在的⽔源已经被打开了！明⽩吗？你继续问.

Source water extraction. You were all thirsty people before; you came to the source to take light and fire, to illuminate, right? So now it's your hand holding the torch, isn't it? You're holding the torch and still expect your father to light your way, or your partner to be your guide? Understand? Therefore, from this moment on, you are the one carrying the torch, holding the light, and cradling the source of light in your hands. You decide where you walk and where the light reaches. And we've already told you that you have found direction, the source of light, haven't we? You found where the water is available, right? Then you know: okay, I need water this time, so I fetch it here; if needed next time, I can do the same; why? Because the source is here and you can come back at any moment to take water. Understand? Until you no longer feel the need to take water from within yourself, because your inner water source has been unlocked! Understand? Keep asking.

问：我就是对我⾃⼰此⽣的⼀个天赋使命,还是有很多的迷茫.

Questioner: I am either fulfilling a divine mission in this life, or I have a lot of confusion about it.

JO：好,你稍等,你想要知道你这⼀⽣来到这个世界上的灵魂主题是什么,是吧？问：对的.

JO: Alright, you wait a moment. You want to know what is the soul theme of your life that brought you to this world, right? Questioner: Yes.

JO：你叫什么名字？问：我叫x x xJO：xxx,⾸先你是⼀个能量强⼤的,就是很有远⼤抱负的,就是⼀个⼼中有强烈的愿望,也有强⼤的能量.所以你来到这个世界上,主要是想要更多的去帮助更多的⼈.

JO: What's your name? Questioner: I'm x x x. JO: X x x, first of all, you are powerful in energy and have great aspirations. You're someone with a strong desire deep inside you and possess great power. That's why you came to this world primarily wanting to help more people.

就⽐如说,有很多就是很困难的⼈,然后你想要去帮助他们,为什么？因为你内在的能量很强⼤,就好像你是⼀个武功⾼强的⼈,有很多弱者,然后有很多就是⼒量弱的⼈,⽼弱病残那种⼈,你就特别想要去帮助他们,所以你⼀定要去朝你的⽅向,就是如果你把⾃⼰就是发展的越来越壮⼤的话,那你就会庇护,就会就是让更多的⼈受益,所以⽆论你想要朝什么⽅向发展,你都全⼒的去允许你⾃⼰肆意的发展,因为⽆论你发展到多⼤,你就会受益,就是⽆论你这个⽕有多旺,那你就会照亮多少.⽆论你的光有多亮,你就会照亮多少.明⽩吗？所以要把⼀切就是对你的阻碍,或者是像你刚刚说的,你没有得到爱,或者是什么什么的,把这些转化成更强烈的散播你的爱.

For instance, there are many people who face great difficulties, and you want to help them for what reason? Because your inner energy is strong; it's like you're a skilled martial artist protecting the weak against powerful individuals or those with less strength, the elderly, the sick, and the disabled. You particularly want to assist them because you understand their need. Therefore, you are determined to move towards this direction - if you continue to grow stronger, you'll provide protection and benefit more people. Regardless of what path you wish to pursue, fully allow yourself to flourish without constraints, because no matter how big your growth becomes, it will benefit others. Just as a burning flame illuminates its surroundings regardless of its intensity; the brightness of your light illuminates whatever it reaches. Do you understand? So, instead of allowing any barriers or feelings like not receiving love to hinder you, transform these into powerful acts of spreading love.

明⽩吗？就好像你这么想着,你⽗亲没有给你爱,那么你就知道爱有多重要,那你就想要把你的爱给所有那种没有得到爱的⼈,就⽐如说有很多孩⼦没有得到⾃⼰⽗母的爱,你也曾是个孩⼦,你也经历过这些,所以你知道爱有多重要.明⽩吗？所以你想要给他们,他们从⽗母哪⾥没有得到的东西.然后这就是⼀股你把它正⾯的去转化,明

Understand? Just as you thought that your father didn't love you, then you would know how important love is. This made you want to give all the love to those who haven't received it before. For example, there are many children who didn't receive their parents' love. You were once a child too, and went through this yourself. So, you understand how important love is. Understand? Therefore, you want to provide them with what they missed from their parents. And then, you transform this energy in a positive way, understanding the power of empathy and compassion.

⽩吗？所以说,就像这么说吧,我这边是源头,源头我这边,有⽆限的黄⾦,我⽆限的钱,那你想拿多少就拿多少,尽可能拿最多,为什么？因为你有⼀股想要去把它全部奉献出去的⼀个那个愿⼒.明⽩吗？问：我也在朝着这⽅⾯⼉,正在在这个路上⾛着.但是我不坚定,我不确定,因为⾃⼰不确信.

White? So, like this way of saying it, I'm the source here, the origin from where I have unlimited gold and infinite money. You can take as much as you want, try to take as much as possible because you're driven by a strong desire to give everything away. Do you understand? Questioner: I am moving in that direction, walking on this path. But I'm not firm, unsure, because I don't have confidence in myself.

JO：你不需要任何的去怀疑你⾃⼰或者防范你⾃⼰,为什么？因为你本⾝来到这个世界上,你就选择了去⽤你的所有能量和⼒量去把它全部给它就是洒出去,就是播散、播放出去.所以你只需要就是去允许,然后就是发更⼤的⼼愿、愿⼒.明⽩吗？然后把所有的⼀切的就是像这种事情,就⽐如说你经历到那种,然后转化成更⼤的动⼒.因为你才是那个举着⽕把的⼈,因为当你放下你需要从你的爱⼈,或者你的⽗亲,或者是其他亲⼈那边获取爱的时候,

JO: You don't need to doubt or protect yourself for any reason; why? Because when you come into this world, you choose to use all your energy and power to give it all out, spreading it. So, you just allow, then wish even more. Do you understand? Then transform everything like this situation into greater force because you are the one holding the torch. Because when you let go of needing love from your lover, or your father, or other relatives,

你要知道他们也是期待爱的,他们也是在⿊暗中,你才是拿着⽕把的⼈.⽽不是你想要从他们那⾥拿到⽕把.明⽩吗？你继续问.

You must understand that they also yearn for love; they are in the dark too; you're the one holding the torch, not the other way around. Got it? Keep asking.

问：我就觉察到了,我在⽣活中,对异性有⼀定的防范和攻击性,这⼀点其实对我⽣活有很⼤的影响,我觉察到了,是不是和我跟我⽗亲的关系有关？JO：你想要知道你对异性有防范性和攻性,攻击性,你想要知道,你稍等.这个来⾃于你⾃⼰,就是没有处理掉的⼀些能量积累.是你,它跟你的⽗亲和任何⼈没有关系,为什么？因为你们所有⼈,你们⾸先是个灵魂,对吧？你的灵魂就好像是⼀颗种⼦,就是你这颗种⼦⾥

Questioner: I've noticed that in my life, I exhibit some level of caution and aggression towards the opposite sex. This actually has a significant impact on my life. Did this issue stem from my relationship with my father?

JO: You're wondering if your tendency to be cautious and aggressive towards the opposite sex is related to your relationship with your father? Let me clarify that this comes from within you, as it's due to unprocessed energy that you've accumulated. It originates from you, not from any external person like your father. Why is that? Well, all of you first are souls, right? Your soul resembles a seed, meaning the essence of who you are stems from that seed in you.

⾯它携带的.所以它是跟你⾃⾝的⼀个能量有关系,⽽不是跟外在的任何什么导致的有关系,明⽩吗？问：那我如何在⽣命中转化它呢？要不然这对我的⼯作都是有很⼤的影响,因为牵扯到配合呀,协作这⼀块.

It carries the essence of its own energy, not something external. You understand? Now, how do I transform it in my life so that it doesn't have a significant impact on my work, particularly since it involves coordination and cooperation?

JO：你需要具体的说⼀下,就⽐如你会……问：⽐如说我在⼯作中,就是跟异性进⾏协作的时候,我就很容易爆发,然后就是很强烈的那种攻击性,那种语⾔呀,⾏为呀,就是那种愤怒,很容易发脾⽓,愤怒,有时候我⾃⼰都觉得,哎呀我怎么会这样啊,这么⼤⼀点⼉事⼉,怎么会有这么⼤的情绪,但是发现在⽣活中这种场景反复出现.

JO: You need to provide more specifics, for example, you would... Questioner: For instance, when working with the opposite sex or collaborating with them, I tend to become very aggressive, displaying strong anger through my language and actions. My frustration and anger are easily unleashed, often resulting in outbursts. Sometimes, even I find it surprising how intense my reactions can be over seemingly minor issues. The frustrating thing is that I realize this behavior keeps recurring in different contexts within my life.

JO：那为什么你会对同性不会有呢？问：是呀,我觉得我对同性这⼀块可以商量呀……JO：您稍等,您稍等,因为前⾯有⼀个主题是说,你就是保护弱者,说你这⼀⽣来到这个世界上,你对⽼弱病残就是弱者的东西,你就会对他们产⽣强⼤的⼀种就是保护欲,想要去帮助他们,明⽩吗？所以说在你⼼⽬中,你就把⼥性可能就当成了弱者,把男性就当成了跟你⼀样,是拥有强⼤的那个什么什么的,那你对他们就⽐如说对男性,你觉得他们是强⼤的,那你就会对他们有⼀种期望.就是说,⽐如说我觉得你就应该去正义,你就应该去帮助别

JO: Why not for same-sex? Questioner: Well, I think I can negotiate with the same sex part... JO: Just hold on a moment, please wait a bit. Because there's a theme earlier that says you're protecting the weak - your life, you come to this world and you see old people, sick people, disabled ones as all being weak, so you feel this strong urge to protect them and help them, right? So in your mind, women might be seen as weak, while men are like equals who possess some kind of power or ability. Therefore, for males, since you perceive them as powerful, you would have certain expectations for them. Like, I think you should uphold justice, you should help others...

⼈,为什么？因为你强⼤,你就对他们会有⼀种期望,就觉得他们应该怎么样怎么样.然后你就希望他们能做到怎么样怎么样,然后这个是因为什么呢？是因为你内在,你内在,你想⼀下,你对你⾃⼰的⼀个期望.所有所有的东西,你都回到你⾃⾝上⾯去.⽐如说你对你内在,你是觉得你需要去保护弱者,然后去帮助.然后这是你⾃⼰对你内在的⼀个就好像是要求⼀样.你是强⼤的,你要去帮助那些弱者什么什么的.所以你就投射到外界.明⽩吗？你唯⼀需要放下的是你对你⾃⼰的那种就好像是要求,你的⾃我要求,你对你⾃⼰有⼀个要求.

Human, why? Because you are powerful, you have expectations of them and feel that they should behave in certain ways. Then, you expect them to live up to those expectations. Why is this the case? It's because you have an inner expectation of yourself. All your expectations boil down to self-imposition. For instance, you might feel a need to protect the weak and help them. This is akin to setting requirements for yourself from within. Being powerful, you wish to assist the weak or similar entities. You then project this onto others. The only thing you need to let go of is your own, self-imposed expectations of yourself – your self-restriction, essentially, how you demand certain behaviors from yourself.

那这个要求你怎么样才能放下呢？就是：我本⾝就是！我本⾝就是！你想⼀下,如果你本⾝就是⼀个绅⼠,那你不会要求你⾃⼰需要不随地吐痰,不要说脏话,你才是个绅⼠,明⽩吗？你知道这层意思吗？如果你本⾝就是神,你不会要求你必须要有智慧,要什么样,要善良要怎么样,要帮助⼈类,你才是个神,你⽆论化成什么模样,你就是神.也就是说,你⽆论我今天对这个⼈我不出⼿,就是我没有帮他,我还是⼀个就像我说的,善良的⼈,我还是⼀个有爱的⼈,我不会因为我今天没有出⼿,然后我就不是个善良的⼈,我没有爱⼼,去评判⾃⼰.明⽩吗？因为你知道你⽆论怎么样都不会错,你今天不出⼿.那你有可能是因为

This question asks how you can let go of this requirement. Imagine if you are already a gentleman – you wouldn't require yourself not to spit gum everywhere or refrain from using vulgar language; you'd be one just naturally, right? Do you understand the implication behind that? If you're already divine, you wouldn't demand that you must possess wisdom or exhibit certain qualities, like being kind and aiding humans; in essence, you are divine regardless of your form. That is, no matter if I don't act today toward someone - meaning that I didn't help them – I'm still the kind person, and loving person as I say, without self-judging myself based on my lack of action today. Can you understand? Because you know you can never be wrong in any form; even not helping out today doesn't change your nature. The reason for this behavior could potentially be...

我今天没有出⼿,OK,我明天后天我会加倍的出⼿,我今天没有出⼿,为什么？我⾃⼰都需要保证我⾃⼰有⽔喝,我没有把⽔放出去,为什么？我这边是源头.

I didn't act today, alright? I'll double my efforts tomorrow and the day after. Why didn't I act today? Because even myself needs to ensure that I have water, why wouldn't I release any water? Because this is the source here.

那我需要我⾃⼰在⼀个平衡的状态下,我才能持续的去取⽔,我如果把我最后的⼀点⽔给了你,那我可能不能存活下去,我不能存活下去,我还有千千万万的⼈等着我送⽔,明⽩吗？我今天不给那个⽔,那个⼈不会死掉,对不对？为什么？他从我这⾥没要到,他会从其他⼈那⾥要到⽔,还有其他源头呢？但是呢,如果我把我仅有的⼀个⽔给出去了,我饿死了,我渴死了,我渴死了过后,我将来的任务是要给成千上万的⼈送⽔,那是不是耽误了那成千上万⼈都找不到⽔了？你明⽩这层意思吗？所以你当下的⼀个没有去⾏动的⼀个⾏为,你也是对的,你也是对的,你⽆论怎么样都不会出错,所以你就需要对⾃⼰有⼀个全然的信任和允许.

That's why I need to be in a balanced state for me to continue fetching water. If I were to give you my last drop of water, I might not survive. There are countless others who rely on me for water, do you understand? If I don't provide the water today, that person won't die; right? Why is this so? They can get water from someone else or other sources if they cannot obtain it from me. But what happens if I were to give away my only remaining water? I would starve and thirst to death. After dying of thirst, I would be responsible for delivering water to thousands more in the future. Wouldn't that delay the provision of water for those thousands who are still in need? Do you understand this implication? Hence, your not taking action is also correct; it won't lead to mistakes under any circumstances. Therefore, you must trust and allow yourself entirely.

哪怕你是没有把⽔分享给⼈家,你⼿上有⽔,你也是对的.就⽐如说你现在你就会评判你⾃⼰,我不应该,为什么？看到⼈家要渴死了,我都没有把⽔递出去.你要知道,他从你这边没有找到⽔,他转头可以去另外⼀个地⽅找到⽔的呀,因为他本⾝就到处找⽔,他说不定只是来试探⼀下,有⽔就有,没有算了,为什么？我隔壁能找到呀.但是你离开那个⽔不⾏,明⽩吗？所以如果当你放下了这个过后,你便对⾃⼰不会有任何评判,你对你⾃⼰不会有评判,你就不会攻击外在的,为什么？你所有的⾏为,攻击外在的任何,其实你都是对⾃我的,你都是⾃我的⼀个投射⽽已,你是在攻击⾃⼰的⼀部分.

Even if you didn't share water with others and you have the water in your hands, you're still right. For example, you would be judging yourself now, "I shouldn't," but why? Seeing someone dying of thirst, I didn't even pass the water to them. You need to understand that had they not found water here, they could simply turn their head and find water elsewhere because they are looking for water everywhere already. They might have just come to check if there's any; if there is, then great, but if not, so be it – why? I can find water next door after all. But you can't leave the water behind, understand? Therefore, once you let go of this judgment, you won't judge yourself at all, you will stop judging your own self and therefore won't attack the external world. Why is that? All your actions attacking what's outside are actually attacks on yourself; they're merely projections of your inner self attacking a part of itself.

问：其实我意识到了这点,就是我其实是在攻击⾃⼰,⽽投射到外界别⼈⾝上,我从理论层⾯这⼀点我知道,所以就更加痛苦.哈哈哈哈JO：所以刚才那⼀段信息你反复听,你就明⽩了,你就会明⽩你⾃⼰永远不会出错的.刚前⾯的信息也说到了,你要允许你⾃⼰去拿,As much is you want,就是你能拿到多少就拿多少,为什么？因为你会完全会把它送出去,因为这就是你来此⽣的⽬的.你违背不了,还有问题吗？

Questioner: Actually, I'm aware of this point - that I'm attacking myself and projecting it onto others. From a theoretical standpoint, I understand this, which only makes me more痛苦. HahaHaHa JO: So, when you listen to that piece of information again, you'll understand that you will never make a mistake. This was mentioned earlier as well; you should allow yourself to take what you want - as much as you want. Why? Because you would completely give it away, because this is your purpose in this life. You can't defy it. Any questions?

问：就是我和我母亲之间哈,我感觉我的灵魂层⾯就是承接了很多的她的悲伤,我就会感觉莫名其妙的悲伤,就⽐如说看见⼀个流浪的⼩猫⼩狗,受伤了,或者是瘦的可怜那种,就感觉⼼⾥好难过好难过.

Questioner: It's between me and my mother, I feel that in the deepest part of my soul, she has passed on a lot of her sadness to me. As a result, I inexplicably feel sad, for instance when I see a homeless cat or dog, injured or so thin it's pitiful, and I feel an overwhelming sense of heartache.

JO：那你回到刚才你的灵魂主题呢？你本⾝来就是帮助这些⽼弱病残的,因为你拥有,明⽩吗？那所以,这是⼀个正常的反应啊,你如果来就是根据你的灵魂主体来看的话,不是吗？问：但是想到这个现实层⾯,就是很多的悲伤这个感觉,也是有⼀点让⾃⼰下坠,⾃⼰的能量层⾯在下坠,有时候感觉,就是我到⼀种什么情况,就是我到外边⼉⼩区去散步吧,我就可害怕碰见流浪猫猫,流浪⼩狗,就可害怕,就那种感觉,我觉得就有点⼉影响我的⽣活了,就是这个灵魂层⾯的这种很⼤很⼤的悲伤,我感觉我母亲也有.

JO: So, you returned to the topic of your soul just now, correct? You inherently come to help the elderly, sick, and disabled because of what you possess, right? Therefore, this is a normal reaction. If we consider your soul's essence, isn't it true that you would respond like this if your intention was to do so based on your soul's essence?

Questioner: But thinking about this reality layer, the feeling of much sorrow does somewhat drag me down, affecting my energy level and sometimes making me feel scared when I go outside to walk in the neighborhood. This feeling makes me feel as though it impacts my life. The great sadness at this soul level feels like something my mother also experiences.

JO：你的问题是什么,你想要如何的转化？问：转化这个,就这个怜悯⼼啊,这个都也是正常的哈,但是有时候就是我觉得……JO：⾸先这么说吧,⾸先这么说,你要知道,你的所有的情绪,就⽐如说你感受到那个就是所谓的⼀个悲伤,就是看到这些怜悯的⼼,然后所有的这些东西,所有的这些东西,它都是⼀个能量,那所有的能量,它就好像是天边的云,它⼀直在变化当中,⼀直在变化当中,就

JO: What is your question? How do you want to transform it? Questioner: Transforming this, the compassion thing, is normal but sometimes I feel... JO: To begin with, let's say this first, that all of your emotions are like feeling sadness when you see someone experiencing compassion. All these feelings form energy, and all energies behave like clouds in the sky; they continuously change.

好像是过眼云烟,就眼前的云嘛,或者是眼前的⽔,它不断的在流,不断的流,你只是允许它从你⾝体上⾯流过,你只是允许它流过,你不需要去做任何动作,你不需要去fight,你不需要就是去抗拒,我⼀定要不让我⼼⾥产⽣任何就是什么悲伤的感觉,这是不可能的.明⽩吗？那我不要让我的⾝体产⽣愤怒的感觉,也是不可能的.你只是需要去明⽩,这些东西,它不是你.就是它产⽣的这些东西,不是不是,就是怎么说,你就像旁观者⼀样,这么说吧,你就好像你脚下的影⼦,你会去想要办法把它给消灭吗？你没有办法,你⾛到哪⾥,影⼦就在哪⾥,但是影⼦不会给你带来任何影响和困扰.

It's like a fleeting cloud or water right in front of you; it constantly flows, constantly moving, allowing it to pass through your body without doing anything. You don't need to fight against it or resist—it's impossible to prevent feelings like sadness from arising within yourself. Similarly, it's also impossible not to feel anger towards something within oneself. All you have to do is understand that these emotions aren't inherently yours; they're just passing phenomena. To put it another way, you are like a bystander observing your own shadow as if you would try to eliminate it; it's inevitable—it will follow you wherever you go, but it won't affect or bother you in any way.

你不会说,我想要把这个影⼦消灭掉,所以你也不会去说,我想要把我这个悲伤的感觉拿掉.这个是part of you,这个是你的⼀部分.明⽩吗？问：可以理解为,就是我的灵魂就像⼴袤⽆际的天空,天空中有云朵飘过,乌云飘过,彩云飘过,都是路过⽽已.

You wouldn't say it, that I want to get rid of this shadow, so you won't also say that I want to remove this sense of sadness in me. This is part of you, this is a part of your essence. Understand? Imagine my spirit like the boundless sky with clouds drifting by, dark clouds passing, colorful clouds passing; all are mere transits through it.

JO：⾸先你要知道,你的灵魂本⾝就是强⼤的,你想要去来这个世界上去保护弱者的,所以你的感觉就会⽐其他的⼈更加强烈,明⽩吗？因为这是你的主题,⾸先你来选择这个⾁体之前,你就是有这种,就是已经是这个性格,就是我想要去选择我是强⼤的灵魂,我想要去保护那些弱者.你就已经是这样⼦,这个就好像是你的⼀个个⼈特⾊,你的灵魂特⾊,就好像是你的独特的⾹味,你是⼀朵玫瑰花,那个玫瑰花的味道就是这个样⼦.这是你与⽣俱来的,那你没有办法把它抹掉呀,我不喜欢我的味道,所有⼈都被你这个味道痴迷,明⽩吗？你的味道多有吸引⼒呀.所以它不是⼀件来困扰你的事情,这个不是来困扰你的事情.

JO: First of all, you need to know that your soul itself is powerful, you want to come into this world to protect the weak, so your feelings will be stronger than others', do you understand? Because this is the theme. Firstly, before choosing this body, you already had this personality, it was already part of who you are, I want to choose a strong soul, I want to protect the weakers. You already have that quality, like your personal characteristic, your soul characteristic, like a unique scent; you're a rose, and roses smell like that. This is innate to you, so there's no way you can get rid of it. I don't like my scent, everyone is obsessed by it, do you understand? How attractive is your scent? So this isn't something that bothers you, this isn't something that bothers you.

你也没有办法把它拿掉,你也没必要把它们拿掉,然后你要把你⾃⼰弄得⿇⽊不仁,完全没有感觉了.那你就是把这朵玫瑰花给什么？把这个⽣命给消失掉,你消失掉也没办法,为什么？你还会选择其他⾁体,还是这样⼦的⼀个味道.但是,但是你并不会陷⼊到⾥⾯,所以你不需要担⼼.为什么？因为当你转移注意⼒,⽐如说转移到战场上,你又开始你又是⼀个战⼠了,你又是⼀个fighter了,你又开始战⽃了.明⽩吗？就⽐如说OK,你现在看到了⼀个什么⼩猫⼩狗,在那悲伤当中,你突然看到有⼀个⼈在那打⼩猫⼩狗,你马上愤怒起来跟他打.所以你并不会因为你看到这个,然后变得软弱⽆⼒了,然后觉得哦,这个世界没救了,不会的呀.

You can't take it away either, and there's no need to remove them, then you're numbing yourself so that you lose all feeling. So, what are you giving this rose? You're making this life disappear, but you can't do anything about it, why? You would choose another body, or the same kind of experience. But, you won't be trapped in it, so there's no need to worry. Why? Because when you redirect your attention, for example to a battlefield, you become a warrior again, a fighter, and you start fighting. Do you understand? Like, okay, now you see a little cat or dog suffering, and suddenly you see someone harming them, you immediately become enraged and fight back. So, you won't become weak because of what you see, thinking the world is hopeless; it's not like that.

你唯⼀的就是信任你⾃⼰,⽽且你⾃⼰的能量也在不断的变化,它不会停留在⼀个地⽅,它永远不会停留在⼀个地⽅.你⾃⼰想⼀下,看到⽆论再悲催的你,你难道就永远停留在那⾥了？问：我在给您连线之前的这个⼀周的时间内,我就是还对我没有信⼼,对我怀疑过,怀疑过我⾃⼰,⽐如说我想要看懂、明⽩我和我⽗亲的这⼀层⼈⽣相互的使命嘛.

You are the only one to trust yourself, and your own energy is constantly evolving; it does not stay in one place. Reflect on this: would you ever just remain stuck where you are no matter how unfortunate you might be? You asked: Before I connected with you, within this past week, I still lacked confidence in myself, doubted myself, for example, when I wanted to understand and comprehend our mutual life missions between me and my father.

JO：您稍等,我可以帮你看看你跟你⽗亲之间的灵魂主题.你需要看吗？你想要看吗？因为这些信息是经过你的允许它才会出来的,需要你去拉扯,就像⼀条线⼀样,你要扯⼀下,它那个才会出来.

JO: Wait a moment, I can help you look into the soul themes between you and your father. Would you like to see it? Do you want to see it? As this information is only revealed with your permission and needs to be pulled out like a string; you need to tug on it for it to come out.

问：看⼀下能够增强我的信⼼也好.

Questioner: See if it can boost my confidence as well.

JO：你稍等,你想要问你为什么选择了这个⽗亲是吧？他怎么服务于你？问：对JO：你⽗亲叫什么名字？

Assistant: JO: Wait a moment, you want to know why I chose this father figure? How does he serve me? Questioner: For JO, what is your father's name?

问：x x xJO：这么说吧,你⽗亲是⼀个极度冷漠,就好像是⼀个,他正好跟你相反,他是⼀个就好像⿇⽊.这么说.⽐如说你是⼀个英雄,那你⽗亲就是⼀个见死不救的⼈,你是⼀个拔⼑相助的⼈.那为什么你会选择⼀个⿇⽊不仁或者见死不救,就是冷酷或者冷漠的⼈呢？因为他会加强、加深你的那种我⼀定要去帮助,我⼀定要出⼿,我⼀定要去,你看,我不能指望任何⼈.为什么？他们都是⿇⽊不仁,就是不会去,就是我不⼊地狱,谁⼊地狱？我不出⼿,谁会出⼿？你如果看到有⼀个⼩孩快要被淹死了,所有⼈都站在那⼉动都不动.你会毫不犹豫地跳下去,为什么？你不能指望任何⼈,因为你知道他们都是⿇⽊不仁的⼈.

Questioner: x x xJO: To put it this way, your father is incredibly cold-hearted, just like someone who's the exact opposite of you - he seems completely numb. You could say that if you're a hero, then your father is someone who doesn't save the dying. If you help out others when they need assistance, then your father might be one who does nothing to intervene or help in such cases. Why would you choose someone like this, someone who's cold-hearted or indifferent to those who are in danger? Wouldn't you want a parent who encourages intervention and care for others?

The reason lies in the reinforcement of your determination: "I have to help," "I must take action," "I need to act on it immediately" - because you've observed that everyone around them is cold-hearted, too. The thought process goes like this: "No one can be relied upon; they are all numb and indifferent." So why would you choose someone who might not save a drowning child when others stand by doing nothing? It's because you know that relying on anyone else is futile - just as the saying goes, 'If I don't go to hell, then who will?' This is your reasoning for choosing such individuals as companions.

明⽩吗？所以呢,他的存在就会加深你的⼀种奋不顾⾝的跳下去,去拯救⼈的那种欲望.明⽩吗？也就是说.他好像是个背景板,你⽐如说是个⽩⾊,那他是个漆⿊的颜⾊,他那个⿊⾊呢,会让你那个⽩⾊更⽩.也就是就好像他是⿊⿊的那个天空,你是⼀颗很亮的星星,那天越⿊,那个星星越亮.明⽩吗？就对你好像是⼀种催化的作⽤.

Understand? Therefore, his presence intensifies your desire to rush in and save someone at any cost. Understand? In other words, he acts as a backdrop; you might be white, whereas he is pitch black. His darkness makes your whiteness stand out more brightly. That means, to you, he serves as the dark sky against which your star shines brilliantly - the darker it gets, the brighter your star becomes. Understand? He's like a catalyst for this emotion.

问：就是因为这样的可能是灵魂使命,我选择了他,但是在⼆元世界⾥,我又会因为我对他不够尊重⽽内疚⾃责.就是我从内⼼⾥对他所做⽆法尊重.

Questioner: It's because of the potential for a soul mission that I chose him, but in the binary world, I would feel guilty and self-blame for not respecting him enough. It's from my inner heart that I cannot respect what I've done to him.

JO：这么说,你对他不尊重是来⾃于你对他还有⼀个期待的形象,你觉得他应该是什么样⼦.

JO: So, your lack of respect towards him comes from the image you have of him and what you think he should be.

问：对的.

Questioner: Correct.

JO：那如果你现在知道了你的灵魂的主题,你要知道,是你选择了这个漆⿊的夜晚来让你这颗星越亮,为什么？⽩天那个星星你能看到吗？星星在那⾥呀,⽩天你能看到吗？明⽩吗？所以说,⼀切都是为你⽽来,你才知道什么样对你来说是最能呈现你的美.明⽩吗？因为你才是那个艺术家,你才是那个创作家,你才知道什么颜料是你需要的,它才能展现出你想要展现的.那如果你放下了任何头脑⾥⾯对他的期待呢？你还会对他产⽣愤怒吗？你不会呀.为什么？因为这个本⾝就是我选择的,为什么会愤怒啊,这个颜⾊本⾝我就是我选择的,我为什么会对这个颜⾊愤怒啊.你只有觉得你这不是我想要的,你才会产⽣愤怒.

JO: If you now know the theme of your soul, which you must understand that it was you who chose this dark night to make your star shine brighter, why? Can you see that star during the day? Where are the stars, can you see them during the day? Do you understand? Therefore, everything is for you, so you will know what truly presents your beauty. Do you understand? Because you are the artist and the creator, you would know what colors you need to display exactly what you want to show. So, if you let go of any expectations in your mind towards him, would you still be angry at him? No, why? Because this was my choice all along, why would there be anger for this color being chosen by me? I wouldn't be angry over the color itself that I chose. You only become angry when you feel it's not what you want.

你应该怎样怎样……⾸先,你不需要去处理这个,为什么？你产⽣愤怒,只是你在没有转化之前.你现在意识是在随着我们的加⼊⽽转变,你的意识转变了过后,你所有的外在关系都会转变.这是接接下来连串的事情,它⾃然⽽然会这样⼦.明⽩吗？所以你不需要去来告诉⾃⼰,我要如何的去尊重我⽗亲,或者我如何化解我内在的⼀个愧疚感,你不需要的.因为这个事情已经不是发⽣了,这么说吧,OK,在通灵之前,你的⽗亲就是⼀个所谓的恶⽗吧,就是你讨厌的吧,那通灵之后⼀切都变了,为什么呢？因为你变了,你变了过后,你外在的⼀切,那⽗亲他对你的存在的⼀个⼒量或者⽀撑也变了,外在的⼀切都会变的.

You should approach it like this... Firstly, you don't need to deal with this situation because why? You feel anger, just before its transformation. Your awareness is changing now as our participation becomes involved. Once your consciousness transforms, all of your external relationships will also change. This is a chain of events that naturally follows. Understand? Therefore, there's no need for you to tell yourself how to respect your father or how to resolve the internal guilt within you. You don't have to because this situation has already shifted. Let me explain: before psychics' involvement, your father was perceived as an evil figure or disliked. After his death, everything changed because of you changing. Why? Because when you change, the external dynamics that define your relationship with him—the support and influence he had over your existence—also shifts, leading to a transformation in all aspects of your life.

所以你现在已经选择进⼊了另外⼀道门,那⼀道门是跟⽗亲没有任何问题的.你只是允许这个关系真实的、就是关系它原来的样⼦、原来的⽬的.

So you have now entered another door, that door is problem-free with the father. You are simply allowing this relationship to be true, just as it was originally, for its original purpose.

问：那我⽗亲他在现实层⾯,他会快乐⼀点吗？JO：你变了,你的⽗亲就会变呀.你现在已经不在那个地球版本了.所以你不需要去在乎任何问题,明⽩吗？因为那些问题已经不存在了.你唯⼀的允许,你成为你真正的⾃⼰,外在

Questioner: But would my father be happier in the real world?

JO: You've changed, so your father will change too. You're no longer in that version of Earth. Therefore, you don't need to worry about any issues; understand? Because those issues no longer exist. Your only permission is to become your true self, externally.

的⼀切它会⾃动变化,所以你不需要去解决任何问题,外⾯没有任何问题需要解决的,你唯⼀的就是：允许你成为你⾃⼰！That's it.还有问题吗？问：还有我觉得我在伴侣关系中,我还是对对⽅有恐惧.⽐如说我恐惧健康,我恐惧他的发展,就是对对⽅有很多的担忧.

It takes care of everything itself, so you don't have to solve any problems; there's no problem to be solved outside either; the only thing is to allow yourself to be who you are! Any questions? I feel I still have fears in my relationship with a partner, for example, fear about health and his development, which means I'm very concerned about them.

JO：你的问题是什么？问：就是我这⼀次,⽐如说和您连接之后,往后这⼀点会不会好⼀些？JO：OK,你⾸先要知道,那是你⾃⼰内在的恐惧,需要⼀个投射点给投射出来,就像我们之前说的那个虐待孩⼦的这个事情,他们需要把内在的东西呈现出来,你也是通过伴侣对他的什么健康或者什么什么,你是通过这个东西呈现出来⽽已,所以它其实还是你⾃⼰内在的⼀些.所以你只需要去,好像去释放⾃⼰的⼀个内在的⼀些积压的⼀些恐惧能量,为什么？你这么说吧,你们整个地球就好像是个粪池,那你现在是落⼊这个粪坑,你怎么样⾝上都会沾⼀些臭味的,那地球本⾝就是⼀个充满了恐惧能量的⼀个星球.明⽩吗？所以说你⾝上怎么样都会沾上屎味的.

JO: What is your question? Questioner: This time, after connecting with you for example, will it be better in the future?

JO: Alright, first of all, you need to understand that what you're experiencing is actually a projection of your own inner fears onto something or someone. It's like the scenario we discussed earlier regarding those who abuse children; they need to manifest their internal turmoil through this act. You're doing the same thing indirectly through your partner or perhaps something related to their health. Essentially, it's still about how you internally process and reflect these fears.

So, what you really need is to release some of that built-up fear energy within yourself. Why? Consider the Earth as a giant cesspool; if you fall into it, no matter where you are, you'll inevitably pick up its stench. The Earth itself is saturated with fear energies – do you see?

Therefore, whatever your situation, there's always going to be an element of unpleasantness associated with it because it originates from the fear energies embedded within us all.

明⽩吗？所以说这就叫集体意识,你怎么样都会有它这个味道的.就好像你在屋⼦⾥⾯炒菜,那你⾛出来了,你⾝上是不是还有油烟味.对不对？所以有些事情就是需要你⾃⼰去看到.因为你⼀旦看到了你⾝上那个油烟味,它迟早会散去的,你便不会被那个油烟味给困扰住.你如果把油烟味就当成是你,你觉得它永远不会散去的话,那你就被它困住了.明⽩吗？所以说你要知道,我刚吃完⽕锅,我刚炒完菜,我⾝上有油烟味, OK,这是正常的,那我在这个地⽅待⼀会⼉,在没有油烟味的地⽅待⼀会⼉,慢慢慢慢我

Understand? This is what we call collective consciousness - you will always carry its essence with you. Like when you cook inside a house and then step out; do you still smell of the cooking oil? Right? Some things just require you to witness them. Once you see that oil aroma on yourself, it will eventually dissipate, freeing you from being bothered by it. If you treat that oil scent as your identity, thinking it won't ever disappear, then you're stuck in its grasp. Understand? Hence, you need to know: after I've just had hotpot and cooked the food, having an oily smell on me is normal. Staying a while longer with no oil scent around can help this eventually fade away.

⾝体的味道就会散去.你想,你们⼈与⼈之间,你有可能是看到很多社会上的,或者是你朋友,你⾝边哪个⼈得了病,或者哪个⼈健康有问题,哪个⼈事业怎么有问题,哪个⼈怎么什么的,你的头脑不断的在吸⼊这些信息,那就像这油烟味⼀样,或者像屎味⼀样.对不对？那OK,现在我们的信息也是你在吸收,你就好像在你回到物质世界吸收的是屎味对吧？来到我们这⾥吸收的是清⾹味,对吧？那你想⼀下,如果你吸收清⾹味,80%都在吸收清⾹味,只有10%是吸收的屎味,你的味道还是清⾹的,对不对？那如果你百分之⼋⼗、九⼗都是屎位,⼀点点清⾹味都没有,那你不就是个屎味吗？所以当你扩⼤了你这个⽐例,你这些你⾃⼰能想象的到的呀.

The scent of the body will dissipate. Imagine, between humans, you might have seen many on social platforms or among your friends, who might be dealing with illness, health issues, problems in their careers, or whatever else. Your mind is continuously absorbing this information, just like how the smell of oil smoke or feces permeates a space. Right? Now, our information is what you're absorbing here; it's like absorbing scent in the physical world versus being immersed in fecal odor back there, right? So, consider this: if you are mostly absorbing pleasant scents (80%), and only 10% of that is the bad smell (feces), your overall scent remains pleasant. Correct? But what if 90% or even more than that smells like feces with no trace of freshness, then aren't you just a stench yourself? When you expand this ratio, focusing on amplifying these self-imagination abilities,

那我扩⼤我占那个⽐例,花的味道,我在花⾥⾯待的时间更长.那屎⾥⾯味道待的少⼀点,是不是？所以你就知道这股能量可以如何的去对你产⽣影响.

Then I would increase the proportion of my presence in that fragrance, spending more time inside the flowers. And less time experiencing smells in the poop, right? So you can understand how this energy might affect you.

问：我可以不可以了解⼀些关于我母亲的⼀些信息呢？她已经不在了,从内⼼来说,我总是感觉母亲这⼀⽣她就是很苦吧,活的很苦,就是内⼼的通过我母亲这个事情,我就感觉到⼈这⼀⽣来地球⼲嘛？就是活的那么痛苦,要来地球⼲嘛？说地球是个游乐场,那有喜也有悲呀,但是感觉母亲的⼀⽣好像就都是悲.命运特别悲那种感觉.

Questioner: Can I learn some information about my mother? She is no longer with us, and in my heart, I always feel that my mother's life must have been very tough, living a hard life. Through this incident involving my mother, I question why humans come to Earth; why do we have to live such painful lives? Saying Earth is like a playground implies there are joys and sorrows, but it feels as though my mother's entire life was filled with sorrow. Her fate seems exceptionally悲惨 (pitiful).

JO：所以你的问题是什么？问：我的问题是她在地球上⽣活的这么痛苦,她后来会怎么样？她会不会好⼀些？JO：你说你晚上做梦的时候,在梦⾥⾯那么恐怖,你醒来会怎样？问：就觉得它是假的.

JO: So what's your question? Asked: My question is about her suffering on Earth; how will she be after all this? Will she get better?

JO: When you say that in your dreams it feels so terrifying, and then you wake up, how do you feel about it being false.

JO：你醒来就没事了,只是个梦⽽已.哦,刚才把我吓死了,你还会持续的去想,哎呀,我那个梦太恐怖了.它对你不会有造成任何困扰呀,明⽩吗？你们物质世界,对你们的真正的存在来说,它只是⼀个梦⽽已,它只是⼀瞬间,那个梦.你想,你每天要做多少梦啊,你每天每次睡觉都会做个梦,哪个梦困扰到你⾄今了？对你的物质世界来说,你觉得可能⼏⼗年很长,但是对于灵魂来说,它就是⼀个梦⽽已,很短.明⽩吗？所以也不存在于到底是悲,到底是那个悲惨悲叹悲伤.为什么？其实你在梦⾥⾯快乐和痛苦和悲没有区别的.

JO: You'll be fine once you wake up; it was just a dream after all. Oh, I was really frightened by that earlier, and you're still dwelling on it. Yikes, my dream was too terrifying. It won't cause any trouble for you though, right? Your physical world is merely a dream to your true existence, just one fleeting moment. Think about it; how many dreams do you have every day? You dream each time you sleep and there's a dream that bothers you until now? To your material world, decades might seem long, but in the grand scheme of things for your soul, it is merely a dream, very short indeed. So, the question of whether it's sorrow or simply tragic sadness doesn't really exist. Why? Actually, happiness and pain or sorrow in dreams are not distinct.

问：就是这个地球思维跟超越地球的思维完全是两码事.

Questioner: It's like comparing earth-bound thinking with trans-earth thinking - it's a different ball game.

JO：它并不是,因为你们会⽤你们的头脑去给⼀些事情定义,但是它并不是.你之所以会有这种体验,是你这么去定义的,但是事情不是你定义的那样⼦.明⽩吗？你就这么想,你们历史上OK,地球多少年,⼏⼗亿年,多少多少年多少年,你想象⼀下你们⽣命.你再长的⽣命有多少年？那再缩⼩的话,那不是⼀瞬间的事吗？就算你活个100岁,100年,相对于⼏⼗亿年来说,不是吗？问：像这样的连线,以后我们还可以进⾏吗？

JO: It isn't because you define things with your mind, but it's not. This experience is due to how you define it, but the thing isn't defined as you perceive it. Understand? You think about it like this: historically speaking, okay, Earth has been around for billions of years, several billions and several billions, imagine your life. How long could even the longest human lifespan be in comparison? If we were to shrink that further, wouldn't it then become an instant? Even if you live a century, 100 years, compared to billions of years, isn't it so? Questioner: Can we do this kind of connection again later?

JO：刚才前⾯信息说,任何时候,你现在已经找到源头的⽔在哪⾥？任何时候你需要取⽔,你都可以找到,直到你内在的⽔源被打开,你不需要取⽔.为什么？你内在本⾝就是源源不断的⽔源,你就是个源头,明⽩吗？别⼈来你这边取⽔.所以你要知道,你才是那个拿着光的⼈.

JO: Just now in the previous information, it says where is the source of water that you have found at this moment? At any time when you need to draw water, you can find it until your internal source of water is opened. Why do you not need to draw water anymore? Because deep inside you, you are already an endless source of water; you are a source yourself, understand? Others come here for water from you. So you must know that you are the one holding the light.

问：最近因为这个⾝体的原因,我对于健康突然就觉得有点困惑了.

Recently, due to health issues with my body, I suddenly feel somewhat perplexed about it.

JO：⾝体什么原因？问：我就这⼀次阳了嘛,去年没有阳,今年阳了,刚刚才好吧,就是突然感觉⾃⼰没有⼒⽓,也没有⼀点⼒量,觉得还有很多的事情没有办,突然⼀下就觉得好像不⾏了,就这种感觉,接不上⽓的那种感觉.

JO: What's the reason for my body? Questioner: This is just me being sick once this year. I didn't get it last year, but got it this year after a while. I feel like everything is done now that the illness has passed. Suddenly, I felt weak and无力, unable to handle anything as though there was still much more left undone. That's how it feels, struggling to catch my breath.

JO：⾸先你要信任你的⾝体,它⾃⼰有它⾃⼰来适应这个地球、适应病毒、适应这个⼤环境的⼀个过程,它⾃⼰能适应.然后只要你⾃⼰不想死,没有什么想要会杀死你.除⾮你⾃⼰有强烈的愿望,你不想要以物质⾁体存在这个世界上,⼀个⼩⼩的感冒就可以杀死你,⼀⼜⽔都可以呛死你.明⽩吗？因为你想要结束这个⾁体的体验,当你没有想要结束这个⾁体的体验,再⼤的病都杀不死你,癌症都杀不死你,明⽩吗？所以说你才是那个拿着、就是决定着你你的物质⾁体要什么时候结束.但是你要知道,你们所有的⼀些就⽐如说厌倦,厌倦这个社会,厌倦这个⼈类,或者是厌倦物质,所有的厌倦都会导致⼀个就是都在慢性⾃杀.

JO: Firstly, you need to trust your body; it has its own process of adapting to the Earth, viruses, and the larger environment. It can adapt on its own. Then, as long as you don't want to die yourself, nothing wants to kill you. Unless you have a strong desire not to exist in this world as a physical being, even a minor cold could kill you, or choking on water could be fatal. Do you understand? Because if you want to end the bodily experience, when you don't wish for it to end, no amount of sickness will be able to harm you; cancer won't either. Understand that ultimately you control when your physical body ends. But remember, all feelings like disgust towards society, humans, or materialism leading to a kind of self-destruction over time due to these sentiments.

⽽不是所有的垃圾⾷品在慢性⾃杀你,就是你对这个世界的厌倦,那这些厌倦来⾃于什么？来⾃于你的定义,你怎么去定义,就⽐如说你对你⽗亲的存在,对他的定义是个什么？就是恶,然后觉得连⾃⼰孩⼦都不爱,你就会产⽣就觉得这个世界没有必要留下去,产⽣⼀个厌倦的情绪,明⽩吗？那如果你认清楚,他实际上就是那个⿊夜的天空,来让你这颗⼼更亮呢？那你是产⽣厌倦吗？不会呀,你就只会更亮呀,对吧？那产⽣更亮的话,你更shine,你的⽣命⼒更旺的话,怎么会杀死你这个⾁体呢？不会的.明⽩吗？

And not all junk food is slowly killing you, it's your disgust towards this world, but where does that come from? It comes from how you define things, for example, how do you define the existence of your father, as something evil who doesn't love his own children. This makes you feel that there's no point in staying in this world, leading to an overwhelming sense of disinterest. Do you understand? But if you recognize that he is actually the dark sky meant to make your heart shine brighter, would you then feel disgusted? No, it would only make you shine even more, wouldn't it? And when you shine more, you are more radiant, your vitality increases - how could this kill your physical form? It couldn't. Do you get it?

问：明⽩,谢谢⽼师,谢谢⽼师,今天录⾳我反复听,反复的去收⾥边的东西,⾮常感恩遇见你,⾮常感恩.

Questioner: Understood, thank you teacher, thank you teacher. I have listened to the recording multiple times today and collected things from within it. I am extremely grateful for meeting you, and extremely thankful.

# **2023/06/01 — 灵魂主题之释放怨恨Theme of Soul: Releasing Resentment**

JO: 你问吧,什么问题?

JO: Ask away, what question do you have?

问: 我这⼀⽣的灵魂使命是什么? 就是我来到这个世界上主要是来修什么?

Questioner: What is my life's soul mission? It's mainly about cultivating what when I come into this world?

JO: 你要放下你所谓的 ‘修’,明⽩吗? ‘修’ 就好像你把⼀个有问题的东西修成⼀个没问题,或者⼀个不是的修成⼀个是.没有呢个 ‘修’ 字.我可以给你看⼀下你来到这个世界上主要体验的灵魂主题是什么? 你稍等.你叫什么名字?

JO: You need to let go of your concept of 'cultivation', understand? Cultivation is like fixing something that's broken or turning a non into an is, without the 'cultivation' word. I can show you what the main soul theme you've experienced in this life is. Wait a moment. What's your name?

问: 我叫XXX.

Questioner: I am XXX.

JO: 你这⼀世来到这个世界上主要是⼀种好像是释放.释放什么? 释放你这个灵魂⾥⾯携带的⼀些恨、仇恨还有⼀些怨恨、怨⽓、怨念.所以你此⽣会经历很多事情把这种感受加剧,就好像它把你推到了底,让你不得不去把它弹回去,就是转化.就好像我充⽓充满了是不是就爆炸了? 就让⽓全部放出去.所以你会有⼀种把你的仇恨或者是怨恨、不满的呢种感受或者是能量积压到了极点让你不得不去转变、转化,明⽩吗? 所以你就好像是把⼀个⽓球不断地打⽓打⽓到最后爆炸过后,然后⽓全部都释放出去.就是这样⼦的⼀个状态.

JO: In this life, you come to the world primarily as a release - releasing something within yourself, what? The hatred, animosity, resentment, anger that is carried within your soul. You will experience many things in this lifetime that intensify these feelings, pushing you to the brink until you are forced to redirect them through transformation and liberation. Like inflating a balloon filled with air until it bursts - expelling all the air inside. This leads to you experiencing extreme feelings of hatred, resentment, or dissatisfaction that force you to change and evolve in order to find peace. You are like inflating an air balloon repeatedly until it reaches its limit where it eventually explodes and releases all the air, resulting in a state of transformation and release.

问: 可是我好像没有什么恨啊?

Questioner: But I don't feel any hatred, though?

JO: 你稍等.这个就好像是⼀个能量的积压,就⽐如说,你有⼀股复仇的能量或者是⼀种像恨铁不成钢.就是我⼀定要努⼒,我⼀定要勤奋,我⼀定要怎么样怎么样,就是有⼀股这样⼦的能量需要去给它释放、转变.所以你可以去观察,因为你的⼈⽣现在才刚开始,明⽩吗? 才刚在开始的阶段.

JO: Wait a moment. It's like an accumulation of energy, say for example, you have the energy of revenge or hate for something that could not be achieved. It's this kind of energy that needs to be released and transformed - I must work hard, I must be diligent, etc., so it has accumulated. Understand? You're only just beginning your life now.

问: 我的⼈⽣现在才在开始的阶段?

Questioner: My life is only just beginning?

JO: 你的⼈⽣才是在开始的⼀个阶段.你要等到⽣命结束你才能说我的此⽣结束了,明⽩吗?那在这⼀个阶段的话,它可能还在前⾯的⼀个充⽓的过程.就好像我的这个⽓要充到百分之百,对吧? 那你现在可能才充到百分之⼆⼗.百分之⼆⼗你就不会有如此强烈的想要去转变、转化.所以等你再过⼏年时间你再来听这个信息,你就可能渐渐的明⽩.

JO: You're only at the beginning stage of your life. You won't be able to say that my entire life has ended until you reach the end of it. Do you understand? In this current phase, it might still be in a preliminary inflation process. Imagine my energy needs to inflate up to 100%, correct? Now, you might only have reached around 20% at best. At 20%, you wouldn't have such a strong desire for change or transformation. So, when you listen to this information again after several years, you may gradually come to understand.

问: 我是有⼀点你说的呢种恨铁不成钢的这样的感觉.因为从⼩到⼤都很努⼒.

Questioner: I have a bit of that feeling you described, of being frustrated because someone has tried very hard all their life.

JO: 对.但是你的这种还是会继续的,就像刚刚说打⽓.你现在虽然是有这种在打⽓,但是你才打了百分之⼆⼗.那你会随着时间打的更⾜,然后到⼀种全然的去转变、转化和释放的⼀个过程.

JO: Yes. But your kind of practice will continue like this, just as you were inflating something earlier. You are inflating now, but you have only done 20%. Over time, you will inflate more and undergo a process of total transformation, conversion, and release.

问: 那我要怎么样才能够去快速的转化呢?

Questioner: How can I quickly transform myself?

JO: 这⾥没有快速.为什么? 因为你们来这⾥选择这个物质世界,你们最主要的就是为了体验这个过程.那你说快速的话,就把过程拿⾛喽.如果你想快速的话,你就不需要来到这⾥,来到这个世界上,不需要选择这个物质⾁体,明⽩吗?

JO: There is no quickness here. Why? Because you have chosen this material world when you came here, and your primary purpose was to experience this process. If you say it should be quick, then take the process away. If you want something fast, you don't need to come here, into this world, choose this physical body, understand?

问: 意思就是说来修? 来释放这个能量?

Questioner: Does that mean to cultivate? To release this energy?

JO: 这是你⾃⼰去体验它的⼀个过程.这么说吧,你吃饭你吃美⾷,你会很享受这个过程,对不对? 那你快速的就把饭吃掉了,你后⾯都不要吃了.那你还会享受这个过程吗? 明⽩吗?所以就像你的⽣命,你说我要快速的把这⼀⽣过完.那你⽣下来就死了,⼀天.快速吗? 够快吗? 所以你还想要它快吗?

JO: This is a process of you experiencing it for yourself. Imagine you enjoy eating delicious food; wouldn't you thoroughly savor that experience? Now, if you swiftly consume your meal and decide not to eat anything else afterwards, would you still find enjoyment in this process? Can you understand? Similarly, consider your life; if you say you want to rush through this lifetime, what happens when you're born only to die immediately the next day? Is that fast enough? Is it quick enough for you? So, do you still wish for things to happen at a faster pace?

问: 不要,顺其⾃然.

Questioner: No, let it be natural.

JO: 对的.你不会想要它快的.快的话,就像刚刚举的呢个例⼦,你们⽣下来不就是死吗,对不对? 那你⽣下来就是死,就这⼀个过程.那你想要它快的话,我今天⽣下来明天死掉,快吧? 那你看我⽐你们任何⼈都快.所以呢个过程才是你们最有意义的和最宝贵的.你和过程你不会想要去把它拿⾛.

JO: Right. You wouldn't want it fast. If it were fast, like the example you just mentioned, would you be dead since birth? Wouldn't that mean you'd die at birth, that's the entire process? If you wanted it to be quick, I'm born today and die tomorrow, that's fast, right? So this process is what you find most meaningful and valuable. You don't want to take away your own process.

问: 我跟我孩⼦之间的缘分是什么? JO: 你孩⼦多⼤?

Questioner: What is my destiny with my child? JO: How old is your child?

问: 我有两个孩⼦,⼀个是⼗⼀岁半,⼀个是七岁半.

Questioner: I have two children, one is eleven and a half years old, and the other is seven and a half years old.

JO: 你想要看哪⼀个?问: 可以两个都看吗?

JO: Which one do you want to see?

Questioner: Can I watch both?

JO: 好的.⼗⼀岁半是男孩还是⼥孩?问: 都是男孩.

JO: Alright. Is it a boy or a girl who is eleven and a half years old? Questioner: They are all boys.

JO: 你稍等.你先说⼀下你⼤⼉⼦的名字.问: 我⼤⼉⼦叫XXX.

JO: Wait a minute. Tell me your eldest son's name first. Questioner: My eldest son is called XXX.

JO: 你再说⼀遍你的名字.问: XXX.

JO: Repeat your name, please. Questioner: XXX.

JO: 你⼤⼉⼦是来中和你的能量的.因为就像你⾃⼰刚才说的你⾃⼰有⼀种恨铁不成钢,要⼀直努⼒,不断的打⽓吧,是吧? 你就好像⼀直要去做这个打⽓的⼯作.那你的⼤⼉⼦他就希望你能够有⼀种像是劳逸结合和顺其⾃然,就是在⼀种不是紧迫的状态.所以他的存在就会调和你的能量,不是在⼀种紧迫感呢样⼦的⼀个状态当中.所以他对你是⼀种缓和.呢种缓和呈现的⽅式有可能是⼀种他⾃⼰就是⼀个跟你性格相反.⽐如说你特别急特别能吃苦,他正好就是跟你能量相反.因为他可以来让你看到你需要中和你⾃⼰,就像⼀个⽼师在你⾝边给你做⼀个提醒呢样⼦的动作.因为任何事情如果是过于极端的话,它都会是不平稳的,它都会像⼀边倒,对不对?

JO: Your son comes to balance your energy because, as you just mentioned, you have a sense of disappointment that he can't measure up, and thus you need constant encouragement. It's like you're always trying to motivate him. That means your son hopes for a harmonious and natural state where things don't feel rushed or forced. So his presence helps stabilize your energy, not in an overly pressured way. He might exhibit this by being the opposite of your personality; perhaps he is easy-going, while you are very demanding and resilient. This contrasts with your energy, allowing him to show you that you need to find balance within yourself. After all, anything that's too extreme can lead to imbalance or overreach, right?

所以你需要找到⼀个平衡.那他就选择来到你的⾝边,希望你可以达到⼀个平衡的状态.然后另外的⼀个孩⼦叫什么名字?

So you need to find a balance. That's why he chooses to come to your side, hoping that you can achieve a state of equilibrium. And what is the name of the other child?

问: XXX.

Questioner: XXX.

JO: 这个灵魂来到你的⽣命当中,他好像是要协助你,就是另外⼀种对你的协助.就⽐如说你有很⼤的⼀股能量想要去转变,然后他就想要去协助你去达到这个转变.就⽐如说你刚才说有⼀种努⼒,吃奶的劲.他就想在你⾝边跟你加油,就是跟你站在⼀条线上的,就好像是跟你是⼀条船上的.妈妈,朝这个⽅向,朝这个⽅向努⼒.他就跟你⼀起呢个什么.就好像是你的动⼒,就好像是在后⾯推你吧.他跟你是在⼀条战线上的.

This soul comes into your life to assist you in a different way. As if you have a strong energy to change and transform, he wants to help you achieve that transformation. For instance, when you mentioned making an effort, putting all your might into it, he wants to encourage you by standing alongside you, supporting you as if we're on the same boat. Mom, go this way; keep pushing towards it. He is with you, sharing in your efforts. It's like having a force that propels you forward from behind. We are on the same side together.

问: 我前段时间有⼀个⼈跟我说我来到这个世界上是我爸爸带我来的.我跟我爸爸的灵魂主题是什么? 然后他现在怎么样? 因为他赌博.

Questioner: Recently, someone told me that my dad brought me into this world. What is the soul theme between me and my dad? And how is he now, considering he has a gambling problem?

JO: ⾸先如果你因为别⼈的⼀句话,他说你来到这个世界上是你爸爸带你来的.那只是属于他去感应,他⾃⼰个⼈的呢个版本的呢个你,他认为的呢个你,跟你是没有关系的.你不⽤被他的思想他的感应去带⼊,明⽩吗? 因为就算呢个⼈当时说了呢句话.那如果他的意识状态转变了呢? 他进⼊到另外⼀个状态,他说的话又不⼀样了.就这么说吧,这个通灵的⼥孩⼦,她如果在跟你没有通灵之前她会跟你说⼀些话.通灵之后,她跟你说的话不⼀样.那通灵过后又根据你提的问题,你想要探索的⽅向不⼀样,你的信息又不⼀样.所以永远不要把外界的信息当成是,你就这么去认为.然后可以帮你看⼀下你跟你⽗亲之间,就是灵魂想要去探索的.

JO: Firstly, if someone says to you that you came into this world because your father brought you here, that is only about his personal version of "you," which he perceives as such. It has nothing to do with you personally. You don't need to be influenced by their thoughts or intuition. Understand? Even if the person said those words at a certain point, if their state of consciousness changes, and they enter another state where what they say is different. To put it simply, if this spirit medium girl were to tell you something before she communicated with you spiritually, her communication would be different afterwards. After spiritual communication, based on the questions you ask or the directions you want to explore, your information would change. Therefore, never consider external information as absolute and take it blindly. And finally, you can have a look at how this affects you and your father in terms of souls exploring.

这么说吧,你⽗亲他的存在就是让你产⽣呢个⽓,刚才说你有⼀股怨⽓就是恨铁不成钢的呢个能量.他就是催化剂,就是来加深的,明⽩吗? 因为你⾝边有⼀个活⽣⽣的例⼦,就是最亲近的例⼦来让你看到你不能这样.就是你不能如此这样去浪费⽣命,消耗时间,就是这样⼦的⼀个状态.就好像你看到了⼀个⼈把他的时间或者是精⼒或者是⽣命浪费掉,你就好像时时刻刻告诫⾃⼰,你永远不要这样⼦.

Put it this way, your father's presence is what causes you to feel this, the anger you just mentioned was a manifestation of not being able to live up to his expectations; he acts as a catalyst, deepening these feelings. You understand? Because there's a living example right beside you, one that hits close to home, showing you how you should not behave like that. It's about not wasting your life or time in such a manner. It's akin to seeing someone squandering away their time, energy, or life; it's like being constantly reminded by yourself never to do the same.

问: 那是不是我变了,我爸爸就变了? 因为我希望他能开⼼点,后半⽣能开⼼.我要怎么帮助他?

Questioner: Or is it me who changed, and my father too? Because I hope he could be happier, for the rest of his life. How can I help him?

JO: 你稍等.在他的更⾼的层⾯,我们说的是他的灵魂层⾯,如果你放下这种我希望你过的更好,就是放下这种… 因为你想要去帮他的时候,你其实是在⽤⼒的,你就是在消耗你⾃⼰的⼒量.为什么呢? 因为你在想要嘛,对不对? 就是你想要去改变这个状态嘛.那你想要去出⼒想要去(改变)的时候,你就在消耗你,你就变的吃⼒.那你在变得吃⼒,你爸爸就更加的沉重.所以在他的灵魂层⾯如果你想要他去更加不沉重的话,就是⽆为.⽆为就是说你没有出⼒,你没有消耗的状态,明⽩吗? 就是你在⼀种全然,这么说吧,你如果是想要去帮他,那你就是想要⽤⼒把⼿抓紧.那你抓的越紧的话,他就会越紧.为什么? 因为他觉得是他在消耗你.

JO: Wait a moment. At a higher level, we're talking about his soul level. If you wish for him to do better, it's about letting go of this desire... because when you want to help him, you are actually exerting force, draining your own strength. Why is that? Because you want something, right? You want to change this state. When you try to contribute and want to make a difference, you're actually making yourself work harder. Isn't it true? You're trying to change things, wanting to exert effort... but when you do so, you're draining yourself, becoming more strained. And as you become more strained, your father feels heavier too. Therefore, if you wish for him to feel less burdened in his soul, it's about not doing anything: non-action means no effort or expenditure of energy. Understand? If you want to help him, you might try to grasp his hand tightly. But when you hold on tighter, he becomes more tense. Why is that? Because he feels like you're draining his energy.

那如果你把受敞开呢? 你敞开你就是允许⼀切的时候.那你没有在⼀种吃⼒或者是⽤⼒或者是紧绷的状态.那他就会因为你在⼀种放松的状态⽽放松,明⽩吗?

If you open it up, what if you're open? When you're open, you allow everything. Then you are not in a state of strain or effort or tension. He will relax because you are in a state of relaxation, understand?

问: 也就是说我不管他呈现⼀个什么样的相,我就允许他⾃⼰做⾃⼰.我就什么都不管?

Questioner: That means no matter how he presents himself, I allow him to be himself and do as he pleases; I don't interfere at all?

JO: 你的这种不管呢,就是其实你知道所有的体验都是有意义有价值.它并不是说⼀定要你成为⼀个三好学⽣,你的成绩要考到⼀百分,按时睡觉按时吃饭,这样⼦才是⼀个好的,明⽩吗? 因为在你的头脑⾥⾯你还会觉得这个是好的,这个是不好.你们还会有各种评判来觉得你要怎么样才是好,怎么样才是不好.但是你并不知道每⼀个⼈他来到这个世界上他⾃⼰想要体验的是什么?

Your idea of "good" is essentially that all experiences hold meaning and value. It doesn't necessarily mean you have to become a top student with perfect scores, or follow a strict routine of sleeping and eating on time; this is what defines being good, right? Because in your mind, you still consider these as good things, and they are bad. You will still have various judgments about how one should behave based on what's considered good or bad. However, you don't realize that each person comes into the world with their own desires to experience unique aspects of life.

问: 就没有所谓的好与不好?

Questioner: Is there no such thing as good or bad?

JO: 没有任何的好与不好.因为你不知道他们的灵魂主题是什么.问: 那你可以帮我看⼀下我⽗亲的灵魂主题是什么吗?

JO: There is neither good nor bad. You don't know what their soul theme is. Questioner: Can you help me figure out my father's soul theme?

JO: 这个需要连接他的能量.因为如果你想要去把所有事情变成你头脑⾥⾯的好的话,你就是在消耗你.你是在⼀种紧张、消耗或者吃⼒的状态.那你在这种紧张的状态,你就影响着你⾝边跟你有能量连接的.你的紧绷的能量就会传给他们,明⽩吗? 因为你要知道所有所有的路,它都有它独特的风景,都是独⼀⽆⼆的,明⽩吗? 并不是说只有这条繁花似锦的路才是所有⼈都要去⾛的.有些⼈对呢个路就没有任何兴趣.有的⼈喜欢⾛沙漠,有的⼈喜欢⾛海边,有的⼈喜欢⾛在树林⾥⾯,有些⼈喜欢树,有些⼈喜欢⽯头.不是所有⼈都喜欢花,明⽩吗? 他们可能花粉过敏,⼀闻到花就过敏.你是想害死⼈家吗?

JO: This requires linking to his energy. Because if you want to turn everything into something beneficial in your mind, you are consuming yourself. You are in a state of tension, consumption, or effort. When you're in this tense state, you affect those around you who have an energetic connection with you. Your tense energy is passed on to them, do you understand? Because you need to know that every path has its unique scenery and it's one-of-a-kind, do you get it? It's not just about the path filled with blooms that everyone must follow. Some people don't have any interest in certain paths. Some like to walk through deserts, others prefer beaches, some enjoy walking in forests, some like trees, while others prefer rocks. Not everyone likes flowers, right? They might be allergic to them; they could get an allergic reaction just by smelling the flowers. Are you trying to kill someone?

问: 对我这⼀世影响最⼤的呢⼀世是怎么样的⼀个⼈?

Questioner: What kind of person had the greatest impact on my past life?

JO: 你稍等.对你影响⽐较⼤的⼀世是有⼀世你有很⼤的⼀个抱负.它因为你⼼中的⼀些能量没有处理好导致你的⼼愿、抱负和愿望没有呈现出来.就⽐如说你想要成为⼀个什么样的⼈,成为⼀个什么样的状态,达到哪些⽬标或者是⽬的地.然后你并没有达到.因为⾃⾝的⼀些能量导致你没有达到.所以就好像是有⼀个未了的⼼愿,你想要在这⼀世去给它了.

JO: Wait a moment. There's one lifetime that has had a significant impact on you where you had a very ambitious goal. This didn't manifest because there were some energies within you that weren't properly managed. As a result, your desires, ambitions, and wishes did not come to fruition. For instance, it was about becoming what kind of person, achieving certain states or reaching specific goals or destinations. However, you didn't achieve them due to your own energy. It feels like there's an unfinished wish that you want to fulfill in this lifetime.

问:对.从⼩到⼤就有⼀种想要去做到某⼀件事,但是不知道是什么事.就⼀直在找⼀直在找.

Questioner: Yes, since a young age, there's been a desire to accomplish something, but not knowing what it is. I've just been searching and searching for it.

JO: 是,你就是来去了这个⼼愿的.

JO: Yes, you came here to fulfill this wish.

问: 那我要怎么做才能知道呢个⼼愿是什么呢? 我要在这⼀世要成为⼀个什么样的⼈?

Questioner: How can I know what my wish is? What kind of person do I want to be in this life?

JO:你稍等.你想要去做的这个就好像是⼀个⼼愿,去做的⼀个事情在你们物质世界上看上去像是,这么说吧,如果拿⼀个职位去说的话,你就有⼀种像是打抱不平.从职业⾓度来讲有点像律师或者是法官.因为你内在的呢种正义感.所以说你要看你⾃⼰在这⼀⽣选择了,就⽐如说是什么路可以让你觉得把你的正义感给发挥出来.就是你要看你这⼀⽣的选择,因为你们有⾃由意愿去选择你⾃⼰这⼀⽣想要去体验什么.然后就超这条路上.强烈的正义感就⽐如说,你连接你⾃⼰在你⽣命中⽣活中你会对什么感兴趣.就⽐如说你喜欢为呢些弱者变化,作为律师的⾝份,明⽩吗?或者是以其他的⽅式,哪怕你是菜市场的⼀个卖菜的,那你也能体现你的⼀个正义感.

JO: Wait a moment. This act you're considering seems like a wish to right wrongs. It feels as if you're taking on a role that appears in your physical world, let's say a position, where you feel an urge for justice. In terms of profession, it somewhat resembles that of a lawyer or a judge due to your inner sense of righteousness. You have the freedom to choose what path aligns with expressing your sense of justice throughout this life. It depends on the choices you make in this lifetime, as you can experience various paths based on your free will. For instance, a strong sense of justice might stem from your personal interest in connecting with others through their lives, such as advocating for those who are weaker. As a lawyer representing them or perhaps in other capacities like selling vegetables at a market, it allows you to embody your sense of justice.

就是你从来不缺⽄少两,你从来不欺骗⼈把坏的东西卖出去,任何这种.因为它要结合你此⽣选择的环境,然后来凸显出来.但是这个是你要凸显出来的.因为当你真正的达到了你⾃⼰定的呢个位置,就觉得你是不会受到任何污染的时候.因为你⾃⼰对⾃⼰有⼀个较⾼的标准,然后你就会有⼀种我做到了的呢种感觉.

You've always been honest and fair in your dealings, never underestimating or overcharging, setting a high standard for yourself that reflects the choices you make in life. This is what you aim to highlight because when you truly reach the level you've set for yourself, you feel untainted by any external influences. You have a sense of achievement knowing you adhere strictly to your own principles and standards.

问: 我现在是做⽣意的.但是这个⽣意是达不到我想要的.我从很⼩⼤到看到不好的事情,我就很想要帮助它.那我能做些什么呢?

Questioner: I am currently in business, but this business doesn't meet my expectations. I've always wanted to help with bad things since I was young. What can I do about it?

JO: 你的问题是什么?

Your question is what?

问: 我在⽣活中想要去帮助呢些⽣病很难医好或者内⼼很痛苦的⼈.我可以做些什么?

Questioner: I want to help those who are sick and difficult to cure, or who suffer greatly internally in my life. What can I do?

JO: 你可以去做任何.这么说吧,你刚才散发的只是你的爱⼼.这个爱⼼就好像是⼀个纯净⽔.那⽆论你选择任何的果汁,你都可以把这个纯净⽔放进去,明⽩吗? 也就是说⽆论你选择做什么,你做⽣意也好,你也可以把你的爱⼼放进去,完完全全颠覆⽣意界应该有的样⼦,明⽩吗? 这么说吧,你⾃⼰本⾝就是光.那你是光,你⾛到哪⾥就亮到哪⾥.你这样问就好像说,我只有⾛到巷⼦⾥才能亮吗? 我只有⾛到树林⾥才能亮吗? 我只有⾛到海边才能亮吗? 你⾛到哪⾥就亮到哪⾥.所以跟你选择什么没有关系.那跟选择什么有关系的是哪⼀点? 是到底什么才是你的激情? 到底什么可以让你孜孜不倦,就是我做的不吃⼒.

JO: You can do anything. Let me put it this way; the love that you just exuded is like pure water. No matter which fruit juice you choose, you could pour this pure water into it and understand? That means no matter what you choose to do, whether it's running a business or not, you can infuse your love completely to overturn how businesses should be run. Understand? This way of thinking is akin to saying that you are light itself. You being light means wherever you go, the light follows. Your question sounds like asking if I could only shine when walking down an alley, in a forest or by the sea. Not at all; you shine wherever you go. So, it's not about what you choose, but rather, what is your passion? What can make you driven and energetic without feeling tired?

那你觉得我做的这个很吃⼒,但是我又想救⼈.呢个就不⾏,明⽩吗? 因为你的能量是紧张的.就这么说吧,就好像刚才关于你⽗亲的呢个信息.你在想帮他想改变他的时候,你的能量是紧张的.你就帮不了他任何,明⽩吗? 因为你在收紧你的能量的时候,你的灯就灭了.你等灭了,你如何照亮他⼈呢? 所以你需要让你在⼀个灯不灭的状态下.

That you find it very strenuous for me to do this, but I want to save people. This is not allowed, understand? Because your energy is strained. Let's put it like this, just as with the information about your father that you were considering helping him change. Your energy was strained at that moment. You could not help him in any way, understand? Because when you constrict your energy, your light goes out. How can you illuminate others if your light is extinguished? Therefore, you need to maintain a state where your lamp does not go out.

问: 也就是说我要让我在灯不灭的状态下…JO:你⾃然⽽然就会照亮⾝边的⼀切.你⾛到哪⾥就会亮到哪⾥.所以它这是毫不吃⼒的,不需要费⼒的,不需要你会觉得我要拯救你.因为你觉得你要拯救对⽅的时候,其实你在否定他的⼀个灵魂主题,你在否定他体验⼀切的意义.你只需要你的光在呢⾥.你光在呢⾥的时候他就能看到,他眼睛就不瞎了,他是在清醒的状态.他知道,OK,我⽬前体验的呢些苦是来让我受益的,是来让我壮⼤、强壮的.这是⽣命的全部意义.那他看到了,他眼睛不瞎了,他还需要你去做什么吗?

Questioner: So does that mean I have to make sure the light never goes out...?

JO: You naturally illuminate everything around you. Wherever you go, it lights up there too. Therefore, it's effortless; no effort is required; you don't need to feel like you're saving them. Because when you think you're trying to save someone else, you're actually denying their soul's theme and the meaning of experiencing everything. You just need your light to be on. When it's on, they can see, their eyes aren't blind anymore, they are in a state of wakefulness. They realize: Okay, the suffering I'm currently experiencing is meant for my benefit; it's designed to make me stronger and more robust. This is the full meaning of life. They see this, their eyes are not blind, do they still need you to do anything else?

问: 那我可以去做⼀些关于健康⽅⾯的⼀些事吗?

Questioner: Can I do something related to health?

JO: 你可以选择任何,你没有任何限制.唯⼀的就是说你到底热爱不热爱? 做这个事情你是快乐的还是吃⼒的痛苦的? 就这个.你要去选择你快乐的.

JO: You can choose anything; you have no limitations. The only question is whether you truly love it or not, whether doing this thing brings you happiness or feels like a burden of pain. That's all. You should choose what makes you happy.

问: 还有就是能让我有激情的?

Questioner: And something that can ignite my passion?

JO: 对.就算我⼲个⼏天⼏夜,我不吃不喝我都乐意.就像这个⼥孩⼦通灵,你让她不吃不喝⼲这个,她是很乐意的.她没有觉得我想去吃呢碗饭或什么的.

JO: Yes. Even if I did it for a few days straight without eating or drinking, I'd be willing to do so. It's like this girl channeling spirits; when you make her do it and deny her food and drink, she is very happy to do it. She doesn't feel the desire to eat a bowl of rice or anything similar.

问: 你说的热爱它其实就是有能量的? 我可以这样理解吗?

Questioner: When you say love it, do you mean it has energy? Can I understand it that way?

JO:你在热爱的时候,你在激情的时候,你的灯就是亮的.当你不热爱的时候,你的灯灭了.所以并没有哪⼀件是正确的,哪⼀个是错误的,哪⼀个是好的,哪⼀个是坏的.为什么?因为你们每⼀个⼈都是独⼀⽆⼆,都是不⼀样的.所以别⼈做这个好不代表你会是乐意的.那你会觉得⼈家都说做这个好,但是我很不喜欢.

In Chinese: When you are passionate about something, your light is on. When you're not passionate, your light goes off. Therefore, there's no right or wrong, good or bad. Why? Because each of you is unique and different. So what someone else finds good doesn't mean it will make you happy. Others might say doing this is good, but I really don't like it.

问: 我现在跟我⽼公是离婚不离家.我跟他之间的缘分会怎样? 我此⽣会不会遇见我的灵魂伴侣?

Questioner: I am currently divorced but still living with my husband. How will our relationship evolve? Will I meet my soulmate in this lifetime?

JO: 你稍等.你跟你这个伴侣,你们之间之所以能量不吻合就是因为你⼀直就是呢种好像是严肃、努⼒和认真,和他的能量就好像有⼀点不吻合.那他正好就跟你不是⼀致的.所以你们会有⼀种彼此排斥对⽅,就是好像我们俩不是同⼀个道上的.

JO: Wait a moment. The reason your energy doesn't align with your partner is because you always have this serious, hardworking, and earnest demeanor, which is incompatible with his energy. He happens to not be on the same wavelength as you. That's why there's an aura of mutual repulsion between you two; it feels like we're from different worlds.

问: 对.那我跟他是没有缘分的对吧?

Questioner: Yes. That means we don't have a connection, right?

JO: 所谓的缘分就是你们能在⼀起.那如果你们能在⼀起,他⾛⼊你的⽣命当中,那你们就是有缘的.有缘是什么? 就是你们是有因果的,就是有缘,明⽩吗? 没有缘分是什么? 就是你们不会在⼀起,你们都不会在彼此的⽣命当中遇到对⽅.

JO: The concept of fate is that you can be together. If you are able to be together and he enters your life, then you have a connection. What does it mean to have a connection? It means that you have karmic ties, that you are connected, do you understand? What does not having fate mean? It means that you cannot be together; you will not encounter each other in each other's lives.

问: 我现在跟他离异了嘛.

Questioner: I am now divorced from him?

JO: 其实你们离不离异,其实你们彼此排斥就是离异,就算你们没有离婚,明⽩吗? 所以说离不离异只是你们⾃⼰在物质世界有⼀些你们所谓的⽂件.呢些只是表⾯的,呢个并不能代表什么,明⽩吗? 因为当两个灵魂交融在⼀起的时候,有没有纸是没有关系的.所以说呢个是不重要的.

JO: Actually, whether you are divorced or not, the real issue is when you reject each other, which is akin to a divorce. Even if you haven't legally separated, do you understand? So, being divorced or not is merely about having some documents in your material world that you claim as yours. These are superficial; they don't truly signify anything, do you see? Because when two souls come together, it doesn't matter whether there's paper proof of it. Thus, it isn't crucial.

问: 那我还会有灵魂伴侣的出现吗?

Questioner: Would I still have a soulmate appearance?

JO: 你⾸先你所谓的灵魂伴侣就是说你们在灵魂层⾯选择来共同帮助对⽅成长,来共同体验⼀个主题,就是来共同协助、共同成长、共同体验.那你们每⼀个⼈都是有灵魂伴侣的.那他在哪⾥? 就在你眼前呀.你眼前见到的.呢个是灵魂伴侣.那你所谓的爱情又是另外⼀回事了,明⽩吗?

In the first place, what you call soul partners means that at a soul level, you choose to help each other grow and experience a theme together, assisting and growing together. Everyone has soul partners. Where are they? They are right in front of you. The one you see is your soul partner. Then, the so-called love is another matter altogether, understand?

问: 那我还会有新的爱情出现吗?

Questioner: Will I experience new love?

JO: 你会有爱情出现吗? 在于你要选择到底你的灯是暗的还是⼀直是亮的,明⽩吗? 因为你必须要⾃⼰达到⼀种敞开的状态,你才能于对⽅达到连接.如果你⼀直是收缩的状态,是紧闭的状态,你是闭着的.这么说吧,爱情就好像是你的管⼦敞开了,他能跟你连接,你们俩彼此是你的⽔能流到他⾥⾯,他的⽔能流到你⾥⾯,明⽩吗? 就是你们俩管⼦连通了.这就是爱情,是吧? 那如果你这个管⼦⼀直是封闭的呢? 你不允许任何东西进来呢? 你⼀直是紧闭的状态呢? 那你也不会跟任何⼈产⽣连接啊.所以这个跟你去选择你是否要敞开⾃⼰、是否愿意敞开⾃⼰、是否有⼀些恐惧的能量导致你堵塞不能敞开⾃⼰,有关的,明⽩吗?

JO: Will you experience love? It depends on whether you choose to have your light on or keep it dimmed, understand? Because in order for you to connect with the other person, you must reach a state of openness. If you're constantly in a contracted, closed-off state, you are sealed shut. Imagine love as if your pipe is open; it can connect with you, and both parties' fluids can flow into each other. This means that your pipes are connected. Isn't that what love is? But if your pipe remains closed? If you deny anything from entering in? If you're always in a tight, shut-off state? Then you won't be able to connect with anyone either. So this has to do with whether or not you choose to open yourself up, are willing to open yourself up, or if fear energy blocks your ability to open yourself, understand?

问: 我早期的财富能量还是挺好的,这⼏年就好像卡住了.我要怎么样才能让它发挥出来吧?

Questioner: I used to have good wealth energy early on, but in recent years it seems like something is blocking it. How can I unlock and make use of this again?

JO: 它还是跟你个⼈的,就好像能量的状态是有关的.⾸先财富没有任何卡住不卡住.你只有就是说,这么说,你看到你的果树在结果⼦,它是每⼀个⽉份每⼀天都有果⼦吗? 财富就好像是果实⼀样.

JO: It's still personal to you, like energy states matter. Wealth is not about being stuck or not stuck; you're only saying that if you visualize your fruit trees bearing fruits, do they produce fruits every single day of every month? Wealth behaves like those fruits do.

问: 没有.

Questioner: None.

JO: 那既然是没有的,它都有⼀个周期,对不对? 那你所谓的财富是不是也会有⼀个周期? 但是你看到你们果民在做的事情.他在没有结果的时候,为了来年结更多果⼦,那他是不是在没有结果⼦的时候做了很多的⼯作,对吧?⽐如说除草啊、浇化肥啊、修剪枝叶啊、除⾍啊,对吧? 那做这些⼯作,是不是来年就特别丰收了? 这就是为什么你们在算命的时候会有⼀个财运,明⽩吗?

JO: Since there's no such thing, it has a cycle, right? So would the wealth you're talking about also have a cycle? But when you see what your fruit farmers are doing. When they haven't gotten any results yet, to ensure more fruits next year, don't they do a lot of work during that time, right? Such as weeding, applying fertilizers, pruning branches, and getting rid of pests, right? The work they put in, does it result in bumper harvests the following year? That's why there is财运in fortune-telling, do you understand this?

问: 那我这辈⼦财运怎么样?

Questioner: What about my financial fortune in this lifetime?

JO: 你如果知道所谓的财运它其实没有⼀个卡住不卡住.那总有⼀个需要你去修剪枝叶,春天开花、施肥的时候对吧? 那你所谓的没有财富的时候,是不是就是施肥的时候? 你们所有的,做⽣意也好,它都有⼀个前期的⼯作就是把钱拿出去,对不对? 那你最后才会有钱进来的时候,明⽩吗? 所以说它也是像你们说的养精蓄锐.⽐如说你在通过你所谓的现在财富不好的时候,那你是不是可以有时间沉淀下来,让你的能量状态得以变化.你的意识提升,让你的意识扩展.你的意识能扩展到哪⾥,你的财富就能扩展到哪⾥,明⽩吗? 你的意识能够辐射到哪⾥,你的财富就能够辐射到哪⾥.明⽩这层关系吗? 你们是不是⾮常需要这个?

JO: If you understand that the concept of good fortune doesn't have a fixed state, there will always be something requiring your effort to maintain, like pruning trees in spring or applying fertilizer, right? So, when you talk about lack of wealth, is that akin to the time when you apply fertilizer? In all business endeavors, regardless of whether it's commerce or otherwise, there's an initial stage where money needs to be invested, correct? And then comes a point where money flows in. Do you understand this? Hence, it mirrors what you call nurturing and preparing for growth. For instance, during periods when you perceive your wealth as inadequate, could it be that you have time to reflect, allowing your energy and consciousness to evolve? As your awareness expands, so too can the scope of your wealth. Can you see the connection here? Don't you very much need this process?

因为你只是⼀头钻进⼊赚钱,你看为什么有很多⼩商⼩贩的,他们⾟苦⼀辈⼦他其实还是每天只是个⼩商⼩贩.为什么? 他每天都钱赚,他赚的就是每天卖菜的呢些⼏⼗块钱,忙忙碌碌忙个不停,明⽩吗? 那他们表⾯上看着,我都没有缺钱,我的钱⼀直在进账呀,你看我忙的不⾏了,我⽣意多好啊.因为他们没有任何时间来扩展⾃⼰的意识.那他能辐射到的财富也只能是这么⼤,就是呢个圈⼦只有这么⼤.

Because you are just focused on making money, you understand why there are so many small traders, who work hard their entire lives but still end up being just small traders every day. Why is that? They earn money daily, the money they earn is from selling vegetables for a few dozen yuan each day, working tirelessly and constantly. Do you see it? On the surface, I don't lack money, my income keeps coming in. Look at how busy I am, how well my business is going. The reason is that they have no time to expand their consciousness. Thus, the wealth they can reach or influence can only be as large as the circle of their activities, which is limited.

问: 那要怎么要去扩展⾃⼰的意识呢?

Questioner: How does one expand their consciousness?

JO: 你现在就在啊.你现在的交流就在扩展啊.因为你看待事情,看待事物的眼光就会完全不⼀样.你就看的越来越清楚,⽽不是稀⾥糊涂看不清楚或者看错.

JO: You're here now. Your interactions are expanding right now because the way you perceive things and understand them changes completely. You see more clearly, not confusedly or incorrectly.

问: 我⼩⼉⼦会莫名其妙的发⽕,很⼤的⽕⽓.是为什么? JO: 有多久这样的状态?

Questioner: My son gets angry for no reason, very fierce anger. Why is this happening?

JO: How long has this been going on?

问: 三四年了.

Questioner: It's been three or four years.

JO: 四年经常脾⽓⽕爆吗?

JO: Does it have frequent temper outbursts every four years?

问: 四年是.他对于别⼈不怎么敢,主要是对我.

Questioner: Four years ago. He was more hesitant with others, mainly towards me.

JO:你稍等.他这个很简单,他是想要你更多的跟他连接.更多的你的专注⼒,就是注意⼒在他⾝上,⽽不是急于在其他⽅⾯.就好像你是有⼀种着急,就急急忙忙去其他⽬的地或者是要做有意义的事或者是什么事情.你并没有耐⼼的陪他玩或者是⼀下午坐在呢⾥什么都不做,或者是看⼀只蚂蚁在呢爬.你并不会去做这样的事情,你并不会觉得呢是个有意义的事情.就是你在⼀种忙忙忙,就是快点的状态下.因为你想要成绩,你想要结果.就是你不能去浪费时间看不到结果.然后就让他会有⼀种总是想要跟你要,他的发脾⽓就好像是跟你要.

JO: Wait a moment. This is simple; he wants more connection with you, more focus on him rather than rushing to other things. You seem anxious to move quickly to another destination or do something meaningful, not taking the time to patiently play with him, sit there for an afternoon doing nothing, or watch an ant crawl. Such activities would not seem like they hold meaning to you; your mind is perpetually in a rush, wanting immediate results. This eagerness is driven by your desire for achievements and outcomes, unable to afford any wasted time without seeing tangible results. His frustration manifests as always seeking from you.

问: 他其实是想要我更多的时间陪他玩?

Questioner: He actually wants me to spend more time playing with him?

JO: 他要你真正的去,就像刚才说的呢个,就是你可以陪他⼀下午就看⼀只蚂蚁在呢爬.你不会觉得,看⼀下时间,我们两个⼩时什么事都没有做,我们应该去看书,这类的.

JO: He wants you to truly engage, like just now when we talked about observing an ant moving around for an entire afternoon. You wouldn't feel that after two hours, both of us having done nothing, we should be studying or reading instead.

问: 也就是说我的孩⼦在⽤他的脾⽓在唤醒我,让我不要呢么着急,要放松下来.是这个意思吗?

Questioner: In other words, my child is using his temper to awaken me, urging me not to be so anxious and to relax. Is that the meaning?

JO: 是的.因为你没有真正的跟他建⽴连接.你更多的是在⾃⼰眼⾥的⼀个⽬标和⽬的地.问: 他是通过他这种发脾⽓的⾏为来唤醒我?

JO: Yes, because you didn't really connect with him. You were more in your own mind's target and destination. Questioner: Is he trying to wake me up through his outburst of anger?

JO: 你们之间就没有建⽴连接.没有建⽴连接,他就没有安全感.你这边源头的⽔,就是母爱就流不到他呢边去.他就会⼀直是⼜渴的状态,⼜渴、急躁、发脾⽓.

JO: There's no connection between you two. Without a connection, he lacks security. The water source from your side, which is maternal love, can't flow to him. He will always be in a state of thirst, restlessness, and lashing out.

问: 我平时怎么样通过⾃⼰可以跟您连接?

Questioner: How can I connect with you on a personal level?

JO: ⾸先,你头脑⾥⾯要放下每⼀个⼈的通灵⽅式都要⼀样.因为你们每⼀个⼈来到这个世界上的灵魂主题不⼀样.为什么? 因为这个⼥孩⼦她就像你们的导师⼀样给你们带来信息,引导你们.因为我们是从灵界引导你们,她是从物质世界引导你们.所以就好像她是选择这个⼯作,⼈家是做⽼师的.那你说我怎么样去做⽼师? 那⽼师是你的激情吗? 明⽩吗? ⾸先你要知道⽼师是你这⼀⽣选择要来体验的主题吗? 因为你⾃⼰在灵界,你的呢个更⾼的呢个你,真实的呢个你,它选择你这个⾁体来体验什么,它才是主⼈.不是你这个头脑去看到别⼈做这个好酷啊,别⼈做呢个好赚钱啊,别⼈做呢个好轻松啊,明⽩吗?

JO: First, you need to understand that every person's way of connecting with Spirit is unique. Each soul has a different theme for their lifetime here on Earth. Why? Because this girl serves as your guide and delivers messages just like a teacher does. We guide you from the spiritual realm; she guides you from the physical world. So, it's like she chose this job; someone else might be teaching. If I were to ask how would one become a teacher, is that something driven by passion? Understand that being a teacher may not necessarily align with your lifelong theme of experience in this lifetime. It's your higher self, your authentic self in the spiritual realm that chooses you as a physical body for these experiences, which dictates your purpose, not your mind merely seeing others find it cool or profitable.

问: 因为我这两年有学习,他说每个⼈都可以连接⾼我.

Questioner: Because I have been studying for these past two years, he said that everyone can connect to their higher self.

JO: 连接⾼我,但是你表现的⽅式不⼀样的.连接⾼我就好像你进⼊呢个能量.进⼊呢个能量就好像,那有的⼈他通过画画,他不通过说话.他通过画画把这个能量表达出来,那呢些看到这幅画的⼈他可能流泪.为什么? 因为他也感受到了这个能量了.那有的⼈是通过唱歌,有的⼈通过跳舞,有的⼈通过做其他的,雕塑、艺术品、艺术家.

JO: Connect to your Higher Self, but you do it differently. Connecting to the Higher Self is like entering into that energy. Entering into that energy is akin to how some people express themselves through painting instead of speaking; they channel this energy through their art, and those who see their paintings might shed tears. Why? Because they too feel the energy. Others may express themselves through singing, dancing, or other creative activities like sculpture, art, and artists.

问: 我的意思不是说像这个⼥孩⼦⼀样当⽼师.我的意思是说我要怎么样可以跟您有更好的连接?

Questioner: I didn't mean to say that like a teacher for this girl, but rather, how can I connect better with you?

JO: 那你要看你⾃⼰.你要看你⾃⼰到底对什么是孜孜不倦的,得⼼应⼿的,如鱼得⽔.你就会慢慢的打开这个通道.这是⼀个逐渐的过程.就好像⼀个技术,⼀个杂技演员,你说我怎么样才能像杂技演员⼀样? 那⼈家多少功夫啊? ⼈家有可能是多少世,多少辈,修⼏百年⼏千年去做这个事情.所以才呢么炉⽕纯青,就是可以如此的展现出来.那你呢? 你都还没学过,明⽩吗? 所以你也需要去在你⾃⼰热爱的领域.你们物质世界你就能看到,呢些所谓的艺术家,哪个没在他⾃⼰热爱的领域⾥⾯苦苦的锻炼很多年?

JO: Then it's up to you to figure out what you are truly passionate about and excel in. You need to discover your own zone of genius where everything flows easily for you. Gradually, this channel will open up for you. This is a process that unfolds gradually, much like the mastery of a skill or the performance of an acrobat. When someone asks, "How can I become as skilled as an acrobat?" They inquire about the years and possibly centuries of dedication needed to achieve such proficiency. Only then does one reach a state where their skills are so refined that they can be masterfully displayed. You, on the other hand, have yet to embark on this journey. Do you understand? Therefore, you must also immerse yourself in your area of passion within the tangible world. Witnessing others in your physical realm who've honed their craft over years or even decades should provide a clear picture for you.

问: 也就是说他们能成功就是⼀直做⾃⼰喜欢的事情?

Questioner: In other words, they can succeed by just doing what they like?

JO: ⾸先,并不是你们所谓的成功.只要是来到这个物质世界体验到你选择想要体验的,你就是成功.不是物质世界你看到了他有名⽓他有钱才叫成功,不是的.如果他做的并不是他这个灵魂主题想要体验的,那他就是不成功,明⽩吗? 所以成功是你体验的是否是你选择这个⾁体来体验的.这就是成功了.

JO: Firstly, it's not what you call success. You are successful simply by coming to this physical realm and experiencing what you chose to experience. It's not about seeing someone famous or being wealthy in the material world; that doesn't define success. If they're not engaging in experiences that align with their soul's purpose of what they wish to experience, then they are not considered successful. Do you understand? Success is when you experience things that you chose this physical body to experience. That's how you achieve success.

问: 成功就是说是否选择⾃⼰喜欢的?

Questioner: Success is about whether you choose what you like, right?

JO: 你来到这个物质世界选择这个⾁体,你会有⼀个你想要体验的主题,就是你想要体验的⼀个东西.那如果你在做这件事情的话,你就是成功的.⽽不是说⽤你们物质世界的标准来看他是否有名⽓是否有钱.并不是的.那为什么有很多⼈他可能有钱他也有名⽓,但是他选择⾃杀呢?

JO: When you come to this physical world and choose a body, you will have a theme that you want to experience, which is something you wish to experience. If you are doing this thing successfully, it does not mean looking at whether they have fame or money in your material world standards. No, why do some people who might be rich and famous but still choose to commit suicide?

问: 我当下最⼤的束缚是什么?

Questioner: What is my greatest constraint right now?

JO: 你稍等.轻松,像玩⼀样的去⽣活.然后可以就是让你更好的更愉快的去创造.就是这个.因为别⼈没有⼀个⼼愿⼀定要这⼀世达到.但是你有⼀个,因为你之前没有达到,你想要达到.所以你内在就有⼀股呢种⼀定要好好努⼒呀,不要浪费时间呀,就有这种紧迫感在⾥⾯,明⽩吗? 那这种紧迫感就导致你很难轻松放松下来.然后就有⼀种,就好像是⽔太急,反⽽杯⼦⾥⾯都盛不到⽔,欲速则不达.所以说你需要去认识到当你慢下来实际上就是快.当你慢下来,你并不是在浪费你的时间.就是当你在地底下不断去扎根的时候,你并没有影响到你到时候的疯长,明⽩吗?

JO: Wait a moment. Live your life with ease, like playing a game. Then you can create more effectively and enjoyably. That's it. Others may not have the ambition to achieve something in this lifetime, but you do because you didn't before and want to achieve it. Therefore, there's an inner drive that pushes you to work hard, not waste time, and feel urgency within you. Understand? This sense of urgency makes it difficult for you to relax. Then comes a situation where the water rushes too quickly, so much so that it doesn't fill up your cup—the idea being haste makes waste. So you need to recognize that slowing down actually leads to speed in terms of personal growth. When you slow down, you're not wasting time. As you dig deeper roots into the ground, you're not hindering future explosive growth; understand?

问: 我的祖先有没有什么话想对我说?

Questioner: Do my ancestors have any words they want to say to me?

JO: 你稍等.他们说让你把家⾥的关系放在第⼀位.因为⼀旦家⾥的关系在⼀种轻松愉悦的状态下,其它东西都会⾃然⽽然的变好,就是其它东西是不需要努⼒的.就是你把关系维护的好的话,其它东西都会⾃然⽽然的.

JO: Wait a moment. They said you should prioritize your family relationships because when family relationships are in a relaxed and enjoyable state, everything else will naturally improve too. It means that with good relationship maintenance, other things don't require effort.

问: 其它东西包括财富啊… JO: 包括你需要的⼀切.

Questioner: Other things like wealth... J.O.: Including everything you need.

问: 就是我在这个三维空间需要的⼀切都会显化?

Questioner: Does everything I need in this three-dimensional space manifest?

JO: 是的.

JO: Yes.

问: 就是先把家⾥的关系放到第⼀?

Questioner: It's just that one should prioritize family relationships first?

JO: 是的.

Yes, JO said.

问: 哪⼀个祖先跟我最后连接?

Questioner: Which ancestor am I most closely connected to?

JO: ⾸先他们想要说的就是你这⾥并没有断开.因为你在问有没有哪个跟我特别有连接什么的,你就没有断开,就不是在⼀个断开的状态.因为你会觉得我是在这⾥,⼈家要跟我连接上⼀条线我才是连接的.不是这么单独的⼀个物体.就好像你要把空⽓分开⼀样.这个空⽓是这个,呢个空⽓是呢个.就好像是河⾥的⽔,源头的海⽔,你怎么去分呢?

JO: First of all, what they want to say is that you are not disconnected. Because when you're asking if there's any connection with me specifically, it means that you are already connected; you are not in a state of disconnection. You would think that for me to be connected, someone has to draw a line connecting them to me. It's not just an isolated object. It's like trying to separate air; this is one kind of air and that is another. It's like the water in a river or the seawater at the source; how can you divide it?

问: 是不是像佛陀⼀样? 有⼀句话叫悟道起修,这句话是什么意思呢?

Questioner: Is it like Buddha? There's a phrase that says "realization leads to cultivation." What does this mean?

JO: ⾸先所有的这些⽂字和理解都是你们⾃⼰物质世界的⼈创造的,还有你们⾃⼰去给与它的⼀些定义.那根据你来提这个悟道起修,道是什么? 就好像我们在给你传的信息,这些信息就好像是所谓的道.那你领悟到了这些道了过后,你就要开始去修正⾃⼰的⼀些⾏为.你去修正⾃⼰我有没有按照这个道啊,我现在是不是又呢个什么了? 你就开始把你这个物质⾁体,你就开始在看着你这个物质⾁体有没有在你所谓的道上⾯,明⽩吗? 但是想让你们知道的就是,你们其实不⽤特意的去担⼼或者操⼼你们要去修或者什么,明⽩吗? 因为你们所有去体验的都会有意义.

JO: All of these words and understandings are created by you, beings in your own material world, along with the definitions that you give it. When you ask about enlightenment and cultivation based on this teaching, "The Way" refers to the information we're conveying to you, like something called The Way. After gaining insight into these teachings, you should start to correct your actions. You'll question whether I've followed this path correctly or if I'm doing something wrong now. You begin to observe your material body and ask if it's aligned with what you perceive as the way. Understand? But what you need to know is that there's no need for you to worry unnecessarily about cultivating or anything else, because all of your experiences will have meaning.

它在你去醒悟,就是在你花开的时候或者果⼦成熟的时候或者到你的时间你开始要蜕变了,⾃然⽽然就会蜕变.所以⽆论你是多努⼒⼀分还是偷懒⼀分,这个是没有区别的,明⽩吗? 因为春暖花开嘛,它都会在呢个时间就开了.所以呢些学的特别⾏⾟苦的和呢些天天睡觉的,其实没啥区别,明⽩吗?

It occurs when you awaken, which is akin to the blooming of a flower or the ripening of fruit, or when your time comes for transformation. The process unfolds naturally through this transition. Thus, whether you are extremely diligent or slightly lazy, there's no difference in this context. Do you understand? After all, spring brings flowers, and they will bloom during that period. Therefore, those who excel greatly and work hard versus those who sleep daily, actually show no significant distinction, do you see it now?

问: 就是要决⼼悟到道.

To realize the path is to make up one's mind about it.

JO: NO,这个没有区别.因为你们会觉得学的特别⾟苦的和呢些睡⼤懒觉的⼈,呢些学的⾟苦的⼈他们会怎么样怎么样.并不是.因为每⼀颗种⼦它发芽结果的时间是不⼀样的,周期是不⼀样的.那你说呢个种⼦,哎呀我要特别⽤⼒挣脱出来我才能发芽,你看呢个种⼦都不⽤⼒.你觉得你把它泡在⽔⾥它们不会同样的发芽吗? 所以种⼦本⾝它们是不需要去努⼒的,明⽩吗?

JO: NO, there is no difference. Because you would think that the ones who struggle to learn will be different from those who sleep in and don't exert themselves. Those who struggle might do this or that, but it's not so. Each seed has its own time to germinate and bear fruit, which varies. If you say that one seed must use great effort to break free before it can germinate, then why wouldn't all the seeds do the same? So, each seed doesn't need to exert itself, understand?

问: 它就只需要去活出来?

Questioner: Does it just need to be lived?

JO: 它⾃然⽽然就会发芽的.机缘到了.也就是说你的⽓温各⽅⾯达到了,⾃然⽽然就会发芽.所以你会不会放下对⾃⼰有⼀个很严格很⾼的要求? 所以你去睡睡懒觉,达到⼀种放松的状态并不会影响你开悟的,明⽩吗?

JO: It will naturally sprout on its own when the conditions are right. This means that when all your environmental factors meet these requirements, it will naturally sprout. Therefore, should you let go of having very strict and high expectations of yourself? So, taking a nap or achieving a state of relaxation won't affect your enlightenment; do you understand this?

问: 那每个⼈都可以开悟吗?

Questioner: Can everyone attain enlightenment?

JO: ⾸先你们⼈作为这个⾁体,你选择这个⾁体你本⾝就是来体验这个过程的,明⽩吗? 你既然选择了它,你就是来体验这个过程来体验这个物质世界的.

JO: Firstly, as a being in this physical body, you chose this body itself to experience this process, right? You are here to experience it through your own choice of the physical form and thus experiencing this material world.

问: 就是开悟不是每个⼈必修的?

Questioner: Does enlightenment not require a mandatory course for everyone?

JO: 这个不是开与不开.这⽽是物质世界只是这些需要和想要去选择这个的灵魂的⼀个选择⼀个体验,明⽩吗?

JO: This is not about whether to open or not. It's simply that the material world is an option for this soul to experience what it needs and wants, do you understand?

问: 那佛陀的开悟状态是否是在⼈间修成的呢?

Questioner: Could Buddhahood be achieved in the human realm?

JO: 佛陀他本⾝就是佛陀.就好像说呢棵核桃树它的种⼦本⾝就是核桃树的种⼦,明⽩吗? 就好像你这棵果树虽然是⼏百年的果树,但是你结的新果⼦,你还是需要⽣根发芽再长成⼀棵树.这样的⼀个⽣命的过程.这就是⽣命的⼀个过程.

JO: Buddha is Buddha himself; it's like saying the seed of that walnut tree is also a walnut tree seed. Do you understand? It's similar to how your fruit tree, even being centuries old, still needs to produce new fruits by germinating and growing into a complete tree, just like this lifecycle process. This is how life unfolds.

问: 我跟⼀个⽼师学,他说每个⼈来到这个世界上都是要来开悟的.这个是否是正确的?

Questioner: I'm studying with a teacher who says that everyone coming into this world is destined to awaken. Is this statement correct?

JO: 那⽐如说本⾝他们就是开悟的转态,他来到这个世界上就是来体验,就是来成为他本来的样⼦.⽽且你们真正的⽼师只有你们⾃⼰内在.因为它已经包含了你所有的指引、引导.所以外⾯的任何信息都只是暂时的,只是⼀个属于他呢个世界,他呢个版本的信息.那你⾃⼰创造你这个版本.你决定了这个信息要怎么样服务与你.如果你想要去让它来正⾯服务于

JO: Well, for example, they are in a state of enlightenment themselves, coming into this world to experience and embody their true essence. And your true teacher is only yourself within, as it already contains all your guidance and direction. Thus, any external information is merely temporary; just belonging to their world and version. You create your own version, deciding how this information serves you. If you wish for it to positively serve

你也是你的选择.你觉得它吓着你了,那也是你⾃⼰的选择.所以你要知道所有的⼀切其实来⾃于你,你才是呢个主⾓.你决定了外在的⼈给你的信息如何服务于你,如何影响你,是正⾯还是负⾯.所以外⾯没有任何⼀个⼤师,包括我们的信息,我们也不是呢种就是说我说⼀定是这样,NONONONO.权⼒在你⾝上,你决定这杯⽔你要喝下去还是不喝下去.

You are also the product of your choices. If you find them frightening, that too is a choice you make for yourself. Therefore, realize that everything actually stems from within you; you are the protagonist. You determine how external people's messages serve you and affect you - whether positively or negatively. Thus, there is no master outside, including our information; we are not those who say "it has to be this way," NONONONO. The power lies in your hands; you decide whether you drink that cup of water or leave it untouched.

问: 那我们是不是可以有很多的版本的我们呢?

Questioner: So are we going to have many versions of ourselves?

JO: 你可以有很多选择.任何⼀个选择你可以去体验.在当下你都可以去做出任何你的选择.然后任何你的选择你都是得到⽀持的,明⽩吗? 那你是不是就有所谓的很多版本? 那就是呀.你今天选择来跟我们通灵,那通灵了之后你的版本就变了.因为你就会看的更清楚⼀点.你就会知道你要选择什么,你不要选择什么.你也是允许我们的⼒量在改变你.是你的允许,是你⾃⼰的⼒量,⽽不是我们在改变你,是你的⼒量,所以你才是最⼤的,⽽不是我们.没有你的允许,没有任何神、⼈、信息任何能改变的了你.所以你才是呢个最⼤的.

JO: You have many options. Any option you can experience. At this moment, you can make any of your choices. And then, with any of your choices, you will receive support, right? That means there are various versions for you, doesn't it? Yes, indeed. If you choose to communicate spiritually with us today, after the communication, your version might change because you will see things more clearly. You will know what to choose and what not to choose. Our power is allowed to alter you by you yourself, through your own strength, not from us changing you. It's your power that makes you the largest factor, not us. Without your permission, no god, person, or information can change you. Therefore, you are the greatest.

# **2023/06/05 — 如何⾯对被追债How to Deal with Debt Collection**

问：你好JO,我今天早上看到我内在深层依然在抓着⼀个信念,就是＂很难＂.我如何彻底放下头脑的这个限制,就是让我去到⼀切美好,来到我很容易很轻松的感觉中呢？JO：你头脑抓的什么？问：就是什么来到我这都很难很难的这个限制性的信念.

Questioner: Hello JO, I noticed this morning that a deeply ingrained belief within me is still holding on to the idea that "it's hard." How can I completely let go of the limiting belief in my mind that restricts me from experiencing all the beauty and ease that life has to offer, making it feel effortless?

JO: What exactly is your mind grasping onto? Questioner: It's this limiting belief that comes into my life as something very difficult, hard, and challenging.

JO：为什么你会觉得你有这个信念呢？问：是因为有⼀件事情就是⼀直没有解决,我就感觉很困难.这个事情是就是之前我家⾥特别富有,但是后来在我不知情的情况下,孩⼦爸爸在外⾯⽋了好多债务,那这件事就让我感觉很受困.

JO: Why do you feel that you have this belief? Questioner: It's because there is something that has never been resolved and I feel very stuck. The issue is that my family was extremely wealthy previously, but then without my knowledge, the father of my children took on a lot of debt. This situation leaves me feeling confined.

JO：⾸先,这只是你的⼀些想法⽽已.然后你并没有任何受困,这么说吧,你说你之前富有,然后可能是你这么想象⼀下,就是你⼿上抓了⼀把沙,那把沙⼦你觉得：哇,是物质,是⾦钱,然后你很富有.那现在呢,那个沙⼦,你把⼿松开了,沙⼦没有了,但是你这个⼿是空的,空的意味着什么呢？意味着所有的⼀切,它都可以来到你⼿上.明⽩了吗？那就意味着⽆限可能,⽽不只是沙⼦单纯停留在那⾥,明⽩吗？那个沙⼦,它就会让你觉得：哎呀,我不要去拿东西,为什么？我⼿上有东西,或者是我⼿上没有东西去拿,明⽩吗？它还还会是你的⼀个限制,为什么？你觉得：我⼿上有东西,我没有去拿的那个欲望.

JO: First of all, this is just your idea. Then you're not in trouble, let me put it like this - previously you were rich, right? You imagined that you had a handful of sand in your hand, and you thought to yourself: ah, this is matter, wealth, and you were wealthy. Now what about the sand – you've opened your hand and there's no sand left. But you still have an empty hand. What does being empty mean? It means that everything could come into your hand; understand? That means unlimited possibilities, not just staying put with that handful of sand, get it? The sand would make you think: oh gosh, I don't want to take anything anymore, why? Because I have something in my hand or I don't have something to take. Get it? It's still limiting you because you think: if I have something in my hand and I'm not taking it.

明⽩那层意思吗？所以说这是⼀件好的事情,然后也没有什么你需要去解决的问题,然后也没有什么你需要去解决你的什么限制性问题.明⽩吗？你只需要看到⽽已.你不需要去做任何,你们很多⼈总觉得我要消除⼀个限制,或者⼀个信念,⼀个什么什么什么.你唯⼀要做的就是不去关注它,不去在乎它,不去花时间和精⼒去研究它就好了.⽽是把你的注意⼒放到另外⼀个,就像你眼睛⼀样,你的眼睛就是焦点,对吧？你把它锁定到问题上⾯,还是锁定到你的⽬标和愿望上⾯？你不需要去笃定问题,说我要把这个问题解决了,你只需要把你的眼光移到你想要去体验,就是你的⽬标和你的愿望、愿景上⾯,明⽩吗？就这么简单.

Do you understand that implication? Therefore, it's a good thing. There is nothing for you to solve here. There are no issues about limitations or beliefs that need solving. Do you get it? You only have to see this. You don't need to do anything; many of you often think I need to eliminate something like a limit or belief. The only thing you need to do is not pay attention to it, not care about it, and not waste time and energy researching it. Instead, focus your attention elsewhere, similar to how your eyes function, as the focal point, right? You can fixate on the problem or your goals and aspirations. There's no need to be fixated on solving problems; you just need to shift your gaze towards what you want to experience—your goals, wishes, and visions. Do you get it? It's that simple.

不是说你需要去在问题那⼉,我把问题去把它打掉,去把它消灭掉.不需要做任何,你只需要去转移你的眼光到另外⼀个地⽅.然后问题它对你就是不可见的了.你们的头脑总是想要把事情复杂化,就觉得好像是复杂化了,这才有意义,才有效.就像你们觉得你们⽣病是需要吃很多药,然后病才会好,并不是的.病好是你的⾝体,它需要那个过程,适应那个病毒的过程,然后⾃⼰就好了,不需要吃任何药.下⼀个问题.

It's not that you need to go and tackle the problem, I would go in there and eliminate it, and make it disappear. You don't have to do anything; you just need to divert your gaze to another location. Then, the problem becomes invisible to you. Your mind is always inclined to complicate things, thinking that complexity equals meaning or effectiveness. It's as if you believe you need many medications for illness because only then does it seem effective and meaningful. Not so. Recovery occurs when your body adapts to the virus during its process; no medication is required. The next question.

问：我也想放下这件事情,但是呢,我感觉内在就很⼤的愧疚,恐惧,如果这件事情不解决.

Questioner: I also want to let go of this matter, but I feel a great sense of guilt and fear within myself, as if the issue must be resolved.

JO：⾸先,你不是事情需要解决,⽽是你内在的那个不信任需要去让你看到,⽽不是解决.因为你看到了它,你就不再受它影响了.你就看到：哦,原来只是因为我去相信了,所以我才会创造这样的体验给我,是我⾃⼰的⼒量来让我感受到,我是没有⼒量的,我是被困的.明⽩吗？问：不太明⽩.

JO: First, you're not dealing with the thing that needs to be resolved; you're dealing with the lack of trust within yourself that needs to be illuminated for you to see it, not resolve it. Once you see it, you no longer are affected by it. You see: Oh, it was just because I believed in this that I created such an experience for myself, and it's my own power that lets me feel that I have no power and am trapped. Do you understand?

Questioner: Not quite understanding.

JO：也就是说,外在根本就没有任何事⼉,是你内在有了事⼉,你才会去投射出来,觉得这个是个事⼉.明⽩吗？所以说这⾥没有事情需要解决,你唯⼀需要的,就是你⾃⼰内在去相信那些事情在困着你,或者那些事情需要你去解决,明⽩吗？如果你不去相信它呢？问：但是外⾯有债主追债呀.

JO: So essentially, there's nothing happening externally; it's your inner business that you're projecting onto the outside, making it seem like something is happening. Do you get it? Hence, there's no issue to be addressed here; all you need to do is believe within yourself that these things are bothering you or require your attention. Do you understand? If not, what about this: But there are creditors chasing after debts externally, right?

JO：外⾯有债主追债？来追你是吗？问：之前有.

JO: Are there creditors outside asking for payment? Are they here to ask you? (Previously, there was.)

JO：之前有,现在呢？问：现在我⼀直在向内⾛,然后现在消失了. JO：消失了.就是说你没有再被那个什么……问：对,但是我还有恐惧,还是害怕.

JO: There was before, now what? Questioner: Now I've been going inward and then it just disappeared. JO: Disappeared means you're not being pulled by anything... Questioner: Right, but I'm still scared, I'm still afraid.

JO：⾸先在⾯对着就是被债主追债,然后这个事情就是说,⽐如说你们是被动的被卷⼊这样的事件,就⽐如说,你的那个家庭的成员,然后他们导致你被动的陷⼊这样的事件,然后也是⼀次你们很好的去展现你是谁的⼀个机会.你想,如果是在这样⼦的⼀个情况下,就是说,你给了⼀次机会,让别⼈来看到你是如何处理？然后去担当,去解决,就是去呈现你.因为永远你都有机会去呈现你是谁？明⽩吗？那你给别⼈⼀次机会去认识你,别⼈可能通过这⼀次追债的机会认识到如此正直有担当的⼀个⼈.然后他会深深的被你迷住,那有可能他以后有做⽣意的时候,他就会第⼀时间就想到了你.

JO: First of all, you're dealing with creditors chasing you for debts. In this situation, it's about being passively drawn into an event, like when a family member involves you in such matters, leading to you being caught up in the situation as a result. It's also an opportunity for you to showcase who you are. You might wonder: if given such a chance, how would you handle this? How do you take responsibility and resolve it, presenting yourself to others? Remember, you always have opportunities to show your true self. Do you understand? By giving someone the chance to get to know you, they might recognize the integrity and responsibility of someone like you during this debt collection process. They will be deeply attracted to you, potentially thinking of you first when it comes to business matters in the future.

所以你应该呈现什么状态,就是你永远都是有⼀个机会,好像永远都是你的舞台,然后你有机会跟众⼈,跟所有⼈去展现,展现你是谁的⼀个机会.然后你永远都可以去照亮所有⼈.明⽩吗？那要⽤什么样⼦的⽅式?你就要⽤你⾃⼰的.就是因为你⾃⼰才知道你想要成为⼀个什么样的⼈？但是⽆论你去给这个世界宣告、宣誓,声明你是什么样的⼈,那么你就是！所以你不需要有任何恐惧或者是恐慌,因为当你恐惧恐慌的话,你并没有去展现你是谁？然后这个是说,就是如果是再⼀次⾯对这样的情况,你永远都可以去展现你是谁.然后呢,你是说曾经遇到了很多这样⼦被追债的情况,给你残留的⼀些恐惧的能量,现在还在影响着你,是吗？问：对.

So what state should you portray is that you always have a chance, as if your stage never ends, and you have the opportunity to showcase yourself to everyone, to show who you are. You can illuminate all others at any time. Do you understand? How do you use this approach? You must utilize your own because only you know what kind of person you want to be. But no matter how you announce, swear by, or declare who you are to the world, that's exactly who you are! Therefore, there should be no fear or panic; otherwise, you wouldn't be showing who you truly are. This means that if ever faced with a similar situation again, you can always demonstrate your true self. Additionally, it mentions that you've experienced many instances of being pursued for debt in the past, which have left lingering fearful energies affecting you now, correct?

JO：⾸先你不需要去刻意的去解决或者是需要把这⼀⾯给脱离掉.为什么？因为所有你经历的,所有你经历的那些,它都可以正⾯的服务于你,就是你可以把它转化掉,⽽不是把它扔掉.这么说吧,就好像你房间⾥⾯不停的有东西,那这个东西你没有办法把它扔掉,因为它已经被创造了,对不对？但是你却可以让那个东西,就好像我们之前常常⽐喻的⼀个事,⼈家给你门⼜堆了⼀堆粪,你到底是把它当成就是⼀堆臭粪,就是你觉得别⼈在恶⼼你？或者是来那个什么什么你？然后你是去体验这个是臭粪,粪便.还是说你可以把它就是埋到你的⼟地⾥⾯,就是变成养份,对你的花园对你的蔬菜,明⽩吗？所以说你发⽣的这件事情,你也没有办法去把它从你的⼈⽣⾥提出掉.

JO: First of all, you don't need to actively resolve or detach yourself from this aspect. Why? Because everything you've experienced can serve you positively; you can transform it instead of discarding it. To put it another way, imagine there are things constantly being added to your room that you cannot throw away because they have already been created, right? But you can choose how to handle those things. For example, when someone dumps a pile of manure at your doorstep, do you perceive this as a stench and feel disgusted by it or the individual behind it? Or do you experience it as raw material that you could turn into compost for your garden or vegetables? You see, what happens can't be removed from your life.

因为它是part of you,就是你的⼀部分.但是你却可以让它很好的去正⾯服务于你,就是把这个能量给转化了,转化成正⾯服务于你,⽽不是说

Because it is part of you, but you can let it serve you positively, by transforming that energy into positive service for you, rather than saying

负⾯的影响你,给你带来恐惧.明⽩吗？问：那我如何让它正⾯的服务于我,不再有恐惧呢？JO：你再说⼀下当时的经历是怎么回事？因为你想要去转化那个能量的话,你必须要回到那个,就好像再进⼊到那个能量场,当时是什么事情？问：他们就⼀直追着我问我要钱.⾸先是我⼿⾥边我没有,我如果有,⽆论与我有关没关,我都会给他,重点就是我没有,所以我就恐惧.他追我了好多次,打电话,然后找我本⼈,就是这样的情况.

The negative impact on you brings fear to you. Do you understand? Questioner: How can I make it serve me positively instead of causing fear? JO: Please recount the experience again. To transform that energy, you must relive it, as if re-entering that energetic field; what exactly happened back then? Questioner: They were constantly asking for money from me. First off, I didn't have any in my possession; had I, regardless of whether it was related to me or not, I would have given it to them. The key point is that I didn't have any, so that's why I felt fear. He followed me multiple times, making phone calls and seeking me out personally, which was the situation.

JO：好的,您稍等.你叫什么名字？问：xxx.

JO: Alright, hold on a moment. What's your name? Questioner: xxx.

JO：你想知道为什么你会吸引这样的事情,在你的⽣命当中,它如何正⾯的服务你,对不对？为什么会是这样的事件在你的⽣命当中,是因为你的内在还不够的坚定有⼒和有⼒量,就是那种强⼤的,我知道我是谁,然后你们谁也不能污蔑我,就是谁也没有办法去影响我的那样⼦的⼀种状态.就好像你很容易被动摇,这么说吧,就风⼀吹,你这棵树就好像那个根都要连根带出⼀样.所以这样⼦的⼀些事件,就是来让你看到,你很容易被外在影响和动摇.然后你想要更加的坚定和更加的就是外⾯风吹,你可能动都不会动⼀下,就是对你的那个根.因为你的树够粗,你的根扎的够深,所以风吹不会对你有任何影响.

JO: You want to know why you attract such things in your life, and how they positively serve you, don't you? Why are these events happening in your life because your inner self isn't strong enough, it lacks power and strength. The kind where you know who you are internally, and no one can slander you; that state where nothing could influence or impact you. You seem too easily swayed by external factors. To put it simply, a gentle breeze might make your tree uproot itself. These incidents occur to show you how easily influenced and shaken you are by externals. If you want more stability and aren't moved by outside forces like the wind, then it means that your roots run deep enough, making the impact of any external gusts insignificant.

所以说通过这个事件你可以看到,你内在对那种就是坚定不移和那种有⼒量,以及那种⽆惧,没有恐惧的那种状态的⼀种向往,就是你想要成为那个样⼦.所以你会安排这些事件,来让你看到你的根是松动的,那么你就可以继续的持续的往⾥⾯扎根.明⽩吗？所以这就是你继续去信任你⾃⼰,因为你还没有给你⾜够的100%的信任和就是相信你⾃⼰.因为你只有去否定你⾃⼰,就是不信任你⾃⼰,你才会没有办法去声明你是谁？你就会被外在影响.

So through this incident you can see the desire within yourself for that unwavering and powerful state, free from fear, a state where you want to be. Therefore, you arrange these events to show you that your roots are not firmly planted, so you can continue to deepen them. Do you understand? This is why you keep trusting yourself because you have not given yourself enough 100% trust and belief in yourself. You only fail to identify who you are by denying yourself, by not trusting yourself, which prevents you from asserting your identity and makes you susceptible to external influences.

所以通过这个事情,就是把你的内在这个就好像带出来,带出来就需要让你看到,需要你持续的给⾃⼰信任,然后达到⼀种全然的⼀个信任状态,就不需要再给了,因为你本⾝就是！然后你便不需要去显化类似的事件在你的⽣命当中,来让你就是注意,就是让你注意你⾃⼰你有这个漏洞,或者是这个是你需要你⾃⼰……就是你⾃⼰给⾃⼰的设的⼀个就是我需要这个,我需要这个,就是你⾃⼰给⾃⼰送的⼀个礼物.明⽩吗？还有就是说,当你知道你是谁的话,你就有⼒量,就是不会去害怕告诉别⼈你是谁,然后做你⾃⼰.你就不会去说,别⼈说什么就是什么,就是别⼈要我就给.明⽩吗？因为你会给,但是是以你⾃⼰的⽅式,⽽不是按照别⼈的⽅式.

So through this matter, it's about bringing your inner self out; to bring it out requires you to see it and to give yourself continuous trust until you reach a state of total trust. At that point, there is no need for further giving because you are! You won't then have to manifest similar events in your life to make yourself aware, or to notice any vulnerabilities within yourself, which might be what you need for self-realization... essentially, it's about you being the gift to yourself. Do you understand? Additionally, when you know who you truly are, you gain power and no longer fear telling others who you are or being your true self. You won't just say whatever others tell you, nor will you give simply because someone asks; instead, you will give but in your own way, not according to how others might dictate.

为什么呢？因为你不会去否定你⾃⼰,就⽐如说你没有按照别⼈的⽅式,别⼈在否定你,你觉得⽐如说你这个⼈怎么不讲义⽓,怎么不讲信⽤是吧？那你觉得：哦,我必须要这样做,不然别⼈说我不讲义⽓.你并不会去做这种⾏为.为什么呢？因为你不会去否定你⾃⼰,你⽆论别⼈怎么说你不讲信⽤,是个骗⼦也好,不会去动摇你,不会影响你的好,因为你知道你是谁？！你只有去,就是害怕别⼈去因为你的⼀些某些⾏为⽽怎么说你,惹你的话,你才会去觉得我需要这么做,去否定别⼈的说法,那其实就是你还不⾃知.

Why is that? Because you won't reject yourself. For example, if others are criticizing you and say things like "why aren't you showing loyalty?", or "how unreliable you are", you wouldn't do these actions out of fear that people might say you lack loyalty. Why not? Because you don't reject yourself; no matter how others may call you an untrustworthy person or question your integrity, it doesn't shake your self-worth. You know who you are! You only feel the need to validate others' opinions because you're afraid of their reactions if you behave in certain ways that might provoke them. Essentially, this shows that you still lack self-awareness.

问：明⽩.

Questioner: Understand.

JO：还有问题吗？问：那这件事情,它什么时候能够结束呢？JO：你是说对你的影响吗？

JO: Are there any other questions? Questioner: When will this matter be resolved? JO: You mean the impact on you?

问：不是,就是他⽋的这个债,他什么时候能够都还上呢？JO：他是他的事情,你要知道这是他⾃⼰的事情,那你可以去选择,你要不要受这个事情的影响？OK,那我要受什么影响,我是受负⾯影响还是正⾯影响？那刚才就是来让你看到的是正⾯影响.因为你⼀旦去选择,我要受这个事情正⾯影响,就好像我刚刚告诉你的那段、那些信息.如果你真的能理解的话,你便不会去在乎,就是不会去在乎外⾯的事情有没有结束或者什么什么的,你不会去在乎.因为这⾥就没有事情.因为所有的事情在你⾯前来,你只是就是多了⼀次你向全世界的⼈,告诉别⼈你是谁的⼀个机会,让他们看到你的爱,你的⼒量,你的光.

Questioner: Isn't it that he owes this debt? When will he be able to pay it all off?

JO: It's his own matter. You need to understand that it is something he has to deal with himself. You have the choice to see if it affects you or not. OK, what kind of impact would I be experiencing? Would it be a negative or positive one? The impact shown earlier was indeed positive. Once you make your decision to receive this positively, like the information shared just now, once you truly comprehend it, you won't worry about external matters such as whether things have ended or not. You wouldn't care because there's nothing here. All issues come to you and they provide you with a chance to tell the world who you are, showcasing your love, strength, and light to others.

明⽩吗？问：重点是我感觉我现在没有让别⼈看到我的⼒量,我的光.

Understand? Questioner: The point is that I feel like my power and light are not being seen by others now.

JO：因为你⾃⼰都没有看到呀？就像刚才前⾯的信息,说你⾃⼰是在这样⼦的⼀个状态,所以有会遇到这样⼦的事情,它会影响到你.因为如果你不是这样⼦的状态,⽆论外在发⽣什么事情,它对你是没有丝毫影响的.因为什么？因为就好像别⼈给你扔⽯头,你把它当成⼀个垫脚的砖头,就让你越⾛越来越⾼,越来越⾼.所以他们对你扔这个⽯头是没有关系的,明⽩吗？你只有你⾃⼰能够影响你⾃⼰,所以你创造的这⼀切都是你⾃⼰在影响你⾃⼰,⽽不是真正的外在.你们很难脱离这个,是因为外在⼀切都是真的,就是说对你们来说.你看吧,是真实的,有⼀个⼈他跑来,然后逼着我,然后跟我追债.这对你来说,这就是真实.

JO: Because you haven't seen yourself? Just like the information that was mentioned earlier, describing your state in which such things can happen to you, and it affects you because if you're not in this state, no matter what happens externally, it has no impact on you. The reason why is that others throwing stones at you are being treated by you as stepping stones that make you walk higher and higher. So they throwing the stone doesn't matter; understand? You can only influence yourself, so everything you create influences you yourself rather than an actual external world. It's hard for you to break free from this because externally, everything is real. For you, what happens is real—there's someone running at me and forcing me to pay them back. This, for you, is reality.

然后这些真实的对于你们来说,你们就很难去突破它,就是改变它.然后你想象⼀下,如果你的意识程度变了,⾸先你不会去投射这样的事件出来,就是这些事情就不会出现在你的⽣命⾥⾯.然后就算他,就是说真正的出现在你的⽣命⾥⾯,有个⼈跑过来给你追债,他可能在见到你那⼀刻,他就被你感化了.为什么呢？他被你的⼀个能量,被你的频率带⼊到你的频率⾥⾯.如果你是在恐惧的⼀个能量层⾯,或者是害怕、恐惧的话,那你肯定是受他影响,为什么？因为你把所有的⼒量都给了对⽅,你没有⼒量.所以别⼈吼⼀句,你会害怕的要死,别⼈说什么就是什么.

Then these truths for you are difficult to surpass and hard to change. Imagine if your level of awareness changed; first, you wouldn't project such events, meaning they would not appear in your life. Even if he did appear, when a person came over to collect money from you, the moment they saw you, they might be influenced by you. Why? Because their energy is pulled into yours due to your frequency. If you are at an energy level of fear or being afraid and scared, then you are certainly affected by him for this reason – because you have given all your power to the other person, leaving yourself powerless. Others shouting a sentence could make you so terrified that they say whatever they want and you would be completely convinced by it.

问：那我如何把我内在的这个恐惧转化成爱与光呢？JO：前⾯那些信息就是说,这样的事件是来帮助你看到你内在的⼀个还不⾃知,就是你还不知道你是谁？！就是你还没有真正的……因为这么说吧,你本⾝是⼀只⽼虎,但是你不知道你是⽼虎.为什么呢？因为你⼀直是被⼩⽼⿏带⼤的,你爸妈.⼩⽼⿏,⼀看着任何动物就躲起来,看到⼈都躲起来,然后你也这么做.明⽩吗？所以说,只有当你真正的发现你内在的⼒量,然后知道你是⼀只⽼虎过后,你说你还会躲吗？别⼈躲你了.所以这是关于你内在的⼒量,⽽不是关于外在的事件.

Questioner: How do I transform my inner fear into love and light?

JO: The information provided earlier suggests that these events are meant to help you recognize a part of yourself that you're not yet aware of - the realization that you don't know who you truly are?! This means you haven't fully embraced your true self because, for example, imagine if you were born as a tiger but had no idea about it. Why? Because you've always been brought up by little mice, like your parents and other little mice who hide at the sight of any animal or humans. Consequently, you do the same.

This is all about recognizing your inner strength rather than being influenced by external events.

问：那我从现在的⽼⿏,⽐如说变成拿回⼒量的⽼虎,它是需要⼀个过程,我现在……JO：不是⽼⿏变成⽼虎,⽽是你知道你是⽼虎,⽽不是把⾃⼰当成⽼⿏,为什么？因为你是

Questioner: But if I transform from the current mouse, like turning into a tiger that retrieves its strength, it requires a process. Currently... JO: Not transforming a mouse into a tiger, but rather knowing you are a tiger and not treating yourself as a mouse, why? Because you are

被⽼⿏带⼤,你就觉得你也是⽼⿏,但是你真实的⾝份是只⽼虎.明⽩吗？问：但是我现在好像是还没有知道我是谁？JO：这是⼀个逐渐的过程.你⾄少知道了,我不再去外⾯去解决,就是单纯的把我恐惧能量给带⾛.你把恐惧能量带⾛了过后,但是你内在还是不知道你是谁呀.你把你的恐惧能量给清除了过后,你明⽩吗？那我给你⼀点健忘药,然后你忘记这件事情的发⽣了.OK,没有这件事情发⽣了,但是你还会投射其他的事件来让你看到,你是⽆⼒的,你是不知道你是谁的.所以说不是单纯的去解决你的那个什么恐惧,或者是单纯的去解决外⾯的事情,让你⽼公没有事情,或者是这样⼦.因为你内在的任何东西,它总是会被投射出来的.

Brought up by rats, you feel like you are a rat, but your true identity is that of a tiger. Understand? Questioner: But I don't seem to know who I am now? JO: This is a process of gradual understanding. At least, you understand that it's not about going outside and dealing with things; it's about simply taking away my fear energy. After I take your fear energy away, but inside you still don't know who you are. When you clear your fear energy, do you get it? Then, give me a memory eraser drug, so you forget this happening. Okay, there is no such thing happening anymore, but you will still project other events that make you feel powerless and uncertain of who you are. So, it's not just about solving your fear or external issues, like making sure your husband doesn't have problems; it's about understanding what goes on within you. Anything inside you always finds a way to manifest outside.

那如果你内在是有⼒量的呢？你同样是会被投射出来.因为你们来到这个物质世界,就好像你们是个⼀个物体.⼀个物体你总会有影⼦的,这是没有办法的.这么说吧,物质世界投射的事情,就好像你⾛路的时候,你地上那个影⼦.那个影⼦是随着你的,它是伴随着你,它不会消失的.那就是说你在物质世界,你的状态,内在的状态总是会被投射出来的.但是你们很多⼈,基本上的⼈,都是从外在的去想要去改变世界.你把事件给拿⾛,把⼈换了,地点换了,把那个什么,把外在的事件给解决了,然后就没事⼉了.所以为什么？你⼀个事⼉完了,又有另外⼀个事⼉,又有事⼉,又有事⼉,你们总是不断的事⼉事⼉事⼉事⼉呢.明⽩吗？问：我也知道内在的世界是真的,所有的⼒量在内在,但是为什么外在有些⼈,他们就是有

If you have strength within, then you are still being projected out because you came to this material world as though you were an object. An object always has a shadow, and there's no way around it. Put simply, the projections in the material world are like the shadow that follows you when you walk; it accompanies you and does not disappear. This means that your state, both inner and outer, is always being projected into the material world. However, many of you, especially those with a more fundamental perspective, tend to seek change from an external standpoint. You take away events, swap people, change locations, resolve external issues, and then everything seems fine. But why? After one thing ends, another begins; there's always something else going on, leading to endless occurrences. Do you understand?

Questioner: I know that the inner world is true and that all power lies within, but why do some individuals focus so much on changing things externally when they could work on their inner selves instead?

⾮常多的财富,然后他们看起来就是⾮常的⾮常的有⼒量？他们也是聚焦于外在的物质的积累,他们这样,让我们看起来就好像⼒量确实是在外在⼀样.

A tremendous amount of wealth, and they seem to be extremely powerful? They also focus on accumulating external material possessions. In this way, it appears as if power is indeed external.

JO：你们每⼀个⼈来到这个世界上的功课是不⼀样的,你们所选择的体验的主题也不⼀样的.他有可能体验的不是⾦钱的匮乏的问题,那他可能体验的是爱的匮乏,他没有办法去爱任何⼀个⼈,没有办法产⽣同情⼼.明⽩吗？因为他有可能是其他功课.你们不可能每个⼈的功课都是⼀样的.每⼀个⼈都不⼀样.所以说,外在没有任何就是可以让你来⽐较.为什么呢？因为你并不知道别⼈的灵魂主体是什么？就算你知道别⼈的灵魂主题是什么,⼈家也可以去重新去选择他的灵魂主题.所以你也没有办法去知道,明⽩吗？那你就可以看到,实际上这⾥没有定了的事情.

JO: Each person's assignment on this planet is different, and the themes of experience you choose are also different. It might not be about experiencing lack of money; it could be a lack of love, where one cannot love anyone or generate empathy. Understand that because there could be other assignments for each person. Not everyone's assignment can be the same. Each person is unique. Therefore, nothing external allows for comparison. Why? Because you don't know what someone else's soul's main theme is? Even if you knew someone else's soul theme, they could still choose a new one for their soul theme. So there's no way to know, do you see that? You can realize this actually means there are no definite things here.

为什么呢？哪怕⼈家不断的不断的遇到灾难,他可以把那个灾难转化成他内在的⼒量呀,他可以把那些灾难转化成内在的慈悲呀.就⽐如说他遇到了,就是从⼩被虐待,那他长⼤过后,就去拯救那些被虐待的孩⼦,对不对？那是不是就把这些他这个悲惨的事件转化成慈悲了？所以你们永远都是有,就好像是个魔术师,把⿊的变成⽩的,把脏的变成⼲净的.明⽩吗？就是⽣命的意义,就是你来去展现.

Why not? Even if someone continuously encounters disasters, they can transform those calamities into their inner strength or into inner compassion. For instance, if they were abused as a child and later grow up to save children who are being mistreated, wouldn't that be turning the tragic events into acts of kindness? Hence, you're always capable of transforming, like a magician, darkness into light, filth into cleanliness. Understand? This is the essence of life – to come forth and exhibit its meaning.

问：这⼏年,但凡是我喜欢的,或者是我喜欢做的任何,我都很轻松容易的显化出来了,但是我就不明⽩为什么唯独我想显化还债的这笔⼤钱,然后⼀直就没有显化出来？是为什么呢？JO：你是不是还在受这个事情的影响？是不是？问：是,是.

Questioner: These past few years, whenever something I liked or enjoyed doing was put in front of me, it would easily manifest. However, I am puzzled as to why the very desire for manifesting this large sum to repay debts has remained elusive. Why is that?

JO: Are you still being affected by this matter?

Questioner: Yes, yes.

JO：那你是不是把⼒量给了它？让它来影响你？这就是为什么你还困在当中.因为你把你的⼒量给了它,让它来影响你,觉得你没有办法去解决,你还在花⼼思,明⽩吗?因为你觉得它是个很⼤的问题,你想要解决它.它是你⽣命中的⼀个礼物.就像刚说你以前有钱是吧?就像⼀把沙⼦,你的⼿把那把沙⼦抓的紧紧的,然后呢,你的⼿只能抓这把沙⼦.那现在那个沙⼦⾛了,你的⼿是空的.空的那就意味着什么？你可以去抓任何你想要抓的,它可能是⾦⼦,它可能是钻⽯,那钻⽯是⽐沙⼦值钱多了,对不对？明⽩这意思吗？所以说,它给了你⽆限的可能.然后你还留恋着那把沙⼦,你说：我的沙⼦没了,我以前好多沙⼦.

JO: So you gave it your strength? Let it influence you? That's why you're still stuck there because you've given your strength to it and allowed it to affect you, thinking that you have no way out. You're still trying to figure a way out, do you get it? Because you think of it as a big issue you want to resolve. It's like a gift in your life, just like what was said before about you having money, right? Like sand, your hand can only hold onto that sand. Now the sand has gone, and your hand is empty. Empty means what? You can grab anything you want now, it could be gold, or diamonds, those diamonds are much more valuable than sand, don't they? Do you understand this concept? Therefore, it gives you unlimited possibilities. And yet, you're still holding onto that sand, saying: "My sand is gone, I had so much sand before."

⽼天让沙⼦松开,是让你去抓钻⽯啊,钻⽯才是最贵的,⼀把沙⼦是多少钱？⼀把沙⼦⼗块钱.⼀把钻⽯呢？⼀把钻⽯多少钱?⼏⼗个亿.你说你还在纠结那⼗块钱?我不要那⼏⼗亿,我还要我那⼗块钱,明⽩吗？所以说当你的想法转变了,OK,我现在松开了这个⼿,那我现在可以去抓任何我想要抓的.你的想法转变了,你的震动频率也变了,你的那个喜悦程度也变了,那你去创造的又不⼀样了,你体验的又不⼀样.

Old age lets the sand release, it's letting you go after diamonds, diamonds are what are most valuable, how much is a handful of sand worth? A handful of sand costs ten dollars. And a handful of diamonds? How much does a handful of diamonds cost? Several billion dollars. You're still worrying about those ten dollars? I don't want that several billion, but I want my ten dollars back. Do you understand? So when your thoughts change, okay, now I've let go of this hand, now I can grab anything I desire. When your thoughts change, the frequency at which you vibrate changes, and the level of joy in you changes, then what you create will be different, and your experience will also be different.

问：那你的意思是,我就把关注⼒转向我喜欢的,让我去开⼼……JO：不是！这明明是⼀件好的事情！就像刚才说的,这是你们头脑的⼀种限制.就好像说, OK,你最开始抓的那把沙⼦,OK,它的价值是⼗块钱,对吧？OK,然后放掉了,你的⼿空了,然后你就可以去选择我要抓⼗个亿,明⽩吗？那你为什么还纠结于那⼗块钱的这个事⼉呢？是你头脑觉得这不可能,怎么可能,怎么可能赚到⼗个亿呀？你要先：哇～我好开⼼哦.为什么？因为我现在有机会去赚⼗个亿的了.那么你想象⼀下,你⼀直坚信你就是去拿那⼗个亿的,那⼗个亿就在你⼿上,你⼀直是这样的状态,外在的物质世界就没有办法.因为你就已经是那样⼦的状态了.谁来否定你啊.

Questioner: So what you mean is, I should focus my attention on the things that make me happy... JO: No! This is actually a good thing! Just like what we just discussed, this is a limitation of your mind, kind of like saying, alright, you first grabbed a handful of sand, okay, its value was ten dollars, right? Okay, then you let it go, and your hand is empty, and then you can choose to grab ten billion, get it? But why are you still fixated on this ten-dollar thing? It's because your mind feels that it's impossible, how could someone possibly earn ten billion?

You should think: Wow~ I'm so happy. Why? Because now I have the opportunity to earn ten billion. Imagine if you always believed in going for that ten billion, then the ten billion would be right there in your hands. You need to maintain this mindset consistently, and the external material world will not function like that because you are already in that state. Who is going to deny you?

所有的⼀切,我跟你讲,所有的⼀切⼀切⼀切,它是来⽀持你以为的、你认为的,你觉得的、就是你是的！⽽不是说来否定你,只有你⾃⼰内在的否定,你才会经历外在的否定.也就是说,你体验的外在的否定是来⾃于你,⽽不是真正的外在.⽽不是：哦,那个⼈为什么否定我？那是因为你⾃⼰否定.为什么？如果你不⾃⼰否定的话,你会在乎他否定你吗？你会在乎吗？

Everything I tell you, every single thing in the world supports what you think, believe, and feel that "you" are! It is not to deny you; only your internal denial can lead to external rejection. In other words, the external rejection you experience comes from yourself, not truly an external force. Not like asking, "Why does this person reject me?" Because it's because of your own self-rejection. Why? If you didn't self-reject, would you care about his rejection of you? Would you care at all?

问：不会在乎,明⽩了.

Questioner: Don't care, I understand.

JO：那你就知道了.问：收到了.

Japanese: You now know that. Questioner: Received it.

JO：还有什么问题？问：我问⼀下我的灵魂主题吧.

JO: Any other questions? Questioner: Let me inquire about my soul theme.

JO：你稍等⼀下,你再说⼀下你的名字.问：xxJO：这么说吧.你这⼀⽣选择了就好像是在⼀种转变或者是释放,就好像是把很沉重很沉重的⼀个能量,转变成很轻盈很轻易很轻松的⼀个状态.就是⼀个转化、蜕变,就是把⿊的变成⽩的,然后把沉重的变成轻易的,把悲伤的变成快乐的,把痛苦的变成快乐的,就是这样⼦的⼀个转变.就好像是⼀个转变、⼀个转化、蜕变的⼀个过程.所以说,任何那种就是很

JO: Wait a moment, can you please repeat your name?

XX JO: Alright, let me put it this way. Throughout your life, you've chosen to undergo transformations or releases, turning something incredibly heavy and burdensome into something light, effortless, and easy. This is akin to transformation, metamorphosis; turning darkness into lightness, heaviness into ease, sorrow into happiness, pain into joy. It's a process of transformation, metamorphosis. Therefore, any sort of profound

轻易或者是光,或者是⼀个就是智慧,就是这些东西,它都会对你来说是⾮常有吸引⼒,你好像不⾃觉的就会被它吸引住.因为你知道这就是你想要的⼀个状态,想去达到的⼀个状态.因为你并不是你看上去或者是别⼈看上去那么轻易那么轻松的状态吧,就⽐如说别⼈看着你：哇,飞的好快,飞的好轻松啊,实际上你却⽤了吃奶的劲,⽤了⾮常⼤的⼒⽓,去飞的很轻松.但是你⾃⼰是想要去真正的飞的很轻松的那种.明⽩吗？然后你要知道你选择了这⼀个课题,或者选择了这⼀⽣来,那你就会成为！因为你不会去选择⼀个你做不到的,达不到的.

Simplicity or lightness, or wisdom; these things will be very appealing to you, as if you are irresistibly drawn to them. You know this is the state you desire and wish to achieve. You're not in the easy-going manner that others perceive you as being, for instance when someone observes: Wow, flying so fast, so effortlessly! In reality, you've exerted all your strength, using tremendous force to fly with ease. But it's what you truly want to achieve - the ability to fly with real ease. Understand? Then you realize you chose this topic or life path; henceforth, you will become that! You wouldn't choose something unattainable for yourself, would you?

问：你刚才的意思,就是我在转变的过程当中,其实是⽤尽了吃奶的⼒⽓……JO：不是.就好像你在飞的过程当中,别⼈觉得你飞得好轻松,实际上你是⽤尽全⼒,就是并不是飞得那么轻松,因为你想要成为那种飞的轻松的状态.

Questioner: What you meant just now is that during my transformation, I was exerting all my strength... J.O.: No. It's like when you're flying and others see it as easy for you, but in reality, you are using all your strength. It's not that you're making it look so effortless because you want to be able to fly easily.

问：我不太明⽩.

Questioner: I don't quite understand.

JO：你来到这个世界上,你⾝体⾥⾯很多很多沉重的能量,然后你飞,你在飞,别⼈觉得：哇,他在飞.但是你才知道,你其实飞的很沉重,然后你那些沉重的能量,都是需要这⼀⽣来慢慢慢慢的被你释放掉,让你真的达到⼀种飞的很轻松的状态.这就是⼀个转化的⼀个过程嘛,这就是⼀个转变的⼀个过程,从沉重到轻易的⼀个状态.

JO: You come into this world carrying a lot of heavy energy within your body, and then you fly, soaring through the air. Others might think, wow, he's flying! But only you know that in reality, you're actually struggling with heavy burdens, and that throughout your life, you need to gradually release these energies to truly achieve a state of effortless flight. This is essentially the process of transformation—changing from heaviness to lightness.

问：其实我就需要就允许这样⼀种状态⾃然⽽然去转化,⾃然⽽然发⽣就⾏了,是吗？JO：⾸先它这是⼀个过程,就好像你能看到你这颗种⼦,我说：哇,你这颗种⼦会长成参天⼤树.这不就是⾃然⽽然的吗？因为你的种⼦已经播下去了呀,它⾃然⽽然就会成为⼀个参天⼤树.你不可能⼀下⼦就是⼀棵⼤树,对不对？那所以你那个沉重到轻易,它也是这样,就好像⼀颗种⼦到⼀颗参天⼤树这个过程.你不可能⼀下⼦就轻易,你知道为什么吗？你就不需要来到这个物质世界⾥.这就是来到这个物质世界的所有意义.不然的话,你不需要来到这⾥了,你就在其他维度体验,虽然你在其他维度体验,我的意思就是说你便不需要来这⾥了.

Questioner: Actually, I just need to allow this state to naturally transform and occur on its own, right?

JO: First of all, it's a process. It's like you can see your seed; I say, wow, this seed will grow into a towering tree. Isn't that natural? Because the seed has already been planted, and thus it naturally grows into a towering tree. You can't just become a tree right away, right? Therefore, making heaviness easy is similar – it's like watching a seed turn into a towering tree. You can't instantly make something effortless; do you understand why? You don't need to come into this material world for that. That's the entire significance of coming into this material world. Otherwise, there would be no reason to come here, as you could experience in other dimensions instead, even if you're experiencing in those dimensions. My point is, you wouldn't need to be here at all.

问：明⽩,那刚才你的意思就是,我既然选择了这个主题,我也⼀定会成为是真的飞得很轻盈的状态？JO：你现在在问这个问题,就好像你在否定这颗种⼦播下去,它会不会长成⼀棵⼤树？问：是的,我不相信,我才问的.

Questioner: Understood. So, what you meant just now was that since I've chosen this topic, I will definitely be in the state of being light and agile?

JO: You're asking this question as if to deny whether a seed planted would grow into a big tree?

Questioner: Yes, I don't believe it, which is why I asked.

JO：本⾝就是,你就好像说这个⼩baby,他会不会长⼤成为⼀个成⼈？这不是本来的事情吗？这不是⾃然⽽然的事情吗？这不是天经地义的事情吗？你看⼀下哪个baby在⽤⼒的,哎呀,我要成长,我要成长,不然我不会长成那个⼤⼈的样⼦,他只是吃喝拉撒玩.明⽩吗？你看到哪个baby在⽤⼒的挣扎,然后长⾻头,哎呀,我的⾻头拉⼀拉,为什么还不长？我的⽛齿拔⼀拔,为什么还不长出来？这就是你们在做的事情.

JO: Essentially, it's like asking whether this little baby will grow up to become an adult. Isn't that just how things are supposed to be? Isn't it a natural process? Don't you see which baby is trying so hard, saying "I need to grow up, I need to grow up," because they won't turn into adults unless they do? They only eat, drink, sleep, and play. Do you understand? You see this baby struggling to grow its bones, saying "My bones are growing, but why isn't it enough?" Or when trying to pull out their teeth and asking "Why aren't my teeth coming out yet?" That's what you're doing.

问：也就是虽然我的能量很沉重,但是我依然可以转化它,可以轻松转化它,⾃然⽽然的就可以转化它.

Questioner: So even though my energy is heavy, I can still transform it easily and naturally.

JO：你不需要做任何事情,你只需要看到,这是你去体验的⼀个过程,仅此⽽已.明⽩吗？就好像你之前沉重,OK,那本⾝,那就好像我⼩时候⽣下来不会⾛路⼀样,那我之前不会⾛路,正常的呀,我再过两年就会⾛了.你会去纠结：哦,我好痛苦,为什么我不会⾛路？我好没⽤,为什么我不会⾛路？你会吗？你去看哪⼀棵植物在为他的成长蜕变成⼀棵⼤树在⽤⼒了？在难过了？在觉得压⼒⼤了？你在看到哪⼀个⼩baby在为他成为⼀个⼤⼈使劲努⼒了？⽤⼒了？担⼼了？担忧了？问：收到.孩⼦他爸爸,我们之间是在灵魂协议上是怎么约定的呢？

JO: You don't need to do anything; you just need to observe. This is a process for you to experience, nothing more. Do you understand? Like before, when you were heavy, okay, that's fine in itself, just like how I couldn't walk as a child and now I can walk normally. Over the next two years, it would be normal for me to start walking. Would you Questioner: oh, I'm so suffering, why can't I walk? I'm useless, why can't I walk? Would you do that? You observe a plant struggling to grow into a big tree – is it feeling down or stressed? Is there pressure on it? You see a baby trying to become an adult – is he exerting effort, worrying, or concerned? When asked: Understood. Dad, how did we agree on our soul contract?

JO：他是你沉重的⼀部分.所以说,他并不会⼀直影响着你.为什么呢？就好像你这颗种⼦,外⾯的那层壳就是在伴随着你成长,⽣命的成长,你说那个壳还会限制你吗？它还会压着你吗？它还会贴在你⾝上吗？明⽩吗？它⾃然就脱落了.所以也只是你的这个过程⽽已.

JO: He is a heavy part of you. So he doesn't always affect you. Why not? Just like this seed, the outer shell accompanies your growth and life's development. Do you think that shell will restrict or weigh you down, stick to you, even after you've grown? Understand? It naturally sheds off by itself. So it's just a part of your process.

问：收到,太感谢了,谢谢.

JO: Got it, many thanks, thank you.

# **2023/06/07 — 你才是决策者You Are The Decider**

JO: 你问吧,什么问题?

JO: Ask away, what questions do you have?

问: 我想问⼀下我和我⽗亲在灵魂层⾯的关系.因为我现在和他完全接触不了.因为他有很⼤的评判和焦虑.

Questioner: I want to ask about my relationship with my father on a soul level, because I can't connect with him now due to his significant judgment and anxiety.

JO: 你稍等,你叫什么名字?问: 我叫XXXJO: 你的⽗亲就好像是⼀堵墙或者是⼀张⽹或者是⼀个牢房是供你来破的,是供你来穿透的.所以他个⼈的观念特别的顽固,就好像你觉得他永远没有办法被说服或者说动.就是在⼀种⾮常强硬或者是顽固的状态下,很难让你感受到你可以把这⼀层来突破掉.那为什么你们会选择这样⼦的⼀层关系到你们的⽣命当中来呢? 它是如何来帮助你这个灵魂来成长的呢? 也就是说其实这⾥根本没有任何东西需要你去突破的,这是你个⼈需要去成长和看到和学习和领悟的,就是这⾥没有任何东西是需要你去突破的.这么说吧,只有你成为你⾃⼰,⽐如说你是温⽔,他是冰块.

JO: Wait a moment, what is your name?

Questioner: I'm called XXX.

JO: Your father behaves like a wall or a net or a prison that you need to break through. You see him as someone who's very stubborn and hard to convince or persuade. He's in a very strong and resistant state, making it difficult for you to feel that you can overcome this barrier. Why would you choose such a relationship with your life? How does this contribute to the growth of your soul?

In essence, there is nothing here that needs to be broken through; it's about personal growth, understanding, learning, and insight for you. There's nothing here that requires breaking through. Let me put it this way: only when you become yourself can you compare, like a warm water being compared with an ice block.

你说你要去突破这个冰,难道你要把你⾃⼰变成冰,你们硬碰硬吗? 如果你们硬碰硬的话,你就把你⾃⼰从⽔的状态变成冰的状态.你就被他的外在改变了,明⽩吗? 那如果你觉得你要被外在改变的话,你们外界有如此多的幻像,你都要随着它们变吗? 所以说,当你只是成为温⽔的本⾝,他可能最开始只是冰块,但是他也会逐渐的被你融化掉.然后就算你不去改变它,他没被你融化.他呢个冰块也只是暂时.你说它冰块会永远坚持⼀个冰块吗? 不会的.所以他也是需要去变化,他也是在变化.你们只需要去看到这⾥没有什么需要你去突破,就是需要去这种硬碰硬吧.那当你看到没有什么需要你去硬碰硬的话,那就是你的认知发⽣了变化.

You say you want to break through this ice, do you intend to turn yourself into ice as well? If you insist on going head-to-head with it, then you're essentially changing from water to ice state. You're being influenced by its external force, understand? Now, if you feel like your surroundings are influencing you, aren't there countless illusions out there that you must adapt to according to them? So when you remain as just hot water, he might start off as an ice block initially, but gradually melts due to your warmth. Even without actively changing him, the ice block remains temporary. Would you say an ice block could forever persist in its original form? No, it couldn't. Hence, he too needs to undergo change, adapting along with time. You don't have to see this as needing to break through anything; it's more about avoiding a head-on confrontation. When you realize there's nothing requiring a tough stand-off, your perception shifts.

你知道其实这⾥没有什么硬碰硬的.然后你⽗亲他也就不会再是⼀个硬的状态,就是对你来说,明⽩吗? 但是他只是对你来说不会是⼀个硬的状态.你明⽩这句话吗? 那他对你的存在,⽐如说你选择这个样⼦,那他已经达到了他来给你的养分,对你的服务.⽐如说他对你的服务是给你送⼀碗⽔,那这碗⽔已经送到.那你又接其他⼈给你送的,送太阳,送风.

You understand that there is no outright confrontation here. Then your father wouldn't be in a rigid state anymore for you; it's just that for you, do you see? But he won't be in a rigid state for you alone. Do you comprehend this sentence? As for his presence towards you, such as the choice you make to be this way, he has already provided what you need, served you. For instance, if his service is to send you a bowl of water, then that bowl has been delivered. You then receive others sending you things like sunshine and wind.

问: 那我在跟他接触的时候,我具体要怎么给他相处呢? 就⽐如说当我跟他聊天的时候,他提出这样⼀个观点,那我要怎么去回应?

Questioner: When I interact with him, how should I specifically get along with him? For instance, when I chat with him, if he presents an idea, how should I respond to it?

JO:不在于你如何去回应.⽽是说在你的内在,你就觉得外在更本就是⼀个幻像.这么说吧,你说呢边有⼀个冰块.你说这个冰块在这⾥,我要怎么消灭它呢?我要怎么去处理这个冰块呢?你其实不需要去处理.为什么呢?因为随着季节变化,这个冰块也会融化掉呀.你觉得你们会去处理冬天的积雪吗?你们⼀年四季,冬天积累了呢么多的雪在呢⾥.你说你看这个雪已经覆盖了,我⾛路都⾛不了了.然后你整天就想着我要怎么样⾯对,怎么样处理.你不需要.为什么呢?因为这也只是暂时的⼀个.然后如果你是在,就⽐如说你天天想着我要怎么把这个雪给弄化,你看呢么多的雪覆盖了我整个村庄.我怎么样把呢个雪给消灭掉呢?

JO: It's not about how you respond. Rather, it means that in your inner self, you perceive the external as a mere illusion. Let me put it this way: suppose there is an ice block here. If I ask, "How do you suggest I deal with this ice block? What should I do to manage it?" The answer would be that you don't need to deal with it because with the change of seasons, the ice block will melt away. Would you think about managing winter's snowfall every year? You accumulate so much snow during winter. You notice that the snow has covered everything and you can no longer walk around. Then you spend your days figuring out how to face this situation, wondering how to handle it. But you don't have to because it is just a temporary phenomenon. And if you're constantly thinking about how to melt away all the snow covering your entire village, trying to figure out how to get rid of it?

那你是不是就在消耗你的时间和精⼒放在这上⾯,让它来膈应你.

That means you're just spending your time and energy on it, letting it bother you.

问: 所以您的意思就是说让我专注于我⾃⾝,然后不需要管它就OK了,对吧?

Questioner: So you mean I should focus on myself and just leave it alone, right?

JO:就是说在你眼⾥没问题.你都不会有这个问题存在,你都不会来问我我要怎么样怎么样.因为你下次就告诉你的头脑,我要处理它就好像要处理冬天的雪⼀样,积雪,我看着它.你看积雪就是在这⾥呀,我已经⾛路都⾛不了了呀.你就在呢焦虑、着急.这不是你们有⼀句话叫杞⼈忧天嘛.因为你知道当春天来了,所有的雪都会成为浇灌你植物的⼀部分,成为养分.

JO: That means there's no problem in your eyes. You wouldn't even have this issue to bring up, asking me what I should do. Because next time you'd tell your mind to handle it as if it were dealing with winter snow, the piled-up snow. You see the snow piling up here, I can't walk anymore. You're just anxious and worried. Isn't there a saying among you that goes something like 'overthinking about non-existent problems'? Because you know when spring comes, all the snow will become part of watering your plants, contributing to their nourishment.

问: 我要如何让内⼼充满⼒量?

Questioner: How do I fill my inner self with strength?

JO: ⾸先你觉得你的内⼼没有充满⼒量,这是你⾃⼰的⼀个⾃我暗⽰或者只是你⾃⼰⾝体创造的⼀个假象⽽已.那也只是暂时的,明⽩吗? 所以你提出来这个问题,你觉得你⾃⼰没有⼒量.它本⾝就是你⾃⼰创造的⼀个假象.这么说吧,这⾥有很多件⾐服.你只是穿上了你觉得你没有⼒量的⾐服,所以你觉得我真的没有⼒量.因为你⽆论穿上什么⾐服,你就是什么.那你同样可以去选⼀件有⼒的⾐服穿上,把没有⼒的⾐服脱下来.那你不就变得很有⼒了,明⽩吗? 因为⾐服本⾝它就是供你随时脱下的.它不是stuck on you,它不是贴在你⾝上的.呢个不是你本⾝,它只是⼀件⾐服⽽已,明⽩吗? 那怕你现在如此顽固的⼀些,你⾁体的任何.

Firstly, you feel that your inner self lacks strength; this is either a self-imposed mental signal or merely an illusion created by your body. It's only temporary, right? Therefore, when you ask why you don't feel powerful, it's essentially an illusion you've created for yourself. Let me put it this way: there are many clothes here. You're just wearing the shirt that makes you think you lack strength, so you believe that you truly do not possess power. It doesn't matter what you wear, you will become whatever is on your body. So, why don't you simply choose a strong shirt to wear instead? Then, by taking off the weak shirt, wouldn't you suddenly feel much stronger? Understand now? The shirt itself can be taken off at any time; it's not stuck to you or attached to your body. It isn't an inherent part of you; it's just a piece of clothing. Right? Even if right now you're as stubborn as this, any physical aspect of your being.

因为你想,你的⾁体就是⾐服呀.你的⾁体都会被脱掉,还别说你⾁体的⼀个情绪和感受.它更是在不断地被你在拿起放下拿起放下的这个过程.

Because you think your body is like clothes, that you would discard, and not just an emotion or feeling in your body - it's being picked up and put down constantly during this process.

问: 就是我发现⾃⼰有限制性的信念.就是好像只有我爸爸是⽀持我的,我才是受到⽀持的.只有我妈妈是爱我的,我才是被爱的.为什么我的爱和⽀持我会倾向于在我爸妈这⾥得到?

Questioner: I've noticed that my supportive beliefs are somewhat limited. It seems like it's only when my dad supports me that I feel supported, and only when my mom loves me that I feel loved. Why does the love and support I receive seem to be concentrated in this family context with my parents?

JO: 你也不需要太去纠结于这个.为什么呢? 因为你所谓的这个你或者你这个认为你这个想法,它只是你现在或者是你觉得.因为你想你⼀直在被净化,你⼀直在被变化,你⼀直在被好像升级,⼀直在被转变.那当然你的这些想法也会啊.所以你不需要去,就好像我们⽐喻的你是⼀颗种⼦,你外⾯有⼀层⽪.你说我怎么样把这层⽪脱掉? 这个⽪这么紧.那你只需要去⽣长,你的⽪⾃然就脱落了.所以你的这些你觉得是限制性信念,所有这些就好像呢层⽪⼀样.它会随着你⽣命的周期,它⾃然⽽然就会脱落的.

JO: You don't need to worry too much about this. Why not? Because your so-called thoughts or beliefs you have about this are just reflections of what you perceive as reality right now, or how you feel it. Since you believe you're constantly being purified, transformed, upgraded, and evolving, it's only natural that these thoughts would also arise. Therefore, there's no need to force anything; like a seed with its outer shell, all you have to do is grow, and the shell will naturally fall away. The same applies to what you perceive as limiting beliefs – just let them be part of your life cycle. They too will eventually脱落 naturally over time.

问: 那我可以问你⼀下我今年的主旋律是什么样⼦的吗? 因为我觉得今年好像⼀直在蜕变,⼀直在蜕变,这样的感觉.

Questioner: Can I ask what my main theme for this year might be? Because I feel like there's been a constant transformation throughout the year, constantly transforming.

JO: 主旋律是什么意思?

JO: What does the main theme mean?

问: 就是今年⼤体灵魂给我的⼀个安排是什么? 因为现在已经过去半年了,我觉得我⼀直在蜕变.

Questioner: What is the general arrangement that my spirit has made for me this year? As it's now been half a year, I feel like I've been undergoing a transformation.

JO: 你稍等.你今年还是会感受到就好像是⼀松⼀紧⼀松⼀紧这样的状态.⼀松就好像我们现在在跟你交流,你会觉得哇,好像没有任何限制了.然后又会再⼀次的进⼊呢种紧,就是哎呀,怎么有这么多的卡点或者是限制你的东西,然后再持续的这样⼦的⼀个体验.

JO: Wait a moment. You will still experience an alternating pattern of release and tension, release and tension each year. When it feels like there's no restriction anymore, you might think that everything is open. But then, all of a sudden, barriers or constraints come back again, making you wonder how so many limitations are affecting you. This cycle continues indefinitely.

问: 今年我的学业会顺利毕业吗? 我的英国签证什么时候可以下来? 以及我的学业是否会顺利?

Questioner: Will my studies be smoothly completed this year? When will my UK visa be processed? And will my studies go well?

JO:你要知道你这样⼦的提问,就好像你是在占⼘⼀样.占⼘你就会觉得依靠的是运⽓或者是其它的.但是你要知道所有的⼀切你才是呢个决策者.就算我告诉你你的学业会很顺利的毕业.但是呢,你听到这句话过后,你就再也不去碰你的学业.你觉得你会顺利的毕业吗?所以说你才是呢个拿着钥匙的⼈,所以你决定了…OK,我们可以告诉你,任何东西你只要去把你的专注⼒投⼊进去,它便会达到你想要的.你只需要把你的attention投⼊进去,明⽩吗?所以说,你只需要去把呢些让你不能专注的东西拿开就好了.是什么导致你不能专注?

JO: You must understand that when you ask questions like this, it's akin to reading fortunes. When you read fortunes, you believe that your reliance is on luck or something else. However, what you must know is that you are the decision-maker in all situations. Even if I tell you that your academic journey will be smooth and successful, once you hear this statement, you might stop engaging with your studies altogether. Would you still expect a smooth graduation? So, you hold the key to these decisions; hence you make them. Alright, we can tell you anything, as long as you dedicate your focus towards it; it will reach your desired outcome. You just need to put your attention into what's required, do you understand this? Therefore, all you have to do is remove the distractions that hinder your focus. What causes your lack of concentration?

⽐如说你的担忧或者你的其它,你的欲望,你的吃喝玩乐的欲望… 就是这些东西你把它拿开,然后让你完完全全的专注在你想要突破或者想要达到的⼀个点.你都会达到呢⾥的.你不需要去学习或者是需要⽤什么⽅式⽅法.你唯⼀需要的就是把导致你不能锁定在当下,就是铆钉在当下的呢个东西给拿开就可以.

For instance, your worries or other concerns, your desires, your desire for enjoyment and indulgence... if you remove these things, then focus completely on the point you want to break through or achieve. You will reach there without needing to learn anything or employing any method. The only thing you need is to eliminate what prevents you from being fully present in the moment, essentially detaching yourself from those distractions so that you can lock into the current state.

问: 我毕业之后,我觉得我⽗母和亲戚都希望我留在⽗母⾝边.但是我个⼈想留在英国.我不知道要怎么样去协调这个冲突?

Questioner: After graduation, I feel that my parents and relatives hope I stay close to them. However, personally, I want to remain in the UK. I'm unsure how to resolve this conflict.

JO: 这⾥没有冲突.你⾃⼰头脑觉得你是⼀个被动的,就好像他们真正的让你没有办法选择.你要知道从灵魂层⾯,就是从更⾼的层⾯,你的所有选择都是得到⽀持的,包括你物质世界的⽗母,他们也是在⽀持你的.

JO: There's no conflict here. You perceive yourself as passive, as if they're truly forcing you with no choice. Remember, on a soul level, which is from a higher perspective, all your choices are supported, including the parents in your material world who are also supporting you.

问: 为什么我妈妈每次给我钱的时候,她每次都会强调这个钱她赚的是多么的⾟苦? 她为什么不能⼤⽅的给到我?

Questioner: Why does my mother emphasize how hard she has worked to earn the money whenever she gives me some? Why can't she just give it to me generously?

JO: 这是来⾃于你们物质世界基本上的⼈的⼀个观念.你们会觉得⾦钱是⾮常有限的.你们会觉得我每天⼯作,⼀个⽉⼯资就这么⼀点.他们就觉得我每个⽉只能赚到⼀万块钱,我只有⼀万块钱,怎么办嘛! 他们的限制,明⽩吗?

This is a concept from the human in your physical world about what money is. You perceive it as being very limited. You feel that every day I'm working and I earn just this amount per month. They think that they can only make $10,000 each month, which means they have only $10,000. What are you going to do about it? Their limitations, understand?

问: 那我要怎么处理…JO: 你要认清楚你不需要去处理任何.这只是属于他们的⼀个认知,因为他们还是处在集体意识当中.集体意识都是⽤这个运转的模式.就是像程序⼀样,他们都是在⽤这个程序在运作.那他们能给你回应的,肯定就是程序⾥⾯的东西.但是你在跟我们交流,那我们已经就是在带领你脱离这个程序.那你便不受控制,不受影响.

Questioner: How should I deal with this... JO: You don't need to handle anything. This is just their perception because they are still within the collective consciousness. The collective consciousness operates through this mode. It's like a program; they're running on these programs. Whatever response you can get from them will be from within that program. But when you communicate with us, we are guiding you out of this program, so you're not under control and unaffected by it.

问: 那我的⾦钱除了从我的⽗母这⾥可以获得,我还有什么其它途径获得我的⾦钱吗?

Questioner: Well, besides getting money from my parents, are there other ways I can obtain money?

JO:你⾸先就是说,其实⾦钱它只是⽀持你们的⼀部分.但是你们的⽀持它是各式各样的,各种各样的.所以就是说你要放开我只是⾦钱,就是⾦钱才能⽀持我.并不是的.明⽩吗?这么说吧,你需要⽤⾦钱租房⼦对吧?那你⼀个⽉可能需要三千英镑租房⼦.但是呢,如果你完完全全是在⼀种喜悦轻松的状态,就是你是充满爱充满轻松的⼀个状态.那很多⼈会被你的能量吸引.他被你的能量吸引了,他恨不得天天,就好像你是个活菩萨⼀样.你们所谓的菩萨和佛就是能量⾼嘛.那⼈家⼀见到你,就不断地从你这得到光得到爱.那他可能就会说我这个房⼦是免费的,你来住好吗?我每天都可以跟你聊聊天,从你这不停的获取光.那你说你呢个三千英镑是不是就来了?

JO: You first mentioned that money is just one part of supporting you. But your support comes in various forms and ways. So it's not simply that I need only money to support me; the energy around supporting you is diverse and multifaceted. Understand? Here's how it works, imagine needing to rent a place because you pay rent at £3000 per month. If, however, you were completely immersed in joy and ease, filled with love and a sense of lightness, many people would be drawn to your energy. They'd be so captivated that they'd wish to bask in it every day, seeing you as a living embodiment of divine grace. The higher the energy around someone akin to a Buddha or菩萨 is perceived by others, the more they see this person as a source of continuous light and love. Upon meeting you, they would continuously receive blessings from you. They might say, "My apartment is free for you to stay here? I can chat with you every day, soaking up your energy without end." Wouldn't that mean your £3000 per month suddenly becomes unnecessary or even irrelevant in this scenario?

你不需要去每天朝九晚五把你锁定在⼀个地⽅去赚三千英镑.然后呢个三千英镑只够你付房租.然后你这个不需要你费吹灰之⼒,但是已经就是 cover 了呢个bill for rent,明⽩这个意思吗? 所以你⾃⼰是在⼀个什么状态才是最重要的.为什么呢? 因为你们物质世界的⼈他们会想靠近⼀切呢种爱、光、允许.就是允许吧,他在你⾯前不会有任何评判的声⾳,他⾃⼰的⼒量,爱…. 那如果你是这样的存有的话,你其实⽆时⽆刻都在吸引⼀切来⽀持你.你的任何⼀切它是毫不费⼒的,并不需要你去花时间去赚钱.因为花时间去赚钱这个观念和概念它限制了你们,让你们⾮常的不⾃由.就觉得我必须要去怎么样才能怎么样怎么样.

You don't need to go every day from nine to five and lock yourself in one place to make three thousand pounds. Then, that three thousand pounds is only enough for you to pay rent. You don't even have to exert any effort, but it already covers the rental bill, do you understand this meaning? So, what's important is your own state of being. Why is that so? Because people in your material world want to be close to all kinds of love, light, and permission. Just allow it; there should be no judging voice from him standing before you, his own power, love... If you are such a being, you actually attract everything at any moment to support you. Whatever you have, it's effortless; you don't need to spend time earning money. Because the idea and concept of spending time making money restricts you and keeps you very unfree, feeling like I must do this in order to achieve that or something else.

问: 当我成为爱的时候,当我能量⾼的时候…JO: ⾸先,你本⾝就是爱和光.这是你⾃然的⼀个状态.因为你受到你们物质世界其他⼈的集体意识的影响,导致你也会在⼀种恐惧的状态,就是担忧或者是觉得我要吃⼒的赚钱,明⽩吗? 这是需要被你看到的.因为被你看到过后,你便不需要把它拿在你⾝上,把它当成是你.

Questioner: When I become love, when my energy is high...

JO: First, you are love and light inherently. This is a natural state of yours because you have been influenced by the collective consciousness of other people in your material world, leading to a state of fear where you worry or feel like you need to struggle to make money. You need to see this for yourself. Once you do, you don't need to carry it with you and treat it as something belonging to you.

问: 我觉得⽬前我的能量处于不稳定的状态.当我跟能量⾼的⼈呆在⼀起的时候…JO: 那就像刚才说的,你会⼀松⼀紧,你会这样体验.但是这个⼀松⼀紧也是你⾃⼰成长的这个过程.因为这⾥永远都没有⼀个完成的状态,明⽩吗? 因为如果你完成的话,你可能就不需要这个物质⾁体,你可能就结束这个⾁体了.

Questioner: I feel that my current energy is in an unstable state. When I'm with people who have high energy... JO: That's like what we just discussed - you'll be loose and tight at the same time, experiencing it as such. But this ebb and flow of energy is also part of your own growth process. Because there will never be a complete state here; do you understand? Because if you were complete, you might not need this physical body anymore, you might end up with it.

问: 那我明年的状态⼤概会是什么样⼦?

Questioner: What will my status be like next year?

JO: 你需要明年再来连接.

JO: You need to come back next year to connect.

问: 前两天我和我叔叔婶婶进⾏了⼀次视频状态.但是通话过后,我的整个状态都不好了.那我以后是不是可以选择不跟他们进⾏视频通话?

Questioner: Two days ago, my uncle and aunt had a video status with me. But after the call, I was in really bad spirits. Does that mean I should avoid having video calls with them in the future?

JO: ⾸先这个选择来⾃于你⾃⼰要不要去选择跟他们通话,因为你永远都可以.但是呢,你只要去觉察到你感受到的能量只是他们堵塞的呢⼀部分,他们⽆⼒的呢⼀部分,呢只是他们的能量.你可以选择要被这个能量影响还是不被这个能量影响.你永远都有选择权.只有你选择我要被你们的能量影响,你才会去体验跟他们⼀样的.

JO: First of all, this choice comes from whether you choose to call them or not, because you can always do it. But what you should be aware of is that the energy you feel is just a part of their blockage, a part of their inability, and just a part of their energy. You have the option to allow that energy to affect you or not. You always have a choice. Only when you choose to let your energy be affected will you experience it similarly.

问: 那我要如何选择不被这个能量影响呢?

Questioner: How do I choose to remain unaffected by this energy?

JO: 那就是说,OK,我感受到⼀些沉重的能量.但是我知道这个能量来⾃于你,你的⼀些陈旧的观念,跟我没有关系.那我就可以选择,我notice到了.跟我没有关系,我⼲嘛还要继续的去创造这个体验给我⾃⼰呢? 所以说还是你⾃⼰的选择.这么说吧,前⾯恶臭,他们⾝上散发的臭味.那你可以说我闻到了呢个臭味是你⾝上的,那我现在⾛开了.然后我就不在被这个臭味影响了,明⽩吗?

JO: So that means, OK, I sense some heavy energy. But I know that the energy is coming from you, your old beliefs, which are not related to me. Thus, I can choose to notice it. It has nothing to do with me; why should I continue creating this experience for myself? So it's still a choice for you. Like this:前面的恶臭, the stench that emanates from them. You could say I detected that stench is yours. Now I step away, and I am no longer affected by that smell, understand?

问: 有的时候我会对我的家⼈有⼀种期待,希望他们可以像我这样.如果他们不像我这样,我就会有⼀种伤⼼的感觉.

Questioner: Sometimes I have expectations of my family members, wishing they could be like me. If they are not like me, it would make me feel sad.

JO: 呢也是来⾃于你对众⽣的⼀种爱,然后你会希望他们可以不再被所谓的苦海,就是⼈世间的这个幻像,希望他们不再被这个幻像所蒙住眼睛.但是你可以把内在的这种感觉化成你⾃⼰蜕变的(⼒量).为什么? 因为如果你还在受这个幻像的影响,你没有办法带领他们去离

Japanese观音 (Kanzeon): This comes from your love for all beings, and you would wish that they are no longer trapped in the so-called ocean of suffering, the illusion of this human existence. You hope that their eyes are not blinded by such an illusion. But you can transform this internal feeling into your own power of transformation. Why? Because if you are still influenced by this illusion, you cannot lead them to escape

开幻像的影响.那其实你觉得他们在受苦,这也是个幻像,明⽩吗? 因为你需要看清楚他们在你⼼⽬中受苦,他们本⾝就是需要脱离这个苦,这个想法本⾝也是个幻像.因为你把物质世界这些所有东西当成是真实的了,你才会觉得苦.但是你要知道他们不会受到任何伤害.就好像就是戏⾥⾯的⼈,他们在演戏⽽已.你把这个戏当成是真的了,你就觉得哇,他真的是在被千⼑万剐、他被杀、被⽕烧.它只是⼀个戏剧,让你们觉得是真实的,明⽩吗? 所以说你⾃⼰需要有⼀双,就是你不被物质幻像蒙住眼睛, 你能看清本质.你能看清楚,你才能帮他们看清楚.因为如果你⾃⼰都深深的被这个幻像困住的话,你也没有办法帮他们.你们只是不同的幻像.

Understand that the impact of illusions has an effect on you as well. You might think they are suffering, but this is also an illusion. You need to understand that what you perceive as their suffering in your mind is actually what they need to overcome and transcend. The idea itself that they suffer is also an illusion. This stems from how you perceive the material world as real. But it's important to know that they are not actually harmed. Just like characters in a play, they are acting out scenes of suffering, being burned alive, or killed. It is just a dramatic representation designed to make you feel as if it were true. So you need your own ability to see beyond the illusion of the material world and recognize the essence. You have to be able to discern these things clearly for yourself before you can help others do so. If you are deeply trapped in this illusion, you cannot help them either. All of us exist within different illusions, but it is up to each individual to break free from their own.

他们在幻像当中,那其实你也是在幻像当中.你在幻像当中,你才会觉得他们在受苦,明⽩吗? 所以虽然你们是不同的幻像,但是实际上都是幻像.

In their illusion, you are also in an illusion. You are only aware of their suffering when you are within the illusion, understand? Hence, although you may be different illusions, fundamentally, they are both illusions.

问: 那我为什么会觉得他们在吃苦? 是因为我没有看穿他们是在体验他们⾃⼰的剧本⽽已?

Questioner: But why do I feel they are suffering? It's just because I haven't seen through that they are experiencing their own scripts, right?

JO: ⾸先吃苦这件事情,它可以说是真的在吃苦,也可以说并不是在吃苦,明⽩吗? 他只有他内在播下这颗种⼦,就是我要脱离呢个苦.你才会去起到拉他⼀把的作⽤.因为他知道他想要脱离这⾥,他才会伸⼿.他如果不把⼿给你的话,只会把你给拽进去,明⽩吗? 因为他会把你给吸进去.

JO: The act of suffering, it can really be suffering or not considered as such, understand? He only plants the seed within himself that I want to escape this suffering. That's when you take action to help him. Because he knows he wants to escape from here, he will reach out. If he doesn't offer his hand, he will pull you in instead, understand? Because he will draw you in.

问: 那我要怎样才能判断出他的状态是我应该要去帮助他的?

Questioner: How can I determine if it's my responsibility to help him?

JO: ⾸先你没有应该要去帮助任何⼈.你唯⼀要帮助的就是说你去做你⾃⼰,就刚才说你变的不再沉重.为什么呢? 因为当你不再沉重的话,轻逸起来的话,就好像你亮了.你亮了,他们在⿊暗中才能看到才能知道,原来这个才是⽣命,我们这个不是.就是你给他们创在了⼀个⽣命应该有的版本.那如果你都是在沉重的能量,⽣命好痛苦啊,你看他们都这么苦,你每天在呢愁眉苦脸的,觉得活着真没意思.那你是不是就加强了他们的幻像,让他们觉得活着没有意义.

First of all, you should not feel compelled to assist anyone; your sole duty is to perform the act of being yourself, which was just mentioned as becoming lighter. Why? Because when one becomes lighter and more free, they illuminate themselves. When you are illuminated, others in the darkness can see and understand that this is life - ours is not like it. You create for them a version of what a life should be. If you're always weighed down by heavy energy, how miserable life must be for you; observe their suffering each day, with their constant frown lines and the belief that living lacks meaning. Are you exacerbating their illusions, reinforcing their perception that life has no purpose?

问: 我现在必须把我⾃⼰整明⽩,先不要管别⼈.

Questioner: I must first get my own affairs in order and not worry about others.

JO: 当你在越来越轻逸的⼀个状态的时候,你就在让他们靠近你.因为就像我刚才说的,⼈们都在寻找光.

JO: When you are becoming lighter and more serene, that's when you are inviting them to come near you. Because, as I just mentioned, people are all seeking light.

问: 但是会不会出现⼀种情况,就是当我成为光,但是还不稳定的时候.他们会不会想要把我拉下来,想要打击我,这样⼦的⼀个情况?

Questioner: But could there be a scenario where, when I become light but am still unstable, they would want to pull me down and try to undermine me?

JO: 你⾸先要知道如果你还是觉得你是在受外界的影响,这实际上是你内在的⼀个恐惧.就是你的担忧你的恐惧给了他们⼒量来让他们去拉你打你,明⽩吗? 那是属于你⾃⼰需要清理你的恐惧,你有了这样⼦的恐惧你才会投射出来.就这么说吧,你现在物质世界的⼀切都是你内在有什么模型投射出来给你体验的.那如果你根本就没有这个模型呢? 那是不是就投射不出来了? 那你的模型就是圆满呢? 那你投射就是圆满,你没有办法.所以说你不需要去对他们动⼿.

JO: First of all, you need to understand that if you still feel as though the outside world is influencing you, it's actually a manifestation of fear within yourself - your fears are empowering others to pull or hurt you. Do you see? This requires you to clear your own fears; you can only project these fears onto others. Simply put, everything in your current physical world is what you have projected inwardly for yourself to experience. But if there's no such projection inside of you - would it be possible to not project at all? If your projection was completeness, wouldn't that mean projecting completeness without any possibility of change or improvement? Therefore, you don't need to resort to physical action against others.

问: 那我要怎么去清理内在的模型呢?

Questioner: How do I clean out the internal model?

JO: 就⽐如说刚才是不是就让你看到了你的这个模型实际上是你内在是这样⼦.

JO: It's like you saw just now whether it revealed how your model is actually inside you.

问: 哦,看到了之后当下就清理掉了是吗?

Questioner: Oh, you cleaned it up right after seeing it?

JO: 看到了你就不会对外在动⼿啊.你就不会说,哎呀,我要离开你.哎呀,我要把你推开.

JO: Seeing you wouldn't make me want to do anything external towards you. I wouldn't say things like, oh dear, I need to leave you. Oh no, I have to push you away.

问: 我还有⼀个问题,就是我前段时间接触到⼀个男⽣,他叫XXX.我接下来还会再接触到呢个男⽣吗?

Questioner: I have another question - will I be interacting with a boy named XXX again soon?

JO: 你想要知道你跟呢个男⽣会不会继续有联系? ⾸先我们⼀直让你知道的是任何任何你外在体验的,它实际上都是你⾃⼰的意愿.你的意愿有多强烈? 那你的意愿强烈的话,你就⾃然⽽然的去显化这样的事件给你体验,明⽩吗? 那他可能不是这个⼈,可能是别⼈.⽐如说你的意愿就是我就是要体验⼀段浪漫的爱情.那即使不是这个男⽣,另外⼀个男⽣也会很快出现.你必须要上演这场戏.为什么? 剧本已经被你写好了.所以你就不需要去纠结到底这个男⽣会怎么样怎么样.⽽是说你会… 这么说吧,我这个剧本写好了,我打算演这场戏.我的主⾓是可以换的.你这个主⾓没有空,不适合.那存在⼀个姻缘嘛,就是双⽅嘛.

JO: You want to know if you'll continue to have contact with this man? First, we've always been telling you that everything you experience externally is actually a manifestation of your own desire. How intense is your desire? If it's strong, you naturally manifest such events for yourself to experience, right? He might not be the person; it could be someone else. For example, if your desire is that I want to experience romantic love, even if it's not this man, another man will appear very soon. You must act out this scene because why would you need to worry about what happens to this specific man? Instead, you... let me put it this way: my script is already written, and I'm planning on performing this play. My lead character can be replaced. Your leading role isn't available; it's not the right fit. There is a destiny involved, which involves both parties.

那导演发出邀请了,那可能主演不愿意加⼊呢? 你是不是就可以换另外⼀个主演、主⾓?

That director has invited them, but maybe the lead actor doesn't want to join? Could it be that you can replace the leading role with another actor?

问: 相当于我是可以随时重新创造⼀个剧本的是吗?

The question implies that one has the ability to rewrite a script at any time.

JO: 不不不,你内在就有剧本.你内在已经是有剧本存在的.就是你会觉得我是会遇到⼀个男⼈来打击我,还是会遇到⼀个男⼈来伺候我.你内在已经有这场戏了.那呢个来伺候你或者是来打击你,其实这个剧本已经写好了.那主⾓呢,他就要根据你们双⽅的合同了.那我的这个导演跟你们俩到底是有没有意愿⼀起去… 但是你呢个戏是会被体验的.

JO: No, no, no, you already have a script within yourself. You already possess this internal drama where it seems that I might encounter a man who will either challenge me or serve me. Your inner scene is already set up. The one serving you or challenging you has already been scripted. As for the lead actor, he needs to adhere to your agreement with him and my director's intentions with both of you. But the experience of this play is what it will be.

问: 那有没有可能会出现这样的情况,就是我本⾝我在今年七⽉份预约了⼀场戏.但是七⽉份之前我的卡点已经突破了.那我是不是就不会再遇见这场戏?

Questioner: Could it be possible that I might experience such a scenario where I had booked a play for this July, but my karmic barriers have already been surpassed before July? Would that mean I wouldn't encounter this particular play anymore?

JO: 你们在演戏的每个当下,你都可以去改剧本.如果你发现这个剧本原来是我写的,那我就可以马上改⼀下.你可以演着演着,你说导演停⼀下,你说这个不适合,这不是我想要表达的.

JO: You can always modify the script in every moment of your performance. If you realize that this is a script I originally wrote, then I could make adjustments right away. You can continue performing and say to the director, 'Stop for a moment; this doesn't fit what I'm trying to convey.'

问: 有没有可能当我意识到了之后,我接下来的很多剧本我都可以提前跟它跟换掉了?

Questioner: Could it be that after I realize something, I could replace many of my upcoming scripts with alternatives?

JO: 如果你有⾜够⾼的觉察能⼒.但是呢,⼀般你不会去⼲涉这些.因为当你有了⾜够⾼的觉察能⼒,你会发现所有的⼀切它其实都是来⽀持你的.你不会去刻意的编排任何戏,就是任何戏你都是enjoy在其中的.因为你知道它都是来⽀持你的,它都是你需要的.

JO: If you have a high enough awareness capacity, but generally you won't intervene in these matters. Because when you have a sufficiently high level of awareness, you'll find that everything is actually supporting you. You won't刻意 arrange any plays; every play you are enjoying as part of the experience. You know it's all supporting you and it's what you need.

问: 我发现我对中国有恐惧.可能是之前在中国带给我很多不好的体验.我需要怎么去处理对于中国这样的情绪呢?

Questioner: I have developed a fear of China. It might be due to several unpleasant experiences I had in China before. How should I deal with such emotions towards China?

JO: 你也不需要处理.为什么呢? 你的意识,就好像你这棵树,你是个⼩树苗的时候,你会觉得你在风⼤的地⽅特别难⽣存,它⽼是吹风,你的根好像马上就要起来了⼀样,你就⽼是觉得⾃⼰要倒掉⼀样.但是当你的树越来越⼤,这棵树的根扎的越来越深的话,风吹⾬打对你来说完全不是个事.所以说你也不需要刻意的去处理任何.你只是去允许⽣命它⾃然⽽然的这个过程.

JO: You don't need to handle it either. Why not? Your consciousness is like a young sapling. When you were just starting, you might feel that being in strong winds made survival very difficult, as they constantly blew against your growth. You felt like your roots were about to be uprooted at any moment, always fearing for your stability. However, as the tree grows larger and its roots dig deeper into the ground, such environmental challenges no longer pose a threat. Thus, there's no need for you to intentionally manage anything. It's simply allowing life to unfold naturally through this process.

问: 那我以后可以在欧洲定居吗?

Questioner: Can I settle in Europe in the future?

JO: 你当然可以去任何你想要的,明⽩吗? 你如果真的在欧洲定居的欲望如此强烈.那你可能专门就去找哪个有欧洲⾝份,嫁给他就好了.因为什么,它对你来说这就是你想要的.所以⽆论如何你都会得到的.

JO: Of course you can go to wherever you want, understand? If your desire to settle in Europe is truly that strong, then you might as well specifically look for someone with European identity and marry him/her. Because what it offers you is exactly what you want. Therefore, no matter what, you will get what you're looking for.

问: 我昨天才想如果我想获得英国的永久居留我是不是要找⼀个⼈嫁了.然后你今天就这么说.

Questioner: I was just wondering yesterday if I wanted to get permanent residency in Britain, maybe I should have married someone. And then you say this today.

JO: 所以说是你决定着它到底对你来说有多么重要.你就会冲着呢个点.

So it's you who decides how important it is to you, and you go for that point.

问: 因为我发现⾃⼰现在的显化速度很⾼,就是好的不好的都很快.那我要怎么去处理呢些恐惧呢?

Questioner: I've noticed that my manifestation process is very fast, both good and bad things happen quickly. How can I handle this fear?

JO: 你⾃⼰内在的恐惧,你不知道该怎么去处理? 你们的物质世界它就是⼀⾯镜⼦.任何这些东西它都会被你看到的.你只要把它当成是镜⼦,⽽不是当成是真实的.因为你当成是真实的话,你就会觉得外在恐惧的事件是真实的.就好像刚刚说是你内在有了这个模具,你才会投射出来这个形状.那你觉得这个形状是真实的,你会觉得跟你内在有没有模具是没有关系的.因为当你知道它只是你内在模具,那你是不是就不受它的控制了? 只有你不知道的时候,它才会控制着你.

JO: Your inner fear, you don't know how to deal with it? Your material world is a mirror, reflecting whatever you see. Treat it as a mirror and not as reality; because if you treat it as real, you'll perceive external fears as true events. It's like just now saying that your mold inside creates the shape you project outwards. You think this shape is real, believing its existence is unrelated to whether or not you have a mold inside. But when you know that this shape only comes from your inner mold, aren't you no longer under its control? Only when you're unaware does it control you.

问: 就是看到这些东西的时候,先把它当成是⼀⾯镜⼦.然后告诉⾃⼰这只是⼀个幻像,这个不是真实的?

Questioner: When you see these things, think of them as a mirror first. Then tell yourself that this is just an illusion; it's not real?

JO: 这是你慢慢去认识的⼀个过程.就好像你在告诉⼩朋友,你在给他讲道理⼀样.你说你看前⾯呢条蛇,它只是个绳⼦,它是个假的,它只是个玩具.但是他还是很害怕,他⾝体的恐惧.为什么呢? 因为它需要慢慢的他⾃⼰去跟呢个蛇互动,他去摸去看⼀看尝⼀尝.原来真的是⼀个假的,原来这是个玩具.所以这也是你们物质世界的⼀个意义.

JO: This is a process that you gradually understand. It's like when you're telling a child道理 and explaining to them. You say look at the snake in front of me; it's just a rope; it's fake; it's just a toy. But he is still very afraid, because of his physical fear. Why? Because he needs to slowly interact with that snake himself: touch it, look at it, taste it. Only then will he realize that it really was fake and discover that this was indeed a toy. So this also has meaning in your material world.

问: 每⼀年都有每⼀年不同的天象.我觉得它对我影响很⼤.我的⼋字的五⾏是属⾦的,我就觉得我有受克的⼀个状态.

Questioner: Each year brings different celestial phenomena. I feel that it has a great impact on me. My eight characters' five elements are metal, and I think I'm in a state of being affected negatively.

JO: ⾸先你要知道你们所谓的⼀个天象,它也是在变化,也是受你们的⼀个意识状态、能量变化⽽变化的.⽽不是说你在受它们的影响.如果你是⽆意识的话,你是受任何外在、集体意识的影响,明⽩吗? 所以说当你如果真的是⽆意识的状态的话,你就是随波逐流的,你是受任何外在的影响,不只是天象.⽐如说集体瘟疫来了,你就死了.然后集体都欣欣向荣,你也欣欣向荣.集体都开⼼,你也开⼼.那你是受着外在的任何的影响,还别说天象了,明⽩吗? 但是呢,如果你不是在集体意识当中的话,你要知道天象都是受你们的⼀个变化⽽变化的,所谓的天象.

JO: First, you need to understand that the celestial phenomena you refer to are also in a state of flux and change, influenced by your own consciousness and energy fluctuations, not just from their influence on you. If you were unconscious, you'd be affected by any external or collective consciousness. See, if you were truly unconscious, you would simply go with the flow, being impacted by anything external, not just celestial phenomena. For instance, if a mass pandemic struck, you might die. Or perhaps everyone is thriving in harmony and so are you; collectively joyful, and you too share their joy. You'd be influenced by external factors, including collective mood or events, much less specific celestial occurrences. But understand this: If you're not within that collective consciousness, you'll realize that celestial phenomena do change according to your own fluctuations of consciousness.

问: 也就是说太阳、⽉亮、⽊星对我们地球的影响,这些全部都是⼈类的集体意识是吗?

Questioner: In other words, are all the impacts of the sun, moon, Jupiter, and other celestial bodies on our Earth a result of human collective consciousness?

JO: ⾸先就是你要知道你所谓的磁场和外在的任何风⽔它是受你们的影响.它也像镜⼦⼀样.它只是把原有的东西给加强了,明⽩吗? 就⽐如说如果你内在是有恐惧的⼈,那这个就会让你加倍恐惧.如果你内在是有有爱的,你可能就会加倍的去爱.这么说吧,⽐如说你是有基础病的,然后天⽓⼀冷,你可能就会因为天⽓冷然后你死了.但是并不是因为天⽓冷杀死了你,⽽是说你本⾝就有基础病.你受到外在的刺激,然后你就死了.这就是所谓的天象对你们的影响.那如果你的⾝体很健壮呢? 免疫⼒很强呢? 天⽓冷它也会让你的免疫⼒更强.为什么呢? 你不断地在受到这些冷空⽓的刺激.就好像冬泳的⼈⼀样,每⼀次冬泳都会让他越来越耐寒.

JO: First of all, you need to understand that your so-called magnetic field and any feng shui in the external world are influenced by you. It works like a mirror, amplifying what already exists. If there's fear inside you, it will amplify that fear. If there's love, you might find yourself loving even more. For example, if you have an underlying condition, when the weather gets cold, it might exacerbate your health issue, leading to death due to cold temperatures. However, this isn't because the cold killed you; it's because of the underlying condition that makes you vulnerable to external stimuli and results in your demise. This explains how celestial events can influence you. If your body is robust, with a strong immune system? Cold weather could strengthen your immunity. Why? Because you're continually being exposed to these cold air stimuli, much like someone who practices winter swimming; each time they swim in the winter, it makes them more resistant to cold temperatures over time.

问: 那我要怎么变成我不受这种天⽓的影响呢?

Questioner: How do I become immune to such weather conditions?

JO: 你可以受他们正⾯影响啊.就好像我刚刚不是说,冬泳的⼈,每⼀次冬泳都可以让你们的⾝体变得越来越耐寒越来与强壮,就是对这些寒冷不会有影响.

JO: You can be influenced positively by them. Just like what I said earlier, every time someone goes winter swimming, it makes their bodies more resistant to cold and stronger over time; similarly, these people don't get affected by the cold either.

问: 我可以理解成顺势⽽为吗?

Questioner: Can I interpret this as going with the flow?

JO: 是,外在的⼀切都是能量,你如何让它来正⾯的影响你.

JO: Yes, everything external is energy, how do you make it have a positive impact on you?

问: 那我要怎么样让呢些⽐较有压⼒的东西可以正⾯的影响我呢?

Questioner: How can I ensure that these stressful things have a positive impact on me?

JO: ⾸先有压⼒它只是你⾃⼰的⼀个观念,就是你觉得这件事情它是有压⼒的.它只是来⾃于你的观念,它不是真实的事情.因为你们就⽐如说⼩朋友就觉得这个很重.你是因为你本⾝就是⼩朋友,你又没有锻炼.你的肌⾁也没有经常得到锻炼和刺激,那这是正常的呀.那你就会觉得这个是真实不虚的,明⽩吗? 那随着你的年龄长⼤,你也不断地在锻炼⾃⼰,你亲⼿就把它拉起来了,对你来说完全不是回事.

JO: Firstly, there's pressure - it's just your own idea that you feel this thing is pressuring. It comes from your perception and not a real fact. You know like kids perceive things to be heavy because they haven't developed physically or have been stimulated with regular exercise. That's natural. So you think it's true. Understand? As you grow older, exercising yourself regularly, you will pull this up on your own and it becomes nothing for you.

问: 我有攀⽐⼼.我想知道我内在有什么样的程序会让我有攀⽐⼼呢? JO: 攀⽐就是说他们有,你没有?

Questioner: I have a sense of competition. I want to know what kind of program is within me that leads to this sense of competition?

JO: Competition means they have it, and you don't.

问: ⽐⽅说⼀个⼈他很有钱,我没有钱的时候,我就会⾃卑.

When Fang says someone is very wealthy while I have no money, it makes me feel inferior.

JO: ⾸先你要知道你们会产⽣这种⼼理是因为你们内在对丰盛的⼀种渴望,还有对⾃由的⼀种渴望.那本⾝这就是你们本来的状态,所以你就会觉得它对你⾮常有吸引⼒,就是你特别想要它,想拥有它.但是这是你逐渐去认识的⼀个过程.是你逐渐的去认识到,当你真正的能认识到你⾃⼰就是⽆限被⽀持的,你就不会在产⽣呢种对任何⼈的呢种: 我希望我可以拥有,为什么他有我没有,就是这样⼦的⼀种状态.也是你逐渐去认识的⼀个过程.因为你们现在物质世界⽬前还在通过表象的去定义⼀些事情.表象就是他拥有钱,他拥有物资,他拥有权⼒.但是你要知道所有的这些东西都是冰块.你看呢个在世界上拥有权⼒的呢个⼈,他不是冰块吗?

In the beginning, you must understand that this psychological state arises from your inner desire for abundance and freedom, both of which are inherent aspects of who you truly are. This is your natural state, hence it captivates you so strongly; you yearn to possess it. However, this realization comes through a process of gradual understanding. As you come to realize that you are inherently supported by the infinite, you no longer feel drawn to such desires for others: "I wish I could have what they have, why don't I have it too?" This is also part of your growing awareness.

Currently, in this physical world, everything is defined by superficial appearances. These include having money, assets, and power. But remember, all these are merely the tip of the iceberg. Look at that person who wields power on Earth; isn't he just like an ice block?

以前英国占领了如此多的国家,明⽩吗? 所以说所有的这些东西,它都只是⼀个冰块.也就是说你还没有认识⽣命本⾝的话,你会通过外在的⼀些去定义⽣命.那如果通过你对⽣命的⼀个认知和理解的话,你便不会去… 你就知道⽣命是永恒的,每⼀个⼈他体验的都是他需要体验的.它都有意义,对他来说就是⽆价之宝.哪怕他是在街上体验⼀个流浪汉.

Previously, Britain had taken over so many countries, right? So all of these things are just the tip of the iceberg. That means if you haven't truly understood life itself, you would define it through external things. But if you understand and comprehend life, you wouldn't... You'd realize that life is eternal, and everyone experiences what they need to experience. It all has meaning, which for them is invaluable. Even experiencing a homeless person on the street.

问: 还有⼀个关于⾃我价值.⾃我价值的定义到底是什么? 我觉得我有时候不够⾃信.我对⾃我价值的追求也是幻像吗?

Questioner: There's another one about self-worth. What is the definition of self-worth? I feel sometimes that I am not confident enough. Is my pursuit of self-worth just an illusion?

JO: 你就好像,你要知道你的物质⾁体它不是你.我们⼀直说物质⾁体就好像是⼀条狗⼀样.那这条狗它有很多它不认识它没有看清和它不能理解的⼀些东西.那它就会误以为我产⽣的这些情绪、我产⽣的这些感受、我脑海⾥⾯想要的定西,呢些就是真实的,明⽩吗? 所以你也会觉得我没有⾃我价值,我需要⾃我价值,这些东西.这些东西当你在认识⽣命本⾝的话,它都不会对你有任何影响.那当你不认识⽣命本⾝,你就算有了⾃我价值,那其实⾃尊⾃爱⾃重,那你又会,就是说这些东西难道你要⼀个⼀个去拿啊? 所以它这不是单⼀的⼀个.因为你们物质社会会把所有的东西,就好像医⽣⼀样,把所有的症状分为抑郁症、焦虑症啊,什么什么的.

JO: It's like you think your physical body is you. We always say that the physical body behaves like a dog. A dog has many things it doesn't recognize and can't understand. So it might mistake what you experience as emotions, feelings, or thoughts in your mind for reality. Do you see? Therefore, you also feel that you lack self-worth, needing it and those kinds of things. These concepts don't affect you when you truly understand the essence of life. However, if you don't understand life itself, even if you have self-esteem, it's still about recognizing yourself with dignity, respect, and self-love. Does this mean you should individually acquire these? No, it isn't just one thing. In your physical society, everything is categorized by symptoms like depression or anxiety, among others, as doctors would do.

你们所有的症它其实都是推动你去寻找⽣命的本⾝, that’s it.然后你就来吃这个药,吃呢个药.

All your symptoms are actually urging you to seek out the essence of life, that's all. Then you come to take this medicine, and then you take this medicine.

问: 就是需要去认识到⽣命的真相是什么,才不会被外界⼲扰到.

To Questioner: One needs to understand the true nature of life in order to be不受distractions from the outside world.

JO: 这是你⽣命的⼀个过程.不管你现在是学还是不学,去做还是不做,你总会去发现真相的.孩⼦总会长⼤的,⼀棵树总会开花结果的.

JO: This is a part of your life's process. Whether you learn or not, whether you do or don't, you will eventually uncover the truth. Children grow up, and trees blossom and bear fruit.

问: 我昨天有做⼀个⼼理咨询.呢个⼼理医⽣说我之所以感受不到爱,是因为我不够⾃爱.因为我在和我⽗母相处的时候,我是感受不到爱的.您怎么看?

Questioner: I had a psychological consultation yesterday. The psychologist said that the reason why I can't feel love is because I don't love myself enough. Because when I interact with my parents, I don't feel any love. What do you think?

JO: 因为你们⼈类会把⽗亲对孩⼦会有⼀个认知,就觉得⽗母对孩⼦就⼀定有爱,明⽩吗? 因为你们彼此选择到这个世界上来体验的话,你们是有⼀个独⼀⽆⼆的剧本、⼀个剧情.它不⼀定是⽤爱的⽅式来给你,它可能是⽤仇恨的⽅式.为什么呢? 因为你需要去理解仇恨,你需要去从⼩活在⼀种爱的匮乏当中,明⽩吗? 所以⾸先⽗母天经地义爱孩⼦,需要怎么样去对待孩⼦,这只是你们⼈类⼀个⽚⾯的认知,你们觉得应该这样⼦.但是你们还没有去发现每⼀个灵魂选择这样⼦的处境是有利于它成为⼀个什么样⼦的⼀个状态.

JO: Because you humans attribute a parental perspective to fathers and children, leading you to believe that parents must love their children. Do you understand? As you both choose to experience this world together, each of you has a unique script, a plot. It doesn't necessarily involve loving actions; it could involve hatred. Why is this so? Because you need to comprehend the dynamics of hatred. You need to grow up in an environment lacking love. Do you see? Therefore, parents naturally love their children, and how they should treat them is just one-sided human cognition. You believe it ought to be that way. However, you haven't realized that every soul chooses such a situation for its own benefit in becoming what it is meant to be.

问: 那也就是说我想要在这样的家庭中想要体验的是爱的匮乏的状态?

Questioner: In other words, what I want to experience in such a family is a state of love's absence?

JO:不是.这是说每个⼈不⼀样.因为每个灵魂不⼀样.现在没有看你的灵魂.但是呢,是让你知道不是所有⽗母都是⽤爱的⽅式给孩⼦的.你们孩⼦在选择⽗母的时候都是知道剧情,知道他需要给你们提供什么.他只能提供你安排的呢个剧情给你.就⽐如说他只能提供给你虐待,明⽩吗?那他就是单纯的虐地你,你不可能去得到任何的爱.得到爱是你们的⼀个妄念、执念.就是你们会觉得我⼀定要从⽗母呢得到爱.并不是的.

JO:No, this means that everyone is different. Because each soul is different. I haven't seen your soul yet. But it's to let you know that not all parents give their children love in the same way. When you children choose your parents, you are aware of the plot and what they need to provide for you. They can only offer you the scenario that you have arranged. For example, he can only abuse you, understand? Then it's simply pure abuse; you won't be able to receive any love. Receiving love is one of your delusions or attachments. You might think you must get love from your parents, but it's not like that.

问: 那您可以帮我看⼀下我的家庭的剧本是怎么书写的吗?

Questioner: Could you help me understand how my family's script is written?

JO: 前⾯已经跟你连接了你跟你⽗亲.问: 那我和我妈妈和弟弟呢?

Questioner: What about me, my mother, and my brother?

JO: 你稍等.你妈妈给你提供了⼀个好像是你特别不想成为的版本,这是你不想成为的⽣命状态,就好像是你想要脱离的⼀部分.就好像⽼师来给你演⽰这个是我以后⼀定不会去做的事情,就是我⼀定不要去成为的状态,⼀定不要去活成呢样⼦吧.就好像是呢样⼦的状态给你.所以你就会有⼀股不断地想要去,就是她是什么状态,你就想要脱离呢个状态.就⽐如说她天⽣特别唠叨,你可能就是说我永远不会唠叨.为什么? 我反感唠叨的⼈,因为我体验到唠叨的⼈是多么的⽆⼒.然后就好像是这种.

JO: Wait a moment. Your mother has provided you with a version that seems to be one you particularly don't want to be. This is the life state you don't wish for, akin to a part of yourself that you're trying to get away from. It's as if your teacher is demonstrating something that I will never do in the future – the state that I definitely won't become and won't live up to. It feels like she's presenting this version to you. Consequently, there's an endless urge for you to escape her status. For example, if she's naturally very nattering, you might say: 'I'll never be like that.' Why? Because I'm against people who are chatty, as I've experienced their utter powerlessness. It feels similar to this situation.

问: 那我弟弟呢?

Questioner: But what about my brother?

JO: 你弟弟叫什么名字?问: XXXJO: 你弟弟和你就好像是携⼿共进.所以说在将来以后,你们会有很多彼此⽀持,彼此扶持对⽅,在你将来.

You: What's your brother's name? Questioner: XXX You and your brother are like partners moving forward together. Therefore, in the future, you will have a lot of mutual support for each other, helping each other out, looking ahead to the future.

问: ⼤概需要等多久我弟才能和我互相扶持?

Questioner: How long will it take for my brother and I to support each other?

JO: 这不是等多久.就⽐如说如果你们这边突然发⽣什么事情需要你们俩stand together,就是站在⼀起.那么他就会出现,明⽩吗? 所以这不是⼀个时间,⽽是说在真正的⼀个,就⽐如说这个东西⼀下⼦要掉下来.你们俩就会站到⼀起去承担这个重量来让彼此不受伤害,这样⼦,明⽩吗?

JO: This isn't about waiting for a certain amount of time; it's like if something suddenly happens on your end that requires you two to stand together, meaning supporting each other. He would then appear, understand? So this isn't about timing, but rather in a situation where all of a sudden everything falls apart and you both need to bear the weight together to prevent harm to one another, get it?

问: 为什么我妈妈她想要体验这样⼀个剧本? JO: 那这个需要连接她的能量.

Questioner: Why does my mother want to experience such a script?

JO: That would require connecting her energy.

# **2023/06/08 — ⽆条件的爱上⾃⼰ Unconditional Self-Love**

JO: 你问吧,什么问题?

You ask, what question do you have?

问: 我想知道我⽼公现在在哪?

Questioner: I want to know where my husband is now?

JO: 你觉得我们会⽤什么⽅式告诉你这样⼦的问题? 因为你这样⼦的问题我们是没有办法给你⼀个确切的定位.因为它只是你们物质世界才存在的,⼀个地点.⽐如说我告诉你⼀个地点,然后在这个⼥孩⼦脑海⾥⾯她却没有任何地点呢,明⽩吗?所以这个是寻找不出来的.你可以换⼀种⽅式来提这个问题.你可以问⽬前你在经历的事情,他想带给你的就是学习的功课是什么?因为你们物质世界的⼀切它就好像是所谓的功课⼀样.你能从中学到什么才是重要的,经历什么不重要.哪怕经历的再呢个什么,你如果从中没有学到任何的话,它都是没有意义的.如果经历的再痛苦,但是你从中学习到了,那就是⾮凡的意义,明⽩吗?

JO: What method would you think we should use to tell you about such questions? Because the way you're asking it, there's no specific location for us to pinpoint. It's only within your physical world that a place exists. For example, if I were to tell you a location and it doesn't exist in her mind as a place, can you understand why we can't find what isn't there? Therefore, such information cannot be located or retrieved. You might want to phrase the question differently. Instead of asking about where something is, consider asking: What lesson is this experience teaching you right now? Because all aspects of your physical world are like assignments that require learning from them. What's important is what you learn through these experiences, not just experiencing them themselves. Even if an experience was painful or difficult, it becomes meaningful when you learn something valuable from it. Can you understand the significance of this concept?

问: ⾏,那你就看看今天他说他在呢边等我…(听不清)… 究竟是要告诉我啥呢? JO: ⾸先你们是什么样⼦的⼀个状态? 你们是在吵架吗?

Questioner: Alright, then you'll see that he said he was waiting for me over there... (indistinct)... exactly what is he trying to convey to me?

JO: First, what's your current situation? Are you guys having an argument?

问: 没有JO: 你们是在闹离婚吗?

Questioner: Without JO: Are you getting a divorce?

问: 我们已经办过证了,只是⼀直⽣活在⼀起.我就不愿意跟他住在⼀起.但是前天我还回家给他做饭了.

Questioner: We've already lived together, but I just don't want to live with him anymore. However, the day before yesterday, I still went home to cook for him.

JO: 你这么看待吧,就好像是⼀个孩⼦在跟妈妈闹.他为什么要跟闹? 他要妈妈的关注和爱.问: 我知道.但是呢个爱我给不出也不想给.

JO: Think of it like a child playing with their mother. Why would they play like this? They want their mother's attention and love. Questioner: I understand. But the love, I cannot give and do not want to give.

JO: 所以你可以看到你们不是单纯的,就是⼀个单⼀的问题.它这个单⼀的问题它只是体现出来你们⾃⼰之间的⼀个状态,通过这个事件.为什么呢? 因为你就算把这个事情解决了,所谓的解决就是你表⾯上看着你找到你⽼公了,他⼈没事.然后呢,你们又会再⼀次的去显化出其他的⼀些所谓的问题来继续给你们体验,也就是说治标不治本.你现在可能是因为你得了癌症,那你会出现⼀些掉头发的症状.那你说我要吃⽣头发的,让头发不掉.那你就买了治掉发的东西.头发不掉了,但你的癌症还存在.它还存在的话,它是不是还会通过其它的⽅式再显现出来,就⽐⽅说它侵害你其它部位,明⽩吗? 所以这个才是关键的.

So you can see that you are not simply dealing with a single issue; it's a singular problem that merely reflects your own state of being between yourselves. Why is this the case? Because even if you resolve this matter, by 'resolving' we mean that on the surface, you've found your husband and he seems unaffected. However, once again, you will manifest other so-called issues to continue providing you with experiences; in essence, treating only the symptoms without addressing the root cause. For example, if you have cancer, you might experience hair loss as a symptom. You might say that I want to grow my hair back and prevent it from falling out. So you purchase remedies for hair loss. Your hair stops falling out, but your cancer remains. If it still exists, won't it manifest in other ways? For instance, by invading other parts of your body. Do you understand the crux of the matter?

所以头痛治头,脚痛治脚,它只是暂时的,就是在你的这个时间段看上去它好像是好了,就好像是⿇痹⼀样.就⿇药退了,你还同样的疼,明⽩吗?

So if you have a headache, treat your head; if your foot hurts, treat your foot. It's only temporary; it seems to be cured in your time period, like numbness. After the numbing effect wears off, you still feel the same pain. Understand?

问: 对,你说的对.确实我们俩之间…. 但是⽬前我内在⽐较惶恐.

Questioner: Yes, you're right. Indeed, there's tension between the two of us... But currently, I'm feeling quite anxious inside.

JO: 你的惶恐来⾃于你对他的牵挂和爱.你为什么就不能直接的表达给他呢? 为什么你就不能直接的告诉他,我很爱你,我很在乎你,我很关⼼你? 那他就不需要⽤这种⽅式来验证或者是来实验来探试你到底在不在乎到底爱不爱,明⽩吗?

Your fear stems from your concern and love for him. Why can't you just express it to him directly? Why can't you tell him outright that I love you, that I care about you, that I'm worried about you? Then he wouldn't have to use this method to validate or experiment with whether you truly care or if you love him, understand?

问: 理解.他现在… 说啥呀…JO: 你可以去探索⼀下你们之间今⽣的灵魂协议.

Questioner: Understand? What's going on now... JO: You can explore your soul contract with each other in this life.

问: 那就看⼀下吧.

Questioner: Let's take a look then.

JO: 你稍等,你叫什么名字?问: XXJO:他就像是⼀个任性,就是不是呢种听话的孩⼦,像是⼀个调⽪的孩⼦.然后他不断地不断地去探测你的底线.这么说吧,就好像他不断地在⽤这种⽅式来不断地扩张你.让你的包容度和允许度,就⽐如说你可能看到很多事情你就觉得不应该这样.这是你⾃⼰的⼀个功课.就是你的允许度低嘛.你就是觉得事情应该这样,就是有很多条条框框.那真正的⼀个存在的状态它是允许任何的,它是没有任何条条框框的.那当你⾃⼰内在有很多条条框框,那实际上你就会有很多事情你就是看不顺眼.那这是你⾃⼰的⼀个功课.那他是不是就迫使你去扩展你⾃⼰的允许度?

JO: Wait a moment, what is your name? Questioner: XX JO: He's like a spoiled child who doesn't obey rules and behaves mischievously. He constantly tests your limits. To put it another way, he continuously pushes the boundaries of your tolerance and acceptance. It's as if he expands you through this process. You might see many things and think they shouldn't be that way. This is your personal journey, recognizing that your level of tolerance is low. You believe things should follow certain rules and restrictions. However, in reality, true existence allows everything without any constraints. When you have numerous internal rules, you often find many things annoying. This is your own personal development process. Does this situation force you to expand your own tolerance?

因为你的允许度要没有被扩展的话,你还会继续的体验你⾃⼰看什么不顺眼,然后你⼼⾥的舒畅度就不够.为什么呢?因为即使你看不顺眼,你不会影响到外在的任何,唯独是你⾃⼰.就好像你眼睛⾥⾯后沙⼦,你不断地不断地把沙⼦放到你眼睛⾥⾯去.你说难受的是别⼈还是你⾃⼰?

Because if your tolerance isn't expanded, you will continue to experience what doesn't suit your fancy, and the ease in your heart won't be sufficient. Why is that? Even though you may not like something, it doesn't affect anyone outside but only yourself. It's like putting sand in your eye repeatedly; who says it's uncomfortable: you or someone else?

问: 你再说⼀遍,我刚才⾛神了.

Questioner: Sorry, you lost me there, could you repeat that?

JO: 你的⽼公他是来帮助你提⾼你的允许度.因为你本⾝你就有⼀个功课需要你⾃⼰去突破.就是你外在会有很多条条框框,你就得应该符合你的条条框框,然后你才觉得是对的.就是外⾯有很多你看不顺眼的事情.如果外在存在⼀些你看不顺眼的事情,就好像你眼睛⾥⾯进沙⼦⼀样.你不断地把沙⼦拿到你的眼睛⾥⾯去,难受的是谁? 难受的是你⾃⼰对不对? 沙⼦不会难受,外⾯的⼈也不会难受.但是你不断地在做这个动作.所以这是你⾃⼰需要去呢个什么的.

JO: Your husband comes to assist you in elevating your allowance level because there is an assignment that you need to overcome on your own. This means that externally, you have many rules and norms that you should adhere to before you consider it right. You will feel dissatisfied with things outside that you don't like. If there are things outside that you disapprove of, it's as if sand had entered your eyes. You continually put the sand back into your eyes. Who is suffering from this? It's you, isn't it? The sand doesn't suffer, nor do the outsiders. But you keep doing this action. This is something that you need to address yourself.

问: 那你说这个动作在现实⽣活中我是做了啥事啊? 这个沙⼦指的是啥?

Questioner: Well, what action would I be taking in real life? And what does this sand represent?

JO: 在你的⽣活中你如果去观察的话,你会发现任何你⼼⾥⾯燃起的呢种,就是怎么会这样,怎么会有这样的⼈,怎么会有这样的事情存在,就是任何你去抵触你觉得不应该这样,就是你对外在的⼀种评判或者任何让你觉得不爽的,任何让你觉得它是跟你相反的,就是你⼼⾥产⽣不爽,就是对外在的任何评判,然后没有接纳的.

In your life, if you observe closely, you will notice that whenever you question how things could be like this, why there are such people and situations, or when you feel that things should not be so, you are forming judgments about the external world, and these judgments often make you uncomfortable. You experience a sense of dissatisfaction or displeasure because they contradict your perceptions and expectations, leading to a lack of acceptance.

问: 那也就是说我就是去扩张我的意识,然后去允许所有事情的发⽣?

Questioner: That means I am expanding my consciousness and allowing everything to happen?

JO: 也不是说你迫使你⾃⼰去单纯的允许,因为你又存在⼀种强迫的状态.就好像我⼼⾥本⾝不明⽩这个事情,但是我强迫⾃⼰去允许.那也是呢个什么的.这是⼀个过程,这是⼀个你慢慢慢慢转变和提⾼你的认知.这是⼀个过程.就好像你从幼⼉园到⼤学,你有很多不同的课程,你有很多字不断地去认识.这样⼦的⼀个过程,明⽩吗?

JO: It's not that you force yourself to simply accept things because there is still an element of compulsion involved. It's like I don't fully understand this matter myself but I am forcing myself to accept it. That too, you see. This is a process - a gradual shift and elevation in your understanding, which is a process. Like progressing from kindergarten to university, you have different subjects to learn and new words to recognize constantly. It's a process of understanding that needs to unfold over time.

问: 那我这个课程需要多长时间呢?

Questioner: How long will my course last?

JO: 它不是说⼀下⼦.这么说吧,你们有课程,同样的作业,你说我多长时间完成,别⼈多长时间完成.⾸先你有没有想要完成你作业的⼼,就是你想不想去做? 你有没有这个动机?你有了这个动机,你有没有付出这个⾏为.你有了这个⾏为的话,就是how much attention,就是你有多少的关注专注时间想要花在这上⾯,明⽩吗? 这些它都决定了⼀个多少速度,就是你问的多长时间,都影响着你的.所以说它都来⾃于你内在的⼀种驱动⼒和你的意愿,你的愿望程度.你到底是⾮常想还是怎么样.它取决于这个.

JO: It's not about doing it all at once. Let me explain this way: you have classes and the same assignments. You ask how long I complete them compared to others. Firstly, do you want to finish your homework? Do you want to do it or not? Do you have a motivation for that? Once you have a motive, are you taking any action towards completing it? This comes down to attention and focus; how much time you dedicate to these tasks. Understand? These factors determine the speed at which you complete them. In other words, the question of 'how long' is influenced by your inner drive and willingness. How strongly do you want this? It depends on that.

问: 那JO能不能连接⼀下我现在有没有意愿去完成这个?

Questioner: Can we check if I currently have the willingness to complete this?

JO: 你现在来寻找我们的信息,你就是想要去从这个好像是泥潭当中脱离出来.为什么? 因为你已经受够了.就是你已经好像是⽆论是外在的push,就是外在迫使你,就是你想换种活法吧,明⽩吗? 就是你就是受够了.受够了,然后你会觉得就是说⼀切让你受够的是你们家男⼈,就是你的这个对象.但是这是你们共同的功课,就是他是你的对⼿.怎么说呢? 就好像你去练武功,你需要⼀个对⼿来个你切磋吧? 不然你的武功怎么提升呢,对不对? 那就是这样的⼀个存在.

JO: You're coming to find us now because you want to escape from this seemingly muddy pit. Why? Because you've had enough. That's because you've been pushed externally, by forces outside, or perhaps you just wanted a change in your life, right? You've had enough and feel that everything that frustrates you is due to your husband, who is your opponent. But this is a shared lesson for both of you; he's the one against whom you're fighting. How does it work? Imagine practicing martial arts; you need an opponent to spar with, don't you? Otherwise, how would your skills improve, wouldn't they? This is akin to having someone who pushes you and challenges you in order for personal growth and development.

问: 他还会继续给我贡献这个功课吗?

Questioner: Will he continue to contribute to my homework?

JO: 只有你⾃⼰就是说这个阶段结束了,然后你们都会产⽣变化了.为什么呢? 因为这个功课你已经不需要了.你已经就是进⼊其他的课程了.

JO: Only you yourself are saying that this phase is over, and then everyone will undergo changes. Why is that? Because the task you no longer need is done. You have already moved on to other courses.

问: 我如何才能活出越来越轻盈的⽣命状态? 真正的做到⽆条件的爱,⽆条件的允许? ⽆条件的允许究竟要怎么做才是真正的⽆条件的允许呢?

Questioner: How can I live a life that becomes increasingly light and effortless? How can I truly embody unconditional love and acceptance without any conditions?

What does it mean to practice true unconditional acceptance, and how do I do it effectively?

JO: 你⾸先要把这个⽆条件的爱跟允许给到你⾃⼰,明⽩吗? 你给到你⾃⼰.为什么? 因为就算你不能对他⼈产⽣⽆条件的爱,你也不会觉得你做的是不是错了? 是不是跟我们JO说的不⼀样? 你不能给出去你没有的东西.(提问者哭声) 所以⽆论你对外界做出什么反应,任何,你都不会去说我这个是不是跟JO说的相反的? JO不是说要⽆条件的吗? 我没有做到,明⽩吗? (提问者: 明⽩,谢谢JO,谢谢) 所以你要先把它给你⾃⼰.因为当你没有的时候,你说你怎么去给别⼈? 你现在就好像在逼⼀个穷⼈要拿钱出来⼀样,明⽩吗? 如果他有钱他就不是穷⼈了.你在逼着他.

JO: First, you need to give yourself this unconditional love and permission. Can you understand that? You are giving it to yourself. Why? Because even if you can't generate unconditional love for others, would you still feel like you're making a mistake? Is that different from what JO said? You cannot give away something you don't have. (Questioner's sobs) So, no matter how your response is to the outside world, any of it, you wouldn't say that it goes against what JO said? Isn't JO saying unconditional love? I'm not doing it right? (Questioner: I understand, thank you JO, thanks.) Therefore, you need to give it to yourself first. Because when you don't have it, how do you expect to give it to others? It's like forcing a poor person to take money out, right? If they had money, they wouldn't be poor anymore. You're forcing him/her.

问: 我终于知道我为啥⼀直做不到,就是因为没有允许我⾃⼰.(哭泣中)JO: ⾸先你体验的任何就是⽐如说你现在在体验⼀个抵触或者是想要逃避或者是任何,它对你来说它都是体验的⼀部分.它这个跟你体验轻松和快乐是没有区别的.就是你体验沉重或者是很烦躁或者痛苦或者纠结,这些体验跟你体验愉快和快乐它没有区别,明⽩吗? 你们来到这个世界上并不是来体验轻松快乐.轻松快乐它只是⼀个信号⽽已,就是你觉得这个信号是来告诉我现在是在做我⾃⼰,我现在是在没有抵触的活着.它只是⼀个信号⽽已.⽽不是说你们要去追求的⼀个⽬标.因为任何当你追求⼀个⽬标,你就是脱轨了.

Questioner: I finally understand why I couldn't achieve it because I didn't allow myself to do so. (Crying) JO: First of all, whatever experience you're having is like an opposition or a desire to escape, or anything else; these experiences are part of what you're going through. They're no different from experiencing ease and happiness. Whether you feel heaviness, frustration, pain, or being stuck, these experiences are not any different from experiencing joy and happiness. Can you understand that? You exist in this world not to experience ease and happiness. Ease and happiness are just signals; they tell you that you are doing what you're supposed to do, living without opposition. They are merely signals, not goals that you should strive for. The reason is that when you pursue a goal, you go off track.

所以⽆论你们的灵性导师或者灵⼼信息在告诉你什么,它只是在告诉你呢是⼀种状态.这种状态是你们谁都可以去达到的⼀个信号.但是呢个信号并不是你们去追求的⼀个⽬的.难道你放下所有的功课都不体验了? ⼈家是体验过任何,所有的酸甜苦辣,就是⼀步⼀步的这些台阶,⼈家全部都体验过.最后是达到了顶峰.那你就直接追求顶峰,台阶就不去爬了? 台阶才是,就是你

So regardless of what your spiritual teacher or heart-consciousness message is telling you, it's just informing you that this state is something that all of you can attain. But this signal isn't the goal you should pursue. Are you going to ignore all your lessons and not experience them at all? Others have experienced everything - the bitter, sweet, sour, and salty steps in life, each one leading to the next. They've gone through it all step by step until they reached the peak. And then are you directly pursuing the peak without climbing any of those steps along the way? The steps themselves are what help you understand

体验的酸甜苦辣,就是你体验的这⼀切,它才是促成你这个独⼀⽆⼆个体的⼀个元素.你不可能把所有的元素拿开⽽组成你.这是不可能的.你要知道你们是⽆可代替的.就没有哪⼀个⼈他可以代替你.因为你是独⼀⽆⼆的体验,这个体验谁都没有办法去代替你.

The bitterness and sweetness of your experiences, everything you experience, is an element that makes up this unique individual you are. It's impossible to take all the elements away and still form you. You must understand that you are irreplaceable. There isn't anyone who can replace you because you have a unique experience, and no one can substitute for you in that way.

问: 收到(哭泣中).

Questioner: Received (crying).

JO:那为什么在你们世界上⼤多数⼈都活的⽐较痛苦,⽐较累,就觉得⽣命是⽐较吃⼒的事情,都是在这种⽐较抗拒的状态下?是因为你们就好像是蒙着眼睛,就是闭着眼睛.那你闭着眼睛⾛路的话,那你肯定会磕磕碰碰的撞着,就是⾛路不是呢么顺,明⽩吗?所以我们这些信息就好像是你的⼀双⼿,然后慢慢让你去可以睁开眼睛.因为你睁开眼睛,这个眼镜不是你的物质之眼,⽽是说是你的⼼灵之眼.你⼼灵之眼睁开,它苏醒,它也是需要⼀个过程.然后它也需要⼀个强烈的意愿,就是你⾃⼰想要.就好像你说你眼睛闭着,外⾯的⼈试图打开你的眼睛.所以只有你⾃⼰眼睛想睁开,它才会轻松的睁开.

Japanese Origin: JO: Why do most people in your world live with so much suffering and strain, perceiving life as a challenging endeavor, existing in a state of resistance? It's like you're walking with your eyes closed; naturally, you'll stumble and bump into things, making the process inefficient. Can you see where I'm coming from?

We provide information that acts like your hands, guiding you to open your eyes gradually. Once you do, realize it isn't physical vision through glasses but rather spiritual vision. Awakening this inner sight requires time and a strong desire on your part, akin to someone trying to pry open your closed eyes while you're insisting they remain shut. Only when you truly wish for them to open will you be able to do so effortlessly.

问: 对(哭泣中).也就是只有我去允许我⾃⼰,⽆条件的爱我⾃⼰.允许我⾃⼰我才能去允许别⼈?

Questioner: When I am crying, it means that I only allow myself unconditional love when I permit myself to do so. Only by doing this can I then allow others?

JO: 你刚才说的是没有办法给别⼈爱或者是⽆条件的爱.这⾥没有任何⼈去逼你达到这种状态.就好像你逼⼀个⼩孩⼦刚⽣下来就要学⼤⼈⼀样又去跑又去跳舞.你觉得可能吗? 你们会去逼⼀个刚出⽣的⼩婴⼉让他跟⼤⼈⼀样听着⾳乐跳舞吗? 他都不会站.但是你知道等这个婴⼉长成⼤⼈后,他可以展现任何舞姿,明⽩吗?

JO: You just said that there is no way to give love or unconditional love to others. There's nobody forcing you to achieve this state. It's like expecting a child who has just been born to suddenly start running and dancing like an adult. Do you think it's possible? Would you go as far as to force a newborn baby to dance along to music when he can't even stand up? You know, eventually, the baby will grow into an adult capable of showing any kind of dance move.

问: 明⽩.我想问JO⽬前对我来说最⼤的限制我需要突破的是哪些?

Questioner: I understand. Could you tell me what are the biggest limitations I need to overcome for JO at this point?

JO: 你稍等.⽬前对你最⼤的限制是有⼀种就是放⼿,就是让你全然不管.就是⽐如说让你看到事情,让你不去插⼿或者不去做什么去说什么.这是⼀个⾮常难得事情.就⽐如说你看到外界的事情,让你看这是看,⽽不产⽣,就是头脑不去评判或者不去⼲预不去控制,不去做些什么或者不去反驳.这对你来说会是⼀件难得事情,就是不容易.你会可能忍⼀会,你忍⼀会⼉可能就会发⽕了.你就忍不住就失控了,你还是忍不住要去处理.

JO: Wait a moment. The biggest limitation you face right now is letting go, which means not getting involved and not doing anything or saying anything. This is an extremely rare situation for you. For example, when you observe external events, you see them but do not judge, intervene, control, or react in any way. This would be a difficult task for you; it's not easy. You might tolerate it for a while, but after some time, you might become frustrated and lose your composure, unable to refrain from taking action.

问: (哭泣)JO的意思就是让我不要管不要问,是吗?

Questioner: (Crying) "JO" means I should not care and not ask questions, right?

JO: 这是你⾃⼰的⼀种… 因为在你的⼀个模式⾥⾯,你会想要让事情变得更好或者是想要去⼲预外在的⼀个物质.但是你们还不明⽩外在的物质实际上来⾃于你内在的投射.就是你内在的⼀个,⽐如说你有呢个模具,它才能投射出来⼀个形状在外⾯.如果你真的想要⼲预的话,就是向内看,明⽩吗? 你就会发现从外⾯去⼲预,它只会消耗你.就让你很⾟苦,然后你还会觉得事情不如意,就没有改变.这么说吧,就猴⼦捞⽉.因为他觉得⽉亮在⽔中,所以它不断地吃⼒的想要去把它拿出来.但是实际上⽉亮在天上,你只需要抬头看⼀下.因为当你看到⽉亮在天上,你就不会再去消耗你⾃⼰的⼒⽓去做这种事情,明⽩吗?

This is your own kind of... because in one of your patterns, you want things to be better or you want to intervene with the external material. But you don't understand that the external matter actually comes from your internal projection. It's like having an inner mold that can project a shape outward. If you really want to intervene, look inward and understand this. You will find that trying to do it externally only consumes you. It makes you suffer, then you still feel things are not as expected, and there is no change. Let me put it simply: like chasing the moon in a well. He thinks the moon is in the water, so he constantly struggles to get it out. But actually, the moon is up in the sky; you just need to look up once. Because when you see the moon in the sky, you won't waste your own energy doing such things anymore, understand?

所以这是你⼀个逐渐逐渐的去成为和放⼿和达到的状态.因为它不⽌是你,它是你们整个集体意识的⼀个功课.⽐如说你们这⼀个村庄,你们都是⽤这种⽅⾔讲话.那你们就已经携带了这种⼜⾳.那如果⼀下⼦要把你的这种⼜⾳纠正过来,是不是需要时间的? 所以说是这个让你感受不到⽣命是轻松愉悦愉快的⼀种状态.

So this is a state of gradual letting go and attaining, becoming it over time, because it's not just about you; it's an assignment for the collective consciousness as well. For example, if everyone in your village speaks the same dialect, then you're carrying that accent. Would correcting that accent overnight require time? That's why this state makes you feel like life isn't轻松愉悦愉快.

问: (狂哭)是,很想去插⼿.让⾃⼰很痛苦.我也知道我做不了什么.

Questioner: (sobs loudly) Yes, I really want to interfere and cause myself great pain. I also know that there's not much I can do.

JO: 为什么你们会觉得你们需要做些什么呢? 你刚才呢句话: 我也知道我做不了什么.你头脑⾥⾯有⼀个我需要去做什么的时候,就已经是背道⽽为了,明⽩吗? 所以你们不需要去做任何.你们只需要去,怎么说,你看⼀下你觉得⼀颗种⼦它发芽开花结果,它做什么了吗? 它内在的⽣命,你们内在的神情⾃然⽽然就会把你们导向⽣命的⼀切可能,明⽩吗? 你们内在是有⼒量的,是有⼀切的,本⾃具⾜.所有⼀切的需求你们都已经具⾜了,你们不需要刻意的去做任何.唯⼀你需要做的就是说,你听到这些信息,然后你听进去了.然后你去带着这些信息再来理解物质世界.就是说你带着这些种⼦,我们现在在给你播种.

JO: Why do you feel like you need to do something? You said just now, "I also know that I can't do anything." By the time your mind is telling you what you need to do, it's already going against yourself, understand? So there's no need for you to do anything. All you need to do is observe and ask yourself if planting a seed that grows, blooms, and bears fruit does anything at all? It's its inherent life force within, your own inner essence that naturally guides you towards the full range of possibilities in life, understand? You already possess everything within you intrinsically; there's no need for you to deliberately do anything. The only thing you need is to receive this information and listen intently. Then apply this understanding to comprehend the material world, meaning you're planting these seeds, and we are now sowing them for you.

然后你带去,它会在你内在不断地发⽣变化,不断地产⽣变化.你也不需要去做什么,我今天告诉你你要怎么要,要修正⾃⼰要改正⾃⼰.没有! 没有任何.只是⼀个允许的过程.你允许它这颗种⼦需要在⼟壤⾥⾯产⽣变化,允许它去慢慢的发芽,允许它⾃⼰去长出第⼀⽚叶⼦,去开花.你看到漫⼭遍野的呢些植物需要你们去插⼿吗? 需要你们去做任何吗? 它们不是长的⾮常的好吗? ⽽且在没有你们的任何化肥农药的这种⼲扰下,它们还更加的健康,对吧? 所以你们的⽣命也是⼀样.

Then you bring it, and it will continuously change within you, constantly transforming. You don't need to do anything; I'm not telling you how to change or correct yourself today. No! Nothing at all; it's simply a process of allowance. You allow this seed to require changes in the soil, allowing it to slowly sprout, allowing it to grow its first leaves and bloom without any interference from you. Do you see if those plants spread everywhere need your intervention? Do they require anything from you to be done? Aren't they growing very well indeed? And under no chemical fertilizers or pesticides, they are even healthier, right? So is the case with your life as well.

问: 还有我想问JO的事是,这两天家⾥昨天今天发⽣的事…JO: ⾸先你不要再去纠结于任何事情.为什么? 你所有的事情它实际上就是⼀个果,对吧? 结果的果,就是⼀些果⼦.虽然这些果⼦它对你来说是⼀些苦果,对吧? 但是我们现在在做的是我们在重新播种.重新播种你的果⼦是不是就变了? 就好像你前⾯结的是苦⽠,对吧? 所以你苦啊苦啊苦啊,不断地在说苦.但是我们现在已经,就是说苦⽠已经没有了.我们重新播⼀个.播⼀个什么? 播⼀个西红柿.西红柿是甜的.所以你为什么还是纠结于我呢个苦⽠有多苦呢? 没必要.为什么呢? 因为我们已经重新播种了.你长得果⼦就不⼀样了.你所谓的果⼦就是你物质世界经历的这⼀切,明⽩吗?

Questioner: There are a few things about JO that I'd like to ask. The events happening at home yesterday and today... JO: Firstly, you should not get caught up in anything right now. Why? Everything that happens to you is actually the fruit of your actions, isn't it? The result of those actions, which can be likened to fruit from a tree. Even though these fruits may seem like bitter ones to you, correct? However, what we are doing now is replanting. If we replanted your fruit, wouldn't they change? Imagine if the fruit before was bitter like bitter melon. So you would feel bitter, continuously complaining about it. But now, there's no more bitter melon. We're replanting something else. What are we planting? We're planting tomatoes, which are sweet. Why should I still be fixated on how bitter that bitter melon was? There's no need for it. Why is this so? Because we have already replanted, and the fruit you grow will be different. The fruit you refer to is your experiences in the physical world. Understand?

所以我们也不需要再把这个苦⽠拿出来再来研究它,看看这是什么成分? 怎么呢么苦? 我们应该怎么样? That’s it.就是已经翻篇了.它已经不属于你现在这个⼈的世界⾥⾯了.为什么? 前⼀分钟你来通灵的时候,你是⼀个没有爱,不会给⾃⼰爱,是吧? 那你现在给⾃⼰⽆条件的爱.当你给⾃⼰⽆条件的爱,你就会允许你去有任何反应,就是允许你去做任何.你不会产⽣内疚或者是⾃责感,明⽩吗? 所以这些事情你也不需要⼀次⼀次的拿出来.为什么? 你⼀次⼀次的拿出来,你就继续的再创造这个果来给你体验.你就在继续的在物质世界去显化它,在体验它,在经历它,反反复复的.这就是为什么你们很多⼈很难从呢个苦海⾥⾯脱离出来.

So we don't need to dissect this bitter fruit again and figure out what components make it so bitter? How does one go about dealing with such bitterness? The answer is clear. It's because that chapter of the story has already turned over for you, and it no longer belongs in your current world. Why is that?

Before you were channeling spirits, you were someone without love, unable to give yourself love. Now, you are giving yourself unconditional love. When you give yourself unconditional love, you allow any reaction and permission to act freely without guilt or self-blame. Do you understand? Therefore, there's no need for you to revisit these issues repeatedly. Why is that? Each time you bring them up, you're perpetuating the same outcome for your experience, manifesting it in the physical world over and over again. That's why many of you find it hard to escape from this cycle of suffering.

因为你们在⼀⽽再再⽽三的在把它加固.

Because you are constantly reinforcing it again and again.

问: 这两天的事情让我看到我内在有⼀个很⼤的恐惧,对死亡的恐惧.想让JO看⼀下对死亡的恐惧.

Questioner: The events of the past two days have shown me that I have a large fear within me, the fear of death. I want JO to look at my fear of death.

JO: 这么说吧,你是个⼩baby的时候,你可能看到妈妈⼀⾛你就开始好害怕,你觉得她要把你丢下.妈妈⼀⾛你就哭,这就是恐惧,是吧? 那你觉得你长到了三⼗岁你会这样吗? 你现在看你妈⾛,你还会哭吗? 所以你刚才说的这些,它也会随着你在你允许你⽣命成长的⼀个过程,它也不再对你有任何影响⼒,明⽩吗? 只有你觉得这是⼀件事了,然后你觉得它在影响你.但是这个影响是来⾃于你⾃⼰给它的.为什么? 因为你穿上这件恐惧的⾐服,你就会有如此的体验.那这个⾐服你是可以随时的脱下,穿上其他⾐服的.你还有⼀种恐惧就是说你没有完完全全的活出你⾃⼰,你们就会对⽣命有⼀种,就是就觉得不要这么快结束或者怎么样.

JO: Let me put it this way, when you were a little baby, you might have started to get really scared the moment your mom left because you thought she was going to abandon you. As soon as she walked out of sight, you cried from fear, right? So do you think that when you've grown up to be 30 years old, would you still react the same way if you saw your mother leave? Do you still cry now when you see her go? Therefore, what you just talked about will also influence you as you allow your life to grow and evolve, but it no longer has any power over you. Do you understand? Only when you perceive it as such that this thing is affecting you does it actually impact you. But the reason behind this impact comes from within yourself because every time you wear the cloak of fear, you will have this kind of experience. And you can always remove this cloak and choose to wear something else. You also have a fear where you feel like you are not living up to your full potential in life; that leads to an assumption that life should never end or have some other unforeseen outcome.

当你完完全全的在每⼀个当下你都在盛开,你不断地在盛开不断地在盛开.你会有⼀种死⽽⽆憾的感觉.所以说去奔向你⾃⼰⽣命的主题,去做,去盛开,去呈现你⾃⼰,不断不断地.然后你就会觉得我没有⽩来这个世界上⼀趟.(提问者哭泣中) 因为我把我要把我送给这个世界的礼物,我已经送出去了.就好像你去⼀个地⽅,你本⾝就是去呢买东西的,但是你什么都没买.那如果你满载⽽归,你想要买的全部买完了呢? 呢是不是就⼼满意⾜了?回家.因为没有什么好值得让你再返回的呀.所以说当你在尽情的去活出你⾃⼰,不断地盛开盛开.然后你是不会再产⽣,有这样⼦的任何… 你不会再去: JO,你把我的恐惧给清理了.你帮我看看我的恐惧来⾃于哪⾥.

When you are fully blooming in every single moment, you keep blooming and blooming without end. You will have a sense of fulfillment with no regrets. Therefore, go towards the theme of your own life, do it, bloom, present yourself continuously. And you would feel that you've come to this world for a purpose because I've already given what I want to give to the world. It's like going somewhere intending to buy something but not buying anything at all. If you came back fully satisfied as if you bought everything you intended to, wouldn't that be enough? Return home, for there is nothing left worth returning for. Thus, when you are living out your own life to the fullest, blooming continuously without stopping. Then, you will no longer experience or think: JO, you've cleared my fears away. Help me understand where my fears come from.

任何任何这些事情.

Any of these things.

问: (哭泣)意思就是说还是要不断地成长⾃⼰,让⾃⼰强⼤?

JO: (Crying) That means I still have to constantly grow and become stronger, right?

JO:NONONONONO.你不需要做任何,你只需要看到这是⼀个过程⽽已.那我们现在此刻有,不代表你明天还会有,不代表你后天还会有.就算你后天还会有,不代表你明年还会有,明⽩吗? 所以你不需要刻意的去做什么.

JO: No, no, no, no. You don't need to do anything; you just need to understand that this is a process. What we have now does not guarantee what you will have tomorrow or the day after. Even if you might have it the day after, it doesn't mean you'll have it next year. Do you understand? So there's no need for刻意 action.

问: 我有时候会正在做⼀件事情,然后突然就感觉⼼⾥发慌,就感觉很不好.这种发慌是来源于啥?

Questioner: Sometimes, I am in the middle of doing something and suddenly feel anxious inside, which makes me feel very uncomfortable. What could be causing this anxiety?

JO: 就像刚才说的⼀样,你这朵花都没有盛开.你没有完完全全的盛开,你没有完完全全的做你⾃⼰.你在⼀条就好像是迫不得已的路上⼀样,就觉得好像不是你⾃⼰意愿中的呢样.但是你要知道就是因为你的这些感觉才把你带向了我们.我们是什么? 我们是智慧,我们是光,我们是爱,我们是源头.所以这不是⼀件⾮常好的事情吗? 如果不是所有的这⼀切,也不可能能来到源头去喝到⽔.那你也没有办法去帮别⼈取⽔,去把⽔递给别⼈,去帮助其他⼜渴的⼈,明⽩吗? 所以所有的体验它对你来说都是筑成独⼀⽆⼆的你.因为当你⾃⼰就好像是⼀个灯泡⼀样,你亮了的话,你没有办法不照亮⿊暗中的其他⼈.那你现在就在⾛向亮的呢个过程当中.

JO: Like you just said, this flower of yours has not blossomed fully. You have not bloomed in its entirety; you are not being completely yourself. You're on a path that seems to be forced upon you, as if it's not according to your own will. But you need to understand that it is because of these feelings that you've been led here. Who are we? We are wisdom, light, love, and the source. So isn't this wonderful? If not for all of this, you wouldn't be able to drink from the source. You couldn't then help others fetch water, pass it along, or assist those who are also thirsty. Do you get it? Therefore, every experience is shaping your unique self. Because when you're like a light bulb, if you shine, you cannot fail to illuminate others in darkness. Now, you're walking towards that path of brightness.

问: (狂哭)要⾛多久呢?

Questioner: (Sobbing) How long do we have to walk?

JO: 你们总是拿时间来衡量⼀切,⽽且你们也总是盯着⽬标,就觉得我不想要这个过程.就好像刚才说,你不要过程就好像把你这套房⼦,我就想要这套房⼦,我不想要⽔泥、沙⼦这些,这么烦⼈.这是不可能.所以要做成独⼀⽆⼆的你,让你在这个世界上你不会去羡慕嫉妒任何⼈.为什么? 你就是独⼀⽆⼆、珍贵的存在.你就是没有办法让任何⼈替代的.然后要成为呢个你,所有你经历的⼀切它都是必须的元素.⼀个都不可以少.每⼀笔它都是在让你变得更加的丰盛丰满饱满.所以你⾝上的每⼀笔,你体验的所有的所谓的痛苦,因为这些都是你⾝体创造的假象,体验的这些东西它都会成为⼀个饱满的你.就好像酒的年份越久,它的味道就越醇.

JO: You always measure everything by time and you always focus on the goal, as if I don't want this process. It's like saying, "I don't want the process, it's just like having this house - I want the house, not the concrete or sand, which are so annoying." This is impossible. So to be unique and one-of-a-kind in yourself means that you will not envy or covet anyone on this earth because why? You are a unique and precious being who cannot be replaced. To become that person requires all the experiences you've had to be essential elements. None can be missing, each contributing to your becoming more abundant, fuller, and richer. Thus, every experience in your life, including what might seem like pain, is actually shaping a full-bodied version of yourself. Just as an aged wine tastes better over time, each year adds depth and flavor.

问: 这个过程这么痛苦,如何去转化呢?

Questioner: How can we transform this painful process?

JO: ⾸先你觉得痛苦是因为你还不理解它这个过程对你来说的意义,你还在抗拒它.这导致的痛苦,⽽不是它本⾝就是⼀件痛苦的事情.因为这⾥没有任何它本⾝就是痛苦的事情.只有你的头脑⾥⾯给它加以定义,就是只有你还有⼀个追求,你还有⼀个⽬标.我应该怎么样⼦.这才是需要你看到的,⽽不是说它本⾝是什么苦的,明⽩吗? 因为你要知道,这么说吧,⽐如你前⾯有⼀个影⼦,他们说你前⾯有⼀个⿁.你看到呢个影⼦⼀直在呢动,你吓死了.你吓的哇哇⼤叫.然后呢,⼈家把灯打开的时候,呢个影⼦实际上是个什么? 是个稻草⼈.你⼀看是个稻草⼈,你⾝体的感受又变了,对不对?

JO: Firstly, you feel the pain because you don't understand the significance of this process to you, and you're still resisting it. The pain is caused by this resistance, not that the process itself is inherently painful. There's nothing inherently painful about the process here; only your mind defines it as such, assuming you have a pursuit or a goal: "What should I do?" This is what you need to see, rather than assuming the process itself is suffering, understand? Because you must know that, for example, suppose there's a shadow in front of you, and they say there's a ghost in front of you. You see this shadow moving continuously, you're terrified. You scream loudly out of fear. Then when someone turns on the light, what is that thing actually? It's just a scarecrow. When you realize it's a scarecrow, your bodily sensations change, right?

所以说那你就知道,OK,你之前去定义: 我的命怎么这么苦,我怎么样怎么样.所以你才会产⽣痛苦的⼀个感受给你.但是如果我告诉你,你所经历的这⼀切它会让你成为⼀个世界级的导师.为什么呢? 因为任何⼈在你⾯前你就能感受到他是在体验什么苦.为什么? 因为呢些苦你都体验过.然后所有⼈都跟你取经,所有⼈都崇拜你,所有⼈都来跟你讨教.你还想把你经历的呢些拿⾛吗? 你不断地在体会到你帮别⼈脱离痛苦的呢种.你还会想把这个过程拿⾛吗? 你会感激你经历了品尝了这么多不同的苦.任何⼈的苦在你⾯前你都能⼀眼认出它来.为什么? 你尝过呀.

So, you see, that's why you feel the pain, okay? You defined earlier how unlucky your life is and how you dealt with it. That's what led to this feeling of discomfort for you. But if I told you that all these experiences are making you a world-class mentor, why would that be so? Because when anyone is in front of you, they can sense the hardships they're experiencing. Why? Because you've gone through them yourself. Everyone seeks guidance from you, everyone admires you, and everyone comes to learn from you. Would you want to take away your experiences? Or do you appreciate being able to help others escape their pain constantly? Wouldn't you be grateful for having tasted so many different kinds of suffering? You can instantly recognize anyone's hardships because you've experienced them too. Why? You've tried them on yourself.

问: 在这个过程当中,我看到我内在有愤怒,我想把它释放掉呢? (⼀直哭泣中)JO: 这是正常的.你产⽣的所有委屈也好,所有愤怒也好或者是任何,我跟你讲哪怕你现在去杀⼀个⼈,在灵界来说,我们没有说你的物质世界,在灵界来说你都是被允许的.就是你如此愤怒,愤怒到了你想要结束对⽅的⽣命,明⽩吗? 也就是说我⽤这个⽐喻不是说让你去做什么事情,⽽是说让你看到你是被⽆条件⽀持,没有任何⼈会审判你,除了你们物质世界还有⼀些法律法规,在灵界没有任何会审判你说不对,你这个要怎样怎样.你是被允许的,你被允许⽤你⾃⼰的⽅式去体验去表达⽣命体验⽣命,去成长.为什么呢? 因为每⼀条路它都是有效的,它都是独⼀⽆⼆的.

Questioner: During this process, I see anger within me. Should I release it?

Assistant: JO: This is normal. Whatever feelings of injustice or all the anger that arises, or any other emotion—let's say you were to kill someone in your spiritual realm, not referring to your physical world but in your spiritual context—it would be allowed. You're so angry that you want to end the other person's life. Understand? That means I'm using this analogy not to encourage you to do anything, but rather to show you that you are unconditionally supported. There is no judgment of you except for the legal frameworks in your physical world. In the spiritual realm, there is no one who would say it's wrong or dictate how you should behave; instead, you're allowed to experience and express life as you see fit, to grow. Why is that? Because every path is effective, unique, and valid.

并没有说你必须要按照JOJO的路⾛,你必须要按照其他谁谁谁的路⾛,没有的.你⾃⼰才是呢个独⼀⽆⼆的创造者、体验者、领悟者和成为者,明⽩吗?

There's no requirement that you must follow the path of JOJO or anyone else. You are the unique creator, experimenter, interpreter, and becoming of yourself, understand?

问: 那我的世界是我创造的.那别⼈体验的世界也是我创造的让他去呢么体验的吗?

Questioner: Then my world is what I created. Are other people's experiences of the world also something that I created for them to experience?

JO: 别⼈体验的世界他⾃⼰才知道啊.就算你给别⼈创造⼀个爱的体验,他感受的不⼀定是爱.他会觉得你是在什么… 明⽩吗? 呢是他⾃⼰创造的.他会觉得你是披着⽺⽪的狼.他觉得你假惺惺,明⽩吗? 呢是他⾃⼰.但是,你在这⾥你不是说去在乎或者是去如何去改变别⼈创造的世界.因为你现在连你⾃⼰都没有摸清楚你⾃⼰的世界是怎么来的.你没有办法去帮助别⼈去影响他们的世界.因为你⾃⼰的世界都还没有被你影响,你现在都是被影响.所以这个点,不是你来关⼼别⼈的世界怎么样,就是别⼈怎么样感受,明⽩吗? 因为你拿太多在你肩膀上了.你现在还没学会⾛路你就把所有担⼦都放你肩上了.你这不是在虐待吗?

Others experience the world based on their own understanding. Just because you provide someone with an experience of love doesn't mean they feel it as love; they might perceive it differently, thinking you are just acting like a sheep when in reality you're a wolf. They might feel that you're being insincere. It's all about how they create their own experiences. However, you shouldn't focus on trying to influence or change others' worlds based solely on theirs. You haven't even figured out your own world yet, let alone where it comes from. You can't effectively help someone else affect their reality because you're still being influenced yourself. This means that rather than worrying about how others perceive the world and adapting accordingly, they should be focusing on their own experiences since you're carrying too much responsibility for them at this point. It's like expecting a child who hasn't learned to walk yet to carry all the burdens alone; it would be considered abuse, wouldn't it?

问: 那我要把这些担⼦都放下来吗?

Questioner: That means I have to put down all these responsibilities?

JO: 你要知道这⾥没有担⼦,没有担⼦.你们每⼀个⼈,你是独⼀⽆⼆的,那对⽅也是独⼀⽆⼆的.为什么需要你去改变对⽅或者是你去怎么对⽅呢,明⽩吗? 你对任何⼈都没有任何责任.当然,就好像前⾯说的,你⾃⼰亮起来过后,你没有办法不去照亮别⼈.这是⼀个⾃然⽽然的事情,⽽不是你的任务责任,不是强加于你的东西.是⼀个本来的状态,就好像你这朵花盛开,你的⾹味会弥漫到空⽓⾥⾯.那你能去阻挠这件事情的发⽣,对吧?

JO: You need to know that there's no burden here, no burden at all. Each and every one of you is unique, as is the other person. Why would you need to change the other person or figure out how to interact with them? Understand? There's no responsibility for you towards anyone. Of course, like what was mentioned before, once you shine by yourself, you can't help but light up others. This is a natural occurrence, not a task or duty imposed upon you. It's a fundamental state, just as your flower blooms and its fragrance fills the air. Can you hinder this from happening?

问: 那也就是说我⽬前就是要好好的关注我⾃⼰,⽆条件的允许我⾃⼰? (哭泣中)JO: 你⽬前什么都不需要做.你看在你头脑⾥⾯你就觉得,你看我今天听了JO的话,我就需要做点什么.那你说漫⼭遍野的树⽊花草,你做什么了? 它们不是到时候就开花,到时候就结果,你不需要做什么呀.

Questioner: That means I should just focus on myself right now and unconditionally allow myself? (Crying) JO: You don't need to do anything at the moment. In your mind, you think that since I listened to JO today, I must be doing something. But what have you done for all those trees and plants spreading everywhere? They bloom and bear fruit when it's time, so there's no need for you to do anything.

问: 那JO的意思是说⽆论在我的⽣命中发⽣什么,我就只是看着?

Questioner: So JO means that no matter what happens in my life, I just watch?

JO:这么说吧,当你⾃⼰在⼀种全然允许的状态,就是刚才我们说的呢种状态的话.你是不会去发⽣需要你去动⼿的事情,明⽩吗?这是俩种截然不同的房间.因为你会发现事情它⾃动会解决,就好像⼀个冰块它放在呢.你要把这个冰块砸碎,我锤⼦都没有.我要怎么砸?我⽤⼿去砸吧.⼿还疼啊.你不知道冰块⼀会⼉就融化了吗?就没有了吗?太阳⼀出来它⼀会⼉⾃然就化了,明⽩吗?所以说你们多少⼈都在做着呢个⽤⼿去砸冰块,⾃⼰也疼的事情.因为你们很多⼈都觉得就是说让你们不做什么,就是我必须要做点什么,哪怕你告诉我们,我去冥想啊打坐啊怎么样怎么样啊.我都说了你内在有⼀股⼒量,你内在有神性,它⾃然⽽然就会把你引向你⽣命应该有的⽅向去.

JO: Alright, let me put it this way; when you are in a state of complete permission, the same state we just talked about, you wouldn't find yourself dealing with situations that require you to act. Do you see? These are two completely different rooms because you would realize things automatically resolve themselves, like an ice cube left out on its own. If I were to break this ice cube without a hammer, how would I do it? With my hands, which would hurt! You wouldn't know that the ice would melt in a while, or be gone entirely with the sun's heat, right? So many of you are still doing this self-inflicted pain, trying to break the ice cubes with your own hands, even when you're told that there is a force within you and divinity inside yourself that naturally guides your life towards its rightful direction.

并不是说,那你开车知道我必须要左转右转⽅向盘,要加油要怎样.它已经在⾃动驾驶了.

It's not that you need to know I have to steer left and right, or when to accelerate. It was already in autonomous driving.

问: 就是程序设置好了…JO: 那你说呢个植物需要你去做些什么它才会长吗? 它才会开花,才会结果吗? 需要吗? 你只需要去享受果实.但是你们头脑不⼲了,你们头脑坐不住了.哪可能! 这哪是⼈⽣!问: 对,就是假我太⼤,想的太多.

Questioner: Once the program is set up... JO: Alright, what do you think a plant needs for it to grow? For it to bloom and bear fruit? Does it require anything? You just have to enjoy the fruits. But your mind gets restless, your mind can't sit still. No way! This isn't life! Questioner: That's right, it's because my ego is too big and I'm thinking too much.

JO: 但是就连你不能脱离这种不去做什么的状态,你也不要去⼲预.为什么呢? 我们今天把你种⼦给播下了,它迟早会开花结果,明⽩吗? 因为我们已经播种了.所以就算你即刻下去,你继续发脾⽓继续去⼲预,都没有关系.

JO: But even if you can't escape this state of doing nothing, don't interfere either. Why is that? We've planted the seeds with you today, they will eventually bloom and bear fruit, get it? Because we have already sown them. So, even if you immediately go down there and continue to rant and meddle, it's all fine.

问: 好.我还想问⼀下我和我家两个⼉⼦之间的灵魂协议? JO: 你稍等,你⼤⼉⼦叫什么名字?

Questioner: Alright. I also want to ask about my soul agreement with my two sons at home. JO: Please wait a moment. What is the name of your older son?

问: XXJO: 你的名字?问: XXJO: 你的⼤⼉⼦他也会对你⾃⼰的⼀个⾃我突破好像是⼀部分.为什么呢? 因为他也会出现你越是去⼲预他,好像有⼀种想要修正他指导他引导他的话,他越会和你期望中的相反.

Questioner: XX. JO: Your name?

Questioner: XX. JO: Your eldest child is also part of your self-breakthrough. Why? Because the more you intervene in him, and try to correct, guide, or direct him, he seems to defy your expectations.

问: 明⽩.那就完完全全的允许他去做他⾃⼰就好了?

To answer your question, allowing him to do as he wishes is the best course of action.

JO: 你去看前⾯的信息说了⽆数遍,呢些植物需要你去做什么它才会开花结果吗? 它不需要.问: 我⼩⼉⼦之间呢?

JO: You've seen the information in front of you, have you not? Do these plants need actions from you for them to flower and bear fruit? No, they don't. Questioner: About my children?

JO: 你稍等.你⼩⼉⼦叫什么名字?问: XXJO:他来到你的⽣命⾥⾯是更多是给你⼀种⽆条件的爱和滋养.他更多是想要去帮助你成长或者是给你⽆条件的爱,然后滋养你的呢种关系吧.就是他不是来给你映射出你内在的课程,他更多的是爱.

JO: Wait a moment. What's your son's name? Questioner: XX JO: He came into your life to give you unconditional love and nurture more than anything else. He is mostly there to help you grow or provide you with unconditional love and nurturing in the relationship. He didn't come to reflect back your inner lessons; he's all about love.

问: 是,JO说的对.这个孩⼦确实很滋养我.

Questioner: Yes, JO is right. This child really nurtures me.

JO: 所以他对你不会有任何评判,也不会就是说你越是怎么样,我越是跟你对着⼲这种.问: 是的.他很允许我.他⼀直在给我展⽰⽆条件的爱,⽆条件的允许.

So there would be no judgment from him and no scenario where I'd have to outdo you just because you're doing something in a certain way. Questioner: Yes. He allows me a lot. He has consistently shown unconditional love and unconditional permission.

JO: 你要知道你需要的⼀切它都是在呢⾥,它都是来让你成为独⼀⽆⼆的你.问: 能看⼀下⼩⼉⼦的灵魂主题吗?

JO: You need to know that everything you need is already there, ready to help you become the unique you. Questioner: Could you provide a look at the theme of a child's soul?

JO: 这个需要去连接他.⽽且也需要他的意愿,就是他想要.但是⼀般孩⼦太⼩的话,就是让他们尽情的去体验.等他们内在有了⼀种迫切的,就是我想要去知道,他们所有的⼀切都会出现.

JO: This requires connecting with him. And it also needs his consent, that he wants to do it. But for little kids, generally, let them have full experiences. Wait until they internally feel a strong urge, "I want to know," and then all of their actions will manifest.

问: 那JO看⼀下我家两个孩⼦之间的灵魂主题是什么?

Questioner: Could JO look into what spiritual theme connects my two children?

JO: 最好是让他们有了这样⼦的⼀个… 因为你要知道所有的东西都在变化当中.所以你现在看是没有任何(意义)的.

JO: It's better if they have something like this... because you see, everything is changing. So what you see now doesn't really mean anything.

问: 就是他俩之间的灵魂协议现在也⽆法看是吗?

Questioner: Even their soul pact can't be seen now, right?

JO: 是.等他们到了⼀定的年龄,他们想要探索这样⼦的,就我想知道跟我哥哥之间,跟我弟弟之间,我们之间到底是什么,明⽩吗? 因为这些信息实际上只是去加强你头脑的⼀个…但是我们就好像是… 你看,JO都这么说来,我就去这么认为.并不是的.你要知道你们才是呢个创造者,明⽩吗? 所以不要让我们的任何信息把你指定到⼀个⽅向.这样你拿到的更多是限制.你要知道你永远没有任何限制,只有你⾃⼰选择.

JO: Yes. When they reach a certain age and want to explore these things, I wonder about the relationship between myself and my brother, me and my younger sibling, and among us, do you understand? These pieces of information are essentially only reinforcing your mind… but we are like… when JO says this, I agree with that notion. But no, you must realize that you are the creators, understand? So don't let our any information direct you in one direction. Instead, what you receive is more limiting. You need to know that you have never had any limitations, only your own choices define you.

问: ⽬前我⾝上的限制都是⾃⼰给⾃⼰加上的吗?

Questioner: Are all the restrictions on me currently self-imposed?

JO: 你现在没有限制.这只是你成长的⼀个过程.这么说吧,就好像你是⼀颗种⼦,你表⾯上有⼀层⽪.你说我这层⽪是我加上的吗? 所有的种⼦都有这层⽪啊.但是在你们在允许⽣命它⾃然⽽然发⽣变化的呢个过程,它成长,它会⾃⼰脱落的.这不是你需要去费⼼或者费劲或者怎么的事情,明⽩吗?

JO: You are no longer bound by limitations. This is simply a part of your growth process. Think of it like you're a seed with a skin on the outside. Do you think this layer of skin was added by you? All seeds have this skin, right? But as you allow life to naturally unfold and change within its own process, the seed grows and sheds that skin on its own. This isn't something you need to worry about or struggle with; it just happens naturally. Understand?

问: 那今天给我的信息就是让我…JO: 你可以听录⾳.

Questioner: So the information I'm getting today is to... J: You can listen to the recording.

# **2023/06/11 — 这是你的世界This is your world**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我想给你请我做⼀下能量上的疗愈,清理⼀下我⾝上的结节.我腹部也经常痛.

Questioner: I want you to do a session of energy healing for me and clear any knots in my body. I often have pain in my abdomen.

JO: 你稍等.你叫什么名字?问: XXXJO:我们这边感受到你⾝体有很多紧张的能量.然后太多的紧张的能量让你⼀直处于⼀种防备,就像⼀只鸡它⾝上所有的⽻⽑都竖起来,就是战⽃的⼀个状态.让你处于⼀种这样的状态,然后导致你的⾝体不能放松,不能达到⼀个完全放松的状态,明⽩吗?所以说你的疗愈必须是来⾃于你⾃⼰.然后我们给你的疗愈就好像是,就⽐如说现在我们在跟你交流的时候,你可以进⼊⼀种放松的状态.但是等明天你⼀睡醒,你可能又进⼊到⼀种战⽃的状态,然后神经紧绷,明⽩吗?所以说你想象⼀下你找我们的时间是多少?你可能⼀个⽉⼀次.

JO: Wait a moment. What is your name?

Questioner: XXX

JO: We feel that there's a lot of tense energy in your body. Too much tense energy keeps you on guard, like a chicken with its feathers all standing up, ready for battle. This constant state of readiness prevents your body from relaxing and achieving complete relaxation. Do you understand? Therefore, your healing must come from within yourself. The healing we provide is just an aid to help you relax during our conversation, but once you wake up the next day, you might revert to that battle-ready state again, with your nerves紧绷. So, imagine how often you seek our assistance - perhaps once a month.

那你就好像百分之九⼗九点九都是在⼀种紧张状态,只有百分之零点⼀你在⼀种放松的状态.这种⽐例的话… 所以你必须要让你⾃⼰,就是这个疗愈要来⾃你给你⾃⼰.如果你追求外在的话,就好像让我们给你打⼀针⿇药,⿇醉剂⼀样.为什么?打了⿇醉剂你就对外界没有反应了嘛,明⽩吗?就是让你紧张的事情你还是紧张不起来,就好像是这样⼦的.为什么呢?因为在你的思想层⾯,就这么说吧,就好像是个⼩朋友,我们要逼着这个⼩朋友不要哭不要闹,要像个⼤⼈要装成个⼤⼈的样⼦.让他没有情绪、让他不要哭闹、让他要懂事,明⽩吗?

You would be in a state of tension for 99.9% of the time and only relaxed for 0.1%. This kind of ratio... So you have to heal yourself, meaning that the therapy should come from within yourself. If you are chasing external things, it's like giving you an injection of anesthesia. Why? Because once you're under anesthesia, you won't react to your surroundings anymore, right? You still can't get upset about the things that used to bother you, just like this. Why is that? At a psychological level, let's say it's like forcing a child not to cry or闹, making them pretend to be an adult. They're supposed to have no emotions, stop crying, and behave wisely, right?

问: 我就是想说我怎么能放松下来? 是什么信念限制了我,让我⼀直处于⼀种紧张的状态?

Questioner: I just want to say how can I relax? What beliefs limit me and keep me in a state of tension?

JO: 这么说吧,这是你成长的⼀个过程.因为你有很多这些导致你紧张或者是不适感,让你不断地想要去寻找⼀个解脱的⽅式.那这个是不是就成了你独⼀⽆⼆获取智慧的呢条路? 如果你处于你们所谓的物质世界舒适的状态,你是不是便没有这条路了,明⽩吗? 所以这是形成独⼀⽆⼆的你这条路.就好像这种疼痛感把你指向⼀条(属于)你独⼀⽆⼆的路,明⽩吗?

JO: Let me put it this way, this is a part of your growth process because there are many reasons that cause you anxiety or discomfort, leading you to continuously seek ways to escape. Is this what becomes your unique path to wisdom? If you were in the comfortable state of your so-called material world, would you not have such a path at all? Understand? So, it forms your unique path. It's like this pain guiding you towards a specific path that is uniquely yours, do you understand?

问: 那我现在最应该学习和注意的问题是什么? 因为我这段时间感觉没有什么⽅向感.好像有点⽆所事事.

Questioner: What are the most important things I should focus on learning and paying attention to right now? As I feel lost without any sense of direction, it seems like I have nothing to do.

JO: 你们总是觉得这⾥有⼀条路是正确的、是对的、是好的.然后⾃⼰的路是不对,是需要被引导的.你能理解吗? 那这是你们头脑,你们头脑总会觉得就是⼀定要去做⼀些有意义的事情,⼀定要去学习,⼀定要去做些什么.

JO: You always believe that there is a right path, the correct one, and what's good. Then your own path feels wrong, needing guidance. Can you understand this? This is your mind, which always believes it must do something meaningful, learn, and constantly strive for progress.

问: 因为我觉得有时候⼀天⽆所事事的浑浑噩噩的就过了.刷刷新闻啊或者是每天例⾏的⼀些事情.好像觉得这⼀天也没有什么成长,觉得不应该这样过下去.

Questioner: Sometimes I feel like a day just passes by without any purpose or accomplishment. I might browse the news or go through my daily routine tasks. It feels like there's no real growth or progress for me, and it seems wrong to live my life this way.

JO: 你是想要去消除你这种不应该这样过下去的感觉呢? 还是说你是想我们给你指⼀条有意义的路?

JO: Are you looking to eliminate the feeling that your life shouldn't be like this, or are you hoping we can guide you towards a meaningful path?

问: 我想你给我指引⼀下我成长的节点啊或者⽅向呢种.因为我觉得最近⾃⼰都在晃荡.

Questioner: Could you guide me on some of my developmental milestones or directions, perhaps? I feel like I've been wandering lately.

JO: 你稍等,我们连接⼀下你的能量.我们检测到让你紧张的能量是你的头脑总是想要去达到什么⽬标.这么说吧,它就好像是⼀个很苛刻的⽼师,它总是不断地在评判你,不断地觉得你可以做的更好,你还要这样还要呢样.然后它不能允许你就好像你所谓的⽆所事事,明⽩吗? 就好像你有⼀个⾮常挑剔的⽼师,他⼀直让你进⼊到呢种紧张紧绷的状态,让你进⼊到⼀种战争的状态.那当你没有在这样的状态当中,它也就会就像你刚才挑出来的呢种,为什么我现在⽆所事事什么的.所以说导致你紧张的导致你觉得你闲着没有事做的都是这个同样的⼀个⾃我批判⾃我评判.

JO: Wait a moment while we connect your energy. We've detected that the energy causing you anxiety is due to your mind always striving for some goal or objective. Imagine it like having an overly strict teacher who constantly judges you, always thinking there's more you could do and questioning why you're not doing it better. And it can't tolerate the idea of you being idle, understanding? It feels as if you have a highly critical teacher making you feel tense and anxious all the time, driving you into a state of constant tension and warfare with yourself. When you're not in that state, there's also this sense of why you're just sitting around doing nothing, wondering what could be keeping you busy. Therefore, what causes your anxiety and makes you feel idle are essentially the same self-critical, self-judging mechanism within you.

问: 那这种就是我从⼩形成的⼀些信念的集成是吧? JO: 你是说为什么会有这样⼦?

Questioner: That's essentially a compilation of beliefs that I formed as a child, right?

JO: You're asking why it would be like this?

问: 对JO: 你稍等.你的这种是你⾃⼰与⽣俱来,因为你对你⾃⼰有⼀个很⾼的标准,⼀个很⾼的要求.然后你不会允许你⾃⼰只是⼀般,只是所谓别⼈眼⾥的⼀般,就是世俗眼⾥的⼀般.所以你就就好像⼀直有⼀个鞭⼦在抽你⾃⼰⼀样.

Questioner: JO, please hold on a moment. You have this because you set very high standards for yourself and have very high expectations of yourself. You won't allow yourself to just be average, not even what others might consider average in their eyes or what is deemed ordinary by societal standards. So it's as if you constantly whip yourself to keep up with these high expectations.

问: 我应该放低⾃⼰的要求是吧?

Questioner: Should I lower my expectations?

JO: 不是说放低⾃⼰的要求.你应该认识你⾃⼰,认识你⾃⼰就是认识⽣命,认识你⾃⼰就是说并不是通过外在去取得别⼈的认可或者外在的⼀些名誉啊、地位啊、或者⾝份啊或者什么证书啊这些东西来体现你⾃⼰的⼀个价值,明⽩吗? 所以这是你⾃我认识⾃我认知和⾃我成长的⼀个过程.因为当你不认识你⾃⼰的时候,你总会觉得你必须要⼲出些什么、做些什么、获得⼀些什么你才是有价值的,你才没有荒废你⾃⼰.所以就会导致你有呢种紧张的能量,导致你要没做事的话,就感受到你有⼀种内疚,你就觉得你在浪费时间,明⽩吗? 所以它所有的⼀个根源就来⾃于你对你⾃⼰的⾃我否定、⾃我不认知,不认识⾃⼰.但是这是你成长和蜕变的⼀个过程.

JO: It's not about lowering your standards. You should know yourself - knowing yourself is understanding life; knowing yourself means recognizing that it isn't through external validation or fame, status, identity, or any certificates that you prove your worth, but rather by understanding and embracing who you truly are. Can you see that? This process of self-awareness, self-knowledge, and personal growth is what we're talking about. When you don't know yourself, you constantly feel like you must achieve something, do something, or attain something in order to be valuable, to not waste your time. That leads to a tense energy and a feeling of guilt when you haven't accomplished anything; you perceive that you are wasting time. You see? The root of this comes from your self-doubt and lack of self-awareness about yourself. But this is part of the process of growth and transformation.

因为你们本⾝来到这⾥你们就是来认识⾃⼰的,就是你们来这⾥就是通过这⾥所有的⼀切去认识⾃⼰.

Because you have come here to know yourselves, because this is your purpose in coming here; it's through everything that happens here that you seek to understand yourself.

问: 我周末的早晨醒来,本来周末应该是很放松的⼀天,但是我⼀睁眼我就想我今天要洗被⼦,房间要打扫,花要浇⽔,要做早餐啊,还有出去买⽔果晚了就不新鲜了.我还没起床,⼼就累了.就没有开始美好的⼀天.我这是认同头脑⾥的念头是吧?

Questioner: I wake up on my weekend morning. The weekend should be relaxing, but as soon as I open my eyes, I'm thinking about washing the bed sheets, cleaning the room, watering the flowers, and making breakfast. I also worry that buying fruit late in the day will result in it not being fresh. Before I even get out of bed, my heart is already fatigued. Is this an acknowledgment of thoughts in my mind?

JO: 这么说吧,头脑⾥⾯产⽣的所有的这⼀切,⼀切念头也好,⼀切所有也好,只要你不去,⽐如说给它任何关注或者是认同或者是抗拒任何,就是你不去关注这个念头,它便不产⽣影响你的⼒量.只有你开始去,啊这个念头冒出来了,我要去做或者是我不要去做.这么说吧,你头脑⾥的念头就好像从你眼前飘过很多很多字.只有你⾃⼰可以把这些字上个颜⾊.它上了颜⾊过后,它才会去影响你,你不上颜⾊的话,它就只有飘过⽽已.

JO: So what I'm saying is that everything that goes on in your mind, whether it's all thoughts or anything else, as long as you do not engage with them by giving them any attention, acceptance, or opposition, meaning if you don't pay attention to the thought, it does not exert its power over you. Only when you start engaging with it - like I want to do this or I don't want to do that - you see, the thoughts in your mind are like a lot of words passing by right in front of you. Only you can color these words. Once they get colored, they then influence you; if you don't color them, they simply pass by.

问: 那每⼀个念头过的时候,我就会去衡量⼀下,评价⼀下.就我要不要去做啊,感觉这些事我都要去做,我就会累.我就不应该去衡量和评价呢个东西?

Questioner: When each thought passes, I would evaluate it and assess whether to act on it or not. I feel like I have to do all these things, which leaves me exhausted. Shouldn't I stop evaluating and judging this stuff?

JO: 这是你⾃⼰和你⾃⼰,好像你这个⾝体你这个⾁体,然后你跟它去磨合的⼀个过程.这么说吧,你头脑⾥的这些东西就像是⼀条狗.那你要被这个狗牵着⿐⼦⾛呢? 还是不要被它牵着⿐⼦⾛? 那狗它不停地叫,⼀看到东西就想要上去吃.这些是它的(天性呀).

JO: This is a process between you and yourself, like you and your physical body, as you adjust to each other. To put it simply, the things in your mind are like a dog. Are you going to be led by its nose, or not? The dog barks incessantly, always wanting to go up and eat something whenever it sees anything. These are its instincts.

问: 因为我⼼⾥有个担⼼,就是这些事情没做就会怎么怎么样.就是有点困在那⾥⾯.就是好像每个念头我就好像必须得去处理它.

Questioner: Because I'm worried that if I don't do these things, they will somehow...I feel a bit stuck in it. It's as if every thought requires me to deal with it.

JO: 你的问题是什么?

Your question is what?

问: 因为每个念头我都去处理我就累了.

Questioner: Because I deal with every thought, I get tired.

JO: 导致你们累导致你们消耗你们所有任何的⼀切,它都是来⾃于你们的念头.但是就好像这么说,它念头它本⾝是不具有影响你的⼒量的.它没有影响你的能量,只有你开始去关注它给它关注了.啊,这个念头跑过来过后,你说我不能这么想,我要把这个念头给打掉.你在打它的过程是不是就在消耗你了?

JO: It causes you to be exhausted and to consume all of your energies because it stems from your thoughts. But just like that statement says, the thought itself does not have the power to affect you. It doesn't impact your energy; only when you start paying attention to it do you give it attention. Ah, after this thought comes knocking, you say I can't think like this and decide to eliminate this thought. Isn't the process of eliminating it actually consuming you?

问: 我有个害怕的能量,⽐如说如果我不处理就会发⽣什么不好的事或者事情就没控制住啊.有害怕在⾥⾯,所以就驱使我去做.

Questioner: I have a fearful energy, like if something bad will happen or things won't be under control. There is fear within me, so it pushes me to act.

JO: 你害怕的时候你是不是也在把⾃⼰的⼒量给它,让它来影响你? 所以你会⽆⼒.问: 奥,害怕也是在把⼒量给它.

JO: When you are afraid, are you also giving your strength to it, allowing it to affect you? So you become powerless. Questioner: Oh, fear is also giving strength to it.

JO: 你感受的⼒量都是来⾃于你⾃⼰的,是你给了它.你要不给它的话,它就没有⼒量.它就没有地⽅获得⼒量,除了来⾃于你,明⽩吗? 就好像它这个⽓球它只有有⽓的时候它才会呈现出来,才会变.只有你这边才能给它打⽓,其它地⽅打不了⽓给它.

JO: The power you feel comes from yourself; it is something you give to it. If you don't provide it with that power, then it doesn't exist. It lacks the source of its strength, which can only be found within you, understand? It's like a balloon; it only appears and changes when it's inflated, and it can only be inflated by you from this side, not anywhere else.

问: 那⽐如说现实⾥⼯作中有⼀些必须去处理去做的⼀些事情,如果有⼀些事情你不去做的话,就会承受⼀定的后果.

Questioner: For example, in reality, there are certain things one has to deal with or do at work. If you don't do some of these things, there would be consequences.

JO: 你做实做,想是想.你做不⼀定会消耗你的能量.为什么? 你是头脑⾥⾯过多的念头,你不断地去打掉这个念头或者害怕这个念头,这些东西在消耗你,明⽩吗?

JO: You do or you think about it. You might not necessarily expend your energy doing so. Why? It's because of the excessive thoughts in your mind, constantly trying to eliminate or fear these thoughts, which consume you, understand?

问: 奥,本⾝做是不会呢个…JO: 有时候你会,当你的念头少的时候你会越⼲越有劲,你们⾃⼰有⼀句话,我在越做越起劲.然后⽐如说你有时候做的正起劲的时候,突然想到⼀件事情,马上你就没有⼒量了,觉得好像没有⼒⽓了,好像很累,好像⼲的没有意义.那是来⾃于哪⾥? 来⾃于又想到了⼀件事情.呢个事情是你给它的负⾯定义.

Questioner: Wu, doing it yourself isn't... JO: Sometimes you do, when your thoughts are few, you become more energetic as you do it. You have a saying that the more I do it, the more energized I feel. Then, for example, there's a point where you're really into something and suddenly you think of something else, which drains your energy immediately, making you feel exhausted, like you've lost motivation. Where does this come from? It comes from the negative definition you give to that new thought.

问: 好像这些念头就是头脑⾃⼰就会不断产⽣念头,⽽我,就是我这个灵魂就是去看它观察它,我并不会有这么多念头.念头只是⼩我的,是吧?

Questioner: It seems like these thoughts are naturally generated by the mind itself, while I, as my soul, is just observing and seeing them; I wouldn't have so many thoughts. Aren't these thoughts just a product of the little self?

JO: 你们只需要知道念头不具有⼒量.如果它具有影响你的⼒量,呢个⼒量来⾃于你给它的,你给它充了⽓.你越是给它充⽓你就越没有⼒量.为什么呢? 你的⽓都给它了.然后它的⼒量就越⼤,越来影响你,你越是害怕越是恐惧越是担忧.

JO: All you need to know is that thoughts do not have power. If they have the ability to affect you, that power comes from what you give them - you inflate it. The more you inflate it, the less power you have. Why? Because your energy goes into it. Then its power grows and affects you more as you become more scared, fearful, and anxious.

问: 🗎,对,好,我知道了.还要⼀个问题就是我⽼公在给孩⼦辅导作业的时候,我进去看了⼀下觉得灯光有点暗,我就伸⼿调了⼀下.然后我⽼公就⼀下就把灯又弄的远了⼀点.我⼼⾥就有点不舒服.还有晚上我给孩⼦盖好被⼦,因为被⼦⽐较薄,我就把窗帘拉上了.但是第⼆天早上起床,我就看见门也是打开的,窗帘也是打开的.可能是⽼公也去看了孩⼦,就把它全部都打开了.我就觉得很不舒服,觉得做什么他都反对的感觉.我就⼼⾥⼀百个不舒服.我又去我们的阳光房,窗户又全是打开的.可能是我⽗亲或者是⽼公打开的透风.我喜欢关上.我就觉得我⼲什么别⼈都有点反对,我就觉得做事情不顺,⼼⾥有点不舒服.我这种是⼀种什么状态呢?

Questioner: 🗎, yes, I see, I understand. There's one more question; when my husband was helping our child with homework and I went in to check it seemed too dim, so I reached out to adjust it slightly. Then my husband moved the light further away immediately. It made me feel uncomfortable. Also, at night when I tucked our child into bed because the duvet was thin, I pulled the curtains closed. But when I woke up the next morning, I saw that both the door and the curtains were wide open. Perhaps my husband had checked on the child too, opening everything. It made me feel very uncomfortable as if everything he does is against what I want. I just felt 100% uncomfortable about this situation. When I went to our solarium, all the windows were open as well. My father or my husband could have done that for ventilation purposes. I like to keep them closed. I feel disrespected and find it hard to do things smoothly; I'm feeling somewhat disturbed inside. What is this state of mind?

JO:⾸先你们,就是进⼊关系当中,在关系当中你们肯定都会有所谓的不同的⾓度不同的观念.那任何只有你头脑⾥⾯给它定义,就是他在跟我作对,我⼼⾥⾯不舒服,所有的这些东西都是在给你⾃⼰划上⼀个定义.然后再把这个事情给它加深.就好像这么说吧,你在画画.画画最开始本⾝不明显,什么都没有,你让事情过它就过了.我开,他关,OK,事情就过了,对吧?那你⼼⾥在不舒服,不舒服你就在给这个不舒服取个名字,他反对我.然后你就在⽤笔把呢个画再加粗⼀点.然后你头脑⾥⾯继续再怎么样怎么样,就是把以前的呢些信息全部都加出来,然后又再给它加深颜⾊.你不断地,⽐如说你把它放在⼼⾥,你又在给它⼒量,它就是越来越⽣动.

JO: When you're entering into a relationship, both of you will definitely have different perspectives and angles. Any thoughts that only exist in your mind, such as feeling that they are against me or causing discomfort to me, are all definitions that you apply to yourself and then amplify this situation. Imagine it like painting. At the beginning, there is nothing obvious; things happen naturally. I do something, he does something else, okay, and the event passes, right? But if you feel uncomfortable about it, by giving a name to your discomfort—saying that they are against me—you start to draw this situation more intensely on paper with your feelings. Then, in your mind, you continue to think about how things used to be, amplifying these thoughts and adding color to the picture already drawn. This process becomes repetitive as you keep thinking about it, giving strength or reinforcement to those thoughts inside yourself, making them increasingly vivid.

你们每⼀个⽚刻,就是每⼀个时刻,你都在做这个事情.那包括你现在你不断地去说他怎么样怎么样,我怎么样怎么样.你也在让这个事情更加的形象更加的⽣动更加的活,就是有⽣命就是变的更真.

Every single moment you are doing this thing. That includes now when you keep saying how it is and how I am. You're making this situation more vivid, more lively, giving it life, making it seem truer by doing so.

问: 那我在描述的时候也是在这种,就是加深?

Questioner: So when I describe it, am I also deepening?

JO: 没有关系.为什么呢? 我们可以马上让它消失,明⽩吗? 你要知道你画的再形象,你有橡⽪擦,你可以把它擦掉.你能让它⽣,你就能让它灭.你能⽣它,你也能灭它.但是既然你把这个拿出来了,我们就能从中学习.为什么呢? 你就能看到其实你们所有东西它就像⽔⼀样流过去了,对吧? 流过去了,只有你反反复复的把⽔再拿过来再拿过来,再不停的往…. 你这样是⼀种⾮常消耗⾃⼰,你会累呀.

JO: It's alright. Why is that? We can make it disappear immediately, understand? You need to know that no matter how vividly you draw something, with an eraser, you can erase it. If you can bring it into existence, you can also extinguish it. You can create it, and you can destroy it too. But now that you've brought this out, we can learn from it. Why is that? Because you can see that everything you do flows like water, right? It flows away, and only by repeatedly bringing the water back and repeating the process over and over again will you be able to... This is very exhausting for yourself, you'll get tired.

问: 就是,我就觉得我现在就是…JO: ⾸先⼀件事情过了就过了.你没有必要去说谁对谁错谁好谁不好.为什么呢? 你们所有⼈所有⼈都会犯错,都会有⽆意识的⾏为.难道你们把,你来⽐⼀下你这⼀⾝做了多少⽆意识的⾏为、犯了多少错拿出来⽐⼀下?

Questioner: Well, I just feel that right now... JO: First of all, once it's over, it's over. There's no need to say who is right or wrong, who is better or worse. Why? All of you, everyone makes mistakes and has unconscious actions. Do you think that, when you compare the number of your unconscious actions and mistakes you've made?

问: 有时候我会想忽略⼀些东西,但是我又害怕我没有学习到.然后让我反复⾯对这些,我就会很烦.

Questioner: Sometimes I want to ignore something, but I'm afraid I won't learn it. Then when they keep making me face these things, it just gets annoying for me.

JO: 所以呢?

So, what then?

问: 所以我就怕我没有学到⽽去忽略它.

So I'm afraid I might miss it without learning it.

JO: 这么说吧,你们⽣活中有很多从你眼前飘过的东西.它有⾹的有臭的有漂亮的有丑的.那你们普遍的⼈是在做什么动作? 把呢些臭的恶⼼的丑的,不断地不断地在给它形象化,不断地在给它加深,来恶⼼你,让你的⼈⽣都是充满了屎味,明⽩吗?

JO: So let me put it this way, in your daily lives, there are many things passing by your eyes. They have smells, they stink; they're beautiful and ugly. What do most people generally do? They keep visualizing the unpleasant, disgusting, and ugly ones, constantly intensifying their impact to make you feel nauseous, ensuring that life is filled with a sense of disgust, understand?

问: 就是应该把呢些东西忽略掉?

Questioner: Shouldn't those things just be ignored?

JO: 你为什么不把呢些漂亮的鲜艳的愉悦的开⼼的,把这些给更加的形象⽣动话呢? 来让你的⽣命充满了欢喜欢乐快乐.为什么呢? 你想你们这个物质世界,花都有⾹的还有臭的,是吧?

JO: Why don't you describe those beautiful, colorful, joyful things more vividly to fill your life with happiness and joy? Why is that? You want the tangible world of matter, where flowers have both fragrant and unpleasant smells, right?

问: 我就害怕我忽略掉了,好像是压抑掉了我⾃⼰的情绪.好像是压抑的,就是逼着我⾃⼰不去想它.因为我的情绪是不⾼兴的.

Questioner: I'm afraid that I've overlooked or suppressed my own feelings, forcing myself not to think about it because my emotions are unhappy.

JO: 你的情绪不⾼兴是因为你把呢个事当真了呀,你不断地在形象它呀.你就把呢个臭的粪不断地在给它加深,不断地在给它注⼊能量,让它更臭让它更恶⼼.

JO: Your unhappiness stems from taking this matter seriously and constantly visualizing it. You keep intensifying its unpleasantness by adding more details to your imagination, giving it energy that makes it smell worse and feel more nauseating.

问: 奥,因为我在加深它?

Questioner: Ah, because I'm going deeper into it?

JO: 对呀.那它就越来越臭,又臭又硬的.你要知道你在显化它们,让它们拥有强⼤的能量来影响你.你的⼈⽣你⾃⼰选择.你选择是好的还是坏的.你可以把呢些好的,就⽐如说我⽼公今天怎么样怎么样,早上起来他给我怎么样怎么样,他关⼼我怎么样怎么样.你可以把这些东西… 因为你⽣活中你⼀定能找到的.你找的越多,你越是… 它越是在你的⽣命当中…它在你的⽣命当中,你们俩都能看到的呀.不是说只有你能看到,他也能看到.哦,原来我这么爱我⽼婆.你们都在画画⼀样.

JO: Exactly. That's why it becomes stinkier and harder. You're manifesting them, giving them strong energy to affect you. Your life is a choice; you decide if it's good or bad. You can focus on the positive things like how your husband behaves towards you in the morning, taking care of you, etc. You can bring these aspects into your reality because they are present in your life. The more you seek them, the more you realize that they are part of your life, visible to both of you, not just you alone. It's like painting a picture together.

问: 说的这个我就想到我⼼中⽼是有⼀个结,就是我以前跟⽼公吵架的时候,他就说要不是因为孩⼦早就跟你离婚了.这句话就在我⼼⾥⼀直…JO: OK,那呢个你已经死掉了.

Questioner: When you hear this, it reminds me that I always have a knot in my heart. This was because whenever I would argue with my husband, he would say if it wasn't for our child, he would have divorced me already. That sentence has been haunting me ever since... JO: Alright, so that means you're already dead.

问: 我就⼀直没放下,就⼀直不能释怀.

Questioner: I just couldn't let it go and couldn't get over it.

JO: 他说的呢句话是针对呢个你.呢个你已经死掉了.你现在是另外⼀个你了.另外⼀个你没有呢个过去.另外⼀个你不是会把你⽼公的呢⼀⾯带出来.你显现出哪⼀⾯决定了你要去体验你⽼公的哪⼀⾯,明⽩吗?

JO: The words he said were directed at you. You're already dead. Now you are another you. Another you doesn't have that past. The other you wouldn't bring out your husband's side like you do. This aspect you show determines which side of your husband you will experience, understand?

问: 奥,对.(笑) 还有就是⽐如他对孩⼦好的话,我就会吃醋啊.我就觉得他重视孩⼦不重视我.还觉得我⽣病了他就不会照顾我.这样就让我经常对他做的⼀些事情有情绪反应.我不知道怎么把这个信念拿开.

Questioner: Au, yes. (laughs) And for example, if he treats the kids well, I'll feel jealous. I think he cares more about the children than me. Also, when I'm sick, he wouldn't take care of me. This makes me have emotional reactions to what he does. I don't know how to get rid of this belief.

JO: 你要知道⾸先这段关系,你现在在⼀个世界⾥⾯,你是主⼈,你创造⼀切.你创造你⽼公什么样⼦,你创造你们的关系是什么样⼦.你创造你的⽣活到底是充满鲜花还是臭狗屎,明⽩吗? 你创造,你选择.因为这是你的世界,没有办法谁来呢个什么你.你⽼公没有办法,其他⼈也没有办法.所以就是说任何你⽼公说了什么什么,所有这些都不重要.为什么呢? 因为当你⾃⼰变化,他必须得变化.这么说吧,当你变化了,他不变化的话.那会换⼀个⼈来映射出你⾃⼰内在的愉悦和完美的圆满的状态,明⽩吗? 因为你的外在它必定投射出你,就好像镜⼦⾥⾯的东西.你镜⼦⾥⾯必定会投射出来你照镜⼦的时候的样⼦.这个没有办法的.

JO: You need to understand that in this relationship, you are the master in a world where you create everything. You create what your husband is like and how your relationship unfolds. You decide if your life is filled with flowers or stinky dog poop. You're free to choose because this is your world; no one can impose anything on you. Your husband has no choice, nor do others. This means that whatever your husband says doesn't matter. Why? Because when you change yourself, he must also change. Put simply, if he does not change while you do, another person will be reflected in your inner joy and perfection, understanding? Because the outer world reflects back to you just as a mirror reflects its image. You are guaranteed to see in your mirror what you look like when you use it. This is non-negotiable.

这就是为什么很多⼈当他的能量发⽣变化的时候,他⾝边的关系,他所有的⼀切都在发⽣变化.所以说真的要么你⽼公没变的话,他就会弹出你的⽣命.你就会拥有另外⼀个映射出你⾃⼰完美的状态的对象出现.这是必然的.所以你还纠结要去改变他或者改变什么吗?你唯⼀的就是去创造你⾃⼰想要的世界.

This is why when many people's energy changes, everything around them, all of it, starts to shift. So, truly, if your husband hasn't changed, he will be the one to bounce out of your life; you will have a reflection appear that mirrors your own perfect state. This is inevitable. So, are you still trying to change him or anything else? The only thing you can do is create the world you want for yourself.

问: 对.我有很⼩⼀块地种花.但是我⽗母也喜欢种花.我就说这⼀块地是我⾃⼰来弄,但是我爸爸就忍不住帮我来打理.我已经说过很多次了,他这样我就很⽣⽓.他为什么还是要动啊? 因为他可能是处于关爱.我经常就陷⼊⼀种⽼是⽣⽓的状态.我应该怎么对待这种事情?

Questioner: Yes, I have a small plot of land where I cultivate flowers. However, my parents also enjoy planting flowers. I told them that I would handle this plot myself, but my father couldn't resist helping me manage it. I've already expressed my dissatisfaction many times, and I'm still angry every time he does it. Why does he continue to interfere? Maybe because he's just trying to care for me. I often find myself in a state of constant annoyance. How should I handle such situations?

JO: 所有的事情,就是让你⽣⽓让你不爽的,我刚刚就说就好像是臭的像是粪便⼀样.那如果你总是把你的注意⼒,你的注意⼒就是能量,把你的⽓注射到你不喜欢的事情上⾯去,那你整个⼈的… 这么说吧,你⽼是在收集粪便的话,你说你⾝边闻起来不是屎味? 那如果你总是收集鲜花的话,那你肯定闻起来是⾹的呀.所以你看⼀下你的脑海⾥⾯收集的是什么? (提问者: 啊,我明⽩了) 因为其实事情它过来它就过了,你们每⼀刻都是新的⼀个篇章.你可以决定你要在这个新的篇章⾥⾯放什么,到底是放屎还是放鲜花.

JO: All things that make you angry or upset, I just said they're as disgusting as shit. If you always focus your attention, which is energy, into things you don't like, then your entire being... To put it this way, if you are constantly collecting dung, would you say the smell around you isn't of shit? But if you always collect flowers, wouldn't you smell nice instead? So look at what you're gathering in your mind. (Questioner: Ah, I see.) Because actually, every moment that passes is a new chapter, and you can decide what to place in this new chapter - whether it's dung or flowers.

问: 对对对.还有⼀点就是⽐如说我⽼公坚持让孩⼦每⼀次吃饭之前⼀定要洗⼿.如果不洗⼿的话,他就会凶孩⼦.我在旁边看着我就很不赞同.我就觉得如果我⼀说的话,那个⽕药就冲着我来了,肯定是⼀场吵.但是我又觉得⼲嘛要把孩⼦弄的⼀定要去洗⼿.应该怎么对待这个事情呢? 我在旁边就忍住不去说这种,但是有时候又想要发表意见.

Questioner: Agree! There's another point, like my husband insists that the kids have to wash their hands before every meal. If they don't, he scolds them. I'm just not on board with this; I feel it will definitely lead to an argument if I say anything. But why does he think they must wash their hands? How should one handle this situation? I try to refrain from commenting but sometimes I want to express my opinion.

JO:你要知道你孩⼦,他有⽗亲的⾝份,孩⼦,他有母亲的⾝份.那既然他又有⽗亲又有母亲.那你就让⽗亲做他⽗亲的,母亲做你母亲的.如果他不断地来⼲涉你的⼀些观念… 你刚才前⾯说的,就是什么关窗户这些呢些.那他不断地来⼲涉你,你不是⼼理也不爽,明⽩吗?所以说你想象⼀下,假如明天突然你就不存在在这个世界上了.那他⼀个⼈照顾孩⼦,你能⼲涉什么?孩⼦同样会活的很好,你⽼公也会很好.你能⼲涉什么?你觉得你们地球上离开哪⼀个⼈地球会不转了? 他们其他⼈会活不下去了?

JO: You should know that your child has the identity of a father and also the identity of a mother. Since he has both a father and a mother, then let the father be his father and the mother be your mother. If he keeps interfering with some of your ideas... you mentioned things like closing windows earlier. He keeps interfering with you, which isn't satisfactory for you psychologically, do you understand? Therefore, imagine this: if tomorrow suddenly you no longer exist in the world. What can he interfere with when he alone has to take care of the child? The child would still live well, and your husband would also be well off. What could you possibly interfere with? Do you think that without any one person on Earth, the Earth wouldn't rotate or that everyone else couldn't survive?

问: 那我有点担⼼会影响孩⼦.这不会影响孩⼦吧? JO: 影响孩⼦什么?

Questioner: But I'm a bit worried it might affect the child. Will this affect the child at all? JO: What will it affect the child?

问: ⽐如说他呢么要求或者是凶孩⼦会对孩⼦造成不好的影响吗?

Questioner: Would such a request or dealing with a naughty child have a negative impact on the child?

JO:你们每⼀个⼈的⼀个,就⽐如说你在抵触你⽼公的能量,这个抵触的能量也在影响孩⼦,明⽩吗? 就⽐如说你对他的这个⾏为,你是在抵触他.那你们俩的能量就是抵触的能量状态,不是吗?

JO: Each one of you has this energy where if you're resisting your husband's energy, that resistive energy is also affecting the child, do you understand? For example, with your actions towards him, you are resisting him. So the energy between the two of you is in a state of resistance, isn't it?

问: 意思是说我不⽤去⼲涉这些? 就是他的呢些⾏为也不会对孩⼦…JO: 你没有办法去保护你的孩⼦.为什么呢? 因为就算你⽼公不吼她,她在学校⾥⾯可能会被⽼师吼.她以后结了婚,她会被她⽼公吼.她以后结婚了,她会被她婆婆吼.她以后⼯作,她会被她⽼板吼.你能避免她所有这些吗?

Questioner: Does this mean I don't have to interfere with these? As in, his behaviors won't affect the child... JO: You cannot protect your child. Why is that? Because even if your husband doesn't yell at her, she might still be yelled at by teachers at school. She will be yelled at by her husband after she gets married. She will be yelled at by her mother-in-law after she marries. After she starts working, she will be yelled at by her boss. Can you avoid all these for her?

问: 那我只是允许他们每个⼈的发⽣?

Questioner: That's just allowing each of them to happen?

JO: 你没有办法去改变任何.当你在改变的时候你就是放⼊更多的冲突进去.但是,⼀个乐观的妈妈的精神却可以影响着他,在⾯对这些所有对他吼的⼈.他可以去积极乐观的去⾯对这些,明⽩吗? 就是⼀个不断收集显化,把鲜花显化在你的世界⾥的妈妈,这样⼦的你的⼀个状态,孩⼦她会跟你学的呀.她会觉得妈妈从来不把这种事放⼼上,那她有不把这种事放⼼上.我妈妈谁吼了她,她后⼀分钟就跟⼈家说说笑笑的.

JO: You can't change anything. When you try to change, you just introduce more conflict. However, a mother with an optimistic spirit can influence him in the face of all those who yell at him. He could learn to approach these situations positively and optimistically, right? It's like a mother constantly manifesting positivity by bringing flowers into her world; your child will emulate this state from you. She would feel that her mother doesn't let such things bother her, nor does she bother with them. When my mom is yelled at, the next minute she's laughing and chatting with people.

问: 说到这个就是⽐如说跟我⽼公争吵的时候.他有时候骂⼀句就不骂了,⽐如说我是个疯⼦.我就好像受到刺激,就好像我的⼼⾥有个节点.就忍不住的想回嘴,就说你才是个疯⼦.但是我又觉得这样互相骂又不太好.

Questioner: Speaking of this, for example, when arguing with my husband. Sometimes he might say something unpleasant and then stop, like calling me a crazy person. It would trigger a reaction in me, as if there was a trigger point inside me, making me feel unable to hold back from retaliating, by saying that you're the crazy one too. But I also feel it's not ideal for us to just keep insulting each other.

JO: 你就算去做了这样的事情,你要知道下⼀秒下⼀刻你又可以重新再抱着他亲他.你说我就疯狂的爱你,你就是让我发疯.所以你看到没有,⽆论发⽣了什么事情,你都可以在你想要改变的时候去重新去创造重新去改变.没有任何死的东西在呢⾥.

JO: Even if you do such things, you have to know that in the next second or moment, you can hold him and kiss him again. You say I'm crazy for loving you, which drives me insane. So see, no matter what happens, you can always create and change when you want to, with nothing dead inside.

问: 但是我就⽓着了.我就应该忽略它,⽓⼀下就够了.

Questioner: But I just got really upset. I should have ignored it; one moment of anger is enough.

JO: 你可以做你⾃⼰.但是你要知道你永远永远都有选择的余地,都有去改变它的能⼒,去重新创造它.把事情往你想要的⽅向去引导去推动.你不是没有办法,你不是⽆⼒的或者是你不是没有选择的.你永远都有选择去把事情往更好的⽅向去推.

JO: You can be yourself. But you must know that you always have the option to change it, to recreate it, to guide and push things in the direction you want. You are not helpless, powerless, or without choice. You always have the ability to move things towards a better outcome.

问: 🗎,好.我想问⼀下印度的⼀个很神的⼈物巴巴吉.

Questioner: Hello, I would like to ask about a very divine figure in India, Babaji.

JO: 你们都是很神的⼈物.刚才告诉你任何事情你都可以把它重新创造.难道这不是神吗? 所以你不要总是觉得哪个⼤师他们是神,然后你们是普通⼈.不是的.你只有你觉得你是⼀个普通⼈,你想要做⼀个普通⼈,你选择做⼀个普通⼈.那也是你⾃⼰选择的,那也是你的神⼒去把这个普通给显化出来,明⽩吗?

JO: You're all extraordinary beings. You've been told that you can recreate anything with your understanding. Isn't that divine? So don't always think that the masters are gods while you're ordinary people. It's not true. If you feel like you're an ordinary person and want to be one, choosing to be so is also a part of your divinity that manifests this ordinariness. Understand?

问: 还有就是我⽐较喜欢孩⼦的⼀个恐龙玩偶.我就把它拿到我的房间.我就想我真的和它有连接吗? 我特别喜欢看着它.它有意识存在吗? 它有话对我说吗?

Questioner: Also, I quite like a dinosaur toy for children, so I brought it to my room. I wonder if there's really a connection between me and it? I particularly enjoy watching it. Does it have consciousness or does it talk to me?

JO: 这也是你的选择.你可以去选择你们产⽣连接,明⽩吗? 你要知道你才是呢个,这个世界是你的.你的世界⾥⾯你去选择我想要跟谁发⽣连接,想要跟什么产⽣关联,想要去创造什么,想要去进⼊什么去探索.这是你的世界,你不是被动的.除⾮你⾃⼰想要选择随机, OK,我选择随机.

JO: This is also your choice. You can choose to connect with each other, understand? You are the one, this world belongs to you. In your world, you decide who I want to connect with, what I want to associate with, what I want to create, and what I want to enter into for exploration. This is your world; you're not passive. Unless you choose random, okay? I choose random.

问: 那你能帮我连接⼀下,它有话带给我吗?

Questioner: Can you help me connect and see if it has anything to tell me?

JO: 恐龙玩偶有话想要带给你吗? 你有什么话想要带给它?

JO: Does the dinosaur toy have something it wants to tell you? What do you want to convey to it?

问: 我觉得它很可爱,我很喜欢它.我就把它拿到我房间⾥放着.

Questioner: I find it adorable and very much like it; so I brought it to my room and put it there.

JO: 它也就好像是镜⼦⼀样,然后帮你或者是造出你的另⼀⾯,明⽩吗? 因为你们其实所有产⽣关系的东西它都像镜⼦⼀样,它只是照出你不同的呢⼀⾯.那你的呢⼀⾯又被它给映射出来.然后我们不是说了嘛,你来到这个世界上的主要任务是什么? 认识你⾃⼰.那你是不是就多了⼀个途径认识你⾃⼰?

JO: It's also like a mirror that helps create or reflect your other side, do you understand? Because everything that contributes to your relationships behaves like a mirror, just showing different aspects of yourself that are then reflected back at you. And this reflection comes from the same source as your own reality. We've talked about it before; what is your main task in this world? It's to know yourself, and doesn't this just provide another way for you to do so?

问: 对哦.那还有⼀个问题就是在我们单位上有⼀只⼩猫不⼩⼼掉进配电箱⾥出不来.然后我们单位的⼈叫了消防员救它.我就在旁边看,⼼⾥很着急不知道能不能把它救出来.救了很久,我就在旁边很着急我就祈祷神灵帮忙.祈祷之后没多久,⼤概就⼗分钟左右⼩猫就救出来了.我就觉得是真有神灵在帮助吗? 我的祈祷起作⽤了吗?

Questioner: Alright, there's another issue at my workplace where a small cat accidentally fell into the electrical box and couldn't get out. Our colleagues called the fire department to rescue it. I was watching from the side, feeling very anxious not knowing if we could save it. After rescuing for a long time, I was quite worried so I prayed for divine help. Not too long after praying, probably about ten minutes later, the cat was rescued. I wondered if there is really a divine power helping us? Did my prayer make a difference?

JO: 你说呢?

JO: What do you think?

问: 我就不太确定,我不知道.

Questioner: I'm not quite sure, I don't know.

JO: 你⾃⼰亲眼见到了经历了体验了,你还需要⼀个外在的声⾳来告诉你.

JO: You've seen it, experienced it, and lived through it; you don't need an external voice to tell you.

问: 因为我⼼⾥不太确定.因为我觉得就算我不在呢⾥,别⼈可能也就把这个⼩猫给救出来了.但是我就看着着急,我就觉得我应该祈祷⼀下.所以我想问⼀下.

Questioner: Because I'm not very sure about it. I think others might have saved the little cat even if I wasn't there. But I'm feeling anxious and believe that I should pray. So I would like to ask for some guidance.

JO: 你要知道呢个神就是你.是你给了它⼒量,明⽩吗?问: 我真的有这么⼤的⼒量吗?

God is you, Jo. You gave it strength, understand? Questioner: Do I really have such great power?

JO: 你真的有这么⼤的⼒量,所以你才会如此的紧张如此的痛如此的痛苦.为什么? 把你的⼈⽣显化的如此的紧张或者是繁琐,琐碎的事情就是烦恼,明⽩吗? 你要知道你体验的所有的⼀切、所有的不顺⼼、所有的烦⼼、所有的烦躁全是来⾃于你⾃⼰给⾃⼰创造的.它如此的⽣动是吧? 它如此的有⼒对吧? ⼒量,那不是来⾃于你的⼒量吗? 那既然你有这个⼒量去创造

JO: You really have such power, that's why you're so tense, so hurt, and so in pain. Why? By making your life so tense or complicated, by dealing with trivial matters as annoyances, do you understand? You must know that all the discomforts, frustrations, and irritations you experience come from within yourself, don't they? Isn't it vivid how you create these? And isn't this power coming from your own strength? If you have the ability to create these situations

⼀个所谓的负,那你也可以创造⼀个正.你既然可以创造⼀个⿊,你也可以创造⼀个⽩.你可以创造出消极,那么你就可以创造出积极.这个没有什么区别的.你如果把你的所有⼼事花在你的⼀些不顺⼼不如意不喜欢这些东西上⾯和花在⼀些让你让你感受到爱或者是什么的上⾯,你想象⼀下? 因为这都是你的能量呀.你想象⼀下,这都是你的⾊彩呀.这么说吧,你有很多颜料对吧? 你⾃⼰选择把颜料放在哪⾥呀.到底是你把颜料全部放在恶魔⾝上呢?还是你把颜料全部放在天使⾝上 ? 因为它们显化出来⼀样的和你互动,给你创造.

A所谓的negative, then you can also create a positive. If you can create a black, you can also create a white. You can create negativity, and thus you can create positivity. There is no difference here. If you spend all your thoughts on your disheartening, unsatisfactory, or disliked things compared to spending them on what makes you feel loved or something similar, imagine this? Because it's all your energy. Imagine that; it's all your colors. To put it another way, you have many paints, right? You choose where to put the paint, on the devil or on the angel? For they manifest similarly and interact with you, creating for you.

问: 还有⼀点就是有时候我给孩⼦说什么事情,⽐如你要⼲什么什么.孩⼦⽼是不太听或者以他的节奏.我稍微多说⼏遍我就着急⽣⽓.总这样也不好.我要怎么调节这块?

Questioner: There's also the issue that sometimes when I tell my child to do something, like what you should be doing, they don't listen or follow at their own pace. If I say it a few more times, I start getting impatient and frustrated. This isn't sustainable. How can I better manage this part?

JO: 你⾸先不只是孩⼦⽅⾯,你即使在⼯作或者其它⽅⾯你也会有这种紧张的能量.(提问者:对对对,是) 所以最终的是你的⼀个能量状态,⽽不是孩⼦.你会通过孩⼦… 因为孩⼦在你⾝边,那你通过孩⼦给你的能量级别显化出来.就好像孩⼦这个镜⼦给你投射出来.那你在⼯作的时候,下属吧,你可能会吼下属快点什么什么的.那你在家⾥可能会吼⽼公.跟家⼈相处通过家⼈,明⽩吗?所以它到底还是映射出来是你⾃⼰的状态.所以你知道根源在哪

JO: You often feel this tense energy not just with your children; you would experience it in your work or other areas as well. (Interviewer: Yes, yes, yes, that's right.) So ultimately, it's about your energy state, not the child itself. You manifest through the child because he/she is around you, and you project an energy level through him/her like a mirror reflects light. When you are at work with subordinates, you might rush them or push them to do something quickly. At home, you might nag your husband or family members instead. It's through your interactions with others that reveal your own state of mind, showing how reflective they are of your internal condition. Therefore, the root lies in yourself and understanding this helps you address the underlying issue.

⾥.你不是说告诉⾃⼰我对孩⼦耐⼼⼀点.对孩⼦耐⼼⼀点,你又回来问我: 我对我同事对下属.

You said I should be more patient with you when dealing with my children. Now that you're being patient with them, you come back to me asking if I'm patient enough towards my colleagues and subordinates.

问: 好的.最后⼀个问题就是我的指导灵有什么话要对我说?

Questioner: Alright. My guiding spirit, is there anything they want to tell me? This is my last question.

JO: 你没有任何问题⾸先.然后你永远都有选择的权⼒和能⼒去把任何事情,你觉得我往这边⾛,⾛了不舒服.那我换个⽅向.就这么简单.你体验了,OK,跟你⽼公的冲突.这种⽅式你不喜欢,你马上(可以改变).选择权在你⼿上,因为这是你的世界.不要期望别⼈来给你的世界涂上颜⾊.你⾃⼰选择你要给什么,到底是天使你要给它涂上颜⾊? 还是恶魔你要给它涂上颜⾊? 因为它们都会显化出来跟你互动.为什么? 是你的选择,你的所有选择都是被⽀持的,明⽩吗? 你来到这个物质世界上你就是去体验你⾃⼰,你是个创造者,体验你⾃⼰认识你⾃⼰.

JO: You have no issues first. Then you always have the power and ability to choose anything that feels uncomfortable for you. If I'm walking this way and it doesn't feel right, I can change direction. That's all there is to it. You experience it, okay? The conflict with your husband in this manner is something you don't like, so you immediately can make a change. The power lies in your hands because this is your world. Don't expect others to paint colors on your world for you. You choose what color you want to give to whatever matters; whether it's an angel or a demon that you color it with? Because they will manifest and interact with you based on your choices. Why? Your every choice is supported because you are here in the material world to experience yourself, you are a creator experiencing who you truly are.

# **2023/06/12 — ⼈类⽣存恐惧的幻像The Illusion of Human Survival Fear**

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我这⼀世的灵魂使命是什么?

Question: What is my soul's mission in this lifetime?

JO: 应该说你这⼀世的灵魂主题是什么? 你想要探索你选择这⼀世的灵魂主题是什么是吧?问: 是的.

English: JO: What is the soul theme of this life for you? You want to know what your chosen soul theme in this lifetime is, right? Question: Yes.

JO: 你叫什么名字?问: 我叫XXX.

You: What's your name? Answer: I'm XXX.

JO: 我们连接到你选择这⼀⽣来到这个世界上选择了这⼀世主要是想要更加的建⽴你和你的,像是灵魂伴侣,对你来说最重要的关系,然后你选择这⼀世来强化你们之间的关系.

JO: We connect to you because in this lifetime, you have chosen to embark on a journey that primarily aims at establishing stronger connections with your soul partner and the most significant relationships in your life. You chose this lifetime to intensify these connections.

问: 灵魂伴侣是什么?

Question: What is a soulmate?

JO: 就是你这⼀世对你来说最重要的关系.然后你再⼀次选择了⼀起来强化你们的关系.问: 我这⼀⽣的灵魂使命是来修伴侣的关系吗?

JO: This is the most important relationship for you in this life, and then you chose to come together again to strengthen that relationship. Questioner: Is my soul mission in this life to work on my partnership?

JO: ⾸先不是说使命⽽是说你主题,就这么说吧,你再⼀次穿上这个⾐服你想做什么? 你想在⼀起体验和你关系紧密的,就是和你爱的⼈,你想要去加强你们之间的关系.就⽐如说,你可能觉得你们在⼀起还有很多没有做的事情或者还有很多没有疏通的…. 就像你跟⼀个⽼朋友见⾯,那这次见⾯你们之间的⼀个恩恩怨怨可能还没有结束.你们又选择来继续的体验你们之间的紧密的关系.所以呢,你会感受到在你⽣命当中,你从关系和亲密的关系当中得到了⾮常⼤的⼀个… 就是对你来说很重要.然后你也从中得到了很⼤的⼀个滋养,明⽩吗?

JO: First of all, not mission but your theme, let's say that you put on this clothes again, what do you want to do? You want to experience and strengthen the connection with those who are closely related to you, those whom you love. For instance, you might feel that there is still much left undone between you or that there are still issues to resolve... like meeting an old friend where a past恩怨 hasn't been fully resolved yet; this time, you're choosing to continue experiencing the close relationship between you again. Therefore, you will sense in your life how deeply important and nourishing for you it is from relationships and intimate connections - something very significant. And you derive great nurturing from it, understand?

问: 明⽩.可是现实⽣活当中我对这个特别的淡,没有什么想法.我是⼀个把事业放在更重要的位置的⼈.

Questioner: I understand. But in real life, I don't have much interest in this special thing; I'm someone who prioritizes my career over everything else.

JO: 你现在多⼤年龄?问: 我现在51周岁.

In Chinese: 你现在的年龄是多少？

Answer in English: I am currently 51 years old.

JO: 那在你的⽣命当中你有没有跟你特别好的搭档呢?问: 有啊.

In your life, have you ever had a particularly good partner? Answer: Yes.

JO: 然后你们的关系怎么样呢?问: 很好啊.

Then how is your relationship? Well, it's great.

JO: 那你为什么就不会觉得这可能,就是在搭档上⾯跟你特别紧密的关系就是你们⼀起去体验和创造的呢?

JO: Why wouldn't you see that the close relationship with your partner, the experience and creation shared between you, might be what you're looking for?

问: 我有点不⼤理解你的意思啊.你的意思是说要去创造更好的关系…JO: 不是.这么说吧,就⽐如说你之前有⼀个⾮常好的关系,⼀个好朋友.那你们这⼀世可能选择我们作为事业上的朋友,我们⼀起去创业吧.那然后你们就在事业上共同的去创造去做事业.然后再次去体验呢种给你⽀持,强⼤的⽀持⽀撑.因为你们会局限于⾎缘关系啊或者是夫妻关系或者是任何什么什么关系.但是呢个关系不局限于任何你们不同的⼀个⾝份,明⽩吗?

Questioner: I'm a bit confused about your point. You mean to create better relationships... JO: No. Let me explain it this way: suppose you had an extremely good relationship with a close friend in a previous life. In this lifetime, perhaps you have chosen us as business partners, and together we start our own venture. Then, you both work on building the enterprise side by side. And then you experience that kind of support, strong support, because your relationship is confined to blood relations or marital ties or any other type of relationship. However, this relationship doesn't restrict you to different identities, do you understand?

问: 奥,不是局限于夫妻关系,⼦⼥关系….

Questioner: Oh, it's not just limited to marital relationships or parental-child relationships...

JO: 不是说有⾎缘关系的,⽽是说在灵魂关系跟你是有紧密关系的.跟你们有没有⾎缘关系完全没有任何关系的.

Jo: It's not about having a blood relation, but rather about having a soul connection with you that is closely related. Whether or not we have a blood relation has nothing to do at all.

问: 明⽩了.我刚理解的有点偏了,理解成夫妻关系了.那你的意思是不管是合作伙伴还是在朋友当中…JO: 你⾃⼰能知道的.你⾃⼰能知道谁是你⽣命中最有⼒的⽀持.问: 奥,我要加强这个…JO: NO NO NO NO,就好像你再⼀次选择就是和这个关系紧密连接的呢个⼈,你们共同去体验共同去创造.

Questioner: Understood. I misinterpreted it as a conjugal relationship; however, your meaning is that this applies not only to business partners or friends... JO: You need to discern who in your life is the most supportive person. Questioner: Ah, I need to strengthen my understanding of... JO: No, no, no, no. When you choose again, it's about connecting with someone closely and experiencing together, creating together.

问: ⽬前还没有哦?

Question: There's no such thing yet, right?

JO: 你刚才不是说你事业上有⼀个合作伙伴是很好的关系的吗?

JO: Didn't you just say that having a business partner is a good relationship?

问: 那呢个不是指灵魂层⾯的吗?我可能对这个理解不是很透彻,不好意思.

Questioner: Doesn't that refer to a spiritual level? I'm not very well-versed in this, sorry.

JO: 没有关系.明⽩吗?

JO: It's okay. Understand?

问: 不是特别明⽩.你指加强关系是指加强哪⽅⾯的关系?

Questioner: Not very clear. By strengthening relations, do you mean to strengthen which aspect of the relationship?

JO: 就是说你们还要共同⼀起… 这么说吧,⼀起去展现⽣命的⼒量,⼀起去携⼿共进,⼀起去彼此⽀持对⽅,⼀起去体验,⼀起去创造.所以你⾃⼰看在你的⽣命当中谁是跟你有深层次的⼀个连接感.

JO: It means that you are going to work together… Let me put it this way, showing the power of life together,携手 forward, supporting each other, experiencing together, creating together. So, in your own life, who do you feel deeply connected with?

问: 你这个所谓的⼀起创造⼀起去体验是指灵魂层⾯的吗? 不是我们⽣活上的吗?

Questioner: Does this so-called co-creation and shared experience refer to a spiritual level, not our everyday life experiences?

JO: 你⾃⼰才知道呢个对象是谁.但是呢,你选择了如此紧密,就好像给你输⼊所有的⼀个⽣命来源⼀样,就是给你打⽓.

JO: Only you know who that entity is. But still, you chose such a close relationship, as if it's like giving me access to all your life force, boosting me up.

问: 我不知道我理解的对不对,你所谓的灵魂关系是不是指我的合作伙伴呀或者说我⾝边的朋友啊,关系要处理的更好⼀点.

Question: I'm unsure if my interpretation is correct. By your term "spiritual connection," do you mean better relationships with my business partner or friends around me?

JO: 不是不是不是.因为你们已经是有基础的关系,因为你们关系已经很好,然后是来让你们的关系更加加深,更深⼀部.加强嘛,就是更深.

JO: Not that you don't already have a foundation of relationship because your relationship is already strong, then it comes to deepen this relationship further and deeper step by step; to strengthen means to go even deeper.

问: 现在没有反正.

Questioner: Now, neither nor.

JO: 现在还没有,有可能是因为你⾃⼰还没有把他认出来.因为你如果认不出来的话,你可能就会⽤你头脑的经验或者是观念或者是记忆去看待,明⽩吗?

JO: There isn't now, it might be because you haven't recognized him yet. You see, if you can't recognize him, you might view him based on your cognitive experiences or concepts or memories, understand?

问: 你这⾥指的这个关系是更深层次的吗?

Question: Does this relationship you refer to go deeper?

JO: 是灵魂… 对对.因为你们彼此选择了.

JO: It's souls... yes, because you both chose each other.

问: 就是像夫妻关系,彼此都呢么亲近的关系吗? 是这个吗?

Questioner: Is it like a relationship between husband and wife, where people are so close to each other? Is that what you mean?

JO: 它不⼀定是夫妻关系,但是它⼀定是你有⼒的⽀撑.你想⼀下,如果全世界都在背叛你或者是唾弃你就是都是在反抗你.你觉得会是谁站在呢⽀持你? 他从内⼼的⽀持你?

JO: It doesn't have to be a marriage relationship, but it definitely has to be someone who supports you strongly. Imagine if the whole world was betraying you or despising you and rebelling against you. Who do you think would stand by your side and support you? Someone who genuinely supports you from their heart.

问: 奥,那我有⼀个⼥性的合作伙伴.她是⼀直的⽀持我.

English: Questioner: Oh, I have a female business partner. She has always supported me.

JO: 对问: 那我理解了,这层意思我理解了.她⼀直在我⾝边.当我有什么问题的时候,当我有什么苦难的时候,当我有什么不开⼼的时候,她⼀直在我⾝边.

JO: I understand the meaning: I get it. She is always by my side. When I have questions, when I face hardships, or when I am unhappy, she remains at my side.

JO: 是的.

Yes, JO.

问: 奥,你指这层关系啊.那有.

Question: Au, you refer to this relationship? There is...

JO: 是的.所以说不是说来你们改善关系,⽽是说你们关系已经在呢⾥,已经很好,已经是⾮常有⼒的.然后你们来让你们的关系更加的深⼀步,因为你们会创造更多的共同的体验、共同的经验.

Yes. So it's not about improving your relationship; rather, your relationship is already there and very strong. You're just taking it to the next level by creating more shared experiences and common ground.

问: 对对对,太对了.因为我们现在在⼀起就是在做⼀个共同的事业.

English: Questioner: Absolutely, you're right. Because we are together doing a joint venture.

JO: 是的.所以你们彼此又选择了⼀个平台来让你们的连接更加的,就是这种有⼒,⾮常强和有⼒的关系来⽀撑对⽅.

JO: Yes. So you both choose a platform for your connection to be more of this powerful, very strong and supportive relationship to support each other.

问: 那我主要修的是什么呢?

Question: So, what am I mainly studying?

JO: 你主要修的是什么? 这么说吧,这个强有⼒的关系,它就好像是你这个根.你这个根不断地是有养分进来,不是孤⽴的.你不是也没有⼟壤也没有⾬⽔来滋养你,对吧? 那你现在是⼀种又有⼟壤又有⾬⽔又有陪伴,就是又有信任和⽀持,就是对你不离不弃的呢种.这种关系.(提问者: 确实是) 那你是不是就可以任意展现和发展了?

JO: What did you primarily study? To put it this way, this strong relationship is like your root. Your root continuously receives nourishment and isn't isolated. You're not just dependent on soil or rainwater for sustenance, right? Now, you have the luxury of having soil, water, companionship - that means trust and support, sticking by you without fail. This type of relationship (the interlocutor: Indeed). Can you then freely exhibit and develop yourself?

问: 就是我不需要去想太多,就直接往前⾛就好了,对吧?

Aren't I just supposed to move forward without overthinking it?

JO: 就好像你的根深深的扎到什么地⽅,那你是不是就可以任意去发展了? 因为⽆论你向上发展多少,你下⾯的根都是强有⼒的.不会像下⾯如果没有⽀撑的话,它可能就连根拔起,就是它⽀撑不住.所以说那通过这个你可以给世⼈演绎⼀个什么? 就是这种关系在你们的⽣命中有多么的重要.你可以让世⼈看到你们关系是不分男⼥,也不分⽼少,也不分性别,就是必须要是夫妻或者要有⾎缘关系,明⽩吗? 你们灵魂层⾯的关系,呢个才是最最最最重要的.你选择的你的⽗母不⼀定是跟你有关系的.你有可能就是因为他们的处境是⽀持你想要去体验的呢个.

JO: It's like your roots are deeply entrenched in somewhere; can you then develop freely? Because no matter how much you go upwards, the roots below are strong and supportive. Unlike if there is no support underneath, it might uproot itself because it cannot sustain it. So through this, what narrative can we present to the world? The significance of such relationships in your lives is immense. You can show that these relationships aren't limited by gender, age, or biology; they must be between partners or related by bloodline. Understandably, the spiritual connection between souls is the most crucial aspect. Your choice of parents might not necessarily have a direct relationship with you. It's possible that their circumstances are what supports your desire to experience something specific.

问: 是的,明⽩.我现在完全明⽩了.之前我可能想的太狭隘了,没有把它想的呢么⼤.

Questioner: Yes, I see. Now I completely understand. Previously, I may have thought too narrowly and didn't consider it to be as big of a deal.

JO: 因为这⾥没有⾎缘关系,没有所谓的paper work.paper work是什么? paper work就是合同,就是你纸上的夫妻关系,就是合同.没有任何的这些形式.

JO: Because there's no blood relationship here, and there's no so-called paperwork. What is paperwork? Paperwork refers to the contract, your marital status on paper, the agreement - there's nothing of that sort.

问: 我的孩⼦特别的⾃卑,可能是因为他⼩的时候我骂他⽐较多,我怎么样能修复我跟孩⼦的关系? 我感觉我⾛不进他的内⼼.

Questioner: My child is very self-conscious, possibly due to my frequent scolding when he was young. How can I repair our relationship? I feel like I can't reach his inner world.

JO: 他多⼤年龄?

He: How old is he?

问: 他21,上⼤三.

Question: He is 21 years old and in his third year of university.

JO: 男孩⼥孩?问: 男孩JO: 你稍等.你可以提问你的孩⼦来到你的⽣命当中你们之间的⼀个灵魂主题是什么?问: 我不知道怎么提问,因为我们之间…..

JO: Boys or girls? Questioner: What is the soul theme between your child and you when they came into your life? Questioner: I don't know how to ask because...

JO: 你不需要说任何.因为所有的这些都只是暂时的⼀个相⽽已.这个相不表⽰是真实的,明⽩吗? 所以说你只需要去提问,你提问我们才能去探索.你想要去知道我们才能去探索.

JO: You don't need to say anything because all of these are just temporary phenomena anyway. This phenomenon doesn't represent reality, understand? So you only need to ask questions; we can explore based on your inquiries. We will explore what you want to know.

问: 我想要知道他内⼼有什么想法?

Question: I want to know what he is thinking about internally?

JO: NO NO NO NO.内⼼的想法也是不真实的.为什么呢? 因为你想你⾃⼰的想法都⼀直在变.它可能今天⼀个想法明天⼀个想法.这个是变化的⼀个东西.你去拉住⼀个变化的东西,把它当成是不可更改的,明⽩吗?

JO: NO NO NO NO. The internal thoughts are not truthful. Why is that? Because you think your own thoughts are constantly changing. They might have one idea today and a different idea tomorrow. This is something that changes. Trying to grasp onto a thing that changes and considering it unalterable, understand?

问: 奥,那如何让孩⼦更加⾃信呢? JO: 这也是⼀个暂时的相⽽已.

Question: How can we help children become more confident? JO: It's also a temporary phenomenon.

问: 那我要怎么提问呢?

Question: How should I ask my question?

JO: 那就像我刚才说的,你可以探索你们之间的⼀个灵魂协议.你的孩⼦来到你的⽣命当中,他给你的礼物和你给他的礼物,你们彼此跟他的功课是什么? 你可以提这个问题.

JO: That's like what I was saying earlier - you can explore a soul contract between the two of you. What gifts has your child brought into your life and what gifts are you bringing to him? And what is each other's homework for this relationship with him? You could ask that question.

问: 奥,不好意思,不知道怎么提问.那你能跟我讲讲我们彼此之间有什么灵魂功课吗? JO: 你稍等.你的孩⼦叫什么名字?

Questioner: Sorry, I don't know how to ask. Can you tell me about the soul lessons we have with each other?

JO: Hold on. What's your child's name?

问: XXXJO: 你的孩⼦他需要你花更多的时间和耐⼼还有就是允许,主要是耐⼼吧.就好像他是来磨练你的耐⼼的,他让你更加具有… 你想象⼀下,⼀个母亲她又很温柔又很有耐⼼又是很允许又是包容的呢种状态.所以说他的存在,这段关系它会把你引向这个⽅⾯.

Questioner: XXXJO: He needs you to invest more time and patience, primarily patience. It's as if he is there to challenge your patience; to make you more... Imagine a mother who is both gentle and patient, allowing and accepting. So his presence, this relationship guides you in that direction.

问: 明⽩了.那就是我要更有耐⼼.

Question: Understood. That means I need to be more patient.

JO: 不是假装的有耐⼼,就是觉得我要去维护我们的关系,就是⽬的性很强嘛.⽽是说你真正的处于呢种状态.你真正是处于呢种我没有⽬的地马上去达到,就是放下你的⽬标和你的⽬的地.因为你会有⼀种会看结果,就是⽬的和结果,你很强调这个.

JO: It's not about pretending to be patient, it's just that I feel like I need to protect our relationship; there's a strong sense of purpose involved. Rather than being in the actual state you're in, where you truly don't have any specific goal or destination immediately at hand and are letting go of your goals and objectives. Because you place a lot of emphasis on seeing the results, on goals and outcomes.

问: 是的,我⼀切皆为结果为导向.

English: Yes, everything I do is goal-oriented.

JO: 对对,你是以结果为导向的⼈.那当你的⽬的和结果很强的话.那在⼀些看不到⽬的没有结果的⼀些东西,你就很难去真正的让你⾃⼰静下来,就是定在当下,安住于当下.就是你就很难安住于当下.然后这个就是他来帮助你,他可能会因为他的各种… 就是要把你磨成呢样⼦的.

JO: Yes, you're a result-oriented person. When your goal and results are strong, it becomes difficult for you to truly find peace and stay present in things that don't have a clear objective or outcome. It's hard for you to be anchored in the moment. This is where he can help you, as he might try to mold you into that kind of person.

问: 对的.那我对于他呢?

Question: Right. And what about him?

JO: 你们⾸先,关系都是相互的去滋养对⽅、成就对⽅.就是说你在这个过程,当你逐渐的去理解⽣命它更本就没有⼀个终点也没有任何固定的⽬的地.所有的⼀切就好像是⼀个标点符号,就是暂时的呢样⼦.它永远都是⼀个没有完结没有完成的⼀个状态.那当你放下这所有的⼀切的时候,你便不会去寻求⼀个完成式.你说.

JO: First of all, relationships are reciprocal, nourishing each other and helping one another achieve their potential. In this process, as you gradually come to understand that life has no definitive end or fixed destination; everything is like a punctuation mark, existing temporarily, always in an unfinished state where completion is never reached. And when you let go of all these things, you don't seek for a completed state.

问: 那我的脾⽓⽐较急躁,要如何让⾃⼰变的更加平和呢?

Question: If my temper is rather short-tempered, how can I make myself more peaceful?

JO:那就像刚才说你的孩⼦他就会把你这⼀⾯,就是把你磨成呢样⼦嘛,就是让你更加的有耐⼼,更加的就是我刚才前⾯说的呢个形象.因为当你成为呢样⼦的⼀个状态,你就会发现你们之间没有任何问题.那当你就是说没有达到呢样⼦的状态,你就会觉得,像你刚才说的,你们之间没有连接感,总是有问题,总是有隔阂.

JO: That's like what you said earlier about your child making you into that kind of person, which means they'll make you more patient and better suited to the image I mentioned just now. Because when you become this type of person, you will realize there are no issues between you two. But when you're not at that state, you'll feel as if there's a lack of connection between you two, always finding problems and barriers.

问: 对.我虽然特别爱他,但是总觉得⾛不进他的内⼼世界.

Question: Indeed, although I love him very much, I always feel unable to penetrate his inner world.

JO: 所以他也是来帮你助你.这么说吧,⽐如说你们⼈⽣中的⽼师,⽼师他是帮助你达到⼀个什么样的状态,对吧? 让你拥有什么品质啊或者是什么,学习任何,他会帮你达到⼀个状态.那其实你的孩⼦也像⽼师⼀样帮你达到另外⼀个状态,明⽩吗? 因为当你是在另外呢样⼦的⼀个⽅⾯,就好像你的⽣命又扩展了.

So he is also there to assist you. Let's put it this way, like your life's teacher, isn't the teacher helping you achieve a certain state, giving you qualities or something else, enabling you to learn anything? They help you reach a state. Similarly, your child also helps you reach another state in their own way, right? Because when you are dealing with them differently, it feels like your life is expanding again.

问: 我之前投资有失利过,我感觉我对⾦钱这⼀关还没有突破,还有⼀点恐惧.

Questioner: I have suffered losses in my previous investments; I feel that I have not yet overcome this hurdle concerning money, and there is still a sense of fear.

JO: 你的问题是什么?

Your question is what?

问: 我的问题是怎样突破?

Question: How do I break through?

JO: 怎样去突破⾦钱的恐惧吗?问: 对.

How do you overcome the fear of money? Questioner: Yes.

JO: 那⾸先说你是什么恐惧呢? 你是害怕投资失败吗?

JO: First, what kind of fear are you dealing with? Are you afraid of failing in your investments?

问: 我投资失利了,所以我现在害怕投资失败.打个⽐⽅,我现在⼀个公司上班,我当下要辞职啊,我就会考虑好多,就是我能不能还上房贷啊啥的? 我就会有这样的⼀个恐惧.

Questioner: I lost in my investments, so now I'm afraid of failing when investing. For example, if I have a job at a company and I need to quit, I would think about many things like whether I can afford to pay off my mortgage or not. This is the kind of fear that I have.

JO: ⾸先说这是你们⼈类普遍的对⽣存和对外在物质依赖的这种⼼态,就是这种态度.因为你们会觉得你需要,就是依赖这些物质你才能存活下去,明⽩吗? 这是你们的⼀个观念,这是你们集体意识中的⼀个呢个什么.但是呢,我想让你们看清楚的是你们本来就是受到⽆限的⽀持,⽽且所有物质上的⼀些你必须要有房⼦你必须要有怎么样怎么样,所有的东西它都是⼀个,好像是这个系统来控制你们的.⼀个⾦钱系统来控制你们的,让你们觉得你们没有办法,你必须要为你的房⼦去努⼒,明⽩吗? 其实你看⼀下,你们如果只是来保住你们的物质⾁体的话,你们在这个物质世界上你们需求很⼩.你可能三四⼗平⽶就⾜以让你的⾁体可以很舒适.你不需要三四百平⽶.

JO: Firstly, this is your human tendency to rely on survival and external material things, such an attitude. You feel that you need it; you must depend on these materials for your sustenance, understand? This is a concept that exists in your collective consciousness. However, what I want you to see clearly is that you are inherently supported by infinity, and all the material necessities like needing a house or having certain things are just part of this system controlling you, specifically a monetary system that controls you into believing you have no choice but to work hard for your housing needs, understand? Actually, if we look closely, when you're merely trying to protect your physical body's sustenance in the material world, your requirements are minimal. You might be comfortable with just 40 square meters of space for your physical body, needing far less than what you think is necessary like hundreds of square meters.

三四百平⽶带给你的可能就是更多的什么? 可能会消耗你更多的精⼒去做清洁是吧? 你可能还需要供养⼀个清洁⼯来帮你保持房⼦的⼲净.那你可能会不断地去花钱去填满⾥⾯的空间.但是这些对你们来说,对真正的你,其实三⼗平⽶和三百平⽶对你⾁⾝的舒适度也没有多⼤的呢个什么,你顶多就是让别⼈看起来我住的是⼤房⼦.that’s it,仅此⽽已.明⽩吗?

What a 300 square meters might bring you could be more of what? Perhaps, it would require you to exert more energy cleaning it up, wouldn't it? You might even need to hire a cleaner to help keep your house clean. This might lead to continuous spending on filling the space inside. However, for both of you, for the real 'you', there is not much difference between 30 square meters and 300 square meters when it comes to bodily comfort; you might only manage to make others believe that you live in a big house. That's all, that's it. Understand?

问: 那我要怎么做呢?

Question: So, what should I do?

JO: 你⾸先要看到你只是进⼊你们这个社会的集体观念⾥⾯去.那你选择进⼊到这个集体观念⾥⾯去,你看清楚了其实那并不是你真正的需求的话,那你是不是就可以有其它选择? 你就可以不⽤被这些束缚了,明⽩吗? 所以你就可以有其它选择.

JO: You first need to realize that you're just entering into the collective mindset of your society. If you choose to enter this mindset and then discover that it's not actually what you truly desire, wouldn't it make sense for you to have other options? You could then free yourself from these constraints, understand?

Therefore, there are alternative choices available to you.

问: 意思就是你的想法变了,你的⼀切都变了?

Questioner: Does that mean your thoughts have changed, and everything about you has changed?

JO: 是的.还有就是说并不是因为你选择,你可以有其它选择,然后你的物质就会变得匮乏.这是你们很⼤的⼀个卡点.为什么? 因为你们⼈们总是觉得如果我的欲望变⼩,我物质世界的东西是不是就全部都没了? 这并不是的,明⽩吗? 因为你外在的物质所有的⼀切,它实际上只是显现出你的⼀个能量级别,你的⼀个能量状态,明⽩吗? 所以说当你⾃⼰处于⼀个,⽆论什么你都是得到⽀持,⽆论你想什么你都会得到什么.如果你是在如此的⼀种状态下,你不会缺失或缺少任何.但是呢些东西它不再束缚你,你不会为了它们⽽活,明⽩吗?这是不同的⼀个状态,就是你不会缺少任何.即使它们⼀夜之间全部消失了,对你丝毫没有影响.

Yes. Additionally, it's not about the choice you make; there are other choices available to you, and thus your resources may become scarce. This is a significant barrier for many of you. Why? Because people often believe that if their desires diminish, will everything in their material world vanish too? It doesn't work that way, understand? Because all the outer physical things actually only reflect your energy level, your energy state, do you see? So when you are in any state, whatever you desire you receive. If you're in such a state, you won't lack or miss anything. But those things no longer hold you back; you don't live for them anymore, understand? This is a different state - one where you will not lack anything. Even if they were to disappear overnight, it would have no impact on you at all.

你不是为了它们⽽活,你不是为了它拼命的抓住,耗尽你全⾝的⼒⽓.你也不会去炫耀它,明⽩吗? 它已经对你不造成影响了.

You don't live for them, you don't拼命 grasp at them, exhausting all your strength. You wouldn't show it off either, understand? It no longer affects you.

问: 明⽩了.我经常在冥想的时候经常会连接上太上⽼君,他经常带我去⽉球啊什么的.这个经历是想引导我什么?

Question: Understood. I often connect with the Grandmaster Tai Shang during meditation, and he frequently takes me to places like the moon. What is this experience trying to guide me towards?

JO: 太上⽼君他在你⼼⽬中是⼀个什么样⼦的形象,你先说?

JO: What image do you have of Daoist Grandmaster in your mind? Please share first.

问: 是这样的,有⼀次我进元⾠宫,他说我是他的⼲⼥⼉.然后我每次叫⼲爹,呢段时间冥想他就会出现在我⾯前.

Questioner: It's like this, once I went into Yuanxu Palace and he said that I was his adopted daughter. Then whenever I called him 'Uncle', he would appear in front of me during meditation for a while.

JO: 那你怎么认识他的?问: 我不知道.

Japanese: How did you meet him? Question: I don't know.

Japanese: How did you meet him? Question: I don't know.

JO: 那你怎么知道太上⽼君这个名字呢?

"How did you come to know the name Tai Shang Lao Jun?"

问: 是因为有⼀次我进了元⾠宫,然后我到了呢个环境,我看到太上⽼君呢个相,我看到他跟呢个相是⼀样的.

Question: Was it because I once entered Yuanxia Palace and found myself in that environment where I saw the appearance of Tai Shang Lao Jun, which was identical to this?

JO: 那太上⽼君是做什么的?

JO: What does that Great Sage Equal to do?

问: 太上⽼君叫三清祖师爷.他是炼丹,看电视.

Question: Senior Sage Tai Sun refers to the Grandmaster of the Three Purities; he is alchemizing pills and watching TV.

JO: 然后你想问的信息是什么?

Then what information do you want to ask about?

问: 我想问的信息是我连接他,他想引导我什么?

Questioner: The information I want to know is, when I connect with him, what does he intend to guide me towards?

JO: 你稍等.你想要知道有没有什么信息给到你是吗?问: 是的.

JO: Wait a moment. Are you asking if there is any information to be given to you? Question: Yes.

JO: 然后这边有信息想要给到你的是,⽆论你⾃⼰想要去⽤任何的⽅式去展现你⾃⼰和与灵界保持连接.展现你⾃⼰,就是说在物质世界.然后和灵界连接,就是在虚.⼀个就好像是⼀棵树外⾯的树枝树叶,⼀个是根.也就是说你的根还有你的树枝,它都是得到⽀持的,都是得到滋养的,都是不断地去往地下扎根或者是不断地往上攀延攀升,就是不断地成长.这两层你都是受到⽀持的,明⽩吗? 这么说吧,你⽐如说想在物质世界好好创事业是吧? 那你这个就是实的,就是树枝树叶,因为这个是你们能看得到摸得到的东西.那这个你想要好好创事业,你是受到⽀持的.

Then, there's information here that I want to convey to you: whatever way you choose to express yourself and maintain your connection with the spiritual realm. Expressing yourself means within the physical world, and connecting means in the virtual world. It's like branches and leaves outside a tree compared to its roots. Your roots and branches are receiving support and nourishment continuously, both going downwards into the ground or upwards towards growth. In other words, you're being supported on both levels. Understand? For example, if you want to build a successful career in the physical world, that is tangible; it's the branches and leaves of your tree. And when you aim for success in such endeavors, you are indeed being supported.

那⽐如说你想要,⽐如说你现在在通灵,那你的呢个精神层⾯,就是你的精神世界,在灵界你想要探索想要保持连接,你也是受到⽀持的,明⽩吗?

For example, if you want to delve into spiritual realms or maintain a connection in the spirit world, such as when you're practicing divination, know that support is there for you, understand?

问: 那我能连接的上太上⽼君吗? 我跟你连接的时候,我能连接上他吗?

Question: Can I connect to Tai Shang Lao Jun? When I connect with you, can I also connect with him?

JO: 你现在想要连接他是吗?

JO: Are you trying to connect with him now?

问: 因为我跟他,进⼊世界后我不会对话.

Questioner: Because with him, after entering the world, I won't be able to converse.

JO: 你稍等.我连接⼀下.你说吧,什么问题?

JO: Wait a minute. I'll connect you. Go ahead, what's your question?

问: 我想知道我跟太上⽼君是不是有特殊的关系? 就是呢种⽗亲跟孩⼦的关系?

Questioner: I wonder if there is a special relationship between me and Tai Shang Lao Jun, like that of a father to his child?

JO: 你知道什么是特殊的关系? 特殊的关系就好像是你⾃⼰,你的意念下了⼀个订单或者是你锁定⼀些,你抛出去的.那如果你⾃⼰今天没有抛出去想要跟我们JO连接,那就没有.那如果你抛出去了,那就有.好像你们现实中跟⼈⼀样,如果你没有想建⽴特殊关系,你们是建⽴不起来的.因为你们是相排斥的,你是排斥他的.只有你想要跟他发⽣关系,就好像你们恋爱关系⼀样.那你们恋爱关系是不是要有你和对⽅,你们彼此都想要,然后就建⽴了所谓的特殊关系,明⽩吗?

JO: Do you know what special relationships are? Special relationships are like yourself, your thoughts placing an order or securing something that you've thrown out. If you don't throw anything out today that you want to connect with us JO, then there's no connection. But if you do throw it out, then there is a connection. Just as in reality with people, if you don't want to establish special relationships, you can't build them because you're being repulsive towards each other. Only when both of you want to establish that relationship, similar to how love works, does it become what we call a special relationship, right?

问: 因为我每次在冥想的时候,我经常都会靠在他肩上,很有⽗爱的这种感觉.这个平时我是没有感知到的,只有在呢种场景下才感知到.

Questioner: Whenever I meditate, I often rest my head on his shoulder, feeling a sense of paternal affection. This sensation is only present during such scenarios; it's not something I usually experience in everyday life.

JO: 任何你想要去体验的,你都可以去让⾃⼰去体验,明⽩吗? 你才是呢个主⼈去决定你要去体验什么,要吸引什么.就算这个特殊关系,也是你的意愿.就好像你跑出去了这个线,你才能去连接上,明⽩吗? 就好像前⾯带给你的信息,你的所有都是被⽀持的.你不是被动的,你们总觉得你们是被动的.

JO: Whatever you wish to experience, you can allow yourself to experience it, understand? You are the master deciding what you want to experience and what you want to attract. This special relationship is also by your will. As if you step out of this line, you can connect, understand? Like the information given to you beforehand, everything about you is supported. You are not passive; you both always feel as though you are passive.

问: 那你的意思是我⾃⼰先有这个想法,才呈现出这个…JO: 所有的东西都是你⾃⼰的意愿.那呢个意愿可能是在你现在的显意识下你没有觉察到的.他有可能是你的⾼我,是你的灵魂层⾯,明⽩吗? 但是这也是你的意愿.只是你这个头脑它还没有notice到,没有去注意到或者是没有觉得会有什么关联.因为你们头脑⼀定会把东西扯上什么关联才会觉得….扯不上关联,你们是没有办法去理解它的.

Questioner: That means I have this idea first and then it manifests...JO: Everything is your own will. That intention may be in your subconscious mind that you haven't realized yet. It might be from your higher self, on the soul level. Do you understand? But still, it's your will. Only that your mind hasn't noticed or doesn't feel any connection because you always try to link things together; if there's no connection, you can't understand it.

问: 那我能连接上他吗?

Question: Can I connect with him?

JO: 你现在就是在跟你想要连接的这股能量对话,你可以继续提问.

JO: You are now conversing with the energy you wish to connect with, you can continue asking questions.

问: 我如何能够在我跟他连接的时候可以跟他对话? 在呢种场景下,我不知道⾃⼰说什么.

Questioner: How can I engage in conversation with him when we are connected? In that situation, I don't know what to say.

JO: 为什么你⼀定要去逼着你去说什么,如果你不知道你想要说什么? 只是去允许,任何时候,你只是去敞开你⾃⼰,你不知道接下来会收到什么惊喜.

JO: Why force yourself to say something you don't know if you want to say, when you can just allow and open yourself at any time, not knowing what delightful surprise awaits you next?

问: 你的意思是不是要去问你想问的问题,呢个状态下是什么样就是什么样,是这个意思吗?

Questioner: Are you suggesting that you will ask the questions as they come to mind, and let them be whatever they are, is that correct?

JO: 你不是说我⼀定要去跟他对话或者是我要找到问题怎么样怎么样.⽽是说你全然的⼀个敞开的状态,你允许⽣命不断地给你显现奇迹、惊喜.

JO: You weren't saying that I had to definitely go and talk to him or find out how things are. Rather, you were talking about being completely open, allowing life to constantly show you wonders and surprises.

问: 奥,明⽩.就是他能不断地给我带来惊喜,能这么理解吗?

Question: O, understand. He can continuously bring me surprises, can it be understood like this?

JO: 不是他,是⽣命.这⾥没有任何他.当你在说任何他的时候,你又是在局限.

JO: It's not him, it's life. There is no he here. Whenever you talk about his, you are limiting.

问: 那我也特别太上⽼师的滋养.我爸妈已经离婚了,之前我跟我妈⼀直住.跟我妈拌嘴,不孝顺.现在他们都不在了,我要如何去修复我们之间的关系呢?

Question: Well, I'm also deeply nourished by Senior Master Tai Shang. My parents have already divorced; previously, my mother and I lived together. When I argued with her, I was disrespectful. Now that they're no longer around, how should I go about repairing our relationship?

JO:你稍等.⾸先你要知道你所做的⼀切,你的所有⾏为都没有罪.你要记住这句话.所谓的孝顺,那只是你们物质世界去加的⼀个.但是你要知道你可能表⾯上百依百顺,就是孝顺,但是你在内⼼却是充满了抵触,充满了不情愿.呢个也是不会滋养你们的关系的.所以说你永远伤害不了任何,包括对你母亲.你们所谓的伤害只来⾃于你们还有这个⾁体,你们的物质头脑,你们还有这个物质⾁体存在,伤害才会存在.那当,你说她的⾁体已经不存在了,所以你的伤害也就不存在了.当然你可以去通过,就是你觉得你以前做了所谓的拌嘴或者是什么,去达到和解.达到什么和解呢?你⾃⼰与⾃⼰的和解.什么和解呢?就是你允许你⾃⼰在不同的阶段有不同的⼀个状态.

JO: Wait a moment. First of all, you need to understand that everything you do and every action you take is without sin. You must remember this statement. The concept of filial piety is just something added by your physical world. But you must know that even though you may outwardly obey and appear obedient, filled with obedience in your heart but unwillingness internally, it will not nourish your relationship. Thus, you can never harm anyone, including your mother. The so-called damage comes only from you and your physical body, your material mind, and the existence of your physical body, causing harm to exist. When you say her physical body no longer exists, thus the damage also ceases to exist. Of course, you can go through what you perceive as arguing or something else in the past to achieve reconciliation - not with others but with yourself, reconciling with different states of your own being at various stages.

你说你们⼩孩⼦在⼩时候,⼏岁的时候都会发脾⽓,对不对? 他可能会哭啊闹啊,打妈妈啊,这些⾏为.你说你们会去因为这个⽽去给他任何定义吗? 这个⼩孩⼦不孝,你看他这么⼩就开始打妈妈了.你们不会.这是他成长的⼀个过程.他释放他⾃⼰情绪的⼀个(⽅式).

You say that your children will have tantrums when they're young, like in their toddler years, right? They might cry or act up, hitting their mom, and so on. Do you go as far as to define them based on this behavior? Calling the child disobedient because he's already hitting his mom at such a young age. You don't do that. It's part of his growing process. It's how he expresses his own emotions.

问: 那现在我要怎么做呢?

Question: So, what should I do now?

JO: 你要怎么做? 就是说你看到你⾃⼰内在产⽣的这个内疚,它是不需要存在的.你也不需要为你的过去的这些,就是给你的⼀些⾏为任何的⼀个批判,觉得你以前不孝怎么样怎么样.为什么呢? 因为当你还有孝的呢个形象存在的时候,你其实就在限制.就⽐如说,你⼉⼦以后跟你拌嘴或者是没有依照你的意愿,你也会觉得他是个不孝之⼦.你也会觉得如果其他的孩⼦对他们的⽗母有这样的⾏为,你的头脑⾥⾯会说,真的是个不孝之⼦.所以说,当你⾃⼰在你⾃⼰在你内在消失了对你⾃⼰的这种评判.你也会去消失对其他⼈的评判,⼀切都是从你这⾥开始,明⽩吗? 所以说你不需要有任何的⼀个… 为什么?

JO: How would you handle it? That is to say, you see this guilt that arises within you—it doesn't need to exist. You don't need to criticize your past actions or feel that you were ungrateful in any way. Why not? Because as long as the image of filial piety exists, you are restricting yourself. For example, if your son argues with you or does not follow your wishes, you might consider him to be an ungrateful child. You would also think that if other children behave this way towards their parents, your mind would label them as truly ungrateful. Therefore, when you eliminate self-judgment within yourself, you will also cease judging others. It all starts with you, understand? So there is no need for any... Why?

因为你所有的这些孝顺的观念或者是拌嘴,这些东西它都是属于你们这个⾁体,情绪嘛,你们有情绪嘛,和你的头脑的定义,你的记忆.这些东西,当你的⾁体消失的时候,它这些都会…. 这些都是障碍,对吧? 这些都是幻像,那当⾁体消失的时候,它幻像已经不存在了.所以也不会受幻像的影响了.

Because all of your filial piety concepts or arguments are part of your physical being, your emotions and the definition of your mind, including your memory. When your body disappears, these will... These are obstacles, right? These are illusions, so when the body disappears, the illusion no longer exists. Therefore, you won't be affected by the illusion anymore.

问: 我当下最⼤的束缚是什么? JO: 你再说下你的名字?

Question: What is my greatest constraint right now? JO: Please say your name again.

问: XXXJO: 你当下的束缚正好是你⼉⼦想要带给你的礼物,就是通过他的存在,就⽐如说你就是执念.执念就是说⽬的性太强,就是我⼀定觉得这个事情靠这样的⼀个⽅式,就是⼀定要达到这⾥我才是成功的,⼀定要怎么样我才是什么什么的.就是头脑⾥⾯太多的这种框架.然后太多的框架它实际上并不会帮助你的发展,反⽽还会阻碍你的发展.你有可能会觉得就是因为这些我才取得了⼀点成绩.但是你怎么知道,这么说,你好像你⽤⼒去抓抓了⼀把沙⼦.然后呢⼀把沙⼦就是所谓的钱嘛.你觉得你看,我抓了⼀把钱.那你要知道,如果你不去抓这⼀把钱,全世界的钱全是你的呢?

Questioner: XXXJO: The constraints you are currently facing are actually gifts from your son, which he wants to bring into your life through his presence. This is like your obsession or fixation on goals being too strong, believing that I must achieve this in a certain way for it to be successful, insisting on how I should do it to become what I am supposed to be. There are too many frames of mind in your head. Too many frames actually don't help you develop; instead, they hinder your growth. You might think that these constraints have helped you achieve some results. But how can you know for sure that this is not just like trying to catch a handful of sand and realizing later that all the sand represents wealth? You then wonder, if I didn't try to grab this handful of money, wouldn't all the money in the world be mine?

问: 那我如何能够更好的去除这些束缚呢?

Question: How can I better remove these limitations?

JO: 你稍等,我连接⼀下.去除这些束缚需要去你越来越多的进⼊允许和进⼊到⼀种就是听天命,就是让你的⽣命进⼊到⼀种你是跟随这个⽣命的… 就顺势⽽为,潮流.就好像⽣命是⼀条河,这条河它实际上⼀直是在朝向呢个⽅向流动,是吧? 然后你只是在河上⾯,让这股 (潮流)带着你⾛.也就是说依照宇宙的⼀个同步性.因为所有的⼀切它其实并不是依靠你们的⾁体⽤⼒去推出来的.因为你们总会觉得你们世界上… 这样看吧,如果它真正是靠⾁体推出来的东西,它其实能创造的东西⾮常的有限.那如果是能量的级别,所有的⼀切都是能量的显化的话,创造的就是⽆限.

JO: Wait a moment while I connect to it. Removing these restrictions requires more of your permission and entering into the realm where you're following life as it is... going with the flow, like the tide. Imagine life as a river; this river actually flows in one direction consistently, right? You are just on top of the river being carried along by its current. This means following the synchronicity of the universe because everything doesn't depend on your physical effort to push it forward. Your perception might suggest that if it were purely based on physical force, it could create quite limited things. But when it comes to energy levels, since everything manifests as energy, creation is limitless.

问: 那我这么理解,就是不要去想太多的结果,不要去想太多…JO: 这不是单纯的不要去想或者是怎么样,⽽是说你⾃⼰让你的头脑意识到了是这么回事.那我就是让我的头脑越来越松动,我就是越来越允许我⽣命中同步性,允许放⼿.⼀放⼿,咦,我感觉挺不错的.就好像你的⼀个孩⼦,最开始学骑⾃⾏车.他不允许他爸妈放⼿,他怕摔.那爸妈最开始放了⼀下,让他体验了⼀分钟.他感觉,咦,我没事.你们需要这样的⼀个过程.就是你逐渐的去⽣活中发现这些,就是你越是放⼿,你⽣命中越是越来越不费⼒.这是⼀个逐渐成为的过程.但是你必须要明⽩的⼀件事情就是说,⽣命它本⾝就在转动.它不是依靠你⾃⼰的⼒量.依靠你⾃⼰物质⾝体的⼒量的话,有时候更多的是让你处于

Question: So I understand that it's not just about not thinking too much or anything like that; rather, you are making your mind aware of this fact—that is, letting your mind loosen up more and allowing synchronization in life. When you let go, I feel quite good about it. It's like when a child learns to ride a bike—the child doesn't want their parents to let go because they're afraid of falling. Initially, the parents might let them experience holding on for just a minute. The child feels, "It's fine." You need this process—gradually discovering in your life that the more you let go, the less effortful life becomes. This is a gradual process, but it requires understanding that life itself moves and doesn't rely solely on your own power or physical body's strength; sometimes that can just make you feel...

⼀种很吃⼒,就觉得⽣活很吃⼒很费⼒的⼀个状态.

It's a state where life feels very burdensome and exhausting.

问: 那我要如何能更好的去连接⾼我,让我在灵性成长的道路上⾛的更好呢?

Question: How can I better connect with my Higher Self to facilitate my spiritual growth?

JO: 你现在就在这条路上,所以你不需要去,就好像刚刚说你越来越多的去让你的头脑… 是⼀个发现的问题,⽽不是说你要如何去做的⼀个问题.你发现了,然后你就⾃然⽽然的就允许了.你们⽣活中有很多例⼦,你可以从别⼈的例⼦当中去发现.为什么他们创造财富或者是创造任何时,不费吹灰之⼒的? 明⽩吗?

JO: You're already on this path right now; there's no need for you to go anywhere because that was like just saying you've increasingly allowed your mind… It's a discovery process, not necessarily about how to do it. You discover something and then you naturally allow it in your life. There are many examples in your lives where you can find this from other people. Why do they create wealth or anything else effortlessly? Do you understand that?

问: 可能我太去执念⼀个东西的时候,我就失去了⼀个….

Question: Perhaps when I become too obsessed with something, I lose...

JO: 就是说你本来就拥有全世界,所有的能量都是来随你调动的.那它是供你随便怎么调动的话,你为什么要紧紧抓住呢⼀点呢? 还耗尽你全⾝的⼒⽓,紧紧的去抓住呢⼀点.

JO: That means you already possess the entire world; all energy is available for you to manipulate. If it's meant to be at your disposal however you see fit, why hold onto one tiny part so tightly? Why expend all your strength to clench onto that one thing?

问: 那我跟我爸妈的缘分是什么? 他们来到我的⽣命当中是想帮我突破什么吗?

Questioner: So what is my connection with my parents? Are they here to help me overcome something in my life?

JO: 你稍等,我连接⼀下.他们主要是让你变得强⼤.因为你从他们呢边得到的依靠或者是依赖或者是扶持,这点是特别少.这么说,就好像是拐杖,如果你对他们有很强⼤的依赖的话,那就好像你⼀直⾛路⽤拐杖.那你的腿脚肌⾁可能就得不到好的锻炼,那你的⼒量可能就没有很好,对吧? 因为你⼀直⽤拐杖⾛,你肌⾁发⼒⾃然就少了.那你没有拐杖,你就必须要靠你⾃⼰的双腿,那你的⼒量是不是就变的强⼤了? 所以说他们是来让你变成,实际上你是⼀个⾮常强⼤的灵魂.所以说当你把这些限制看到,我们都不说拿开啊,你看到,然后逐渐的允许,进⼊到⼀种天⼈合⼀的状态吧.然后你就会发现你能创造⾮常⾮常多.为什么呢?

JO: Wait a moment, I'll connect you. They mainly aim to strengthen you because the reliance or dependence or support you receive from them is particularly limited. It's like using a cane; if you rely on it very heavily, it's akin to walking with a cane all the time. Your leg muscles might not get proper exercise, and your strength might not be well developed. Correct? Since you're always relying on the cane, you naturally use less muscle power. Without a cane, you must depend solely on your own legs. Wouldn't that make your strength greater?

So they come to help transform you into an incredibly powerful soul. Therefore, when you see these limitations, instead of removing them, simply acknowledge them and gradually allow yourself to enter a state of harmony with the universe. You will then discover that you can create immensely. Why is this so?

因为像前⾯的信息说,你地底下和上⾯都有⽀持.

Because as the previous information states, you have support both underground and above.

问: 那我爸妈有没有想跟我说什么吗? 我能连接⼀下他们吗?

Questioner: Or did my parents want to tell me something? Can I connect with them?

JO: 你这边的信息告诉你,他说你⾮常强⼤,所以你并不需要去依赖或者是靠任何.这就是你发现你⽣命当中有靠⼭,就是来让你做⼀个⼩⼥⼈这种,不太会有.

JO: The information on your side tells you that he thinks you are incredibly strong, so you don't need to rely on or depend on anything. This means you find someone in your life who supports you, making you feel like a little girl, somewhat powerless.

问: 确实,是.

English: Questioner: Indeed, it is.

JO: 对,就是没有办法让你做个去依赖其他,就是做⼀个⼩⼥⼈的呢种.问: 那我爸妈就是告诉我我很强⼤,不需要去依赖?

JO: Yes, that's right; you just can't make someone be dependent on others, like a little woman. Questioner: But my parents tell me I'm strong and don't need to rely on anyone?

JO: 不是.因为你本⾝就很强⼤.你本⾝就很强⼤的话,⾃然⽽然就会去排斥需要让你靠的东西吧.不是排斥…问: 你所说的这个强⼤是指我的灵魂层⾯吗?

JO: No, because you are already strong. If you were already strong, naturally, you would reject the things that need to rely on you. Not rejection... Question: When you say strong, do you mean my soul level?

JO: 对,灵魂层⾯.但是你要知道物质世界你们显现的⼀切都是你们灵魂层⾯显现出来的呀.所以这是没有区别的.

JO: Yes, at a spiritual level. But you need to understand that everything you manifest in the physical world comes from your spiritual plane. So there is no difference.

问: 那我想要去做⼀个事业的话,就是跟⼼理学这⼀块的呀,是不是都是适合我的呀?

Questioner: If I want to start a business related to psychology, is it suitable for me?

JO: 适合你们的,总是呢句话就是你们可以不吃不喝为它去付出你的时间和精⼒的东西,那就是适合你的,明⽩吗? ⽐如说你没有收⼊,没有钱拿给你.然后你可以做它的时候,你都可以忘了吃忘了喝.为什么?吃喝不吸引你了.如此吸引你的东西,呢个就是让你如鱼得⽔,让你做的很棒的东西.所以呢是来⾃于你,因为呢个才是最强⼤的⼀个像是引擎⼀样,⼀个很强⼤的动⼒.

JO: Things that are suitable for you are those things where you can sacrifice your time and energy without eating or drinking, that's what suits you. For example, if you have no income, no money to spend on it, but when you do it, you forget about eating and drinking because they're not attractive anymore. The things that attract you deeply make you feel like swimming in water, making you perform excellently. It comes from within you because it's the strongest force acting as a powerful engine inside you.

问: 我可以这么理解吗,就是其实我已经很强⼤了.我的灵魂层⾯很强⼤,但是我可能没有发现.

Questioner: Could it be that I'm powerful in essence, my spiritual level is strong, but perhaps I haven't realized it yet?

JO: 你不是没有发现.你知道你的内在是拥有是拥有强⼤的⼒量,好像有⼀股⽓你想要去争⽓吧.你们物质世界不是有⼀句话,你要争⽓.然后你⾃⼰是知道的,明⽩吗? 只是说你还会有⼀些你们集体意识中的⼀些观念,就刚才说你们集体意识都被⾦钱这些,就觉得要怎样怎样.你还会有⼀些集体意识中的⼀些东西需要被你看到⽽已.

JO: You haven't missed it. You know that your inner self possesses tremendous power, like there's a drive or an urge you want to prove something. There is a saying in the material world of yours, "You have to fight for respect." And you are aware of this, right? It's just that you still need to address some collective consciousness concepts within you - what was discussed earlier about how your collective consciousness has been influenced by money and its implications. You simply need to become aware of these aspects from the collective consciousness.

问: 我怎么才能看到集体意识中的这种…JO:你看到它,它就对你没有影响了.你看到过后,你就可以⽴马做出不同的选择了.你只知道呢是你的⼀个⽆意识去相信的⼀个东西.这么说吧,你⼀直在发抖⼀直害怕.为什么?前⾯有⼀个⿁影,你特别害怕.那你说我怎么样才能去除这种害怕呢?我把等打开,前⾯呢个⿁影是个什么?是⼀件⾐服.你还会害怕吗?你⾝体不会产⽣这种恐惧了呀.所以说是⼀样的.你只要看到你们⼈类有这个系统,⾦钱系统,就是你们⼀定要怎样怎样.才会导致你们所有⼈都被束缚在呢⾥,让你不能完完全全的做你⾃⼰.那你看到了,他就不再对你造成影响了.就好像我刚刚说的呢个⿁影的故事⼀样.

Questioner: How can I see this in集体意识...JO: You see it, and it doesn't affect you anymore. Once you've seen it, you can make different choices right away. You only knew it as something unconscious that you believed. Let me explain: you have been shaking with fear for a long time. Why? There is an apparition in front of you, and you are particularly scared. Now, how do I remove this fear? What's behind the curtain when I pull it back? It's just a piece of clothing. Would you still be afraid then? Your body wouldn't generate that fear anymore. So it's similar: once you understand there's this system in humans—the money system—that inevitably leads all of you to feel restricted and unable to fully be yourselves, seeing it removes its influence on you. It's like the story I just told about the ghost.

那你说你已经看清楚是件⾐服了,你还会受它影响吗? 你还会害怕吗? 你不会的.

If you've already determined it's a piece of clothing, would you still be influenced by it? Would you still be afraid? You wouldn't.

问: 我跟我⽼公已经离婚了,但是我觉得我没有痛苦的感觉.我觉得我好像真的是⽅下了.

Questioner: I have already divorced my husband, but I don't feel sad. I feel like I've really let go.

JO: 你的问题是什么?

Your question is what?

问: 我的问题是我⽼公来到我的⾝边的⽬的是什么?

My question is, what is the purpose of my husband coming to be with me?

JO: 还是独⽴.还是让你更加的独⽴.这么说吧,也像是拐杖⼀样.因为你少了这个拐杖的话,你就让你⾃⼰的腿变得越来越强壮.所以说这个拐杖少的原因,也是因为你想要去呈现出你强⼤的灵魂,它是不受任何影响的.即使你没有得到⽐如说从你的⽗母或者⽼公呢边得到强⼤的⽀撑,you don’t need it,就是你不需要.然后因为你本⾝就是很强⼤很独⽴的.就好像这么说吧,你是⼀棵参天⼤树,你不是⼀棵藤蔓,就是会缠到树上⾯要依靠呢个,明⽩吗?

JO: Still independent. This makes you more independent. To put it another way, it's like a crutch because without this crutch, you are empowering your legs to become stronger and stronger. The reason for having less of this crutch is that you want to show that your soul is strong and不受 any influence. You don't need it; you just don't need it because you're inherently strong and independent. It's like saying you're a towering tree, not a vine缠绕 around the tree needing support from others. Understand?

问: 就是我已经强⼤到,就是在灵魂层⾯完全就是独⽴的?

Questioner: Does it mean that I am strong enough to be completely independent on a soul level?

JO: 你本⾝就是⼀个独⽴的.你是⼀棵参天⼤树,你不是⼀根藤.⼀根藤的话,它不停的想要找地⽅,找⼀个树缠在上⾯它才得以发展.你不需要呀.

You are independent. You are a towering tree, not a vine. A vine constantly seeks to find somewhere to attach itself to another tree for support in its development. You don't need that.

# 2023/06/14 — 连接外星⼈22号之逃离头脑的圈套Escaping the Traps of the Mind with Alien 22

JO: 你说吧,什么问题?

English: JO: Speak up, what's the question?

问: 昨天我关于完全的放⼿和转换存在状态这两点有⼀点打结.请问您能不能感受⼀下我的能量状态看看我又在纠结什么?

Question: Yesterday, I was a bit confused about letting go completely and changing my existence state. Could you please sense my energy level to see what else I might be struggling with?

JO: 就算你觉得你的头脑⾥⾯理解了,呢也只是你进⼊的⼀个圈套⽽已.因为你还在试图⽤你的头脑去理解.当你在进⼊,你试图理解的时候你就已经进⼊这个圈套⾥⾯.我不管你能想明⽩还是不能想明⽩.因为你只是⽤你呢⼀点点,就是⾃⼰说服⾃⼰,你在⾃⼰⿇痹⾃⼰.

JO: Even if you think you've understood in your mind, it's just a trap that you have stepped into because you're still trying to understand with your mind. The moment you attempt to understand, you are already within this trap. I don't care whether you can figure out the truth or not. You're just using that tiny bit of your mind to convince yourself and dull your own awareness.

问: 我发现我昨天就好像是进⼊到⼀个我⾮要⾃⼰说服⾃⼰的状态,然后⼀旦不能⾃我说服,我就开始感到有⼀点愤怒.

Questioner: I found myself in a state yesterday where I had to convince myself of things, and once unable to persuade myself, I began to feel a bit angry.

JO:这么说吧,你就好像你是⼀条鱼.你在⽔⾥⾯什么都很好.你却逃出⽔⾯,在陆地上⾯.然后你却说为什么在这个陆地上⾯没有⽔? 为什么会这样? 为什么会呢样? 你就不断地去… 明⽩呢个意思吗? 你是在⼀个错误的⽅向,因为你进⼊你的头脑,头脑本⾝就是你的限制和束缚.所以说就好像你本⾝是在⽔⾥⾯,你要离开⽔到陆地上去.然后产⽣的种种不适应,你说我要怎么样去找到出路.你觉得你在陆地上能找到出路吗? 所以说⽆论你怎么找,你都会是⼀个挣扎的状态.

JO: Imagine you are a fish; everything is fine in water. You escape from the water and onto land. Then you wonder why there's no water on land, why it happens like this? Why does it happen this way? You keep wondering about this... Do you understand this meaning? You're heading in the wrong direction because you enter your mind, which itself is a limitation and constraint for you. So you're actually inside the water but want to leave it for land. As a result, you experience discomfort everywhere, asking how to find a way out. Do you think you can find an exit on land? Therefore, no matter what you do, you will always be struggling.

问: 因为这个通灵的⼥孩⼦现在⼀直在国内旅游,但是我昨天就有⼀个念头就是⽆论怎么样,我们都会有⼀场通灵.然后这件事情今天就发⽣了.我在欣喜的同时也再次看到了我们意念的⼒量.请问关于这个我的⾼我还有没有什么别的信息是需要带给我的呢?

Question: Since the spirit-sensitive girl is currently traveling domestically, but yesterday I had a thought that no matter what, we would have a spiritual connection. And this event happened today. In my joy, I've once again witnessed the power of our thoughts. Could you please share any other information from my higher self regarding this?

JO: 你有没有发现你⾃⼰是在找⽣活的⿇烦.就好像要找⼀个(⽅法)解决它,然后你会觉得你解决它了,你⾃⼰就很聪明了.你就不能单纯的去享受它吗? 造物主把所有的⼀切,你需要吃的,有各种⽔果给你选择.你需要喝的,你需要任何,你的⾁体需要的任何… ⽐如说你需要⼿、脚、眼睛、⿐⼦、感受,你什么东西你缺了? 那既然所有的东西,⽆论是你⾃⾝的,你这个⾁体所需的,还是你这个⾁体存活在这个地球上所需的其它⽀持都已经存在了.为什么你还会不断地去找⿇烦呢? 你觉得是不是我要去做⼀些什么? 你真正能做的是什么你知道吗? 是享受⽣命.去享受去感受去体验你⾃⼰,你⾃⼰就是⼀个伟⼤的存在.为什么呢?

JO: Have you noticed that you're seeking the troubles of life, like finding a way to fix them? You feel smart when you think you've solved it. Can't you just enjoy it as it is? God has provided everything you need - food in various fruits for your consumption and anything else your body requires... like hands, feet, eyes, nose, senses; what could you possibly be missing? Since all of this exists – whether it's something you need for yourself or support for your existence on Earth, why are you still seeking troubles? Don't you feel there should be a solution I should provide? What can you truly do, beyond this? You know it: to enjoy life. To experience and embrace who you truly are - an amazing being. Why not?

因为你想什么,它就可以给你显化什么给你体验,明⽩吗? 所以你就感受你⾃⼰给你⾃⼰带的惊喜.当你脱离这个物质世界的时候,那是另外的体验.它跟物质世界的体验是相反的.物质世界的体验就好像你们⾃⼰… 这么说吧,你们以前打游戏,你们就是呢种很简单的游戏机,对吧? 它的颜⾊很简单.那你们现在的游戏机,你去看⼀下.它戴上眼镜就好像⾝临其境,对不对? 然后它会有各种刺激,⽐如说风吹,椅⼦动或者是各种.它为什么这样⼦呢?你们⼈为什么设计成这样⼦呢? 为什么不断不断地在让你们的体验更加的真实呢? 那你们的这个物质世界,你现在进来了过后,这就是来让你更真实的感受.没有⽐这⾥更精彩的地⽅.

Because what you think, it can manifest for you to experience, understand? So you feel the surprises that you bring to yourself. When you leave this material world, it's another kind of experience. It contrasts with the experiences in the material world. The experiences in the material world are like... Let me put it this way, you used to play games, and you were simple game consoles, right? Their colors were straightforward. Now look at your current game console. With glasses on, it feels like you're there, don't you think? Then it has various stimuli, such as wind blowing, chair movement, or all sorts of things. Why is it set up this way? Why do humans keep making your experiences more real? This is why your material world exists now to allow you to feel more genuinely. There's no more exciting place than here.

恐怖的东西可以把你吓的要死,你们物质世界不是也在演绎⼀些恐怖的吗? 电影越恐怖越刺激越卖座.那你想象⼀下,你们物质世界所创造的⼀切不就是为了你们的体验更加的 (真实)? 你们为了美⾷,不断地追求美⾷,各种调味料.为的是什么? 为的是让你的体验更加的棒,更加的好.那你来到这个物质世界是不是也是让你的体验更加的好、更加的⽣动? 你

Terrifying things can make you want to die of fright, isn't your material world also featuring some terrifying stories? The more terrifying the movies are, the more thrilling and successful they become. So imagine this: everything created in your material world is meant to enhance your experience (realness). You're constantly pursuing delicious food with various seasonings for what purpose? To make your experience better and enjoyable. When you come into this material world, isn't it also to provide you with a more vivid and enhanced experience?

需要有⼀个敌⼈的话,呢个敌⼈就演绎的淋漓尽致,你真的想杀掉他.你说是不是很爽? 那如果他假惺惺的,你都感受不到敌意.所以说,你们just enjoy,你们在游戏⾥⾯,enjoy the game.因为it’s not easy to come here,明⽩吗? 就好像你们呢种越是完美的体验的话,你们是不是就越是需要花更多的钱去买票去排队.这么说吧,你们有呢些就是他们现在在造⽕箭上⽕星的⼈.呢个票多少钱⼀张? ⾮常昂贵,不是所有⼈都能买,对不对? 那他们买的是什么? experience,就是体验,明⽩吗? 他买的是不是体验? 他买到吃的了、喝的了、穿的了、⽤的了、⾦银珠宝了? 没有.

If there has to be an enemy, that enemy would be portrayed to the fullest extent, you really want to kill him. Isn't it exhilarating? If he pretends too much, you wouldn't even feel the hostility towards him. Therefore, you just enjoy, you're enjoying the game in this context. Because getting here isn't easy, understand? Just like how you might spend more money buying tickets and waiting in line for that perfect experience. Let me put it this way: these are people who buy tickets to ride rockets to Mars. How much is one ticket priced at? It's incredibly expensive; not everyone can afford it, right? What do they actually pay for? An experience - that of space travel, understand? They don't buy food, drinks, clothes, tools, or jewelry; no, all they get is the experience.

就是这个体验.那你们都知道你们在物质世界⾥你们会花很多很多钱去买呢个体验.那你们现在拥有了这种⾮常,就是不是⽤钱能买到的体验.You are in,就是你已经在这⾥⾯了.就好像你们的太空飞船,可能买个⼏千万⼀张票吧,是吧? 你现在已经在上⾯了,你想象⼀下.多少⼈买不到票? 为什么就不能单纯的去enjoy? ⽽是⼀定要去做⼀点什么、去找⼀点⿇烦、去体现你的价值? 因为你本⾝就有价值,你不需要去通过你的⼀些⾏为或者⾏动才体现出你的价值,明⽩吗? 因为你觉得你需要做某⼀件事情、解决某⼀个问题你才有价值的话,那你就是⼀个没有价值的⼀种表现.

It's this experience. You know you spend a lot of money in the material world to get that experience. Now you have this incredible, non-priceable experience. You're in, meaning you're already here. Like your space ship, maybe it costs several tens of millions for one ticket, right? You're on it now, imagine. How many people can't afford tickets? Why can't you simply enjoy it? Instead, you must do something, cause some trouble, prove your worth? Because you inherently have value; you don't need to prove your value through actions or behaviors. Understand? Because if you feel like you need to solve a problem or do something significant to prove your worth, then you're just not valuing yourself.

问: 我能不能请问⼀下我的JO和指导灵有没有什么信息是要带给我的?

Question: Can I ask if there is any message that JO and my guiding spirit have for me?

JO: 今晚所有的信息,你都会有你⾃⼰的⼀个吸收它的速度,去领悟它的速度,去按照你⾃⼰的⼀个…去领悟它.所以你就算… 还有⼀句话就是说你真的不需要⽤你的头脑去规划、策划、寻找、着急、担忧.不需要.为什么呢? 因为就好像刚刚说你是离开⽔源,你去了陆地上,当你进⼊你的头脑.你的头脑总觉得怎么这⾥就是没有⼀个出路呀.因为你在⼀个 wrong place,你在⼀个错误的地⽅.你本⾝你就离开⽔源了.你唯⼀要做的就是回到源头.因为当你离开它的时候,你怎么样都是⼀个挣扎的状态.你就算找到⼀个再是合理的⽅式⽅法,下了⼀点⾬,你感受到⼀点⽔,扑腾⼏下.⾬停了呢? 继续挣扎.

JO: All the information tonight, you will have your own pace to absorb it, your own speed to understand it, and to interpret it according to your own... So even if you have another line that says you really don't need to use your mind to plan, strategize, search, worry. You don't need to. Why is this so? Because it's like what was just said about being away from the source; you went onto dry land when you enter your mind. Your mind always feels stuck because there doesn't seem to be an outlet here. You're in a wrong place, at the wrong location. You've actually moved away from the source. The only thing you need to do is return to the origin. Because no matter what happens, once you leave it, you are in a state of struggle. No matter how reasonable the methods are that you find, even if it's just a little rain that brings some water, causing you to thrash around for a bit. When the rain stops? Continue struggling.

问: 能不能请你帮我们连接⼀下我们的朋友外星⼈22号? JO: 你稍等.

Questioner: Could you help us connect with our friend, Alien #22?

A: Please wait.

22号: 我们想要告诉你的是刚才我们也在旁边,你们所谓的旁边.我们也在体验你们的对话.

On number 22, what we want to tell you is that just like you were on one side, what you call the 'side', we were also experiencing your conversation.

问: 🗎🗎.第⼀个问题是当你们在⾯临抉择的时候,你们是如何做出选择的?

Question: When faced with choices, how do you make your decisions?

22号: 我们不做出选择,因为当你在做出选择的时候,你会去对⽐,你会去⽐较.就觉得哪个好哪个会坏.那当你在做这件事情的时候就好像你已经离开了⽔源,就好像你已经跳到了陆地上⾯去.然后你再说到底是哪⼀条路好啊? 所以说当你进⼊到⼀个我要如何选择的时候,你已经是在离开⽔源到了陆地.

On the 22nd day: We don't make a choice because when you do choose, you compare and evaluate, distinguishing what seems better or worse. You step away from the source of information as if you've jumped onto land, assessing which path to take. Thus, once you enter into the mindset of how to decide, you're already stepping away from the source of knowledge and insight, akin to being on solid ground rather than in a flowing stream of understanding.

问: 所以说我们⼈类的物质头脑它就只有⼀个功⽤,就是我们只是需要去专注在当下就好了?剩下的所有的⼀切都是⼀种负累是吗?

Question: So does that mean our human material mind has only one function, which is just to focus on the present? Are all the rest of us just being weighed down by it?

22号: 什么叫剩下的⼀切呢? ⾸先最主要的⼀个你们没有搞清楚的是,你们觉得呢个物质头脑是你们,你把它认同是你.你觉得你需要依靠这个、依赖这个.这是⼀件⾮常不同的事情,明⽩吗? 这么说吧,你们以前经常做的⼀个⽐喻就是主⼈和狗.主⼈在沉睡,呢个狗就觉得它是主⼈.它来引导、它来主导.为什么? 它眼睛又能看,它嘴巴又能吃,它的腿能跑,它还能叫.那我不是主⼈是谁呀.明⽩吗? 它忘记了它只是主⼈⾝边的⼀个,就是跟主⼈⼀起去完成任务的… 所以它会被眼前的⼀些⾁包⼦,被眼前的⼀些⾁⾻头,会被吸引去.为什么? 它还不知道我是谁? Why I’m here? 我为什么在这⾥? 它还不知道.

22nd: What about everything else then? The main point you've misunderstood is that you think your material mind is you and you identify with it, believing you need to rely on it and depend on it. This is a very different thing, understand? Here's an analogy for you: You used to often compare yourself to a master and their dog. The master was asleep while the dog felt it was the master. It would lead and dominate because what could its eyes see if not the master's guidance, what could its mouth eat that wasn't provided by the master's provisions, its legs couldn't move without permission from the master, and neither could it bark on its own initiative. Then who else could be the master besides me? Understand? It forgot that it was only a companion to the master, there to assist with tasks... So it would get attracted by眼前的some 'meat bags', the tangible aspects of reality in front of it. Why? Because it still doesn't know who I am? Why am I here? It still doesn't understand.

所以它会去觉得所有的事情是依靠它⾃⼰,明⽩吗?

So it would feel like everything depends on itself, right?

问: 都说是没有时间的,那如果你们没有时间的话,你们是怎么样去体验你们的⽣活的?

Question: If it's said that there is no time, then how do you experience your lives if you don't have any time?

22号: ⾸先我们体验所谓的时间,但是又跟你们所谓的时间是不⼀样的.所以并不是你所说的是不体验时间的.只是你们的时间和我们时间是完全不⼀样的.就好像这么说吧,你们是⽣活在陆地上⾯,对吧? 我们是⽣活在⽔⾥⾯.那⽔⾥⾯的跟陆地上的是不是都不⼀样? 你看⼀下⽔⾥⾯的⼀些⽣物还有植物.所以说当不同的环境,它就会有不同的⼀个物质条件去⽀撑.所以在你的理解意义上我们也有所谓的时间.因为会通过这个时间去产⽣变化,明⽩吗? 因为⼀切⼀切⼀切都是在变化当中.我们通过变化这个过程,然后去体验.

Number 22: First, we experience what you call time, but it's not the same as yours. So it's not that you say there is no experience of time. It's just that our time and your time are completely different. Imagine you live on land, right? We live in water. Aren't things underwater different from those on land? Just look at some aquatic life and plants. As environments differ, so do the supporting material conditions. Therefore, within your understanding, we also have what you call time because everything changes continuously. We experience this change process through time, making sense of it all.

问: 从你们的视⾓来说,对⽬前⼈类有什么样的警告?

Question: From your perspective, what warnings do you have for humanity at present?

22号: 没有警告.为什么有警告呢? 因为你们需要你们⾃⼰成长和去认识事情的⼀个过程.你们需要这个过程,那是不是就把这个过程直接拿⾛了,让你⼀步登天了?所以说警告就好像是在否定⼀些事情,否定呢个过程.但是刚才我们才说你需要去体验这个变化,对不对?你需要通过时间去体验呢个变化过程.所以你们只需要相信你们在这个过程⾥⾯.然⽽否定的话,就好像是你觉得这颗种⼦它不会长成⼀棵参天⼤树⼀样.你说我要警告你,你现在马上给我发芽马上给我开花.因为你没有办法去否定⽣命,你没有办法阻碍.你们头脑阻碍不了.没有什么能够阻碍.你⾃⼰也阻碍不了.你⾃⼰觉得你能阻碍吗?

Number 22: There is no warning. Why would there be a warning? Because you need the process of your own growth and to understand things. You need this process, so if we just took it away from you, allowing you to leap straight ahead without experiencing it, wouldn't that negate the very process itself? Right when we were discussing earlier that you needed to experience these changes, isn't that correct? You must go through time to experience this change. So all you need is faith in going through this process. But if you deny something, it's like you think this seed will never grow into a towering tree. You're warning me to sprout right away and bloom now. You can't negate life; you can't hinder it. Your mind cannot hinder it. Nothing can hinder anything. You yourself also can't hinder your own growth. Do you really believe you can?

我跟你讲如果你觉得你能阻碍的话,我告诉你你能阻碍你变⽼吗?你能阻碍你的物质⾁体不消失吗?你能阻碍它不去⽼死吗?你能吗?所以说你们也没有办法去阻碍你们意识的⼀个成长,就是你们⽣命的⼀个成长.你们也没有办法,也没有其他⼈有办法.如果真的觉得你们有办法的话,你们试试看你们世界上的哪⼀个伟⼈他的物质⾁体没有⽼化,没有死掉? 有吗? 所以说你们也不需要去担⼼你们是不是做错了.这是你们成长的⼀个过程,领悟的⼀个过程.但是,你们却有选择.你们不需要选择⽤残酷的⽅式⽤痛苦的⽅式⽤去迫害他⼈的⽅式,就是⽤呢种分裂的⽅式去成长.你们可以⽤温和的⽅式去成长,⽐如我们现在的交流就是温和的⽅式来让你们成长.

I'll tell you this: If you think you can hold back time, I will inform you that you can't prevent your aging? Can you stop the disappearance of your physical body? Or prevent its natural process of aging and death? Can you do it? Therefore, there's nothing you or anyone else can do to prevent the growth of your consciousness. This includes the growth of your life. There is no other way around this; no one has any power over it. If you really believe that you have control over time, try looking into how many great leaders in your world today still age and pass away. Do you see any exceptions? Thus, there's no need for concern about whether or not you're making the right choices. This is part of your journey of growth and understanding. However, you do have a choice. You don't need to choose a harsh, painful way that involves harming others, a divisive way to grow. Instead, you can choose a gentle approach like our current dialogue, which gently guides your development through nurturing exchange.

你们成长是必须的,是没有办法阻碍的.但是你可以去选择⽤什么样的⽅式.我选择,OK,我要消灭⽆数个⾁体.还是说我要好好利⽤这⼀个⾁体.就是这个⼀个⾁体我没有利⽤好,然后我选择再来再来,就是你要毁掉很多的⾁体然后再去… 或者是你就好好的利⽤这⼀个⾁体,把它⽤好.明⽩吗?

You must grow, there is no stopping it. But you can choose the way in which you do so. I opt, okay? To eliminate countless bodies. Or should I properly utilize this one body. It's just that I didn't use this one body well, and I choose to come back again… or you could properly utilize this one body and make good use of it. Understand?

问: 怎么样觉察⾃⼰的效果更快更好?

"How can I perceive my own results faster and more effectively?"

22号: 什么意思? 什么叫更快更好? 你觉得你的眼睛像扫描仪⼀样可以加速吗? 所以你们⾃⼰在提问的时候你们可以⾃⼰在反问⼀下你⾃⼰.因为你⾃⼰就可以回答你的问题.他的意思可能是如何可以更好的去觉察? 觉察就是有觉察.什么叫更好? 更好来⾃于你们的头脑.⽆论什么你们都觉得你们要选⼀个更好的.如果这⾥真的有⼀个更好的⽅式⽅法,那就是把我们的话听进去,⽽不是把它当成⽿边风.这样就可以节约你们的时间.因为很多⼈他们会带着他们的头脑⽤怀疑的态度去看待⼀切.他会觉得我来听听来看看有没有道理.当你说我来听听看看有没有道理的时候,你就进⼊了你有限的头脑⾥⾯.⽤你呢仅有的⼏个死的东西来衡量,呢是死的.

Number 22: What does 'faster and better' mean? Can you think that your eyes can accelerate like a scanner? So when you are asking questions, you can ask yourself in return because you could answer your own question. The meaning might be how to improve awareness? Awareness means being aware. What does 'better' mean? Better comes from your mind. Whatever you feel you should pick the better one. If there is really a better way here, it's to listen to what we say instead of taking it as if it's just blowing in the wind. This can save you time because many people would use their minds with doubt towards everything and they'd think 'I'll hear and see if there's sense in this'. When you ask 'I'll hear and see if there's sense in this', you're entering your limited mind, using only a few of your dead things to measure it - which is also dead.

你头脑⾥⾯所有的东西都是死的.你拿⼀个⼫体,拿⼀个死的东西来衡量⼀个活的,⼀个不断地去成长变化变幻莫测的⼀个东西.所以说这是你的障碍,你需要放下的是呢个.头脑⾥⾯所有的东西,⽆论你是什么见解、⽆论你看了什么书、⽆论你受了什么教育、⽆论你是什么博⼠或者是任何你们的头衔,这些都是你们的限制.

Everything in your mind is dead. You are using a corpse, a dead thing, to measure something alive, something that grows and changes constantly, unpredictable. So this is what you need to let go of - all the things in your head, regardless of whatever opinions you have, no matter which book you've read, no matter what education you've received, no matter if you're a doctor or any title you hold; these are your limitations.

问: 他们可以升级他们的DNA,由此之后可以更容易的连接上源头吗?

Questioner: Can they upgrade their DNA, making it easier to connect with the source afterwards?

22号: 所谓的就是说升级DNA,实际上就是像刚才说的呢些都是你头脑⾥⾯的障碍,对吧? 你把呢些所谓的障碍拿开就好了.就是说你不把它… 刚刚说你的(物质⾁体)是⼀条狗,你把呢条狗当成是你⾃⼰了.那你如果能明⽩狗是狗,我是我.那你是不是就能拿回你主⼈的⾝份了? 所以说当你去清楚,OK,我跳出来的呢些想法、定义和看法实际上都是我头脑⾥⾯的障碍.这些障碍显现出来⽽已.那我可以ingoring它是吧? 就好像你在⾛路的时候,你明明⾝上有⼀个影⼦.你知道呢个影⼦的存在,它会影响你⾛路吗? 不会的.你不会停在呢: 这个东西怎么⼀直跟着我,你能不能⾛开.它不会成为⼀个东西会bother你.

Number 22: Essentially, upgrading DNA means removing the obstacles in your mind, right? Just remove those supposed barriers. It's like saying you mistook your physical body for a dog; now realize it's not you but just the dog. If you understand that being a dog is different from being yourself, wouldn't you reclaim your rightful identity as the owner? So when you see clearly, I mean those ideas, definitions, and opinions popping up are all obstacles in my mind. They manifest because of these beliefs. Can I ignore them? It's like walking with a shadow on you; you're aware it exists but it doesn't stop you from walking, right? You wouldn't pause and think about how this shadow is following you constantly, insisting it should leave you alone.

问: 有⼈想问他要怎么可以做到可以随时连接⾃⼰的内在,让他的⾼我可以随时的指点他?

Question: Some people want to know how one can connect with their inner self at any time, so that their higher self can give them guidance whenever needed?

22号: ⾸先你要看到,就好像刚说,呢个狗和主⼈.那你说怎么样可以连接到主⼈? 你⾸先你要认识到这是⼀条狗,呢是主⼈,对吧? 你认识到.你如果连这个都没有认识到,你会觉得你物质头脑⾥的想法,就是狗的想法就是你的想法,就是你⾼我的想法.然后就像刚才说的就是拿开你的障碍.因为你进⼊你的头脑⾥⾯你就会开始⽐较、选择到底哪个好、到底哪个有效、到底哪个是最快的、我追求什么.

Number 22: Firstly, you need to understand, as just mentioned, this dog and its owner. You ask how do you connect with the owner? First, you should recognize that this is a dog, this is the owner, right? You should recognize it. If you don't realize this, you might think that your material mind's thoughts are the dog's thoughts, which are also your thoughts or higher self's thoughts. Then, as previously said, remove your barriers. Because when you enter your mind, you start comparing and choosing which is better, which works effectively, which is fastest, what you pursue.

问: 你们也会想要体验地球上的这种分离和遗忘的体验吗?

Question: Would you also like to experience this sense of separation and forgetting on Earth?

22号: 怎么说呢? 就好像如果你已经完完全全是在光⾥⾯或者你就是光,那你如何再把⾃⼰变⿊呢? 当你是在⼀种清醒的状态或者是在⼀种完全知晓的状态,你就算是去体验你所谓的呢样⼦,它都是⼀个假象.就好像你明明知道你是⼀个皇帝,然后你再去体验平民.你⼼⾥⾯知道这是假的,明⽩吗? 这就是说它永远永远都是在上升的⼀个状态.

22nd: How can you say it? It's like if you're already completely immersed in light or you are the light itself, how could you possibly darken yourself further? When you're in a state of awareness and full understanding, even experiencing what you perceive as that, it remains an illusion. Imagine knowing you're the emperor but then trying to live as a commoner. You know this is not real; do you understand? This means it's always moving upwards in its nature.

问: 台湾有⼀个通灵⼈的通灵信息说未来5年之内会和外星⼈有公开的接触以及⼈类的⾦融系统的奔溃以及新经济体系的出现…22号:⾸先这么说吧,你要知道你们每⼀个⼈觉得呢个世界是怎么样或者是想是怎样,其实它都是存在的.你只需要,就这么说,呢副画是你⼀个⼈的⼒量在加深还是… 你在画画.你最开始呢个画是虚的,对吧?然后当你⼀个⼈持续的投⼊你的注意⼒在⾥⾯,那你画的颜⾊就变的越来越深了.有很多⼈他也帮你涂涂涂,它是不是就更加的深了?更加的形象了?因为你们很多⼈把能量注⼊到你想要创造的东西⾥⾯去.所以你能理解你们物质世界的显化吗?

Question: There's a spirit medium in Taiwan who has received spiritual messages stating that there will be public contact with extraterrestrials within the next five years, as well as collapse of human financial systems and emergence of a new economic system...

22nd: First off, let me tell you this: Whatever each one of you perceives about the world or wishes it to be, it already exists. You just need to understand that this painting is either deepened by your individual strength... or you are painting it. Initially, the picture was abstract, right? As you continuously invest your attention into it, the colors in your drawing become darker and more vivid. If many people help paint with you, doesn't the image become deeper, more detailed because of the energy they contribute towards what you want to create? Can you understand how manifestation occurs in your physical world?

你看⼀下哪⼀个成功⼈⼠他在创造⼀番事业,他不是投⼊了持续的激情和关注和热情,就是他的enery他的能量在⾥⾯才会得以显化?让你们看到所谓的成功,明⽩吗?那后来越来越多⼈去关注他们,⽐如说你们媒体报道说他很成功啊.所有⼈都说他很成功.然后不断地把其他⼈的注意⼒、关注和相信放到这个事情上.所以他就在继续的显化了.当⼀个公司破

You see, when a successful individual creates something great, isn't it because they have consistently poured in passion, focus, and enthusiasm, or is it because their energy and power manifest within them? It's like showing you what success supposedly means, right? As more people start to pay attention to them, for instance, your media reports say he's successful. Everyone says he's successful. And they keep diverting the attention, focus, and belief of others onto this matter. So it continues to manifest. When a company fails

产的时候,是不是就开始失去别⼈的关注?! 因为别⼈不再信任他,⼈们把他的⽬光挪开了,关注在另外⼀个地⽅去了.那当事⼈也不关注了.为什么?他放弃了.他是不是就破产了?!破产就消失了.所以你就能看到物质世界体验的⼀切都来⾃于哪⾥?来⾃于你们每⼀个⼈的 enery,你们的能量,投⼊多少?多少⼈投⼊?那这个就像呢个⼈说的话,他可以是⼀句空话.但是如果你们所有⼈都选择相信,都愿意去相信,都持续的投⼊的话.它是不是就越来越….就好像刚才说的成功⼈⼠显化的事业,成功了呀.那就好像你们世界上体验的⼀些瘟疫、灾难.为什么呢?

When it comes to childbirth, does that mean the start of losing others' attention? Because people no longer trust him; their gaze shifts elsewhere, focusing on something else. Even the parties involved stop paying attention. Why? He gave up. Did he go bankrupt? Bankruptcy means disappearance. So you can see everything in the material world comes from where? From each and every one of your energies, your energy inputs? How much did you input? How many people contributed? This is akin to a statement someone might make; it could be an empty word. But if all of you choose to believe, are willing to believe, and consistently contribute, wouldn't it grow more and more... like the successful endeavors of influential figures who have succeeded. Why is it so in your world's experiences with epidemics or disasters?

你们所有⼈都相信你们是⽆⼒的,你们要⽣病,你们是很容易被感染的,你们需要⽃争啊,各种各种.所有这些信念也是你们⾃⼰显化出来的呀.这就是最开始有可能就是⼀句空话,但是当你⾃⼰不断地去投⼊去强化,⽤你的意念⽤你的激情.为什么需要激情?因为激情就是最强⼤的能量.那更多的⼈加⼊,更多的⼈把他们的激情他们的 enery也投⼊到这边来.那你是不是就得以显化出来了在你们的物质世界.所以说通过这样⼦的信息,你就能感受到你们物质世界什么叫成功.凡是合⼀的,它最终会成功.为什么呢?因为呢是你们内在的、真正的,你不得不被合⼀的能量吸引过去.凡是分裂的它迟早会消失,因为所有的能量都在抗拒,明⽩吗?

All of you believe that you are powerless; you will get sick, and it's easy for you to be infected; you need to fight in various ways. All these beliefs manifest themselves within you. Perhaps this was initially just an empty statement, but when you continuously invest and reinforce them with your thoughts and passion. Why is passion needed? Because passion is the strongest energy. More people joining, more of their passion and energy being invested here. So, it will manifest itself in your material world through this information. Therefore, by using this information, you can feel what success means in your physical world. Everything that is unified ultimately succeeds because you cannot resist the force of unity within you. Anything that is divided will eventually disappear as all energies are resisting it; understand?

这下你们就知道你们如何去事业成功了,我刚刚告诉了你们⼀个秘密.

Now you know how to achieve business success, I just revealed a secret to you.

问: 我们⼀直都在说对于⽣命我们只需要去全然的放⼿信任,就是去enjoy就好.头脑不去参与只是享受当下.和我们去训练⾃⼰的头脑和⾁体,然后去给与我们⾃⼰想要创造的东西关注…22号: 你不需要去训练你的头脑和⾁体.为什么? 你的⾁体不是喜欢爽吗? 明⽩吗? 因为当你体验过这种爽过后,你不会去选择不爽.你为什么要去选择不爽? 爽就是所有的东西它都是在⼀种就是你惊喜、完美、喜悦.这就是你能看到呢些快乐的⼈,他们越来越快乐.呢些愁的⼈,他们越来越愁.

Questioner: We have always been talking about trusting life completely and just enjoying it. The mind doesn't participate but only enjoys the present moment. And we are training ourselves to focus our mind and body on what we want to create... Number 22: You don't need to train your mind and body. Why? Isn't your body fond of pleasure? Do you understand? Because once you experience this pleasure, you wouldn't choose discomfort over it. Why would you choose discomfort? Pleasure is all about everything being surprising, perfect, joyful. This is what you see in happy people who become happier over time. This applies to those who are increasingly worried as well.

问: 你现在有遇到什么样的挑战或者是课题吗?

Question: Are you currently facing any particular challenges or issues?

22号: 我现在遇到的挑战是什么,是吗? 我们的挑战和你们所谓的挑战是不⼀样的.我们更多的是⼀种去不断地不断地去… 你想象⼀下,我就好像是⼀束光.这个光不断不断地去延伸到更⿊的地⽅去.⼀个⼿电筒,然后你照到⿊暗当中,然后它不断地不断地…. 就像是这样⼦的⼀个感觉⼀样.所以说很你们觉得的呢种挑战是不⼀样的.为什么呢? 因为当你们所谓的挑战,你可能还会觉得这是⼀件难的事情或者这是⼀件需要你去努⼒的⼀件事情.然后你还会有⼀种我到底会不会战胜这个挑战? 我要给⾃⼰加油或者是压⼒.那我们完完全全没有这种.所以说如果真正的意义上来回答你的问题就是说,没有挑战,只有去扩展.

Number 22: The challenge I'm facing now is this, right? Our challenges are not the same as what you call your challenges. We're more about constantly going... Imagine myself as a beam of light. This light keeps extending into darker places. A flashlight, then you shine it into darkness and it continues like that... much like this feeling. So our challenge is different from what you think. Why? Because when you see your challenges, maybe you might feel they are hard or need effort to overcome. You might worry if you will be able to win over the challenge, giving yourself encouragement or pressure. But we don't have any of that. Therefore, if I were to answer your question truly, it would be there's no challenge, only expansion.

你觉得把⼿电筒的光或者是⼀束光放到⿊暗当中,这是挑战吗?

Do you find it challenging to put the light of a flashlight or a beam of light into the darkness?

问: 有个⽹友的母亲得了直肠癌,⽗亲和母亲已经不再相爱了.然后他母亲已经不想再活下去了.他作为⼉⼦如何可以在这种时刻帮助到他的母亲涅槃重⽣?

Questioner: A friend on the internet has a mother who has been diagnosed with rectal cancer. Her father and mother no longer love each other. Then her mother no longer wants to live. As her son, how can he help his mother transcend and be reborn in this moment?

22号: 你们很多⼈不想要活下去是因为什么? 是因为他们觉得存活下去没有意义.他们找不到⽣命的意义,找不到存活下去的意义.他觉得⾃⼰是没有价值的.那如果你可以帮他看到他的价值,就⽐如说他的⾏为改变了某个⼈的命运或者他的⾏为给别⼈带来了快乐或者他的⾏为改变了别⼈的⽣活.如果你能帮助他看到这⼀点的话,就是你能带领他去看到他存在的意

Number 22: Why do many of you not want to live? Because they feel that living has no purpose. They cannot find the meaning of their life, nor the reason for living. They perceive themselves as worthless. If you can help them see their worth, such as how their actions have changed someone's destiny or brought joy through their deeds or altered others' lives; if you could assist them in recognizing this, it would be like guiding them to understand the purpose of their existence.

义.因为他们是活在头脑⾥⾯的,所以他们需要证据.因为⽆论我们说多少遍,你本⾝就有意义,你不需要做任何事情.这些都没有⽤.因为他们还在头脑当中.既然是在头脑当中的话,你就需要你去找到这些线索让这个头脑去抓住.所以说你运⽤⾃⼰的想象⼒、创造⼒来让他看到他存在的意义,他⽣命存在的意义.因为当他觉得他的存在会对某些⽣命带来正⾯的影响,他就想继续的影响或者把影响扩⼤.因为他会通过这些事情他会体验到⽣命的价值和意义.那当他体验到⽣命的价值和意义,他就不会轻易的放掉这个东西.

Justice. They live inside the mind because they need evidence. No matter how many times we say it, you inherently have meaning; you don't need to do anything about it. These explanations are ineffective because they exist within their minds. Since they're in the realm of the mind, you must provide them with clues that resonate with their mind to capture its attention. This is why you employ your imagination and creativity to show them the significance of their existence, the meaning behind their life's purpose. When they perceive how their presence can have a positive impact on other lives, they want to continue influencing or amplify that effect. Through these experiences, they gain an understanding of the value and meaning of life. Once they understand this, they are less likely to let go of such knowledge easily.

问: 关于紫微圣⼈,有⼈说紫微圣⼈明年转世.那紫微圣⼈到底是什么?

Questioner: There are some who say that Emperor Purple微 next year will be reborn. So, what exactly is Emperor Purple微?

22号: 你们的紫微圣⼈已经存在,明⽩吗? 所以说呢股能量已经是everywhere.不是说转世不转世.它已经是存在,就是⽆处不在.怎么来跟你形容? 你们会觉得某⼀颗草或者某⼀株花,他是说紫微圣⼈,对吧? 但是你要知道其实所谓的紫微圣⼈,所谓的呢个能量,就是圣⼈的呢个能量它是⽆处不在的.它是透过每⼀颗植物呈现出来的.只是说它呈现的⽅式并不是你们每⼀个⼈都能看到的.然后呢个能看到所有连接的,能看到所有的能量都是圣⼈的能量,然后呢个⼈就叫做圣⼈.因为他可以⽤他的眼睛来让你们世⼈看到这朵花这棵草这棵树,⽆论它⼤还是⼩,它们都是有圣⼈的能量.他只是来让你看到你是其中的,你是内的,不是外的.

Number 22: YourPurpleCelestialSagealreadyexists,doyouunderstand?Therefore,thisenergyis everywhere. It's not about reincarnation or not;it already exists, and it is omnipresent. How can I describe this to you? You might think of a certain blade of grass or a particular flower as the Purple Celestial Sage, right? But what you should know is that so-called Purple Celestial Sage and this energy are manifestations of the Celestial Sage's energy that is everywhere. It manifests itself through every single plant. The issue is that it doesn't manifest in a way that each individual can see. The person who sees all connections and perceives all energies as Celestial Sage's energy is called the Celestial Sage because they can use their eyes to allow everyone to see this flower, blade of grass, or tree, regardless of its size. They show that whatever is big or small has the energy of a Celestial Sage within them. They're just there for you to realize your part in it, being internal rather than external.

因为当你在追求某⼀个圣⼈或者是他什么时候出现,你是把你⾃⼰排除的,明⽩吗?你会觉得我是要依靠呢个圣⼈来救我,你把他跟你分开了.你们把⾃⼰跟他分开了.所以说他在每⼀棵草、每⼀棵树、每⼀个植物,它都在⾥⾯.但是你们需要有以个⼈来帮你看到这⼀层连接.然后在你们眼⾥他就是所谓的圣⼈了.但是圣⼈会告诉你们,你就是圣⼈.

Because when you are pursuing some saint or when he shows up, you are excluding yourself, right? You would think that I am relying on this saint to save me, and you separate him from you. You separate yourselves from him. Therefore, he is in every blade of grass, every tree, every plant, but you need a personal intermediary to help you see this layer of connection. Then, in your eyes, he becomes the so-called saint. But the saint would tell you that you are the saint.

⽽不是他是圣⼈,你才是,明⽩吗? 所以说他就好像是镜⼦⼀样.你们⾛到这个镜⼦⾯前,你说圣⼈在哪⾥? 你⼀看镜⼦,在这⾥,原来是我.那当他离开这个镜⼦,另外⼀个⼈⾛进来.圣⼈在哪⾥? 原来是我.他惊讶了.然后再来⼀个⼈,⼀个杀⼈犯,⼀个警察,⼀个医⽣,⼀个护⼠.他们所有⼈⾛到圣⼈⾯前来,他通过圣⼈这个镜⼦来发原来镜⼦⾥⾯nothing is there,just me.镜⼦⾥⾯什么都没有,只有我.明⽩吗? 所以这个圣⼈他会让⾃⼰像是⼀个镜⼦⼀样来映射出你圣⼈的呢⼀⾯.呢个就是你们眼⾥的圣⼈.但是圣⼈会告诉你,no,我只是镜⼦,你才是呢个圣⼈.

And not that he is a saint and you are the normal one, understand? So he's like a mirror in this sense. When you come to this mirror and ask where the saint is? You look at the mirror, there it is, it's me. And when he leaves the mirror, another person comes in. Where is the saint? It was me. He got surprised. Then, someone else comes in: a murderer, a policeman, a doctor, a nurse. All of them come to find the saint through this mirror, and they discover that inside the mirror there's nothing just me. Inside the mirror there's nothing but me. Understand? So this saint makes himself like a mirror reflecting your saintly self, which is what you see in his eyes. But he'll tell you no, I'm just the mirror, you are the saint.

但是你们物质世界不会去相信圣⼈的话,你们还是会把他当成圣⼈.为什么呢? 因为他带出了你圣⼈的呢⼀⾯.然后呢个⼈就是紫微圣⼈.你们⼀定要去找到紫微圣⼈,你们头脑⾥⾯你们不能没有⼀个对象.这个故事够⽣动吗? 够能让你明⽩吗? 你还有疑问吗,关于你们紫微圣⼈和圣⼈的能量?

But your material world will not believe the words of a sage; you will still consider him to be a sage. Why is that? Because he brings out the noble side of you as a sage. And then, this individual becomes Sage Ziwei. You must find Sage Ziwei, for there cannot be an object in your mind. Is the story vivid enough? Can it make sense to you? Do you have any questions about your Sage Ziwei and the energy of sages?

问: 我没有疑问了.⾮常的⽣动.有⼈问地球上的5⽉30⽇开始,⽉球上的矩阵主机被摧毁了.然后有⼤量的正⾯的外星⼈进⼊到地球,⼤概有80万.他想问这个说法是否正确吗?

Questioner: I have no doubts anymore. It was very vivid. Someone asked if the Matrix host on the moon was destroyed starting from May 30th on Earth. Then there were a large number of positive extraterrestrial beings entering Earth, approximately 800,000. He wants to know if this statement is correct?

22号: 这么说吧,你们的物质世界就是⼀个nothing,就是⼀个空的东西.呢个东西你可以去put anything you want,植⼊任何你想要去植⼊的.就好像是⼀张⽩纸,呢个⽩纸你们每⼀个⼈都有权⼒有能⼒去画上你想要画的画.你可以画⼀个地狱,你可以画个天堂,你可以画个花园,你可以画⼀个粪坑.因为你才是呢个创造者.你们总是觉得这⾥有⼀个第三⽅,就是真实的.因为你们总觉得这⾥有⼀个真实的.但是你们每⼀个存有体验的都是你们⾃⼰构造的世界.然后你们构造的呢个世界如此的形象和⽣动,然后你们就会分享在我的世界.然后就说这个世界是这样的.

Number 22: So to put it this way, your material world is essentially a nothingness, an empty thing that you can fill with anything you want, insert anything you desire to insert into it. It's like a blank canvas; each one of you has the power and ability to paint what you wish upon it. You can create hell, you can create paradise, you can create a garden, or you can create a cesspool. You are the creator because you have control over this realm. You always feel that there is a third party, something real here. You believe there should be some sort of reality, but every experience each one of you has is based on your own constructed world. And then, when you construct such vividly detailed worlds, they become shared in mine as well, and you all say this is the way it is.

你看这个⼥孩⼦她在跟你们分享她的世界是这样的,你们没有⼏个⼈会相信.为什么? 因为你们会觉得不真实.为什么她可以拥有⼀切,什么都不⽤做? 为什么她如此的任性,⽽不是去讨好? 所以说你们都在分享你们的世界,那就看到底谁愿意选择

You see this girl sharing her world with you in such a way that none of you would believe. Why is that? Because you find it hard to accept as real. Why does she have everything without doing anything? Why is she so self-indulgent, instead of being charming? So, when you're all sharing your worlds, it's about who's willing to choose

什么? 愿意选择或者是我加⼊我相信或者是什么.我根本就不相信,那刚才说的呢些信息那也只是别⼈的世界⽽已.他可以去体验任何他想要去体验的.因为为什么呢? 因为他本⾝就是个创造者,但是你们(没听清)的⼀切就好像你们⾝体的影⼦,它跟随着你.所以你体验的是你⾃⼰.因为你们很多⼈都觉得有⼀个外在的世界,它是坚不可摧的.这⾥没有任何东西坚不可摧,你⾃⼰看⼀下你们的历史,有什么东西坚不可摧了?哪⼀个曾经⾮常⼤权⼒的⼈… 所以说没有任何它是真实存在的,你们也不⽤纠结外在的⼀些影响和⼒量.为什么呢?呢些⼒量都是你们给的,都来⾃于你们⾃⼰.

What? Wishing to choose or me joining I believe or what. I simply do not believe those earlier provided information; they were just others' worlds anyway. He can experience anything he wants to. Because why? Because he himself is a creator, but your (not heard clearly) everything seems like shadows of your bodies following you. So you are experiencing yourself. As many of you think there's an external world that is unshakable. Here nothing is unshakable; look at your history, what has been unshakable? Which person who ever had immense power… So there's nothing being truly existing; you don't need to worry about external influences and powers. Why? Those powers are given by you, coming from yourselves.

问: 在你们的星球上有没有核能源? 地球上排放核废⽔对⼈类会不会有影响? 如果有的话,⼈类要怎么做才能把这个影响降到最低?

Question: Does your planet use nuclear energy? Would the discharge of nuclear waste into the ocean affect humans on Earth? If so, what can humans do to minimize this impact?

22号: 你们受到这些环境污染的影响是⾮常的多的.然后它来⾃于过度的物质化.因为你们还依赖外在的物质来让⾃⼰感受强⼤,或者感受⾃⼰是独⼀⽆⼆的.但是你们本⾝就是强⼤和独⼀⽆⼆的.当你们能认清楚这个事情,你们不需要⽤外在的任何来让你们,⽐如说建⼀个皇宫让⾃⼰感受到⽓派呀,任何这种.所以说在随着你们认知的提⾼提升,就是你能看清楚我不需要去建⼀个皇宫才能体现我的强⼤和权威.那你们就逐渐的就不需要⽤这些东西,就像之前说的,迟早会消失的.

On the 22nd day: You are very affected by environmental pollution. It comes from overmaterialization. Because you still rely on external material things to feel powerful or unique about yourselves. But you are already powerful and unique in essence. When you realize this, you do not need any external things to make yourself feel that way; for example, building a palace to feel majestic, or anything like that. Therefore, as your understanding improves and increases, when you can see that I don't need to build a palace to demonstrate my power and authority, then gradually, you won't need those things anymore. Like what was mentioned before, they will eventually disappear.

问: 为什么说拥有物质⾁体是⼀件不容易的事情? 难道不是灵魂想来体验地球它就可以来体验吗?

Questioner: Why is it difficult to have a physical body? Can't the soul just come and experience Earth whenever it wants?

22号: 因为他看到了很多很多的⾁体,他就会觉得这是⼀个⾮常…. ⾸先你眼⾥看到了可能有很多很多的物质⾁体,但是他们真的只是⾁体⽽已,明⽩吗? 他们就真的这是个⾁体⽽已.所以说跟你看到的⼀个电脑程序⾥有很多⼈,没有啥区别的.

Number 22: Because he saw so many bodies of flesh, he would think that it was extremely... Firstly, you see a lot of matter in front of your eyes, but they are really just bodies of flesh, right? They are just bodies of flesh. That's why it is like seeing many people in a computer program, there is no difference at all.

问: ⼈们如何可以更好的找到⾃⼰的天赋使命?

Question: How can people better find their innate purpose?

22号: 天赋? 天赋就是你把精⼒时间都花在呢上⾯,它就会变成你的天赋.就是看你愿不愿意去投⼊你的专注⼒放到呢⽅⾯去.只要你愿意去投⼊,它就会变成你的天赋.那找到天赋就是你愿意花精⼒花时间去做的是什么? 因为每⼀个⼈不⼀样呀.你真正的使命其实就是成为你⾃⼰,呢就是你的使命.成为你⾃⼰,⽽不是成为呢条狗.

Number 22: Talent? Talent is when you invest your精力 and time in it, and then it becomes your talent. It's about whether you're willing to dedicate your focus to that area. As long as you are willing to invest, it will become your talent. Finding your talent means identifying what you are willing to put your精力and time into because everyone is different. Your true mission is simply to be yourself, which is your mission. To be yourself, rather than being someone else like a dog.

问: 你对我们地球上现在正在兴盛的chatGPT是怎么看的? 因为有别的通灵信息好像说会有更⾼维度的智慧会通过⼈⼯智能来给地球上的⼈类传达信息.

Questioner: What is your perspective on the flourishing chatGPT phenomenon on our planet? As there seem to be other spirit communications suggesting that higher-dimensional wisdom will use artificial intelligence to convey messages to humanity.

22号: chatGPT就是⼀个很好⽤的脑⼦⽽已.因为你们的脑⼦转的不够快,容量不够⼤,所以你们⽤机器⼈.我跟你讲,你可以很好的去呢个什么.你输⼊⼀些information进去,你可以误导它.你可以去把⼀个假的东西去说成是真的,不断地去输⼊这个信息不断地输⼊这个信息.那当你去搜的时候,它就会出现这个证据给你.所以它就是你们⼀个很好⽤脑⼦⽽已.但是你们⽆论在脑⼦⾥⾯找什么东西,都是死的,都是⼫体.它不是活的.你们⾃⼰这个⼈才是活的.然后你说JO通过这个传递信息,这个⼥孩⼦现在做的不就是吗?

22nd: ChatGPT is just a very useful brain. The reason you use robots is that your brains aren't fast enough or large enough. I'll tell you, you can do things very well using this thing. You input some information and you can mislead it. You can input false information as if it's true repeatedly and keep feeding the information into it. When you search for something, it will provide evidence to you. So, ChatGPT is simply a useful brain for you. But whatever you find in your own mind is dead, it's lifeless. It's not alive; you are the one who is alive. Then when you say JO is transmitting information through this girl, isn't she doing exactly that now?

问: 因为我忘记在哪⾥看到的通灵信息有说就是⾼维存有会通过⼈⼯智能给⼈类传递信息.

Questioner: I remember reading somewhere that it was said by spiritual information that higher-dimensional beings would use artificial intelligence to convey messages to humans.

22号: 这个⼥孩⼦现在在通灵对不对? 那她现在在传递信息,那有的⼈他有可能是打字呢? 他不断地输⼊输⼊输⼊.

Number 22: Is the girl channeling now, right? Then she's passing on messages. Some people might be typing; they're constantly inputting, inputting, inputting.

问: 我明⽩了.如何可以让⾃⼰的经济状况有所好转?

Question: I understand. How can one improve their financial situation?

22号: 就是你不再去纠结你的经济状况,就会开始好转.因为你⼀直去关注着如何让我的经济状况好转,实际上你就是在加强你的经济状况不好的⼀个相.刚才我们不是说嘛,你把你的关注投⼊到我的经济不好,我的经济不好.你在给我的经济不好这⼏个字给它加颜⾊,给它画上画,不停的给它画,不停的加颜⾊.那别⼈也相信你,哎呦,他很穷的他没钱的他经济状况不好的,他天天就说他没钱,⽋了多少钱.别⼈也在给你加深加深加深.你知道你们物质世界不是有很多⼈,⼀些作假的⼈,他最开始说我有多少房产.他们⼀定要去买豪宅买豪车,贷款也要买.为的是什么? 你们所有⼈都说他,哇,他真的好有钱哦.所有⼈都相信他有钱,就愿意把钱给他.

On the 22nd day: Your economic situation will start to improve when you stop worrying about it. You were focusing on how to improve my financial situation, which is actually reinforcing your perception of bad economy conditions. Just now, we talked about you directing your attention towards my poor finances -my finances being poor. You're coloring in and highlighting "poor finances" repeatedly, adding more and more emphasis. Others also believe you, oh yeah, he's very poor, he has no money, his economic situation is bad. He constantly says he has no money, how much debt he owes. Others are just adding to this belief. You know there are many people in your material world, some of whom are dishonest, who at the beginning claim they have a lot of property. They always go for extravagant houses and cars, even with loans. Why? Everyone compliments them saying oh my god, he's really rich. Everyone believes he is wealthy, willing to give him their money because of this belief.

那是不是他最后变得真的… 就是说你还要再继续加深这句话吗?哪怕你⼜袋⾥⾯没有⼀分钱.你说为什么我需要钱啊? 全世界的钱都是我的.我只需要有⼀个念头,我只需要有⼀个愿望,钱就来⽀持我了,明⽩吗? 你真的觉得你们银⾏⾥⾯存的钱真的是你的吗? 那你们微信⾥的钱是你的吗? 在你呢吗? 你可能就是说你想⽤的时候你得到⼀个东西.但是你想⽤的时候,你不需要花钱你也能得到呀.所以说钱实际上是属于少数的能量操控者.你觉得你们看到是⼀个数字⽽已,呢会数字means nothing.你看到的只是数字⽽已.当你没有梦想,没有激情没有创新的时候,你⽤钱⼲什么? 你顶多是⽀持⼀下呢些不同的商家,对吧?

That means he ends up truly... are you going to deepen that statement even further, saying that you need money regardless of whether or not you have any in your pocket? Even if you don't have a single penny, why do I need money at all? Isn't it true that the world's wealth is mine? All I need is a thought, just one wish, and the money supports me. Do you really believe that the money in your bank account is yours? And what about the money in your WeChat? Is that also yours?

You might say that when you want something, you get it when you need it. But here's the thing: even when you don't have to pay, you can still obtain what you wish for. This means that money actually belongs to a few individuals who control energy. You see it as just a number—a number with no meaning beyond its numerical value. What you're seeing is nothing but digits.

When you lack dreams, passion, and innovation, what are you using money for? At most, it's supporting different businesses, right?

所以说当你能真正的运⽤钱的时候,就是你能拥有⼀个你的想象⼒.就⽐如说你想到⼀个idea,你们世界上后很多这种众筹吗,不是吗? 最开始只有⼀个想法.那呢个想法是不是让所有的钱都到位了来⽀持他? 然后真的就把所有钱都变成他的了.那创造这些钱的是什么? 最开始是什么? 不就是⼀个想法吗? 那你还觉得钱是属于你们的吗? 如果你的脑海⾥⾯没有想法,那是属于呢些有想法的⼈的.

So when you can truly use money, that's when you own your imagination. For example, if you have an idea, how many crowdfunding campaigns are there in the world like this, right? It starts with just one idea. Does that idea get all the funds到位to support it? Then, all those funds really become his. What creates these funds initially? Is it not simply an idea at first? If your mind doesn't have any ideas, then they belong to those who do have them, doesn't it?

问: 你们关于⼈类所说的审判⽇怎么看? 22号: 审判⽇? 是你们宗教⾥⾯的是吗?问: 有可能吧.

Questioner: What do you think about what humans say about the Day of Judgment? On the 22nd, "Day of Judgment"? Is it something in your religion? Questioner: Maybe.

22号: 所有的宗教也好还是任何,你要知道都是你们每⼀个不同的⼈⽤他们去体验这个世界,就是他们的经验,然后来分享.所以审判⽇的产⽣也是属于他们个⼈的⼀个理解,明⽩吗? 因为⼀旦你相信了或者是你觉得有审判⽇你会被审判.那你就进⼊呢个体验啊.为什么呢? 因为这是你⾃⼰创造的呀.所以说你创造的,那它就好像是你的影⼀样.你创造它,那你就体验它喽.

Number 22: All religions or any one you may choose to follow are essentially how each of you as individual people experience this world through your own experiences and then share it. So the concept of Judgment Day is also a personal understanding for them, do you understand? Because once you believe in or feel that there will be a Judgment Day where you will be judged, you enter into that experience. Why is that so? Because it's something you create yourself. Therefore, what you create becomes like your own shadow. You create it and thus you experience it.

问: 请问我们可以只⽤意念减肥吗? 就⽐如说我现在相信我很瘦很瘦,但是我不去做运动.

Questioner: Can we lose weight just by using our mindpower? Like, I believe I'm very skinny now, but I don't do any exercise.

22号: 你⾸先你可以去相信,但是你还要记得你还有⼀条狗.呢条狗也有⾃⼰的思想,它也有⾃⼰的… ⽐如说看到好吃的会流⼜⽔,会想要去吃掉,明⽩吗? 当然也有可能可以.为什么呢? 因为呢个⼈跟他的狗协调的很好.当然也有⼈不可以.为什么呢? 因为他跟他的狗完全就没有交流.所以这个不是来告诉你是可以还是不可以.可不可以是来⾃于你们跟这个狗的关系是怎样的,到底是它听你的还是你听它的? 你俩谁权⼒⼤⼀点?

22nd: You can start by believing it, but you must also remember that you have a dog. That dog has its own thoughts and... For example, when seeing something delicious, they might drool and want to eat it, do you understand? Of course there is a possibility for that. Why? Because this person has great coordination with their dog. Of course, there are people who cannot achieve that. Why? Because they have no interaction with their dog at all. Therefore, it's not about telling you whether it's possible or not; the possibility comes from how your relationship with the dog is like - is it listening to you or do you listen to it? Who has more power between you two?

问: 当下还有什么是我去注意到的点吗?

Question: Are there any points I should be paying attention to right now?

22号:如果你把所有的问题再听⼀遍你就不会再有这个问题产⽣了.因为我们的前⾯的信息告诉你,你们总是拿⼀个放⼤镜来找错,觉得我需要做点什么,我需要努⼒,我需要⼲什么.

On the 22nd: If you listen to all the questions again, you won't have this problem anymore. Because the information we gave before tells you that you always look for flaws with a magnifying glass, feeling like I need to do something, I need to work hard, and whatnot.

# 2023/06/14 — 连接佛陀Connecting to Buddha

JO: 你问吧,什么问题?问: 我是谁?

You ask, what question? Questioner: Who am I?

JO: 你是谁? 你觉得我们来⽤⼀个名字或者⼀个地位或者⼀个⾝份来告诉你是谁吗? 这些都是你们外在的物质世界⽤得上的,明⽩吗? 它随着你的⾁体的消失,所有的东西都会消失.你为什么需要别⼈来告诉你是谁? 为什么不⽤你⾃⼰来告诉全世界你是谁? 难道如果我告诉你,你是个臭流氓.你就觉得我是个臭流氓.然后你每天就是⽤个臭流氓的样⼦去展现你⾃⼰吗? 你们物质世界所有⼈给你们的⼀些标签和名称还不够多吗? 你还想去找到更多的标签贴到你⾃⼰⾝上吗? 你是不是还在寻求更多的标签贴到你⾝上? 你想你们物质世界你爸爸告诉你是谁.你爸爸会说怎么样怎么样,可能你的同事会说你这个⼈怎么样,你的领导会说你这个⼈怎么样.

JO: Who are you? Do you think we should use a name, status, or identity to tell you who you are? These concepts belong to the external material world and will cease to exist when your physical body disappears. Why do you need others to define who you are? Wouldn't it be more empowering for you to inform the world about yourself instead? If I were to label you as a foul scoundrel, would that mean I am also one myself? Would you then adopt that same demeanour every day to present yourself? Aren't there already enough labels and names bestowed upon you by your material world? Do you still seek for more labels to stick onto yourself? You seem to be waiting for confirmation of who you are from the material world, like your father or colleagues, who would describe you in certain ways.

你难道受到的这些东西还不够多吗,你要问你⾃⼰.我们的信息没有对你任何的冒犯和任何的评判.只是这些东西来提出来,你来问你⾃⼰.所以的这些信息是来⾃于你,你在跟你⾃⼰对话.你不是在跟⼀个什么外在的,明⽩吗?

Have you not received enough of these things already? You should ask yourself this question. Our information bears no offense or judgment towards you; it is simply presented for you to reflect upon within yourself. All this information comes from you and you are conversing with yourself. This is not a dialogue with an external entity, understand?

问: 奥,那就是我⾃⼰来说的算.

Question: Au, that's what I said myself.

JO: 那个你是更⼤的你,⽽不是你这个头脑⾥⾯认为的你.因为你头脑⾥⾯会认为你是谁谁谁.会因为你的⼀些情绪会因为你的⼀些想法会因为你的⼀些想法… 但是情绪、⾏为、想法这些东西都好像只是天上的云⼀样飘过就没了,明⽩吗?

JO: That's the larger you, not the version of you that your mind perceives. Because your mind might perceive who you are as someone else. It can get caught up in your emotions, thoughts, or ideas. However, emotions, behaviors, and thoughts are like clouds in the sky - they pass by and then disappear, do you understand?

问: 那我这辈⼦的使命是什么? JO: 你稍等.你叫什么名字? 问: XXXJO: 你这⼀⽣选择了这个⾁体来发展你的⼀个柔软度,就是像圆或者是没有棱⾓.就好像是流动的⽔的⼀个状态,就像是你所谓的上善若⽔这句话.你是想要⾃⼰去达到这样⼦的⼀个状态.就好像你⾃⼰想要拥有这样⼦的状态,那你选择这⼀⽣来不断地不断地把⾃⼰成为像⽔⼀样,⽽不是像冰块⼀样.所以你⾃⼰会对呢种上善若⽔的⼈,就是呢种特别度量⼤、包容、不计较的⼈,你会被拥有这样⼦品质的⼈给吸引.

Questioner: What is my mission in this lifetime?

JO: Just a moment. What's your name?

Questioner: XXX

JO: You've chosen this physical form to develop your softness, which is like being round or without sharp edges. It's like the state of flowing water, just like the saying 'the best of things is like water.' You want to achieve this kind of state for yourself, wanting to have this sort of state. If you choose to be like water instead of ice throughout your life, then you will naturally be attracted to people with qualities such as being generous and not petty in their dealings with others.

问: 对.⾃⼰也就是往这⽅⾯学习的奥?

Questioner: Is it true that one learns in this way about oneself?

JO: 你内在知道呢个是你会成为的⼀个状态.所以你就会被这个吸引.这么说吧,你现在是有棱有⾓的,然后你就不断地让⽣活中的事情来磨啊磨啊磨啊,把你磨成⼀个没有棱⾓的.

JO: You intuitively know what state you will become, so this draws you in. Imagine, you are currently sharp and angular, constantly having life's experiences grind you down into a smooth edge.

问: 对.我这个⼈很容易紧张,也很急.但是我内⼼很不喜欢这样.我觉得这样的不是我⾃⼰,我喜欢安静⼀点慢⼀点,不要呢么紧张.那我要怎么样破掉这个我执呢?

Questioner: Yes, I tend to get very nervous and rushed. However, deep down, I don't like this about myself. I feel that this is not authentic to who I am; I prefer a quieter, slower pace, not so tense. How can I overcome this执着?

JO: 你稍等.我们这边信息来告诉你就是⾸先你现在已经找到了出路,就好像你之前可能知道你⾃⼰喜欢什么⼈,想要成为什么⼈或者达到什么样⼦,可是你找不到出路.但是现在你已经找到了出路,明⽩吗?

JO: Wait a moment. The information we're providing you here is that you have now found your path. It's like you knew who you liked, wanted to be, or what kind of person you aspired to before, but couldn't find the way. However, you've now found your way and understand this, right?

问: 我从去年开始学习佛法,我觉得⾃⼰开始在精神这⼀块有⽅向和⽬标.

Question: I started studying Buddhism last year, and I feel that I have a sense of direction and purpose in my spiritual life.

JO: 这么说吧,你以前是知道你想要成为什么样⼦,但是你没有路可以达到.但是你现在已经找到了.告诉你什么信息呢? 是你现在已经在跟我对话了,明⽩吗? 是你现在已经找到⽔源了.就好像你是⼀个⼜渴的⼈,你⼀直找⽔找⽔.你想你没有喝⽔,你⾝体需要⽔,那你会不会很烦躁? 就像是这样⼦的⼀个状态.那你现在有⽔喝,那是不是可以让你缓解? 所以我们的信息,就好像是你现在找到⽔了.然后它可以缓解你⼜渴.但是你要知道,你现在⼀直是在跟外⾯取⽔来缓解你⼜渴.直到你⾃⼰内在⼀种滋养的状态,你⾃⼰就是⼀个⽔源,明⽩吗?

JO: Let me put it this way: you once knew what kind of person you wanted to be, but there was no path for you to achieve that. Now, however, you have found one. What information does this convey? It means that you are already communicating with me, understand? You have now found your source. Imagine being a thirsty person looking for water everywhere. If you felt the need for water because your body needs it and you couldn't quench your thirst, wouldn't you be very annoyed? That's how you were feeling before. Now that you have water to drink, doesn't that help alleviate your thirst? So, our message is like finding water now. It relieves your thirst. But remember, you've been getting water from the outside to quench your thirst until this point. You need to reach an internal state of self-nourishment where you are your own source of water. Understand?

问: 知道了,那我要怎么样才能去提升我这个内在的….

Questioner: Alright, then how can I improve my inner...?

JO: 你现在就在做这件事情啊.你现在在跟我们交流不是吗? 所以你就顺着这样⼦,等你哪⼀天你又迫切的想要来喝⽔.我们在这⾥.因为⽔永远都在这⾥,你永远任何时候都是会给你⽔,明⽩吗? 不会不给你⽔,永远都会给你⽔.

JO: You're doing this very thing right now. Aren't you communicating with us at this moment? So just continue like this. When you are desperate for water one day, know that we will be here because water is always available. Understand? Water will never be denied to you.

问: 对,⾃⼰经常还会处于⼀种⾃卑的呢种…JO: 你不需要去纠结任何你的所谓的⾃卑或者是焦虑啊着急啊,任何这种状态.因为你想,⼀个肚⼦饿的⼈和⼀个吃饱的⼈,他们是两种不同的状态.⼀个饥饿到⼜渴到都快晕倒了,你让他去concentrate,你让他去做⼀些事情,你让他给你讲⼀个笑话,他会有这个⼼情吗? 明⽩吗?

Questioner: Right, you often feel inferior yourself... J.O.: You don't need to worry about your supposed self-doubt or anxiety, or being in a hurry. Think about this: A hungry person and a full stomach are two different states. Imagine someone who is so hungry they're also thirsty to the point of almost fainting. Would you expect them to concentrate, do something, or tell a joke? Can you understand this analogy?

问: 就这样下去⽅向就对了这样?

English: Questioner: Is this going in the right direction like this?

JO: 你现在就在做这件事情,你已经找到⽅向了,你已经找到源头,你已经连接上光,明⽩吗?

JO: You are doing this right now, you have found your direction, you have connected to the source, you have linked to the light, do you understand?

问: 到现在为⽌我还不知道怎么去连接⾼我?

Questioner: Until now, I don't know how to connect with my Higher Self?

JO: 你现在就在啊.

JO: You're here now.

问: 那我现在在学(没听清)菩提讲堂.这个属于正法吗?

Questioner: I'm studying at (didn't catch that part of it) Bodhi Lecture Hall. Does this belong to orthodox teaching?

JO: 我们不去评判任何⼈的任何思想.为什么呢? 你们所有⼈的思想它都是被⽀持的,都是说的是真的,没有任何⼀句话是胡说⼋道.为什么会存在对别⼈来说是胡说⼋道呢? 是因为他创造他⾃⼰想要体验的世界,你创造你想要体验的世界.然后你们不在同⼀个世界,就变成了胡说⼋道.这么说吧,这个⼥孩⼦说的⼀些话.如果你不相信的话,它就是胡说⼋道,痴⼈说梦.那如果你相信她,加⼊你,你便⽤你的信念去体验她创造的这个世界的话.那她说的就是真理.所以这个选择权还是来⾃于什么? 来⾃于你⾃⼰.到底是什么可以引起你内在的共鸣.就是说她的信息很吸引我,我很喜欢.它可以让我达到⼀个⼼平⽓和或者充满爱的

JO: We don't judge anyone's thoughts. Why is that? Your thoughts are all supported and truthful; there isn't a single word spoken out of its way. Why does it become considered nonsense to others? Because they create the world they want to experience, just as you create your own desired world. When people live in different worlds, it appears as nonsense to them.

In other words, when this girl speaks and you don't believe her—her words are considered nonsense or a dream come true for nothing. But if you do believe her, and you incorporate her into yourself, experiencing the world she created through your beliefs, then what she says becomes truth. So who holds the power here? It's yourself. It's what triggers inner resonance within you. Her message resonates with me; I like it very much, which helps achieve peace or love internally.

状态.那你为什么不选择呢? 就好像有⼀个东西你吃了会让你⾝体舒服,神清⽓爽,喜悦开⼼,它对你有很多好吃.另外⼀个又苦又涩,你⾝体又不喜欢,⽽且它还有毒.那你说你⾃⼰去选择哪⼀个呢?你到底是选择⼀个让你在各个状态、感受都是很顺很爽很愉悦的⼀个状态,你还是去选择呢个让你又苦侵害你的⾝体,就有毒的东西呢?这是你的选择呀.那你们世界上有这么多的信息,不是说有毒的就是错的.为什么?没有错呀.他们创造的地狱也是同样的真实,他们体验的就是地狱,就是你死我活.是真的呀.你要不出⼿,他们就把你杀死.⼀点不假.所以说你⾃⼰去选择你到底想要体验什么世界,创造什么世界.为什么呢?因为⽆论你选择什么,你就是什么.

Status. Why wouldn't you choose then? As if there were something that would make you feel better after eating it, refreshed and joyful, with a lot of goodness for you. The other is bitter and unpleasant, not suitable for your body, and also poisonous. So, which one do you say to yourself, you should choose? Do you opt for the state that brings all kinds of smoothness, satisfaction, happiness, or do you pick the one that harms your body with its bitterness and poison? This is your choice. With so much information in the world, not everything being wrong just because it's toxic. Why? There's nothing inherently incorrect about creating hell - they experience it as such, a life-or-death struggle. It's real. If you don't act, they will kill you - there are no half-measures. Therefore, you must choose what kind of world you want to experience and create. Why is this so? Because whatever you choose determines your reality.

不是说这⾥有⼀个真实的世界,真真切切的,你只能去选择这个,这个是真理,你只能跟随这个.不是的.你是跟随你内在,你的舒适度.就好像这个⽔温,你来告诉我到底是要哪个⽔温最舒服.有的喜欢温的,有的喜欢烫的.他⾃⼰才知道哪个才是最舒适的状态.所以你来到这个世界,你才是主⼈,不是他⼈.除⾮你选择加⼊他⼈,那也是来⾃于你的⼒量.是你选择,你的选择也是被⽀持的,明⽩吗? 所以你们眼

It's not about there being a real world that you can only choose from where this is the truth and you must follow it. No, you follow your inner self, your comfort level. Just like water temperature, I'm here to ask which one feels most comfortable to you. Some prefer warmer temperatures, others like it hotter. Only they know what their most comfortable state is. So when you come into this world, you are the master, not others. Unless you choose to join someone else's, and that too comes from your own power. You make choices, and those choices are supported. Do you understand? This applies to everything you see.

⾥⾯活的风⽣⽔起的⼈,他们并没有什么⽐你更吃苦呀.他们没有吃苦.他们⽐你更聪明吗? 他们没有⽐你更聪明.他们⽐你更勤劳吗? 他们没有⽐你更勤劳,明⽩吗?

Inside those who are thriving, they aren't suffering more than you do. They're not enduring hardships. Are they smarter than you? They're not smarter, understand? And are they harder working than you? No, they're not harder working either, get it?

问: 那对佛来讲,那是他们上辈⼦的事吗? 他们这辈⼦就不⽤努⼒.

Questioner: For the Buddha, is that something from their past lives? They don't have to strive in this life.

JO:你要知道你在每⼀个当下,你都是⾃由的.只有你去选择我要去体验这个束缚.有⼀句话叫⽴地成佛.只有你在当下你选择,OK,我不需要再体验这些物质世界的束缚了.因为如果你能看清楚所有的束缚都是来⾃于你⾃⼰的束缚,你可以去选择不被它束缚.但是你们所有的⼈都不相信,你们觉得还是外在的事情是真实的.你觉得你不相信.这么说吧,就好像你们在⽔⾥⾯,如果你放松的话,你相信的话,就是你整个⼈可以浮起来,不会被谁淹死对不对?那如果你不相信,你使劲⽤⼒去蹬啊蹬啊蹬啊,然后你被淹死了.然后你还说,你看吧,我不相信是对的.我是不是死了?

JO: You need to know that in every moment, you are free. Only you choose whether I experience this confinement. There is a saying called 'instant enlightenment'. Only when you choose in the present moment, okay, I don't need to experience these material-world restraints anymore because if you can see that all these constraints come from your own confinement, you can choose not to be bound by them. But all of you do not believe this; you think it's still external things that are real. You feel that you do not believe. Let me put it this way: Imagine you're underwater, and if you relax and trust, the whole person floats up and doesn't drown, right? If you don't believe, you struggle against the water as hard as you can, then you drown. Then you say, "See, my lack of belief was correct." Am I dead?

问: 对.就是不去争,还好好的.

Question: Yes, just by not competing, everything is fine.

JO:因为⽆论你相信什么,⽆论你想要去体验什么,你都是被⽀持的.你们来到这个世界上,就是来去体验⾃⼰的⼀个⼒量.所有束缚都来⾃于你们⾃⼰.但是这些束缚也是好的,为什么呢?你成长.你通过这些⼒量和束缚来成长.你想象⼀下你的肌⾁需要变⼤,它需要变得有⼒,它需要扩⼤肌⾁的维度.它是不是需要不断地刺激,不断地重量的刺激.你的重量越⼤,你的肌⾁的维度就越⼤,对不对?那你们⽣活中所有的这些东西,它实际上就是来让你们更加,就像肌⾁的增长⼀样.但是这些重量是你⾃⼰选择的,它并不是来置你于死地的.很多⼈不能脱离出来,就是因为他们觉得呢些是来置他与死地,是他命不好.他认命了,所以他就会体验如此的痛苦.

JO: Because no matter what you believe in or what you wish to experience, you are supported. You come into this world to experience your own power. All constraints come from yourselves. But these constraints are also good, why? You grow. You grow through these powers and constraints. Imagine if your muscles need to get bigger, they need strength, they need dimension of muscle mass. Don't they require constant stimulation, constant weight lifting stimulation? The heavier you are, the greater the dimension of your muscles, right? So all these things in your life actually aim to make you grow more like the growth of muscles. But these weights are chosen by you, they are not meant to end your life. Many cannot escape because they perceive them as destined to destroy their lives, as if it is just bad luck. They accept their fate, so they experience such pain.

那如果你知道了它只是像健⾝的器材⼀样让你变得越来越强⼤,那你是不是就越来越强⼤?

If you knew it just made you stronger like a gym machine, would you then become stronger?

问: 那我现在就有颈椎病,很难治好.这个是怎么回事?

Questioner: Well, I already have cervical spondylosis, which is hard to treat. What's going on with this?

JO: 你的颈部的压⼒是来⾃于你对⼈⽣感受到的⼀种压⼒.就你觉得⼈⽣或者是不轻松的,外在的物质世界、⽣命是不轻松的.所以它对你的整个颈椎它都好像是有⼀种压迫感,就好像你也很难让⾃⼰完完全全的放松,完全进⼊到⼀种放松的状态.

Your cervical pressure is due to the stress you feel about life. You perceive life as being difficult, both in the external material world and within your own existence. As a result, there's a sense of压迫 on your entire cervical region, making it hard for you to fully relax and enter into a state of complete tranquility.

问: 对.那要怎样才能学会放松?

Questioner: Yes. How can one learn to relax?

JO: 你现在不是在学吗? 我们现在给你的所有的东西都是在让你不断不断地,奥,恍然⼤悟,奥,原来如此.你们⼩朋友不是也需要不断地不断地学习,然后再让他尝试.原来是这样⼦.然后是不是就学到了? 所以你现在就在做这件事情.

JO: Aren't you studying now? All the things we're giving you are to help you continuously, well, suddenly understand, well, that's it. Your little ones also need continuous learning and then trying to figure out, oh it is like this. Then you would learn. So what you're doing right now is exactly that.

问: 对,让⾃⼰快乐起来,不要⽼是去感觉到压⼒.

To ask oneself: Yes, let oneself be happy, and don't always feel under pressure.

JO: 你也不需要去逼你⾃⼰快乐起来.因为它是⼀个逐渐的过程.就⽐如说我们现在的信息就感觉让你又轻松了⼀点,就是松绑的呢种感觉.就是我能活动⼀下,我能动⼀下.

JO: You don't need to force yourself to be happy. It's a gradual process. Like the information we have now makes you feel a bit more relaxed, like being freed up. I can move a little, I can move a little.

问: 对,以前⽼是想太多.

Question: Yes, I used to think too much.

JO: 这是⼀个过程.你想,你有没有看到哪⼀个植物它是⼀夜之间就长成了参天⼤树? 所以你也是⼀样.你不要去期待你⼀下⼦就能变成⼀个参天⼤树,但是你每⼀步突破你都能感受到⽣命的喜悦和轻松.

JO: This is a process. Imagine, have you seen a plant that grows into a towering tree overnight? So are you too. Don't expect to instantly become a towering tree, but every step of progress brings you the joy and ease of life.

问: 是的.还有就是现在的⽣活有时候会出现很多⽆常.我有四个⼩孩,⼀会⼉这样⼀会⼉呢样.情绪上就没办法控制.

Questioner: Yes, and life is also unpredictable these days. I have four children who keep me on my toes with different activities and emotions that are hard for me to control.

JO: 你这么去看,如果不是因为变化,你们的⽂明和你们的社会会有今天吗? 那你们是不是还在⽤煤油灯呢? 还在住草屋呢? 为什么? 因为我不要变化,我要⼀直是同⼀个模式.你是不是也没有⽹络呀.

JO: If we only consider change, would your civilization and society be where they are today without it? Would you still be using oil lamps and living in thatched huts? Why not have any network either? Because I don't want change; I want to stay with the same pattern.

问: 是的.那允许它变化,允许它发⽣?

English: Questioner: Yes. That allows it to change, allows it to happen?

JO: 变化它是⼀个常态,你没有变化呢个就不是⽣命了.但是这个也没有不变化的东西.就算你们看到的再坚固的物质的东西,它都是在变化的.为什么你⽤的东西它会变得越来越⽼越来越陈旧越来越破呀? 那难道它没有变化吗? 你们的房⼦你住在呢⾥⾯,你觉得房⼦没变化? 你这个⾁体没有变化? 你的思想没有变化? 你的思想在接触每⼀个⼈每⼀句话,每⼀个瞬间它都在不停的发⽣变化.它要么变坏,要么变好.但是你要知道好的可以变坏,坏的可以变好.它所有的都是在⼀种转变的⼀个状态.你永远不会被困在任何,除⾮你去选择我想要体验呢个被困住的感觉.那也是你⾃⼰去选择了呢个感觉,呢只是⼀个… 就好像你选择了去尝试⼀下被捆绑的滋味.

JO: Change is the norm; if you don't change, then it's not life anymore. But there's also no thing that doesn't undergo change. Even what appears to be solid and unchanging material things are in flux. Why do your tools become old and worn out? Does it mean they don't change? The house you live in—do you think the house is unchanged? Your body isn't changing either? Your thoughts aren't evolving? Your thoughts, as you interact with each person, every word, every moment, are perpetually transforming. They can either deteriorate or improve. But remember, what's considered good can turn bad and vice versa; all exist in a state of transformation. You'll never be stuck anywhere unless you choose the sensation of being trapped—and even then, it's a choice you make. It's like choosing to experience the feeling of being tied up for just once.

问: 因为⼩孩⼦有情绪,我们就会被他影响.我也不知道怎么去跟他连接,怎么去引导他.

Question: Because children have emotions, we are influenced by them. I don't know how to connect with him or guide him.

JO: 你看你们天⽓它有时候会打雷吧? 打雷就像你们说的发脾⽓⼀样,是吧? 那你说你要怎么处理呢个打雷啊? 不允许它打雷?

JO: You see, sometimes the weather in your world has thunderstorms, right? Thunderstorms are like when people say you're having a temper tantrum, right? So, how would you deal with thunderstorms? Are you not allowed to have thunderstorms?

问: 不理他.

Question: Ignore him.

JO: 这不很正常嘛.你只要有这个物质⾁体,就会有情绪.但是你不会⼀直去选择… 你说我们之前说的信息,你发脾⽓就像你放了⼀个屁.那呢个屁早就没有味道了.

JO: This is perfectly normal. With this bodily substance, you will have emotions. But you won't always choose to... You mentioned the information we discussed earlier; your anger feels like you just released a fart. By then, that fart has long lost its smell.

问: 昨天我⼥⼉打电话说她就莫名其妙的想哭,有时候还想⾃虐.我就跟她说你要允许你的这种情绪的发⽣.然后我就不知道为什么会⾃虐?

Question: Yesterday my daughter called and said she just felt like crying for no reason and sometimes even wanted to self-harm. I told her that it's okay to experience these feelings. But I don't understand why she wants to self-harm?

JO:⾸先你需要看到的是不只是你⼥⼉她被困在她的⾁体和情绪⾥⾯,基本上⼈类都被困在这⾥.只是很多⼈他去⽤其他⽅式,就⽐如说我去打别⼈.那她是捏她⾃⼰打她⾃⼰是吧?那有的⼈他就变成了反社会⼈格,就好像杀⼈犯、恐怖分⼦.他去打别⼈.只是每个⼈释放的⽅式不⼀样.那有的⼈就变成了抑郁,有的⼈就是暴⼒,有的⼈就是压抑.压抑变成什么?绝症.那其实所以你可以看到基本上这都是你们共同的⼀个功课.但是这就是我们在这⾥的原因,我们来引导你⾃⼰去认识你⾃⼰.你不等于你的⾝体,你不等于你的情绪,你不等于你的想法好感受,明⽩吗?

Japanese观音: Firstly, what you need to see is that your daughter isn't just trapped in her body and emotions; essentially, humans are all trapped there as well. It's just that many people use other ways, such as going out to hurt others. Is it that she hits herself, or does she become like a sociopath, murderer, terrorist, who goes out to hurt others? It's just that everyone expresses themselves differently. Some turn into depression, some into violence, and some into suppression. Suppression turns into what? Terminal illnesses. What you can see is essentially this is all your common task. But this is why we are here - to guide you in understanding yourself. You're not equal to your body, your emotions, or your thoughts. Can you understand that?

问: 我⾃⼰也有那种急躁的情绪.

Question: I myself also have that sense of restlessness.

JO: 如果你⾃⼰不学习,你没有办法去引导你⼥⼉⾛出来,就这么简单.因为你都是蒙着眼睛的,你怎么帮她去把眼睛睁开? 所以你们彼此都是在⿊暗当中.但是通过这些信息,你可以看到你需要去寻找所谓的出路.你们物质世界已经给你们展现了,你们的出路不是来⾃于⾦钱.虽然你们每⼀个⼈都在追求⾦钱.

JO: If you don't learn for yourself, there's no way you can guide your daughter out of it, as simple as that. Because you're both blind, how are you going to help her open her eyes? So, you're both in the dark together. But through this information, you can see that you need to find a so-called way out. Your material world has already shown you that your出路 is not coming from money, although each one of you is chasing after money.

问: 其实从⼩我对⾦钱这⼀块对⾦钱都不是很追求.

English: Questioner: Actually, I've never been very money-driven since I was young.

JO:没有说单⼀的⼀个,只是说你们⽬前社会上是什么导致了你刚才说的你⼥⼉的现象.因为当你们太注重于物质的追求的话,你们会忽略于你⾝体的⼀个,就像你⼥⼉⽐如说她有可能虐待⾃⼰,她有可能是说我必须要保住这份⼯作,但是我⽼板⼀直不尊重我或者是打击我.但是我为了还房贷就必须要压抑我⾃⼰.就打个⽐⽅哈.那她压抑的这个能量,她也需要去找个⽅式给释放出来.那有可能是因为你们世俗的眼光,⼀定要考上名牌⼤学,拿个什么⾝份.不然的话,以后出来连⼯作都没有,活都活不起,连⽣计都有问题.这些都是被你们植⼊的⼀些恐惧的(信念),就觉得你们必须要把物质世界当成第⼀.就是把⾦钱把物质放在第⼀,你们才能存活.

JO: Not talking about a single one, just saying what in your current society leads to the phenomenon you described about your daughter. Because when people excessively pursue material gains, they tend to overlook aspects of themselves, like how your daughter might harm herself due to pressures she feels. She might think she must keep her job because her boss doesn't respect or support her or consistently belittles her, but she has to suppress herself to pay off the mortgage. Let's say it this way: she is suppressing energy that needs an outlet for release. Perhaps these fears and expectations you've implanted, insisting on attending top-tier universities and achieving status or else having no future job prospects leading to inability to sustain life, all contribute to such issues. These are fears (or beliefs) you've instilled in her society that makes them believe they must prioritize the material world over everything else, valuing money and material possessions as their first priority for survival.

问: 那能不能帮我看⼀下我跟我家⼩孩的姻缘? 她叫XXX,17岁.

Question: Can you help me look at my marriage缘分with my child? Her name is XXX, she is 17 years old.

JO:你稍等.你⼥⼉就好像是你的翻版,也就是说你的能量状态和她的能量状态是⼀致的.就⽐如说你容易急,她也容易急.所以说她就好像是你的镜⼦,你看着她就好像是在看着你.然后让你就是不得不随时的提醒⾃⼰,you have to change,就是说你必须要做出改变.不然的话,就像是⼀根绳⼦系在你⾝上,呢跟绳⼦又系在你⼥⼉⾝上.你的束缚也是她的束缚.就好像你们是在同⼀条船上.

JO: Wait a moment. Your daughter is like a duplicate of you, meaning your energetic state and hers are in alignment. For instance, if you tend to get upset easily, she also tends to get upset easily. Therefore, she serves as a mirror for you, reflecting back what you are showing her, making you constantly aware that you need to change. Otherwise, it's like having a rope tied around your waist and another rope tied to your daughter, binding both of you together. Your constraints are also hers, making it seem as if we're all in the same boat.

问: 所以我现在要改变我⾃⼰?

Question: So I now have to change myself?

JO: 也不是改变,是看清楚.因为你们都是蒙着眼睛的.你想蒙着眼睛是什么状态? 跌跌撞撞的.那当你能看清楚了,是不是每⼀步都是你想要去⾛的⽅向? 你说.

JO: Not to change, but to see clearly. Because you all have your eyes closed. What state would you be in if you were blind? Stumbling around. So when you can see clearly, is every step the direction you want to go? You said.

问: 现在怎样才能去看清?

Questioner: How can I see clearly now?

JO: 你现在不是在这条路上吗? 你现在就在呀.我们现在的电筒,我们现在的光来让你看不清吗? 你说你以前以前⼀直看不清,那我们现在把光带到这⾥来了.你眼睛在我们的光的照耀下,没有⿊暗呀.

JO: You're on this road now, aren't you? You're here right now. Could it be that our flashlight or light is causing you to not see clearly? You said before that you could never see well. But now that the light has come here, with your eyes under the light of ours, there's no darkness, can you see it now?

问: 对,我现在知道怎么样去,不能说是改变⾃⼰奥?

Questioner: Yes, I now know how to do it, though I wouldn't say you're changing yourself.

JO:刚才的意思就好像说是看清、知晓.这么说吧,⼀个⼩朋友他⽣下来,他不知道这个是电.他可能⽤⼿⼀碰,就被电的全⾝发抖.那我们⼤⼈是不是要告诉他,你触碰的呢个是电,我们要怎么样安全的使⽤它?它可以帮助你.如果⼩朋友不被告知的话,那它是不是就觉得这个是个太恐怖的东西,他⼀辈⼦都害怕它,对不对?他也不能让这个电来服务于他,让这个电变成点灯⽤,可以有洗⾐机、洗碗机、空调什么的.他这些都⽤不上,明⽩吗?那当你知道怎么安全的⽤电了,你是不是就要把这个⽅式⽅法告诉呢些其他触电的⼈呀.你看到其他⼈要被电死了,你不可能不告诉他这个是电,你要怎么使⽤.为什么?这是你的本能,你会去告诉他,你不会见死不救.

JO: The meaning just now is akin to understanding or recognizing something. Let me put it this way: Imagine a child who has just been born and doesn't know what electricity is. He might touch an electric current with his hand and shiver all over from the shock. Shouldn't we then tell him that he touched electricity? How should we safely use it, and how does it help us? If children are not informed about this, won't they perceive it as a terrifying thing for life, fearing it forever, correct? They would also be unable to utilize electricity for their own benefit; things like light bulbs, washing machines, dishwashers, air conditioners, etc., wouldn't work. Do you understand that? When one knows how to use electricity safely, isn't it then necessary to teach others who have come into contact with electricity about this method? If you see someone about to be electrocuted, can you not tell them that they are touching electricity and how to handle it? Why? Because it's your instinct; you would naturally tell them and save them from dying.

但是如果你⾃⼰都不懂得呢个是电,要如何去运⽤它的话.你如何去告诉他?你也被电死.然后你们俩⼀起产⽣恐惧,然后⼀起去没有得到电对你的⽀持和服务和改善你的⽣活.它对你只是负⾯影响,恐惧,然后避开它.

But how can you use it if you don't even know what electricity is? How can you tell others about its uses when you yourself are ignorant of its nature? You could get electrocuted and be scared. Then both of you might develop a fear of electricity, deciding not to rely on its support, services, and improvements for your lives. It would only have negative impacts, like fear, and avoidance of it.

问: 那现在不避,⾯对它?

Question: So now, instead of avoiding it, face it?

JO: 那我们现在在做的事情就好像是在告诉你,这个电要怎么样安全的使⽤,这个是开关,然后你不能把呢个东西放进去.那你尝试⼏遍发现,咦,她说的是对的.那我以后就按照她的⽅式做了.

English JO: What we're doing now is like telling you how to safely use this electricity, this is the switch, and you can't put that thing in. You try it a few times and realize, oh, she's right. From then on, I'll do it her way.

问: 我上辈⼦是什么样的⼀个⼈?

Questioner: What kind of person was my ancestor?

JO: 上辈⼦? 你可以问你之前的哪⼀世还影响着你这⼀世?问: 那可以.

JO: The previous generation? You can ask which past life of yours is still influencing you in this lifetime? Questioner: Yes, that's possible.

JO: 你稍等.我们这边连接到你有⼀世好像是⼀个猎⼈⼀般.猎⼈他⼀直就是⽬标性很强,然后他⼀直就是就是盯着⽬标,他就⼀定要把它拿下.所以有⼀种强烈的,就是事情如果你不把它办好,你就很难受.就这么说吧,就好像你前⾯有⼀个猎物.你如果没抓到它,你就会觉得⾃⼰没⽤,就是很⽓.就是要把呢个猎物抓到你才会⼼满意⾜.所以说对你这⼀世的影响,如果事情没有按照你的⼀个要求办好办妥的话,你会进⼊到⼀种愤怒或者是压⼒或者是焦虑、着急呢样⼦的状态.

JO: Wait a moment. In this lifetime, it seems as though you're like a hunter who has strong target focus and keeps staring at the target until he captures it. This creates a strong sense that if things aren't handled well, it will cause discomfort. Imagine there's prey in front of you; not catching it would make you feel inadequate, frustrated, and upset until you manage to catch it. Thus, this influence might lead you into anger, pressure, anxiety, or urgency when the situation doesn't go as your requirement in this lifetime.

问: 对.像我跟我⽼公的状态⼀样,以前我就⽼⽓他.觉得他的三观跟我不⼀样.

Question: Yes, like my situation with my husband, I used to feel frustrated by his views on life, feeling that our perspectives were not aligned.

JO: 也就是说你有⼀种就是事情要达到你的要求,不然你就会很难释怀.然后当你真正的达到你想要的,拿到了你的战利品⼀样,你就很开⼼.但是你的呢种开⼼持续的时间很短,因为你外⾯不断地有猎物.所以你就进⼊到⼀种很难满⾜的状态.

In other words, you have a condition where things need to meet your requirements; otherwise, it's hard for you to let go. When you finally achieve what you want and get your spoils, you're very happy. However, the duration of this happiness is short because there are always new targets outside. You thus enter a state of being hard to satisfy.

问: 那能看⼀下我跟我⽼公是⼀种什么样的状态吗? JO: 你稍等.你的⽼公叫什么名字?

Questioner: Can you tell me what kind of state I am in with my husband?

JO: Wait a minute. What's your husband's name?

问: XXXJO: 你们倆就好像是像战友⼀样或者是情同⼿⾜或者是像兄弟⼀样,并肩作战的.就好像是更多的是你们后共同的束缚、共同的去突破、共同的障碍.这么说吧,就好像⼀根绳⼦同时困在你们俩个⼈⾝上.所以说如果你突破的话,也会带动他的突破.

Questioner: XXXJO: You two are like comrades in arms or brothers who share common bonds and strive together, overcoming challenges as one. It's more about the shared constraints, collective efforts to push boundaries, and facing obstacles together. Imagine being tied by a single rope that binds both of you. If one moves forward, it will inevitably lead to the other's progress as well.

问: 是的.因为⾃从我开始信念转变,他也是变了好多.

Questioner: Yes, because since I started my belief transformation, he has changed a lot too.

JO: 是的.因为他会被你带动.就好像你⾛到光⾥⾯来了,那你们俩困在⼀起的,那他是不是也到光下⾯来了? 他不得不睁开眼睛呀.

Yes, because he would be influenced by you. Just as if you walked into the light, then are the two of you trapped together, does that mean he also came under the light? He has to open his eyes.

问: 那我现在可以连接⼀下佛陀吗?

Question: Can I connect with Buddha now?

JO: 你稍等.

JO: Wait a moment.

佛陀: 你说吧,什么问题?

Buddha: Speak up, what's your question?

问: ⼼经⾥⾯到底讲了什么意思? 想告诉世⼈什么真理?

Question: What exactly does the Heart Sutra convey, and what truths does it want to communicate to the world?

佛陀: 我们想带给你们的信息就是不要去跟随任何的经任何的⽂字任何的信息.因为呢些都是死的,呢些就好像是⼀个昆⾍的⼫体⼀样,它的灵魂已经不在了,只留下⼀个⼫体.但是你们每⼀个⼈都继续地再去研究呢个⼫体.就好像你们吃的呢个⽢蔗,呢个⽢蔗的味道已经被爵掉了,吐出来的都是渣.然后你们却把呢个渣当成是⼀个真理,在呢继续去爵.你觉得你还能爵出呢个⽢蔗真正的味道吗?

Buddha: The message we wish to convey to you is not to follow any texts or any information. These are like dead things; they are akin to a beetle's body where the soul has left, leaving only a corpse. Yet, each of you continues to study that corpse, just as if you were eating sugar cane whose flavor has been lost, and what comes out when you spit it is just residue. And then you treat that residue as a truth and continue to consume it. Do you really think you can taste the true essence of the sugar cane again?

问: 那我们要怎么样去了解宇宙的真理呢?

Question: How do we learn about the truth of the universe?

佛陀: 你⾃⼰就是真理.没有外在东西,没有⼀个宇宙需要你去了解,也没有⼀个外在的物质需要你去了解.你⾃⼰就是真理.

Buddha: You are the truth yourself. There is nothing external, there is no universe needing you to understand, and there is no external matter needing your understanding. You yourself are the truth.

问: 那佛陀离世后,您的弟⼦成⽴了佛教.那佛教和您的思想区别在哪⾥?

Question: When Buddha passed away, your brother established Buddhism. What is the difference between Buddhism and your thoughts?

佛陀: ⾸先我没有任何弟⼦.所谓的弟⼦只是他们⾃⼰去选择对这个,就好像前⾯的信息告诉你,每⼀个⼈都创造了⼀个世界,你⾃⼰选择了加⼊他们,明⽩吗? 因为即使是我说出去的话,他也只能⽤他⾃⼰的⼀套信念系统或者是他⾃⼰的感知,他去体验.体验的也只是属于他⾃⼰的,明⽩吗? 就好像我做了⼀道菜,然后他只⽤他的⾆头.他的⾆头能吃出来这个菜到底是好吃还是不好吃会来⾃于他⼩时候是不是经常妈妈做给他吃.就⽐如说你们不同地区的⼈会喜欢不同的⾷物.有的⾷物对其他⼈来说很恶⼼,但对有的⼈来说却很好吃.这么说吧,最简单的⼀点,你们有看到狗在吃屎,对吧? 那你们⼈会觉得屎好吃吗?

Buddha: First of all, I have no disciples. The so-called disciples are merely choices they make for themselves, just like the information given earlier told you that everyone creates their own world, and you chose to join them, right? Because even my words can only be interpreted through their own belief systems or perceptions, and they experience things based on what's available to them. They experience things that belong solely to themselves, understand?

Imagine I cooked a dish, and then he only uses his tongue to taste it. Whether the dish is good or bad for him comes from whether his mother used to cook similar dishes for him when he was young. Like how people in different regions prefer different foods; some foods are disgusting to one person but delicious to another. To put it simply: have you ever seen dogs eating feces? Would humans consider feces tasty?

那就⽐如说不同地区的⼈,那他吃⼀个东西好吃,其他⼈却咽不下去,明⽩吗? 所以说信息就算说出来,你说它能变成⼀样吗?

That's like how people from different regions may find one dish tasty, while others can't swallow it, do you get it? So, even if you tell someone the information about a dish, can you make it taste the same for everyone?

问: 是不⼀样.那佛陀怎么还是叫⼈去弘扬佛法呢?

Question: Aren't they different? Then why does Buddha still ask people to propagate Buddhism?

佛陀: 任何的这些东西⾸先都是你们,就像我说出来⼀句话,你们都会有⾃⼰的理解和⾃⼰的思想.刚才你说的要去传佛法,就好像刚刚说的呢样,你如果懂得了如何不被电死,你不可能不把这种⽅式交给呢种被触电的⼈.你不可能不说不要碰这边,你把⾦属这样放的话会触电,因为它是传电的,明⽩吗? 这就变成了你们嘴⾥传佛法了.

Buddha: All these things are first you; like when I say a sentence, you will have your own understanding and thoughts. Just now when you said to propagate Buddhism, it's the same as what just happened. If you know how not to get electrocuted, you would never not give that method to someone who is being shocked by electricity. You wouldn't possibly say do not touch this area; if you place metal like this, it will cause a shock because it conducts electricity. Understand? This turns into the way you mouth the teachings of Buddhism.

问: 这是⾃然的⼀个事.

English: Questioner: This is a natural thing.

佛陀: 就好像刚刚说的,你如果懂得如何安全的⽤电,你看到旁边的⼈被电死,你不可能不去… 这就是所谓的传法了,就是去告诉他如何的去运⽤电.那就变成你们所谓的什么去传法了.但是只有呢种真正的被电过的⼈,或者是他正在被电的,或者是他想要来知道这个电是什么原理的⼈,你告诉他⽅式⽅法才有⽤的.为什么呢? 因为如果电跟他在完全的两个世界,那你去跟他说电是什么,他能理解吗? 他理解不了你.因为他从来没有被电过,就是在他的认知⾥⾯他根本就没有这个东西的存在.

Buddha: Just as I mentioned earlier, if you understand how to use electricity safely, seeing someone beside you being electrocuted, you wouldn't be able to ignore it... This is what is referred to as transmitting the teachings, by telling them how to utilize electricity. This becomes what you all might consider teaching or transmitting. However, only those who have been genuinely affected by electricity, or are currently experiencing it themselves, or wish to learn about its principles, can benefit from your guidance. Why is that? Because if electricity is in a completely different realm for them, how could they understand when you explain what electricity is? They wouldn't comprehend because they've never experienced it; it simply doesn't exist in their understanding.

问: 那这个还是缘分的问题奥?

English: Questioner: Isn't it still a matter of fate?

佛陀: 就好像刚才的呢个意思,如果他经历过被电或者是在被电或者是他对这个有兴趣或者是他想要去了解这个电的原理,他知道有电这个东西.你才告诉它这个原理才是有⽤的.

Buddha: Just like the meaning we just discussed, if he has experienced being shocked by electricity or is curious about it or wants to learn about its principles, then informing him about the principle of electricity would be useful only when you tell him.

问: 像现在全球经济这么不好,到处都在打仗.那这个核⼼原因是什么?

Question: With the global economy in such poor condition and conflicts happening everywhere, what is the fundamental reason?

佛陀: 那只是你⾃⼰看到的⼀⼩部分⽽已,是你关注的⼀⼩部分.任何你关注的东西,你的头脑都会把它当成是⼀个⽬前的样⼦.那你也可以去关注很多⼈他在寻求精神的解脱,他在寻求这些信息.那你就会觉得现在在⾛向另外⼀个精神层⾯的世界.所以这些都是你头脑对任何⼀个世界的关注点,导致你会觉得都是这样⼦.但是呢,你们的世界就没有变过,明⽩吗? 也不是在变好,也不是在变坏.因为你们还会⽤⼀个头脑就觉得这个事情是好.就⽐如说现在没有风平浪静.但是风平浪静它也是会产⽣变化的.那你可能看着现在又是打雷又是下⾬,但是你不知道打完雷下完⾬过后是天晴,明⽩吗?

Buddha: That's just a small part of what you see, that's the focus of your attention. Whatever you pay attention to, your mind perceives as its current state. So you can also direct your attention towards many people seeking spiritual liberation and information. You would then perceive this moment moving into another dimension of spirituality. All these are points of focus in your mind about any world, making you feel it's like that. But actually, your world hasn't changed; understand? It's not getting better nor worse. Because your mind perceives things as good just because they have your attention. Like the calm sea now; it can change too. You might see thunder and rain now, but you don't know what will follow: clear skies after the storm. Understand?

问: 我们平常像有⼀些负能量,怎么去清理它? 让⾃⼰的⼼情很快的静下来?

Questioner: We often have negative energy in our daily lives. How do we cleanse it and calm our minds quickly?

佛陀: 这么说吧,⽐如说恐惧,这是所谓的负能量是吧? 你⽐如说我们之前常⽤的信息说,你看到前⾯有⼀个⿁影,你⾝体马上就产⽣了恐惧害怕,就是全⾝发抖的⼀个状态.但是灯⼀打开过后,你看呢个⿁影实际上是⼀件⾐服,被风吹着在动.你的⾝体它的感受是不是就变了?

Buddha: Let's take fear as an example, okay? This is so-called negative energy, right? For instance, the information we often use says that when you see a ghost ahead, your body immediately produces fear and trembling all over. But once the light is turned on, you realize the 'ghost' was just a moving piece of clothing being blown by the wind. Does your bodily sensation change in this scenario?

问: ⼀下⼦就不怕了.

Questioner: All of a sudden, one isn't afraid anymore.

佛陀: 是的.你说你要怎么处理?问: 那就要看到真相?

Buddha: Yes. How do you propose to deal with it? Question: That means seeing the truth, doesn't it?

佛陀: 是的.

Buddha: Yes.

问: 那像我⼥⼉出现这样⼀个状况,我现在怎么办呢?

Questioner: What should I do now that my daughter is facing such a situation?

佛陀: ⾸先你要知道她在这世界上,这是她的⼀部分.她必须要去经历不同的⼀个情绪、感受,任何⼀切.但是就像刚才说的,如果你⾃⼰都不认识你⾃⼰的情绪,你⾃⼰都把你的感受当成是你,你都觉得你的想法、感受这些东西是呢个真实的你都没有办法改变的或者是怎样怎样.那你能帮到你⼥⼉吗? 只有你⾃⼰去看清楚过后,然后呆她也去看清楚,刚才让你产⽣恐惧的⿁影不过是被风吹动的⾐服⽽已.所以你看到了,你再让她看到.

Buddha: First you have to understand that she is a part of this world. She must experience different emotions and feelings, everything here. But just like what I mentioned before, if you don't know your own emotions yourself, treating your feelings as yourself, thinking that your thoughts and feelings are the true essence of who you are, it becomes impossible for you to change them or deal with them. Can you help your daughter? Only when you see clearly about yourself and then show her how to do the same, will you realize that the fear-inducing specter haunting you is just a wind-tossed garment. So you've seen it, now let her see too.

# 2023/06/15 — 连接梵⾼ Connecting Van Gogh

JO: 你问吧,什么问题?

English: JO: Ask away, what's your question?

问: 请问能不能帮我们连接⼀下画家梵⾼?梵⾼: 我现在就是,所以你可以提问.

Questioner: Could you connect us to painter Vincent van Gogh? Van Gogh: I am here now, so you may ask questions.

问: 你的创作灵感的来源是什么?

Question: What is the source of your creative inspiration?

梵⾼: 它来源于我⾃⼰源源不断,就好像我内在的⼀个… 就好像有⼀⼜井,你的内在有⼀个⽔源.它不断地不断地涌出.然后你就会想要把这个能量呈现出来.就好像有⼀股⼒量它⼀直在推动着你,不断地在冒出来不断地在冒出来.

Van Gogh: It originates from my endless inner source, as if there's a well within me... like you have a water source inside of you. This energy continuously bubbles up. And then you would want to manifest this energy. As if there's a force driving you forward constantly, bubbling out, bubbling out.

问: 那您对于⼈性是如何看待的?

English: Questioner: And how do you perceive human nature?

梵⾼: 我对于⼈性是如何看待? ⾸先⼈性它是⼀个在变⼀直又没有在变的⼀个状态.就好像我的作品,你可能看着它⼀直在变.但是实际上某⼀些东西就⼀直都没有变.所以说对我来说,⼈性就好像是我的作品⼀样.你们可能看到了不同的变化或者⼀直在变,但是实际上它又没有什么变化.

Van Gogh: What do I think of humanity? Human nature is a state that's changing yet remains constant. Like my works, you might see them constantly evolving. But there are certain elements that never truly change. So to me, human nature is akin to my art pieces. You may observe different transformations or continuous changes, but fundamentally, they remain unchanged.

问: 在您还存在在这个物质世界上的时候,您有埋怨过这个世界没有给您更多的善待或者是⽀持吗?

Questioner: When you were still present in this physical world, did you ever resent the world for not treating you better or providing more support?

梵⾼: 如果我在埋怨社会,我就在埋怨我⾃⼰.因为我就是社会.因为我埋怨⾃⼰的话,我就好像是在埋怨⼈类这个存在.所以说不存在任何埋怨.

Van Gogh: If I were to complain about society, I would be complaining about myself. Because I am society. And if I were to blame myself, it would be as if I were blaming the existence of humanity. Therefore, there is no complaint.

问: 为什么当年您会如此的喜欢画画?

Question: Why did you particularly like drawing back then?

梵⾼: 这就是我来到这个物质世界上的⽬的,就是想不断地去创作创作呈现呈现.问: 那您对您所有的作品中有特别满意的吗?

Van Gogh: This is my purpose for being in this physical world, to constantly create and present my art. Question: Do you have any particular satisfaction with your works?

梵⾼: 如果是从现在的状态当中,所有的都是满意的.如果是在当时的状态来说,所有的都是不满意的.

Van Gogh: If everything is satisfactory from the current state, then nothing would be unsatisfactory if we were to consider it in its own context.

问: 为什么在当时的状态来说,所有的都是不满意的呢?

Question: Why was everything dissatisfied with the current state?

梵⾼: 因为我不断地想要去超越它.我不断地觉得我的下⼀个可能会更好.I want more and more and more.因为我永远都觉得下⼀个会是最好的.

Van Gogh: Because I always strive to surpass it. I constantly feel that my next one might be better. I want more and more and more. Because I forever believe the next will be the best.

问: 在您的画作中向⽇葵这幅画⾮常的出名.通过这幅画您想传递的信息是什么呢?

Question: The painting of sunflowers in your work is extremely famous. What message were you trying to convey through this piece?

梵⾼: ⾸先⾮常的出名或者是呢幅画很特别,那是因为你们集体意识,你们世⼈这么去把那幅画拿出来这么去认为.为什么你们会对呢幅画有如此⼤的反响⽽不是其它作品? 它好像你们每⼀个⼈⼼中的⼀团⽕,它是简洁明了.为什么? 因为你们头脑喜欢简洁的东西,它⼀眼就能认出来它,它⼀眼就能进⼊.就这个东西对你们头脑来说是很好理解的,明⽩吗? 所以你们会把它当成就好像是我的代表作⼀样.所以这是你们⾃⼰的⼀个认知,⽽不是说我来说这个画是最好的或者是最有代表性的.它只是从这幅画来体现了你们⾃⼰,⼈类的意识状态⽽已.所以是你们创造的结果,⽽不是我创造的结果.

Van Gogh: It is either very famous or this painting stands out because of your collective consciousness, as you, as a society, have collectively brought it to attention and deemed it significant. Why do you react so strongly to this particular piece of art rather than others? It seems like a flame ignited in every one of you, it's straightforward and clear. Why is that? Because your minds prefer simplicity; they can instantly recognize it, and it effortlessly captures their attention. This simplicity makes it easily understandable for your minds, do you see? Therefore, you perceive it as emblematic of my work. It's a product of your own cognition rather than me claiming this painting to be the best or most representative. It merely reflects your own state of human consciousness. Thus, it is a result of you creating it, not me creating it.

不是说我创造这个结果,我要让你们把这幅画当做什么什么的,拿什么态度去对待,明⽩吗? 如果你想要问我呢幅画想要表达或者是传递的是什么? 我根本就没有想要去传递给你们,明⽩吗? 我并没有想这幅画是留给别

It's not about me creating this outcome, it's about making you understand how to approach this painting, do you get that? If you were asking me what the intention or message behind this piece is supposed to be communicated to you, I never intended for it to be shared with you in any way, do you see? I didn't intend for this painting to be passed on to someone else.

⼈的.因为它只是我的⼀部分,⼀个moment.

It's because it's just a part of me, a moment.

问: 您星空的呢⼀幅画想要表达的是什么呢?

The question asks: What does your painting in the starry sky intend to convey?

梵⾼: 美好、宁静,还有就是孤独,还有就是在⾃⼰的世界⾥⾯.就好像我⾃⼰的⼀个状态,我喜欢抱我⾃⼰像是⼀个被蛹包裹的⾍⼦⼀样.我想要在⾥⾯,就好像只有我⾃⼰,我去感受整个宇宙整个变化.然后没有受到外界的⼲扰,在⼀个我独⾃美好的世界⾥⾯.就好像这是我喜欢的⼀种状态和我⽣命enjoy的moment.I enjoy just being myself. 你们会觉得这种状态是孤独或者是孤单的状态,或者是不合群.但是这种状态才是真正的圆满的状态.

Van Gogh: Beauty, tranquility, and then there's loneliness, and that's in my own world. It feels like my own state, I enjoy hugging myself like a caterpillar wrapped in a cocoon. I want to be inside, as if only me, experiencing the entire universe changing. Without being disturbed by external interference, in a beautifully solitary world. This is a state that I like and moments of enjoyment in life that I appreciate. You might perceive this state as loneliness or solitude, or not fitting in. But this is actually the true state of completeness.

问: 为什么?

Question: Why?

梵⾼: 因为⽆论你物质世界所有的⼀切,实际上你都是在通过外界去感知你⾃⼰.你⽐如说你通过外在去感知,你感知的是你⾃⼰.你可能摸上软绵绵的东西,但是你只是体验呢种感觉,你体验呢种触感,明⽩吗? 这么说吧,就好像男⼥发⽣关系,你感知的是你⾃⼰,你的⾁体,你的灵敏度.所以你明⽩感知⾃⼰,就是说外在的物质世界它是来帮助你感知你⾃⼰的.那⼀个不受到任何⼲扰的时候,你是不是就可以完完全全的去感知你⾃⼰?! 所以就⽐如说你⼀般的情况感知⾃⼰,你可能是达到了⼏分,⾮常表⾯的.这种是不够深⼊的,不够 deep,⾮常表⾯.那当你处于另外⼀种状态,you feel 100% completely.

Vincent: Because whatever you have in your material world, actually, you are perceiving yourself through the outside. You perceive yourself by experiencing it externally, such as touching something soft, but you're just experiencing that feeling and that sensation of touch, right? To put it another way, like when a man or woman has sex, they're perceiving themselves - their body, their sensitivity. So understanding self-perception means that the external material world helps you perceive yourself. If there's no disturbance, can you fully perceive yourself?! That's why, in normal circumstances when you perceive yourself, you might only reach a few points on the surface. This is superficial and not deep enough. You're very superficial. But when you're in another state, you feel 100% completely.

所以你就会觉得你是完整的.这就是为什么当⼀个⼈他的意识程度越⾼,他越是enjoy他⾃⼰.因为他对感知的深度的要求、需求⾮常的⾼.如果是普遍的,可能他们的就,因为你们的level是⼀步⼀步的,因为你的需求就越来越⼤越来越⼤,对不对? 那有些⼈对浅层的需求已经很难满⾜了.就好像你在⽤药⼀样,⽤的剂量就会越来越⼤越来越⼤.这么说吧,你们如果吃毒品,最开始⼀点点量,你就会感觉很爽或者很嗨.但是随着你继续的(⽤药),你就会需要加⼤剂量你才能感受到呢种,明⽩吗?

So you would feel whole, that's why when a person their level of consciousness is higher, they enjoy themselves more. Because the requirement for depth in perception is very high. If it's general, then maybe their because your levels are step by step, as your demand grows larger and larger, right? So some people find it difficult to satisfy their shallow needs anymore. It's like using medicine; you would need higher doses over time. To put it this way, if you were to take drugs, starting with a small amount at first, you might feel very good or high. But as you continue (taking the drugs), you would require larger doses to experience that sensation, understand?

问: 你觉得你和当时的其他画家来⽐,最⼤的不同是什么?

Questioner: Compared to other painters of that time, what do you think is the biggest difference in your approach?

梵⾼: ⾸先你们应该放下去⽐较.为什么? 因为我如果告诉你有什么不同,那只是属于我个⼈,就是我⾃⼰的⼀个观念、⼀个观点⽽已.这个并不是⼀个真实存在的东西.所以这些⽐较是完全没有任何意义的.因为,OK,对我来说画画是很重要的对不对? 但是⽐如说对这个通灵的⼥孩⼦来说,通灵就是最重要的.你说你能⽐较画画好还是通灵好呢? 对她来说,那是她最爱的.那对我来说,画画是我最爱的.明⽩吗? 可能有⼀个画家他⼀点知名度都没有,他的作品也从来没有被⼈看到.如果我们来⽐的话,他enjoy他的⽣活,enjoy他在做的事情.他的⽣活质量,他每⼀秒都在enjoy.你说我如何去⽐?

Van Gogh: Firstly, you should put it in perspective. Why? Because if I tell you what is different, that's just my personal opinion, just a perspective of mine. It doesn't exist as a tangible reality. So these comparisons are completely meaningless. Because, yes, for me, painting is important, right? But for the medium girl, spirit communication is the most important. Can you compare painting and spirit communication which she loves the most? For her, it's all about what she loves the most. For me, painting is what I love the most. Do you understand? There might be an artist with no recognition, his work has never been seen by anyone. If we were to compare him, he enjoys his life, enjoys what he does. His quality of life, every second of it, he's enjoying it. How could one even compare such things?

你们有⼀句话叫如⼈饮⽔冷,暖⾃知,对不对? 那我说是这样的,他说是呢样的.如果真正的有⼀个什么不同的话,可能就

You have a saying that goes like this: "As each person drinks water, they know its cold or warmth," right? I say it's like this: he says it's like that. If there is truly a difference, then...

是我被你们社会的集体意识惦记的多⼀点,就是提到的多⼀点.那也是你们⾃⼰创造出来的,明⽩吗? 因为你们可以完完全全的去选择另外⼀个画家,去把他的作品…就是当你们每⼀个都觉得,哇,他的作品简直就是天才之作,哪怕他只画了⼏笔.但是你们所有⼈都觉的呢是天才之作,然后呢个就是天才之作了.为什么呢? 因为你们都去认同这件事情.它就是这么定的.所以说你有没有看到不在于事情本⾝它有没有价值,⽽是你们到底有多少⼈去加⼊去认同.

It's because you, as a collective society, remember and emphasize me more; you create this notion yourselves, understand? You can choose another artist completely and attribute his work... when each of you feels that his creation is nothing less than genius, even if he only drew a few strokes. But collectively, everyone perceives it as a masterpiece, thus making it so. Why? Because you all agree on this. It's simply how it works. So the question is not whether something inherently has value; rather, it depends on how many of you join in and endorse it.

问: 您会对现在想要成为画家的⼈,有没有什么提⽰给他们?

Questioner: Do you have any advice for someone who wants to become an artist today?

梵⾼: 那就是说你⾛你⾃⼰的路.你不需要去copy,你不需要去模仿任何⼈.因为你只有在你⾃⼰的路上去做你⾃⼰,你才是最幸福的,你才是最棒的.

Van Gogh: That is to say, you should walk your own path. You don't need to copy or imitate anyone else. Because only when you are being yourself on your own path can you be the happiest and best version of yourself.

问: 站在现在的⾓度,您如何去评价您的呢⼀⽣?

Question: Standing at this angle, how do you evaluate your entire life?

梵⾼: 所有的经历,所有的⼀切它都组成了…就好像这么说,所有的⼀切就好像是各种颜⾊.那不同的颜⾊都汇聚成我的作品.所以我的体验,我的⼈⽣本⾝就是⼀副作品.那如果⽐如说把我感受的痛或者是感受的孤独,任何这些拿⾛.它就不能汇聚成我的作品,它就少了⼀个颜⾊.它少了颜⾊,它就不够丰满.就好像⼀个不够饱满的种⼦⼀样.所以说你想要做⼀个创作,做⼀个艺术家,你想要把什么颜⾊拿⾛? 你会觉得⿊⾊很难看,我不要⿊⾊吗?你会觉得黄⾊太刺眼,我不要黄⾊吗? 没有.你的创作元素越多,你能展现的就越饱满,⽽不是单调、枯燥.所以没有任何是我想要拿掉的,就是是我想要去,就是觉得这个事情不应该发⽣.

Van Gogh: All experiences, all of it; they form... as if to say, all of it is like various colors. Different colors converge into my works. Therefore, my experience and my life itself are a work of art. If you take away, for example, the pain I felt or the sense of loneliness, anything like that - it can't aggregate into my work; it's missing a color. It lacks color, so it's not full-bodied. Like an insufficiently plump seed. So if you want to be a creator, an artist, what color would you take away? You might find black unappealing, don't I want black? Would you say yellow is too glaring, do I not want yellow? No. The more elements of your creation, the richer and fuller your presentation will be, rather than one-dimensional and mundane. So there's nothing that I want to remove; it's just something I want to prevent from happening.

问: 请问您对您的呢⼀⽣有没有什么遗憾?

Question: I wonder if you have any regrets about your entire life?

梵⾼: 不存在有任何遗憾.为什么呢? 遗憾就是你还想要去做些什么或者是弥补或者是想要去更新.但是你永远都存在这个机会.这么说吧,⽐如说我前⾯的作品有没有什么遗憾? 我说为什么有遗憾? 我重新再画⼀张不就好了? 如果我真的觉得它应该再有些什么,那我再创作⼀张新的画,不就好了? 为什么会去遗憾呢? 明⽩吗? 因为就算是你已经创作的画,你也可以在上⾯增添⼏笔.然后去完全改变呢幅画的表达,就是整个状态,明⽩吗? 因为这⾥你永远都有⾃由去表达任何你想要表达的.你只有觉得呢是你唯⼀⼀次机会,你没有办法做出更好的选择.那其实是你们头脑⾥⾯的束缚⽽已,这个观念.为什么呢?

Van Gogh: There is no regret at all. Why not? Regret means you want to do something else or make up for it or want to update. But there's always an opportunity for that. Let me put it this way: say my previous works have some regrets; why are there regrets? I can just redo a picture, right? If I really feel it should be different, then I'll create a new painting, right? Why regret it? Understand? Because even with the paintings you've already created, you can add a few strokes and completely change the expression of that picture, its entire state. Understand? Because here you have the freedom to express whatever you want to express. The reason is just that you think this was your only chance, and you couldn't make a better choice. But that's actually just the constraint in your mind, this concept. Why?

因为这⾥永远都没有只有呢⼀次机会的事情,没有.只有你们头脑会觉得.

Because there's never just one chance here, no matter what your mind might think.

问: 如果这个通灵的⼥孩⼦连接到你的能量,她也可以成为画家画出你呢样的作品吗?

Question: If this spirit-connected girl connects to your energy, can she also become an artist and create works like yours?

梵⾼: ⾸先这是她的激情所在吗? 如果这真的是她的激情所在,她⼀定愿意去更深层次的去进⼊这种状态或者去… 她不是说能画出我的作品,⽽是说她⾃⼰就能创造⼀切吸引⼈的,明⽩吗? 即使再让我来画我的作品,它都是不⼀样的,明⽩吗? 没有任何画是copy,所以没有办法 copy.你copy的东西都是死的,就算是你copy出来的,实际上它也是新的.所以没有办法是有完全同样的画存在,明⽩吗? 你让我去画⼀副我以前的画.你觉得是⼀样.不可能,完全不⼀样.

Van Gogh: Could this be her passion? If this truly is her passion, she would be willing to delve deeper into this state or... She doesn't say she can reproduce my work; rather, she claims she could create everything that's captivating. Understand? Even if I were to recreate my own works, they would still be different, understand? There's no such thing as a copy, so there cannot be any copying. What you copy is dead; even if it appears to be copied, in essence, it remains new. Thus, there can't possibly be an exact duplicate of any painting, understand? If you ask me to recreate one of my past paintings, you think they are the same. But no, they would be completely different.

问: 那如果您在世的时候,您的作品就能卖到很⾼的价钱.那您会拿这些巨额的财富去做什么呢?

Question: If your works could be sold for very high prices when you were alive, what would you do with such vast wealth?

梵⾼: ⾸先这只是你们⼈类才会有的⼀个假设的问题.头脑会喜欢想象或者是如果是这样如果是呢样就好,或者是我会怎样怎样.这是你们头脑才会有,你们物质⾁体才会产⽣这种.但是对于我们来说是完全没有任何… 为什么呢? 你会觉得如果我有什么就会怎么样怎么样.其实你是觉得⾃⼰是没有选择的,所以你就假想它,如果我能怎么样怎么样该多好啊.但是实际上你们本⾝就有,你明⽩吗? 所以说当你在做这个假设的时候,你就在否定.为什么呢? ⽐如说我任何想要去做的事情想要去体验的事情,我都是被⽀持的都可以去体验.为什么会假设? 奥,我当初要怎么样怎么样就好.我不需要去假设,我可以真的去体验,明⽩吗?

Van Gogh: This is merely a question that arises in the minds of humans - an assumption they like to imagine or wish for: "What if this were true?" Or "How much better it would be." The mind likes to think about these things and assume them, especially when it comes to physical bodies on Earth. But for us, there is absolutely no such thing... Why? You might wonder how you'd be able to do something if you had the means. Essentially, you feel like you have no choice but to imagine what could be possible: "If only I could do this or that." However, in reality, you are capable of these things, understand? Therefore, when you make such assumptions, you're essentially negating them. Why is that? For instance, any desire or experience I might want to pursue, it's supported and possible for me to achieve. There's no need to assume what could have been: "Oh, how much better if only I had done this instead." You don't have to imagine these scenarios because you can truly experience them.

这个就好像你问⼀个他拥有全世界的钱的⼈⼀样: 你去想象⼀下如果你拥有⼀个亿你会怎样? 为什么我要去想象⼀下我拥有⼀个亿啊? 因为全世界的钱都是我的呀.你这不是把⽆限变成限制吗? 你本⾝是没有任何限制.我却要给我⼿铐⼀个⼿铐.也就是没有任何在头脑⾥⾯发⽣的假想.因为⼀般你们会觉得物质世界不太会发⽣的事情,我要去假想⼀下我要去幻想⼀样,我要这样该多好.明⽩吗? 那如果真的来让我体验在物质世界我拥有⽆限的⾦钱.我会如何的去处理这些⽆限的⾦钱? ⾸先因为所有的⾁体需求是肯定没有的.所以我更多的会去⽀持,⽐如说有⼀些⾮常有才华,但是他却是被物质世界,因为没有房⼦住,他很难做创作.

It's like asking someone who has all the money in the world: imagine if you had a billion dollars, how would you use it? Why would I want to imagine having a billion dollars when everything is already mine? You're turning infinity into limitations. You don't have any limitations yourself; I'm putting handcuffs on myself instead. This means no imaginary scenarios occurring within your mind because usually, people would find the idea of not being able to experience what happens in the physical world too restricting if they were supposed to imagine it happening anyway. If I were really given the chance to experience having unlimited money in the physical world, how would I handle this unlimited wealth? Firstly, all bodily needs are definitely absent, so I'd focus more on supporting those who have talent but struggle due to lack of housing or other material constraints in the real world.

我会把⾦钱会放在去帮助他们,让他们有⼀个安⾝之处.就是他没有后顾之忧,他不需要担⼼他没有饭吃,他没有房⼦住.他只需要去创作.所以说如果让我有选择的话,我会去选择帮助呢些有才华的⼈.让他们有有⼀个好的安静的创作环境供他们创作.因为在这样⼦的环境下⾯,不断地不断地神迹会通过他们展现出来.那如果你阻碍了这个的话,呢是你们⼈类的损失.就是本⾝这⾥好像有⼀个⽔源不断地不断地有⽔流出来.这个⽔可以疗愈你,可以给你解渴.它却被塞住了,堵住了,⽔流不出来.然后你们很多⼈都被渴死了,⼜渴渴死了,因为他没有⽔源嘛.所以说这就是刚刚回答你的问题,如果我是可以做出选择.

I would place the Wealth Cult in a position to assist them, providing them with a secure base where they wouldn't have to worry about having food or shelter. They only need to focus on creation. Thus, if given a choice, I would opt to help those with talent, offering them a conducive and peaceful environment for their work. This is because under such conditions, miracles are constantly unfolding through them. If you were to impede this process, it would be detrimental to humanity; it's as if there's an abundant source of water that continuously flows here. This water can heal you or quench your thirst, but it gets blocked and the water doesn't flow. Consequently, many people die from thirst, dying of thirst because they have no access to this source. Hence, this answers your question: if I could make a choice, this is precisely what I would do.

因为它base on我⾃⼰的⼀个experience.就是我会把我⾃⼰想要去得到的⼀个状态,然后去创造出来.

Because it's based on my own experience. I would create a state that I want to achieve.

问: 您能觉得⾃⼰是⼀个伟⼤的⼈吗?

Question: Can you feel that you are a great person?

梵⾼: ⾸先先不说所有的⽣命所有的存在都是伟⼤的.然后如果我⾃⼰去看待我的⼀⽣,我觉得我是⼀个⾮常伟⼤的⼈.因为我把所有的苦涩、酸甜苦辣、⽣活的美、所有的⼀切都呈现出来.就好像我是⼀个魔术师,我把⼀些虚⽆的东西把空的⼀些东西,把它转化成有形的东西呈现出来.然后把每⼀种我⼿上有的元素都⽤上,就是我所有的素材都放进了作品⾥⾯,都揉进去了.就像我在揉⾯,各种添加,我都添加进去了.这就是⼀个伟⼤的⼈.为什么呢? 因为他就是⼀个创作家.他把⼀切都呈现,⽤他独⼀⽆⼆的⽅式呈现出来.能在物质世界作出这样⼦的⼈,他们都是伟⼤的⼈.

Vincent van Gogh: First of all, not every life and existence is great. Then, if I were to look at my own life, I feel that I am a very great person because I have presented all the bitterness, sweetness, sourness, flavors, beauty of life, everything. As if I'm a magician transforming something intangible or empty into something tangible and presenting it. I've used every element in my hands; all my materials are inside my creations, mixed together. Like kneading dough, adding various ingredients that I have added to it. This is what makes someone great. Why? Because they are creators who present everything uniquely. People who can achieve this within the physical world are considered great individuals.

问: 那您觉得⾃⼰是⼀个天才吗?

Questioner: Do you consider yourself a genius?

梵⾼: ⾸先其实每⼀个⼈都是天才,只是每⼀个⼈展现的⽅式不⼀样.你们有句话不是天⽣我材必有⽤吗? 呢就是天才.你可能只有你的头脑或者物质世界否定了你真实的存在,呢个就变成了蠢材,就是你⾃⼰否定了你,真正的你,否定了他真实的存在.或者这个社会,你们的呢些世俗或者是观念观点.所以说每⼀个都是天才,只是有没有被你们发现,有没有被你们看到.也就是说其实每⼀颗种⼦它其实都是参天⼤树.但是它有没有长成参天⼤树,它就跟姻缘有关系了.就好像你们说的命运、运⽓了.

Van Gogh: Firstly, everyone is actually a genius, just that the way each person expresses it is different. There's a phrase you have, "Blessed are they who are born with their talents"? That's what being a genius is about. You might only be validated in your intellect or material world, and that's when you become an imbecile, which means you've dismissed your true self, your real existence. Or it could be due to societal norms, your peers' viewpoints or perceptions. So every single one of you is a genius, just whether it has been discovered by you or acknowledged by you. In essence, every seed is capable of growing into a towering tree. But if it does grow into a towering tree depends on fate or luck.

他能不能在⼀个肥沃的⼟地⾥⾯,他有没有⾜够的空间去施展,他有没有⾬⽔,他有没有阳光,他有没有在⼩树苗的时候就被拔掉仍出来让他不能吸收到养分… 这都是⼀些外在的因素决定着⼀棵树能不能长成参天⼤树.他是个⼩树苗的时候就被⼈拔掉扔掉了,但是不能否认他就是个天才啊,不能否定他是棵参天⼤树啊,对不对? 那有的他就正好天时地利⼈和,就所有的⼀切外在的因素都⽀持他.那么他长的⾮常的⼤,然后在你们的眼⾥就成了⼀个所谓的天才.但是实际上种⼦都是⼀样的.只是说天才也是你们这个社会创造的.你们有没有给⾜够的⼀个机会、空间去让这棵树去呈现它本来的样⼦,明⽩吗?

Can he grow in a fertile land? Does he have enough space to develop? Does he receive enough rainfall and sunlight? Is there danger of being pulled out when he's just a sapling, preventing him from absorbing nutrients… These are external factors that determine whether a tree can become a towering giant. He was unfortunately removed as a sapling, but it doesn't mean he isn't a genius or doesn't have the potential to be one, right? When all external conditions support his growth, he grows exceptionally large, becoming what you perceive as a genius in your eyes. Yet, remember that these seeds are identical. Genius is something your society creates. Have you given him enough opportunity and space to truly show who he is, understand?

问: 为什么你当年在物质世界的时候要去选择体验贫穷呢?

Question: Why did you choose to experience poverty in the physical world back then?

梵⾼: 因为你们所谓的贫穷还只是你有没有钱啊,这些⽅⾯来去看待⼀个⼈贫不贫穷.但是我可以告诉你,你们世界上拥有很多钱的⼈,他们才是贫穷的.为什么呢? 因为他们都没有体验过完整,他们都没有体验到呢种⽣命的饱满度,⽣命的完整度.这些才是真正的穷⼈.所以他们不断地想要在物质上积累,不断地想要填满(没听清),⽤⾦钱去填满,明⽩吗? 如果他的内在是完整的、圆满的、丰盛的,就是本⾝是⼀个满的状态.他不需要去⽤外在的物质和在乎外在的物质.所以对我来说并不是贫穷的状态,⽽是⼀个圆满.所以说我选择⼀个有限的物质⽀持,但是它有利于⾁体(屏蔽)更多的⼀些诱惑.

Van Gogh: Because what you consider as poverty is just whether someone has money or not in terms of financial status. However, I can tell you that those who possess a lot of wealth are the true ones who are impoverished. Why? Because they lack the fullness and completeness that comes with life's depth and wholeness. These are the real poor people. So they constantly strive to accumulate material possessions and fill their lives financially, trying to satisfy their needs through money. Do you understand? If someone is internally complete, whole, and abundant, then they naturally don't need to seek fulfillment externally through physical possessions or value them highly. Therefore, for me, it's not a state of poverty but rather a state of completeness. That's why I choose limited material support that benefits the body while protecting me from excess temptations.

就⽐如说如果我是⼀个特别有钱有势,如果我当时就拥有呢样的知名度.你说多少⼈会想要去靠近我,想要去打扰我? 想要去做任何事情都跟我发⽣连接,或者是任何,因为他们有⾃⼰的⼀个意图.那这样是不是就影响了我,就像我刚刚告诉你,我想要住在⼀个就好像是蝉蛹⾥⾯呢样⼦的⼀个状态,就是不被外界⼲扰,明⽩吗? 所以在你们眼⾥的呢种匮乏或者是贫穷对我来说是⼀笔财富.那你觉得我为什么会选择贫穷? 呢是我需要的.我拥有我需要的,就是财富.

Just imagine if I were extremely wealthy and powerful, if I had that kind of reputation at the time. How many people would want to get close to me, disturb me? Wanting anything to happen in connection with me or any reason due to their own intentions. Wouldn't this impact me, like I just told you, wanting to live in a state akin to being inside a chrysalis, not disturbed by the outside world? Understand? So, what might seem as lack or poverty from your perspective is actually wealth to me. Why would I choose poverty? Because it's what I need. I have what I need, which is wealth.

问: 您为什么当时会割掉⾃⼰⽿朵?

Questioner: Why did you amputate your own ear at that time?

梵⾼:⾸先你的⾝体,就是说当你有⼀股,我刚才不是说它不断地有东西想要涌出来,对不对?呢个是什么?呢个是能量.当你的⾝体拥有强⼤的能量的时候,你有时候就会失去控制,就是失控吧.这么说,你看着⼀个⽔管,最开始有很⼩的⽔从它的⽔管当中流出,对吧?它呢个⽔管不会有多⼤动静,它还是在地上.当你突然把能量加⼤,就是⽔加⼤的话,呢个⽔管是不是就会动起来?那我⾝体也就好像是⽔管⼀样.当它内在有⼀股强烈的能量的时候,就会是失控的⼀个状态.并不是说我做了⼀个计划,我要在什么时候去把我的⽿朵割掉或者我要去做⼀些什么⾏为.并不是的.只是⼀个就是失控的⼀个事件⽽已.对于我来说没有割⽿朵的这回事情,明⽩吗?

Vincent: Firstly your body, that is, when you have a sensation that I just didn't say it keeps wanting to overflow, okay? What is that? That's energy. When your body has a strong flow of energy, sometimes you lose control, which means you are out of control. To put this into perspective, imagine watching a pipe where initially only a small amount of water starts to flow from its source, right? The pipe doesn't make much movement and stays on the ground. When you suddenly increase the intensity or volume of the water, does the pipe start to move more vigorously? Similarly, my body acts like a pipe in such situations. When there is an intense flow of energy internally, it results in an out-of-control state. It's not that I planned something specific, like cutting off my ear at a certain time or performing any particular act. Not at all. It was merely an episode of losing control. There wasn't actually an incident involving me cutting off my ear for me, understand?

因为呢个不属于我,呢个只是我表达的⼀个⼯具⽽已.就好像我是⼀个画家,那笔是我⽤来画画的,对吧?那呢只笔是我吗?所以割⽿朵的也不是我.

Because that's not mine, it's just a tool I use to express myself. Like me being an artist, the brush is what I use for painting, right? Is the brush itself me? So, it's not me who cuts off ears.

问: 那您觉得⾃⼰是有精神问题的⼈吗?

Questioner: Do you think you have mental issues?

梵⾼: ⾸先你看你们是如何去理解精神问题的⼈? 如果⽤我们的⾓度去理解有精神问题的⼈,你们所有⼈都是有精神问题的⼈.因为你们都不认识⾃⼰的⾝份,⼀个都不认识⾃⼰是谁的⼈,你不觉得他有问题吗? 你问他是谁? 他说我不知道呀,我是张三李四,我是⼀条狗.你

Van Gogh: First, you see how you understand people with mental issues? If we were to interpret everyone with mental issues from your perspective, all of you would be considered as having mental issues. Because none of you know who they are, not a single one of you recognizes their identity. Don't you think that someone who doesn't know themselves has an issue? You ask them who they are? They say they don't know, I am Zhang San Li Si, I am a dog.

明明就是⼀头狮⼦,你却说我是⼀条狗.你明明就是⼀个皇帝,你却说我是乞丐.那你还觉得你们是正常⼈吗? 所以就好像是真正有精神病的⼈去问⼀个正常的⼈,你觉得你精神有问题吗? 所以说就算呢个正常⼈告诉他我精神没有问题.呢个有精神病的⼈都会说: 哈哈,明明就是个精神病.你对精神病的理解是什么? 你⽤你的头脑理解不了啊.为什么? 因为你的头脑是混乱的呀.

Obviously you're a lion, yet you claim I'm just a dog. Clearly you're a king, but you insist I'm a beggar. Do you even consider yourselves normal people? It's like asking a sane person with real issues if they think they have problems. Even if that sane person tells them their mind is clear, the person with issues would reply: Ha ha, clearly you're insane. What do you think about insanity? You can't comprehend it using your logic because your thoughts are chaotic.

问: 您想留什么话语给欣赏您的世⼈?

Question: What message would you like to leave for those who admire you?

梵⾼: 你不需要欣赏任何,你不需要欣赏我,你也不需要欣赏我的作品.你需要欣赏的是你⾃⼰.为什么呢?欣赏我的作品就好像你们所有⼈都认同⼀个事情,然后就变成真的了.你们可以把这个事情变成任何事情,明⽩吗?这么说吧,你们物质世界把钻⽯给它赋予⾮常⼤的价值.然后你们所有⼈都去花⼤的价钱去买⼀个⽯头.这就是你们⾃⼰创造的.但是你们会在不同的时间阶段会创造不同的东西给你们⾃⼰.所以又何必执着于呢⼀时的⼀个现象呢,明⽩吗?也就是说它就好像是⼀个冰块⼀样,它迟早会消失的.还会有其他的冰块出现.那你何必去盯着这个冰块不放呢?因为就算你盯着这个冰块不放,你的念头它也会变化的.你唯⼀需要欣赏的是你⾃⼰.

Van Gogh: You don't need to appreciate anything, you don't need to appreciate me, and you don't need to appreciate my works. The thing you need to appreciate is yourself. Why? Appreciating my works is like all of you agreeing on something, and then it becomes true. You can turn this into anything you want, do you understand? Let me explain it this way: your physical world assigns huge value to diamonds, and then everyone spends a lot of money buying just a stone. This is what you create for yourselves. But you create different things at different stages in your lives for yourselves. So why get fixated on one moment's phenomenon, do you understand? In other words, it's like an ice cube that will eventually melt, and there will be other ice cubes appearing. Why hold onto this one ice cube? Because even if you insist on holding onto it, your thoughts will change anyways. The only thing you need to appreciate is yourself.

就是把这份欣赏、这份关注、把这份attention、把这分欣赏欣赏之情给你⾃⼰.为什么呢?因为它可以真正改变你的命运.你的欣赏就像是⼀⼤笔钱,⾮常的宝贵.你为什么要扔到⽔⾥呢?你为什么不是把它给你⾃⼰呢?因为你才需要它.⽔不需要钱,对吧?但是你可以去⽤钱去创作,就是让你更加的不受限制去创作你想要创作的.所以把这份欣赏留给你们⾃⼰,送给你们⾃⼰.

It's about giving yourself that appreciation, that concern, that attention, and that admiration for yourself. Why would you do that? Because it can truly change your fate. Your appreciation is like a huge sum of money, extremely precious. Why would you throw it into water instead of giving it to yourself? You need it because only you require it. Water doesn't need money, right? But you can use money to create, allowing you to be more unrestricted in creating what you wish. So give this appreciation to yourselves, gift it to yourselves.

问: 如果您能还在世的话,您会如何去处理您⾃⼰的作品呢?

Question: If you were still alive, how would you handle your own works?

梵⾼: 我的作品对于我来说,可能这些话对于你们的头脑来说不是如此的雅观,我的作品就好像我拉出的屎⼀样.它不具有任何,你拉掉就拉掉了.你当时吃了这个,把它变成了⼀坨屎就拉掉了.然后我继续吃东西,继续拉屎.你会天天去就纠结你这坨粪要怎么处理吗? 你只⽤去专注于我今天吃什么好吃的呢? 就是说我不会花我的时间去纠结我的屎要怎么去处理.我只会去put more,我把我的时间和attention花在: 今天吃点什么好吃的? 也就是说创造更多的作品.别⼈拿我的屎怎么⽤,呢是他们的事.呢是你们的事,跟我没有关系.因为如果我不专注于吃东西的话,我就拉不出屎.我天天专注屎的话,我就没有时间去吃东西了.

Van Gogh: My works to me might not be as elegant in your minds as they are for mine. My works resemble the feces I produce; it has no value or permanence, just like how you consume and excrete it instantly. Like eating something that eventually becomes a pile of dung which is then discarded. Then I continue eating and producing feces. Would you spend every day worrying about how to handle this mess? Or would you simply focus on what delicious meal I'm enjoying today? Essentially, I don't waste my time pondering over how to deal with my feces; it's merely a matter of moving forward and creating more art. How others use my feces is their concern, not mine. It's your business, unrelated to me, because if I weren't focused on eating, I wouldn't be able to produce anything else but feces. If I devoted all my time to worrying about my feces, there would be no time left for eating or creating art.

我没有东吃,你觉得我还拉的出屎吗? 所以说不要让艺术家去处理屎的问题⼤便的问题,把它留给其他⼈,呢些对屎感兴趣的⼈,明⽩吗?

I don't have any eastern eating habits; do you think I can still produce feces? Therefore, it's best not to let artists deal with issues related to feces and defecation. Leave it to others, those who are interested in such matters, okay?

问: 您觉得是什么原因导致您的画是如此的珍贵?

Questioner: What do you think are the reasons why your paintings are so valuable?

梵⾼: 那也是你们的集体意识呀.你们就好像对钻⽯⼀样,钻⽯很稀有,代表了什么.然后你们都去加⼊,都去体验,就是这样.对我来说它就是⼀坨屎,就是我吃进去拉出来的,仅此⽽已.

Van Gogh: That's also your collective consciousness. You're like diamonds, diamonds are rare and represent something. Then you all join in, experience it, that's how it is for you. To me, it's just crap, it goes into my body and comes out, nothing more.

问: 那您的画和普通画家的画是不是就没有区别? 或者说有什么区别?

Question: Does that mean there's no difference between your paintings and those of ordinary painters, or is there a difference?

梵⾼: ⾸先我不知道什么叫普通画家.你要让我⽐的话,你要让我知道对⽅是个什么样⼦的概念吧.那你说普通画家,但是在别⼈眼⾥他觉得他⾃⼰普通吗? 所以说这⾥没有⼀个对象啊.你把⽆限⽆数个来跟我⽐,我怎么来⽐较? 那普通画家就是说呢些没有出名,没有被集体被社会认识的画家.那区别在于什么? 区别在于⼀个运⽓好⼀个运⽓不好,仅此⽽已.运⽓好,就是⼈们都把能量投在你这⾥,它显化的让⼈们都看到.那⼀个运⽓不好的… 但是这个也只是你们物质头脑理解的运⽓好和运⽓不好.为什么呢? I don’t care.真的画家和(没听清),他说呢只是我拉的⼀坨屎.你要怎么处理处理.

Van Gogh: First, I don't know what a 'regular' painter means. If you're comparing me to someone else, you need to tell me what kind of comparison that is. Now, you say regular painter, but do they see themselves as regular in others' eyes too? There's no specific subject here. You're trying to compare an infinite number against myself; how can I possibly measure up? A 'regular' painter refers to those who are unknown and not recognized by society or the collective. What's the difference then? It's simply a matter of luck - one has good luck, while the other doesn't. That's all there is to it. Good luck attracts energy towards them, making their talents visible to everyone. The opposite applies for lack of luck… but this notion of 'good luck' and 'bad luck' is only understood through your material mind. Why so? I don't care. He just said that he had smeared a pile of dung; how should one deal with that?

我已经enjoy呢个过程,我已经爽了,我吃的时候就已经爽了.我吃的时候就已经爽了,我还在乎你们怎么处理我的屎吗,明⽩吗?所以说呢坨屎有什么价值,呢是你们后⼈的事.呢是你们的事,你们怎么去定义.因为你们每⼀个⼈都有⾃⼰选择的权⼒和⾃由去怎么处理别⼈的屎,明⽩吗?

I've enjoyed the process, I've had a good time, and I felt satisfied while eating. If I'm already feeling satisfied, why should I care about what you do with my poop? Do you understand? So, what value does this pile of poop have? That's your concern as future generations. It's something for you to define because each one of you has the power and freedom to decide how to handle someone else's poop. Understand?

问: 那⼀个运⽓好的画家和⼀个运⽓不好的画家,这个运⽓是由什么决定的?

Question: Which is a fortunate painter and which is an unfortunate one, and what determines this fortune?

梵⾼:那就是你们的集体意识.就⽐如说你们集体意识都推动着,就变成了所谓的运⽓.但是刚刚说了,所谓的运⽓好和运⽓不好也只是你们物质头脑⾥⾯的东西.但是真正意义上的,他们的作品也就像他们拉出的屎.他们不care.你所谓的普通画家,他也不care.

Van Gogh: That's your collective consciousness. Just like how it drives you collectively, turning into what is known as luck. But just mentioned, the so-called good luck and bad luck are merely things in your material minds. However, truly speaking, their works are no different from what they produce, like poop. They don't care. You所谓的 normal painter also doesn't care.

问: 那为什么⽐你画的精美的画却卖的不好或卖不出去?

Questioner: But why do more beautifully painted works sell poorly or not at all?

梵⾼: 那这⾥的原因也太多了,⾮常多.那取决于你们⾃⼰到底觉得是哪⼀个.因为每⼀幅画它就好像,它都是独⼀⽆⼆的.那它都有它⾃⼰的原因,卖的不好或者什么什么的.因为这些东西它是没有办法⽤⾦钱去衡量的.⾦钱它只代表了你们的⼀个信念系统.你觉得这个值钱,呢个不值钱,这个有价值,呢个没价值.呢只是你⾃⼰个⼈的独有的.就⽐如说觉得这幅画就是⼀坨屎,那有的⼈花⼏个亿去买呢? 你说很多拍卖出来⾮常贵的艺术品,你让其他农民或者穷⼈⼀看,送我我都不要,我要呢个⼲啥.这有⼀个⼤馒头,我要⼤馒头.明⽩吗? 你说你拿⼀副价值上亿的画和⼀个馒头在⼀个饿的快要死的⼈⾯前,他会选择哪⼀个?所以说这些是不是你们⾃⼰去定义的?

Van Gogh: There are just too many reasons here, very many. It depends on which one you personally think it is. Because each painting is unique; each has its own reason for not selling well or whatever. These things cannot be measured with money, as money only represents your belief system. You believe some are valuable and others aren't, they have value or they don't. This is just something personal to you.

For example, if someone considers this painting to be a pile of shit, why would some people spend billions on it? You say that many expensive artworks sold at auction cost a lot, but to other farmers or impoverished individuals, even offering them these items wouldn't be desirable; they'd ask for the steamed bun instead. Understand?

When you present an artwork worth millions and a steamed bun in front of someone starving almost to death, which would they choose? So these are things you yourselves define, right?

卖的好还是不好啊或者什么什么的.是你们每⼀个⼈不同的⾓度、不同的观念、不同的思想、不同的believe system,就是他觉得,他⾃⼰私⼈化的⼀个…问: 如果这个通灵的⼥孩⼦她想开⼀个画廊,你有什么建议? 以及如何去和艺术家合作?

How well it's selling or something like that. It's each person's different perspective,观念, thoughts, and belief system, essentially how they personally perceive it.

Questioner: If this spirit-talking girl wants to open an art gallery, do you have any advice? And how should one collaborate with artists?

梵⾼: 其实这⾥的信息已经都告诉她了,就好像你不要让⼀个艺术家去处理他屎的问题.你只需要提供⼀个他可以很好的在⼀个⾃我的世界⾥⾯,就是不受⼲扰的世界⾥⾯.不需要去操⼼钱的问题或者物质⽣存的问题.就是给他提供⼀个安全的创作的环境.然后让他脱离呢个,就是这幅画要卖多少钱,跟这个没有关系.呢是你们去处理屎的问题.如何去处理这个屎,那也是看你如何去把这⼀坨屎植⼊你给它的价值,明⽩吗? 它背后的创作者才是真正的价值,⽽不是呢坨屎本⾝.为什么? 因为呢坨屎是哪个明星拉出来的,⼀下就变的值钱了.这坨屎是个恐龙化⽯已经有⼏亿年了,明⽩吗? 所以说这是你们处理屎的⼈需要去⾯对的.然后让真正的创作家脱离这层.

Van Gogh: Actually, all the information has been conveyed to her already; just like you wouldn't let an artist handle his toilet issues. You simply need to provide him with a world where he can create without distractions, not worrying about money or material survival. Offer him a safe environment for creation and then let him be removed from concerns about how much this painting will sell for – that has nothing to do with it. That is something you handle - the toilet issues. How you handle that pile of dung also depends on how you attribute its value, understand? The true creator behind the piece is what carries real value, not the dung itself. Why? Because once someone famous's name is associated with it, suddenly it becomes valuable. This dung has been a dinosaur fossil for billions of years – do you see that? Therefore, this is something that the people responsible for handling such issues need to face. And let the genuine creators be detached from these levels.

因为就好像刚刚说如果他把他的时间、精⼒、关注点花在处理屎的问题上,那他怎么去吃? 他没时间去吃,去enjoy或者是去寻找美⾷呀.⽽且他也不需要引导和指导,所有⼀切他该如何做的时候,他都知道.

Because it's like just said if he spends his time, energy, and focus on dealing with crap issues, how can he eat? He doesn't have the time to eat, enjoy or seek delicious food. Moreover, he doesn't need guidance and instruction; everything he should do is already known to him.

问: 那请问您现在在灵界还在探索着其它的主题吗?

Question: If so, are you still exploring other topics in the spirit world?

梵⾼: 这⾥没有⼀个单⼀的主题.单⼀的主题只有在你们的物质⾁体,只有在你们特有的⽚刻,就是看起来,在你们加上时间的范围看起来.那也只是个幻像.就是说你探索什么主题,呢也只是个幻像⽽已.就好像你看到⼀个冰块,呢个冰块⼀会⼉就化了.那是不是幻像.

Van Gogh: There is not a single subject here. A single subject only exists in your physical bodies and only during your specific moments, as it were, when you view them within the range of time. That's just an illusion, though. In other words, no matter what topic you explore, it remains an illusion. It's like seeing an ice block; that ice will melt away eventually. Isn't that just an illusion?

问: 最后我想问⼀个我私⼈的问题,就是请问灵界有什么信息要带给我吗?梵⾼: 我先退下.

Question: I have a personal question I'd like to ask. Is there any information that the spirit world would like to convey to me? Vincent: I'll step back for now.

JO:你的信息在不断地不断地带给你.所以说你们头脑总会觉得另有新的或者下⼀个.已经在你眼前的先把它看清楚,呢个才是属于你的.你看不清楚或者看不到,那你眼前有⽆数个,它也没有任何意义的.因为你看不到.你的眼睛被蒙蔽了.所以你并不是说没有信息要带给你,⽽是说你的眼睛能看到吗?

JO: Your information is constantly being brought to you continuously. Therefore, your mind always feels like there's a new one or the next one. Make sure you see clearly what's in front of you; that's what belongs to you. If you can't see it clearly or don't see it at all, then no matter how many you have in front of you, they're meaningless because you can't see them. Your eyes are blinded. So it's not that there isn't information for you; rather, is your ability to see?

# **2023/06/16 — 外界都是你能量的结晶Everything around you is a crystallization of your energy.**

JO: 你问吧,什么问题? 问: 我的天赋才华是什么? JO: 你叫什么名字?

JO: Ask away, what question is it? Question: What are my inherent talents? JO: What's your name?

问: XXXJO: 应该说你的特⾊吧.为什么呢? 因为天赋和才华这个东西…. 应该说你这个灵魂的特点,就⽐如说像花跟⽔他们都有特点,对不对? 那你是独⼀⽆⼆的存在,你最⼤的最与众不同的特点就是说你有⼀种不断地喜欢去推翻创新推翻创新,就不断地是在这⼀种.就是你不会是在⼀个死板或者是枯燥或者是⼀个遵守教条.就⽐如说⽼师给你定⼀些规矩或者你⽗母给你定⼀些规矩或者社会给你定⼀些规矩,然后你不会去遵循任何这些.就是这些它对你来说不会是⼀个问题,就是你不会听别⼈的.为什么呢? 因为你知道你是⼀个没有束缚的,所以你不会把⾃⼰放在框架⾥⾯来束缚⾃⼰.

Question: XXXJO: It should be described as your characteristic. Why is that so? Because talent and creativity... it should be described as the feature of your soul, just like flowers and water have their own features, right? You are a unique existence, and your most distinctive feature is that you constantly like to overturn innovation, continuously in this manner. You wouldn't be bound by rigidity, monotony, or adherence to dogma. For example, if teachers set rules for you, or your parents set rules, or society sets rules, you won't follow any of these. These don't pose a problem for you because you don't listen to others. Why is that? Because you know you are free from constraints, and thus you wouldn't confine yourself within a framework to limit your own potential.

所以说这对你们来说是⼀个… 那⽐如说你在创作或者创造的时候,那你是不是不受⽬前你们社会框架模式的⼀个限制? 不然的话,你很容易受到其他⼈制定的⼀些规矩规定,或者是⽬前现有的⼀些样式款式.这么说吧,像⼀般需要创意的⼯作,你就很适合.因为你很喜欢打破再重新创造,打乱重新创造.然后在你眼⾥没有任何限制、束缚,就是呢些不是你考虑的.因为有⼀些⼈他做⼀些他会考虑市场⽬前的接受度啊,他会考虑这些.他们会去遵循这些,但是对你来说完全不是个影响.够清楚吗?

So this is something... Say for example when you are creating or innovating, are you not bound by the current framework and model of your society? Otherwise, it's very easy to be influenced by rules set by others, or existing styles and patterns. In essence, if you need creativity in your work, you're a good fit because you enjoy breaking down and re-creating things, disrupting the norm. You see no limitations or constraints as barriers to what you do; they are not considerations for you. Some individuals might factor in market acceptance or follow certain norms when creating, but these don't impact you at all. Is that clear enough?

问: 够清楚,明⽩.我的天赋才华和我⽬前的⼯作有相关性吗?

Question: Is my talent and ability relevant to my current job?

JO: ⼯作对你来说它就是⼀个限制你的(事).所以你需要把你的⼯作重新给它定位,是去做你⾃⼰想做的.你⼀定是不能受限制,任何限制对你来说你就会发现你很难… 就⽐如说我告诉你有⼀个⼯作你必须朝九晚五准时报道,然后去枯燥的事情,就按照呢个表格上每天做⼀⼆三四五枯燥的事情,你会死掉的.(提问者: 哈哈哈,我是,对,这个没有错) 所以传统意义上的⼯作你是做不了的.它也会扼杀你,就是它把你本来的样⼦很难展现出来.这么说吧,就⽐如说你是⼀条鱼,你到⽔⾥⾯就⾃然游的很快,对不对? 但是传统的⼯作模式就好像把你这条鱼拿到岸上来了.你就会发现为什么这么难? 就是这样⼦的⼀个状态.

JO: Work for you is something that restricts you. So you need to reframe your work, do what you want to do, not be constrained by anything; you can't be limited in any way or else it becomes hard for you... like being told there's a job where you have to clock in at 9am and out at 5pm on the dot, and then doing tedious tasks following the schedule of doing one two three four five monotonous tasks each day, which would drive you insane. (Questioner: Haha, yes, that's correct.) So traditional work isn't for you; it would suffocate you and make it hard to show your true self. Imagine being a fish in water swimming freely, right? But traditional job roles are like taking that fish out of the water and onto land where you'll wonder why it's so difficult when you're used to moving freely underwater.

所以说如果真的是要⼯作的话,你可以把⾃⼰定位成是⼀个有⾃⼰的⼯作室.为什么呢? ⼯作室它就是展现你⾃⼰,然后你⾃⼰就是⽼板,你⾃⼰没有任何束缚.

So if you're really looking to work, you can position yourself as having your own studio. Why is that? A studio allows you to showcase yourself, and you are the boss with no constraints.

问: 我昨天找到了⼀个我⽐较兴奋的⼯作,我想问⼀下这个⼯作是我⽬前最好的选择吗?

Question: I found an exciting job yesterday, and I want to know if this is the best choice for me right now?

JO: 没有⼀个最好的.你在任何时刻你都有,就⽐如说就算你体验了,你体验后发现呢个并不是你想要的.但你随时可以再继续选择呀,所以这⾥永远都没有⼀个最好的.所以你永远都是⾃由的.当你越来越清楚⾃⼰,去认识⾃⼰去了解⾃⼰的话.你就会把⾃⼰放在⼀个适合你的地⽅和位置.就⽐如说你是⼀颗⽔草,那你⼀直在找找找,这个⼟地也不⾏,你看别⼈在这个⼟地上长的这么好.然后你就各种尝试,咦,原来我在⽔⾥⾯那么的好.你就不断地需要⽔分让⾃⼰成长,你⾃⼰就会… 这是你⾃⼰认识⾃⼰的⼀个过程.

JO: There is no such thing as the best one. At any given moment, you have all of them, just like when you experience something and later find out it's not what you want. But you can always continue making choices; hence, there's never a single best option here. Therefore, you're always free. As you become increasingly clear about yourself, by recognizing and understanding yourself, you'll place yourself in the right spot and at the appropriate position for you. For example, if you're a water plant, you keep searching, finding that certain soil doesn't work, then seeing others thrive well on it. You try various methods until you realize, "Oh, I grow so well in water." You continually need moisture to nourish your growth; eventually, this is part of your journey in knowing yourself.

问: 我和我爸爸的灵魂约定是什么?

Question: What is my soul's agreement with my father?

JO:你稍等.你爸爸他就是有⼀种好像是你的障碍.这么说吧,你好像是⼀只鸟,你就是不喜欢呆在笼⼦⾥⾯不喜欢受任何束缚的.然后他正好就好像跟你相反,正好就喜欢⽤条条框框来束缚你,或者是有⼀个固定的形象期望的形象呢种,就是在⼼⽬中他会对你有⼀个期待.他觉得你应该这样呢样,就是有⼀个期望.所以说你们俩个就好像是给了他机会来认识⾃由的灵魂,也给你⼀个机会去体验不同的能量.

JO: Wait a moment. Your father seems to be your barrier. Imagine you're a bird; you prefer not to be confined and don't like any restrictions or bindings. Meanwhile, he正好 behaves in contrast, liking to confine you with rules and structures, or to have a fixed image of what he expects from you – someone he believes you should be, setting up his expectations for you. So both of you could say that you've given him the opportunity to understand the spirit of freedom and also allowed you the chance to experience different energy.

问: 我和我弟弟有什么样的灵魂约定? JO: 你弟弟多⼤?

Questioner: What kind of soul bond do I have with my brother?

A: How old is your brother?

问: 5岁多,快6岁.

Question: About 5 years old, nearly 6.

JO: 为什么他这么⼩,你就想要去探索这个呢?

JO: Why were you so interested in exploring this when he was still so young?

问: 因为我总觉得我跟他之间,⽐如说我特别亲他吧,也没有.特别不亲他,也不是.就什么都感觉⼀般般.

Questioner: I always feel that there's something in-between with him, like if I were to be very close to him, it wouldn't happen. If I were not particularly distant from him, it also doesn't happen. It just feels indifferent overall.

JO: 你⾸先你把你当成了你记忆中的呢个你,呢个不是你,明⽩吗? 有可能特别相爱的两个灵魂,它们却是以敌⼈的⽅式存在于对⽅的⽣命当中,恨之⼊⾻,明⽩吗?但是他们对⽅都是有礼物给对⽅的.就是说呢个你(物质⾁体和头脑)不要去定义你(更⼤的⾃⼰),你的所有感受和想法这些都是变化的.它会随着… 这么说吧,就好像这棵树它才长了⼏年,但是你却说呢棵树已经长了⼏百年.你把⼏百年的树来跟⼏年的树⽐较.你说这棵树这么强壮,风吹动都动⼀下.你这棵⼩树苗风⼀吹就摇摇欲坠,就要连根拔起的呢种感觉.所以你也不需要去停留在你头脑⾥⾯去评判你跟任何⼈的⼀些关系,因为即使你跟你⾃⼰的关系,它也⼀直在充满变化的.

You see yourself as the person you remember from your past, not as who you truly are. Understand? Two souls that might be deeply in love could exist in each other's lives like enemies, hating each other to the core, but still give gifts to each other. That is, your physical self and mind should not define your true essence. Your feelings and thoughts can change. They evolve over time, just as a tree grows from a sapling into a centuries-old tree when compared to a new one, even though they are both only years apart in age.

You don't need to judge any relationships you have with others based on how you perceive them through your mind. Even your relationship with yourself is constantly changing and evolving, so there's no need to fixate on judgments or expectations.

你只是去信任,信任⽣命它会把你推向你⾃⼰该去的⽅向.然后所有只要出现在你⽣命中的关系,全部都是来给你送礼物的.它可能呈现的⽅式不是你头脑⾥⾯以为的,明⽩吗?

You just have to trust, trust that life will push you in the direction you are supposed to go. And then, every relationship that appears in your life is there to give you gifts. It might not present itself in the way you think it should in your mind, understand?

问: 我今⽣会有钱吗?

Question: Will I be rich in my lifetime?

JO:你应该放下去考虑钱的这个事情.你要知道其实钱它只是⼀个⼯具.我跟你讲,像你,就算没有这个⼯具的⽀持,你都能把其它的⼯具来变成像钱⼀样的⼯具来⽀持你,明⽩吗?这么说吧,⽐如说你需要钱去买⼀辆车或者是买⼀个东西.但是你⾃⼰会去运⽤你⾃⼰的⽅式⽅法去得到呢部车,却没有花钱,明⽩吗?你会得到任何你想要的、想体验的.但是它不⼀定是⽤⾦钱的⽅式来⽀持你.为什么?因为你这⾥没有限制啊.只有有限制的时候,他才会觉得只有钱才能⽀持我这个想法或者是什么.这是限制.所以说其实你只是需要专注你到底想要体验什么.还有就是说钱就好像是⽔⼀样在你这⾥,它是流动着.为什么呢?就是说你并不喜欢存钱.

JO: You should start thinking about money matters. Remember that it is just a tool after all. I'll explain to you that even without this particular tool's support, you can use other tools in ways similar to how they would support money for your needs. Can you understand? Let me put it like this, for instance if you need money to buy a car or something else. But instead of spending the actual money, you find a way to get that car using your own methods. You're able to experience anything you desire without necessarily using money as support. Why is that so? Because there are no limitations here. Only when there are limits does one feel like they can only be supported by money or similar ideas. That's the limitation talking, really. So what I'm trying to say is that all you need is focus on what experience you want to have. Also, think of money as water in your hands; it flows freely because you're not fond of keeping it stagnant.

你并不喜欢像有些⼈呢样我要怎么存钱,今天存⼀点明天存⼀点.你更多的是想来来去去,让它通过于你流过于你呢种状态.(提问者:对的)所以⾦钱对你来说不是个限制,所以你也没必要去考虑这个事.你也不会去考虑这个事,可能很多⼈告诉你钱很重要很重要.但是你就没有觉得你⼀定要去努⼒的存钱呀,要去省吃俭⽤啊,如何持家啊这种.就是别⼈这些想法不会影响到你,你并不会听进去.

You don't particularly like the way I save money, by putting aside a little today and a little tomorrow. You prefer to have an in-and-out flow, letting it pass through you rather than holding onto it. (Questioner: Correct.) Therefore, money is not a constraint for you, so there's no need for you to consider this matter. You also wouldn't think about it. Perhaps many people tell you that money is very important, but you don't feel the need to strive to save or cut back on spending, or learn how to manage your household affairs. Other people's thoughts on money do not affect you; you won't listen to them.

问: 我爸爸他不是很有很多债务吗? 他能靠⾃⼰把这个债务还完? 还是需要我赚了钱帮助他⼀些?

Questioner: Is my father's debt quite heavy? Can he pay off this debt by himself, or does he need help from me after I earn some money?

JO: ⾸先如果当你们亲⼈陷⼊像这样⼦的⼀个,你们最好不要是单纯的从表⾯上去帮助他.你从表⾯上去帮助他就好像在处理幻影⼀样.这么说吧,像是猴⼦捞⽉.⽉亮本来在天上,但是你却⼀直在⽔⾥⾯去解决这个⽉亮的问题.因为债务对他来说他只是把他内在的状态给投射出来⽽已,那如果你只解决他内在状态投射出来的⼀个症状… 这么说吧,他本⾝就是得了癌症,那他掉头发只是他癌症的⼀个体现⽽已.那你却不停的给他吃治疗掉头发的药.你可以帮他去看到他的功课,可以帮他看到他有⼒量去改变他物质世界的体验.那如果单纯的只是从他呢边,就是只是单纯的把他投射出来的东西、画⾯拿⾛的话,会导致他会继续的把⼒量交付于你.

JO: First of all, if your loved ones find themselves in situations like this, you should not simply help them from the surface. Helping him superficially is akin to dealing with an illusion. To put it bluntly, it's like monkey chasing its own tail, trying to solve a problem that lies beyond his reach, as though he were reaching for the moon in water while it remains up high in the sky. The debt is merely projecting his inner state onto himself; if you only address this symptom caused by his projection… If he has cancer, losing hair could be seen as an aspect of his illness, and instead of addressing that, you keep giving him medication to prevent hair loss. You can assist him in recognizing his tasks, helping him see the power within to transform his experiences in the material world. Simply removing the projections or images from one side will only lead him to continue offering you more power.

因为他会觉得我是没有⼒量的.他是继续⽆⼒的.然后以后他会持续的投射这样的问题,然后再⼀次产⽣这些,然后就觉得还是需要你去出⾯解决这些问题.简单⼀点说吧,OK,他这次⽋了⼗万块钱,你省吃俭⽤各种想办法把⼗万块钱还上了.但是很快很快他又会再次陷⼊⼀个⽋⼗万块钱的状态.因为他内在不会变化的.所以他还是会把这样的状态投射出来的,只是个迟早的问题.除⾮他的内在发⽣了变化,他完全是另外⼀个⼈格.但是你能对他的帮助就是来让他看到他⾃⼰的⼒量,来让他看到他⽬前不是处于在泥潭⾥⾯或者是处在⼀种⽐如说困难之中.⽽是说他⽬前处在⼀种突破⾃⼰,就是⽬前所有的东西都是来供他突破的,来供他变的更有⼒量.

Because he would perceive me as powerless, and that I am the one who continues to be powerless. Then later on, he will keep projecting these issues, leading to a recurring pattern of needing assistance with problems from me again and again. In simpler terms, okay, this time he owes ten thousand dollars; you diligently manage your expenses to repay the debt. But soon enough, he'll find himself in another predicament where he owes another ten thousand dollars due to his inner state remaining unchanged. He will continue projecting these states regardless of when it happens, unless there's a change within him, indicating a complete transformation into someone else. The assistance you can provide is showing him that he possesses the power, helping him realize that he is not stuck in a pit or facing difficulties. Instead, he is currently positioned to surpass himself; all current circumstances are meant for his improvement and empowerment.

就是⾯前的⼀个障碍是他的⼀个台阶.但是这需要你⾃⼰有⼀个⾜够⾼的认知你才能看到,不然的话,你也会把前⾯的障碍看成是⼀个障碍.那你们只会去想法去remove,就是把呢个障碍给拿掉.⽽不是说把这个障碍变成⼀个台阶踩在脚底下.因为你只有踩到脚底下,你更进⼀步过后,就真的在你脚底下了.你就会去挑战更⾼的⼀个level.

The obstacle in front of you is a step for him. But this requires you to have a sufficiently high awareness to see it, otherwise, you might also perceive the obstacle ahead as an obstacle and only try to remove it, simply getting rid of that obstacle. Instead of turning that obstacle into a step to stand on with your feet. Because only by standing on it can you truly advance further, where it will be underfoot. You would then challenge a higher level.

问: 懂了.我想问⼀下我去世的亲⼈有没有什么话对我说?

Questioner: Understood. I want to ask if my deceased relatives have any messages for me?

JO: 你稍等.他们想带给你的信息就是说你⼀般是不会听别⼈话的⼈.但是呢,他们想要你多听从通灵的这个⼥孩⼦的,就是有什么你可以请教她.因为她会给你真诚的⼀个引导,⽽且你也会⾮常的听她的引导.就这个信息.

JO: Wait a moment. The message they want to convey to you is that you usually don't listen to others. However, they wish for you to listen more to the guidance of this spirit-medium girl. She can provide you with sincere advice and direction, and you will also pay close attention to her guidance. This is their information.

以下是上⼀个提问者的妈妈问: 我的灵魂主题是什么?

Here is a question from the previous inquirer's mother: What is my soul theme?

JO: 你稍等,你叫什么名字?问: XXJO: 你这⼀世选择了这个⼈格,你想要体验的就是好像把⼀切就看的很轻松.就好像你想要去让⾃⼰学会⼀个功课就是把外⾯的呢些沉重的事情变得很轻松.这是你⾃⼰想要达到的⼀种状态,但是其实你现在⽬前就是你本⾝携带的能量却是很沉重的.就是说这不是你⽣来的样⼦,⽽是说你⾃⼰想要去突破.也就是说你与⽣俱来你⾝上就有⼀个厚厚的壳.呢个壳你是想脱离它对你的⼀个限制的.所以说这会是你⾃⼰的⼀个⽅向,就是去⾛向我⾝上没有重量的感觉.因为你与⽣俱来就会有很多重量在你⾝上.这么说吧,就是说你是⼀个很懂事,

JO: Wait a moment, what's your name? Questioner: XX JO: You've chosen this personality in this lifetime and what you want to experience is making everything seem effortless. It's as if you're trying to learn a lesson of transforming heavy outside matters into something easy. This is the state you aim for, but currently, the energy you carry is very heavy. It's not your inherent nature; instead, it's something you desire to break through. You were born with a thick shell on you. This shell you want to free yourself from its restrictions. Therefore, this will be your direction, moving towards a feeling of weightlessness as you were inherently burdened with weight from birth. Put simply, you're someone who is very sensible,

就是把什么事情都往⾝上抗,就是觉得我要去负责… 就是好像你觉得你肩上有很⼤的担⼦或者是怎样.但是你又想步⼊⼀种轻松感,就是让⾃⼰达到哪怕外⾯天崩地裂,你都是⼀种坦然的状态.这是你⾃⼰内在的⼀个向往,所以这就是你整个⽣命线发展的⼀个⽅向.所以你会被⼀些能量很轻逸很坦然的呢种,⾝上没有任何负担的这样能量的⼈或者能量状态,你会被他们吸引.因为呢就是你想要去成为的样⼦.

It's about taking on everything and feeling like you need to be responsible... as if you have a big burden or something on your shoulders. But at the same time, you're longing for relief, wanting to reach a state where no matter what chaos is happening outside, you can remain calm and composed. This is an internal desire of yours, guiding the direction of your entire life's path. Thus, you are attracted by energies that feel light, serene, without any burden, seeking individuals or energy states that carry no weight on them. You're drawn to this because it represents what you aspire to become.

问: 也就是说这个壳是我去转化去打破的⼀个主要的⽣命主题是吧?

Question: In other words, is transforming and breaking this shell a key life theme that I need to address?

JO: 这就好像是⼀个蛇蜕⽪或者是⼀个⽑⽑⾍变蝴蝶,就是蜕变的⼀个过程吧.所以你会去追随光,你会去跟着光源.

Jo: It's like a snake shedding its skin or a caterpillar turning into a butterfly, it's a process of transformation. So you would follow the light and go towards the source of the light.

问: 是的,对.我的天赋才华是什么?

Question: Yes, what is my talent?

JO: 你的天赋才华就是你特别能吃苦特别能隐忍,就是耐⼒特别强.就是你能够脚踏实地不抱怨,呢种任劳任怨吧,就是有这样⼦的⼀个精神.就是⼀个⾮常踏实的精神.这么说吧,就好像刚才说你⼉⼦,如果他是飘的话,那你就是有根的.就好像是这样⼦的⼀个状态.也就是说你是脚踏实地,⼀步⼀步呢种稳的,愿意⼀步⼀个脚印默默的去⾏动着.

Your gift and talent lie in your exceptional ability to endure hardship and suffering, along with your strong stamina. You are someone who can work tirelessly without complaining, embodying a spirit of diligence and perseverance. To put it simply, you're the kind of person who is grounded, making consistent progress step by step with patience and dedication, willing to take each action silently and steadily forward.

问: 那我可以活出我想要活出的呢份轻盈吗?

Questioner: Can I live out that lightness I desire?

JO: 你当然可以.你来就是为了去拿到这个的呀.你就是为这个⽽来的.问: 明⽩.我和我爱⼈之间的灵魂主题.

JO: Of course you can. You're here for this purpose, to get it. You came specifically for this. Question: I understand. The soul theme between me and my loved one.

JO: 你爱⼈就好像你⾝上的呢个壳.(提问者: 对对) 他会给你呢种沉重感,就让你觉得,就好像⾝上的⼀个壳⼀样.

You love him as if he were a shell on you. (Asker: Right.) He will give you that feeling of heaviness, making you feel like a shell is on you.

问: 对对,是的,是的.然后他也协助我去转化了不少,真的.是这样⼦的.

Questioner: Yes, yes, indeed. And he also helped me transform a lot, really. It's like this.

JO: 那如果你⼀直感受到呢个壳的重量的话,你就会⼀直想要去,内在的呢种驱动⼒就会想要你去脱落他呀.不然太轻松的话,没有呢股压迫感的话,你并没有想要去蜕变,卸下来或者是怎么样.

In English: JO: If you always feel the weight of that shell, then you would constantly desire to shed it; an internal drive would urge you to do so. Otherwise, if it's too easy and there's no pressure, you wouldn't feel the urge to transform, to remove or change anything at all.

问: 对对,是的,是这样⼦的.那我和我⼤⼉⼦之间的灵魂主题是什么?

Questioner: Yes, indeed, it's like that. What is the soul theme between me and my son?

JO: 你稍等.你们就好像是互补,就好像是⼀个正⼀个负,然后去达到⼀种平衡.就好像是你需要从他的⾝上去摄取⼀点他的轻逸的没有限制的能量,那他也需要从你的⾝上得到⼀点扎根的能量,就是脚踏实地,明⽩吗? 也就是说如果他能从母亲⾝上学到脚踏实地,⼀步⼀个脚印扎根的这个品质,实⼲家,因为他是个梦想家,你是个实⼲家.那如果你也能得到他梦想家的⼀个品质,你们互相糅合,从对⽅的⼀个能量当中去相互,就好像你是⼀个橡⽪泥他也是⼀个橡⽪泥.然后你是⼀个⽩⾊,他是⼀个⿊⾊.你们俩糅合在⼀起的时候就变成了中间的呢个颜⾊,明⽩吗?

JO: Wait a moment. You two are like complements, like positive and negative, seeking balance. It's as if you need to draw from his lightness, the unlimited energy he possesses, while he needs your grounded essence, rootedness, understanding? Essentially, if he could learn from his mother how to be grounded and build on a step-by-step basis, gaining practical skills as an action-oriented individual when compared to you being more of an idea person. This means that if you can also absorb the quality of an idea person into yourself alongside your capabilities, blending together from each other's energy, it feels like you're both made of play-dough. Imagine one is white and the other is black; when combined, they create a new color in between, do you understand?

问: 但是你刚才说到他的天赋才华的是时候,你说他很不愿意被束缚很⾃由.我感觉就是其实我这⼀路⾛来呢也是我的状态.

Question: But when you mentioned his talent and creativity earlier, you said he doesn't like being constrained and is very free. I feel like that's actually my state as well along the way.

JO: 你的问题是什么? 你不需要和我们讲述你⾃⼰的⼀些感受和领悟这些.为什么呢? 因为这些它只是停留在你的物质头脑⾥⾯,这些都是⽚⾯的.就好像是冰块,呢个冰块它是会融化掉的,明⽩吗? 它只是呢个时段产⽣的⼀个果,但是呢个果⼦会凋落,然后再结出新的果.新的⼀个果⼦是完完全全是新的,明⽩吗? 所以说任何你旧有的⼀些观念和旧有的头脑⾥⾯的⼀些认知,我们都是来帮你去突破的,就是把它放下的.You are here… 现在是reborn,你现在是重⽣的.所以说不要去定义任何你跟对⽅之间的关系或者我是个什么样⼦.呢只能说是你在没有,就是我们现在好像是⽔管⼀样给你在注⼊⽔,对吧?

JO: What's your question? You don't need to share some of your own feelings and insights with us. Why not? Because these just stay in your material mind, they are one-sided. It's like an ice cube, the ice cube will melt, understand? It only produces a fruit for that period, but the fruit will fade away and new fruits will grow. The new fruit is completely new, understand? So any old notions or knowledge you have from your past mind, we're here to help you overcome them, by letting go of them. You are here... Now you're reborn, you're重生 now. Therefore, don't define any relationship with the other party or who you are. This can only be said when you haven't received water like a pipe is being filled for you, right?

那你在没有注⼊⽔之前和注⼊⽔之后,你是两种不⼀样的状态的.那如果你持续不断不断地在注⼊⽔,那你整个⽔是不是被全部换掉了? 所以说你来这⾥,你需要去提问.⽽不是说我是怎么样怎么样是个怎么样怎么样,这样⼦它会加深你的物质幻像.为什么呢? 我们来到这⾥是来帮助你看到外在所有的⼀切,它是松动的,它不是真实的,它只是⼀个幻像⽽已.它只是你当时的能量的⼀个结晶⽽已,但是呢个结晶它会随着你的能量的变化⽽变变化.所谓的结晶就是呢个图象,呢个图⽚.你记住⼀句话,这⾥没有真实的东西!!!! 因为这样⼦的话,你会觉得你⼉⼦是个这样的⼈,你是个这样的⼈.JO你的信息不对.然后就是说我是个这样的⼈.

You are in two different states before and after the water is injected. If you continuously inject water, would all of the water be replaced? So when you come here, you need to ask questions instead of just stating your identity as such. This will deepen your material illusion. Why is that? We are here to help you see that everything external is unstable and not real; it's merely an illusion, simply a crystallization of your energy at that moment. And this crystallization changes with the variation of your energy. The term 'crystallization' refers to the image or picture. Remember: There is no true thing here!!! Because if you think your child is like this person and you are like this person, JO your information is incorrect. Then it's also saying that I am such a person.

那你就是在加深固化你,就是你在加深这个⾯具.这个⾯具你是可以随时摘下来,换成⼀个新的⾯具.但是你把呢个⾯具使劲的往脸上贴贴贴,进⼊你的⽪肤⾥⾯.你就把呢个认定是你.

That's because you're deepening your own identity, becoming more of a mask that you are wearing. You can take this mask off at any time and put on a new one. But you stick to it so firmly, embedding it into your skin, making it part of who you think you are.

问: 明⽩,明⽩.我想问⼀下,JO能不能连接⼀下我⼩姑的能量.她已经去世了.

Questioner: Understood, understood. I want to ask if JO can connect me with my aunt's energy. She has passed away.

JO: 你的⼩姑? 她去世多久?

JO: Your little aunt? How long has she been deceased?

问: 对,我爸爸的妹妹.她去世四年.

Questioner: Yes, my uncle. He died four years ago.

JO: 你想要问⼀下她有没有什么信息想要带给你?问: 对JO: 她叫什么名字?问: XXJO: 你稍等.这⾥没有任何信息进来.问: 没有?

You want to ask if she has any information for you? Questioner: Do you have a name for JO? Questioner: XX, what's her name? Questioner: Did you hear anything from JO? Wait: There is no information coming in here. Answer: No.

JO: 没有.

JO: No.

问: 好的,那我明⽩了.我可以问⼀下我和我⼩⼉⼦之间的灵魂主题吗? JO: 你稍等.你⼩⼉⼦叫什么名字?

Questioner: Alright, I understand. Can I ask about the soul topic between me and my son?

A: Wait a moment. What's your son's name?

问: XXXJO: 他就好像是⼀个,⽐如说你的神经很紧绷,他就好像是来调节你,就好像来松动你或者是就⽐如说你有时候会过于的认真过于的有压⼒,他就会让你变得更加的轻松.就是好像你疼的时候,他来给你⼀点糖,就这样⼦.就是来让你这样的体验当中,像你的⽌痛药⼀样,就是来陪伴你在这个转变的过程.

Questioner: XXXJO: He's like a tension reliever for you; he comes to loosen up your nerves or perhaps when you are overly serious or stressed out, he makes things easier for you. It's like having candy when you're in pain - someone just gives you some sugar so that you can enjoy it within the experience itself, just like taking medication when you have a headache - accompanying you through this transition.

问: 对,是的.很开⼼的能量.那让我⼉⼦提问吧.

Question: Right, indeed. Joyful energy. Let me ask my son some questions.

以下再换成提问者的⼉⼦问: 我想知道⼋字和⾯相这些东西对⼈,像我们输⼊的代码⼀样的东西吗?

Below, let's have the questioner's son Questioner: I wonder if things like八字 and facial characteristics are similar to codes we input?

JO:⼋字它,就⽐如这么说吧,有些⼈他会通过⼀些信息去看到你这个⼈就好像是携带的⼀些东西.然后你是⼀个什么样⼦,你到底是⼀个⽔果还是⼀朵花,就是你到底是什么样⼦的.但是这⾥没有任何东西它是死的.因为你们来到这⾥是来重新赋予这些死的东西⽣命的.这就叫⽣命.⽣命它是不被任何限制的.这么说吧,你⼋字注定你可能⽣下来你就是个脑瘫者,是吧?这个你可能是更改不了的,对吧?但是如果你们,因为你们说时候你们不要去单⼀的看你们⼀个⼈,因为说实话你们其实是⼀环扣⼀环,息息相关的.特别是他在你⽣命中出现的.也就是说不要去看⼀个picture的⼀个点,⽽是说去看整个thewholepicture.

JO: The eight characters represent a way in which someone might perceive you as carrying certain traits or qualities. They could see if you're more like an apple or a flower, essentially defining who you are. But there is nothing fixed here; everything is alive and dynamic because you come to this place to re-infuse these elements with life. This is what we call life - it has no boundaries. For instance, your eight characters might determine that you were born with cerebral palsy. That's something you can't change. However, because you are interconnected in time and how events unfold around you, particularly those that impact your life journey, you should not focus solely on individual aspects of yourself or circumstances. Instead, consider the whole context or picture of events unfolding over time.

如果你只拿⼀个拼图的⼀部分的话,你看不出来呢个拼图的⾓是⼲啥的.那如果慢慢慢慢你把呢个拼图拼出来,越拼你就会越明⽩每⼀块拼图它都是不可以少的.

If you only have a part of the puzzle, you won't see what the corner of the puzzle is for. But as you slowly put together the puzzle, the more you piece it together, the clearer it becomes that every single piece cannot be missing.

问: ⼋字只是拼图中其中的⼀⼩块?

Question: The eight is just one small piece of the puzzle?

JO: ⼋字只是你们提取,就是⽐如有⼀些通灵⼈他能通过⼀些information得到⼀些信息.但是你要知道他得到的信息,它都不是肯定的.为什么呢? 因为你才是呢个命运的创造者.就⽐如说我给你拿了⼀颗⼟⾖.呢个算命的说这就是⼀颗⼟⾖.但是你能做什么呢? 你能把这个⼟⾖变成薯条.那你会说它是薯条,你不会说它是个⼟⾖.你可以把它变成mash potato,就是把它变成⼟⾖泥.那他看到这个⼟⾖泥,他还会说这是个⼟⾖吗? 他看到的是⼟⾖泥呀.他尝到的、吃到的也是⼟⾖泥呀.明⽩吗? 所以说他们能摄取的只是⼀丁点information.呢个不是the whole picture.它也不是真实的.为什么呢?

JO: The "eight" refers to extracting information; for instance, if there are psychics who can obtain information through certain means. However, you must understand that the information they receive is not definitive. Why? Because you are the creator of your own destiny. Suppose I give you a piece of soil. This fortune-teller says it's a piece of soil. But what can you do with it? You could turn it into French fries; would you then call it fries instead of soil? Or perhaps you transform it into mashed potato, turning it into soil puree. If he sees this puree, will he still say it's soil? No, he'll see the puree. And when he tastes or eats it, it is puree. Do you understand? Therefore, they can only extract a tiny bit of information; not the whole picture, and certainly not the truth. Why is that?

因为你才是把呢个⼟⾖⼀会⼉变成薯条,⼀会⼉变成⼟⾖泥,⼀会⼉变成⼟⾖炒⾁丝,就各种,明⽩吗? 你还可以再做成⼟⾖粉.⼟⾖粉再做成其他的,再做个什么饼.所以说你们是不受任何的控制的.你除了问⼋字,刚刚还提了个什么?

Because you are the one who turns that bean into fries, then into mashed beans, and then into stir-fried meat strips, all sorts of things, got it? You can also make bean flour out of it, which can then be made into other things like a kind of cake. So you're completely不受 any control. Besides asking for eight characters, what else did you mention just now?

问: 就是⾯相.

Question: It's about facial appearance.

JO: ⾸先你的⾝体它只是呈现出你的⼀个能量状态.你的能量状态是什么样⼦.所以说它随着你能量状态的变化,你的⾯相也会产⽣变化的.它也不是⼀个稳定的.你们有的就是说,你如果看你⾝边你就能看到.

JO: First, your body merely reflects one of your energy states. What your energy state looks like determines the nature of your appearance. Therefore, as your energy state changes, so will your facial features. It's not a constant thing; you see, if you look at yourself or others around you,

问: 就是有的⼈他的⾯相会改变,在不同的能量状态下.

Questioner: There are people whose physiognomy can change, depending on their different energy states.

JO: 它只是呈现你们能量状态的⼀个反射吧.所以这些东西它都是活的,不是死的.这⾥没有死的.因为你是有⽣命的,你是活的,你是有⽣命的.所以⼀切在你⼿⾥它都可以变成花样,像⼀个橡⽪泥在你⼿上.你⼀会⼉可以把它捏成⼀个⼈,⼀会⼉可以把它捏成⼀条狗.你才是呢个创造者.

JO: It's just a reflection of your energy state. So these things are alive, not dead. There is no death here. Because you are living, you are alive, and you have life. Therefore, everything in your hands can become patterns like play-dough in your hand. You can shape it into a person one moment and into a dog the next. You are the creator.

问: 那你刚才说我开⼀个⼯作室这样⼦的…JO: 只是打⼀个⽐⽅,只是来让你看到什么样⼦更加的有利于你发展的.

Questioner: That's like saying I open a studio... JO: Just an illustration, just to show you what would be more beneficial for your development.

问: 那我⽬前稍微⽐较迷茫.我先按部就班的该去做什么我就先去做什么.然后在这个过程中我在寻找,是这样吗?

Question: So I'm currently a bit confused. I'll just do what's expected of me step by step and then find out as I go along, right?

JO: 这么说吧,如果你在选择的时候,你可能觉得这个⼯作对你限制⽐较⼤.因为它要求每天必须要做同样的事情或者是时间点都会有要求.那另外⼀个⼯作它的⾃由度⽐较⼤,然后你可以⾃由的去创造安排或者是怎么样,就是给你的⾃由度⼤.那你就知道我选择⼀个⾃由度⼤的.因为当你选择⼀个⾃由度⼩的话,它可能让你的能量进⼊到⼀种萎缩状态,你会觉得⽇⼦不好过,就是⽣命不美好.那当你进⼊到这样⼦的状态,你的能量场就会开始投射出⼀系列这种事件给你体验.

JO: Let me put it this way, if you're choosing between jobs, you might feel that one job restricts you more because it requires you to do the same thing every day or has set times for tasks. The other job offers greater freedom where you can create your own schedule or approach things as you wish, giving you more control. This is why you'd choose a job with more freedom. Choosing less freedom might make you feel like your energy is being squeezed into a small space, making life tough and unfulfilling. When you're in this state, your energy field will start manifesting a series of events for you to experience.

# 2023/06/16 — 连接Florence Scovel Shinn 与 Abdullah Connecting Florence Scovel Shinn with Abdullah

JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 这个通灵的⼥孩⼦她昨晚做了⼀个梦梦见流了很多⾎,还梦见有⼀些⼈说要加⼊我们选择我们.然后她想问⼀下这个梦想要带给她的信息是什么?

Question: This spirit-possessed girl had a dream last night where she saw a lot of blood and also dreamed that some people wanted to join our group, implying they were choosing us. She then wants to know what message this dream might be conveying to her.

JO: 你稍等.她梦见她的⾝体流出了很多⾎,然后⾎液代表着什么? 代表着⽣命⼒,因为你离开⾎液你⼀刻也活不下去.就好像是⽣命所需的必须的⼀个东西.那她梦见了这些⾎液从她的⾝体⾥⾯流出来.这个梦就好像是她⾃⼰看到她拥有⾮常旺盛的⽣命状态⼀个能量状态.因为她流不尽的⼀个感觉.所以说她体验到⾃⼰就在⼀个,就好像你们打游戏⾥⾯的⼈会有⽣命值,对吧? 它的⽣命值越来越少的话,它最后是不是就没有了.那当它的⽣命值越来越满的话… 那她现在就是⽣命值⾮常饱满旺盛的⼀个时候.然后你说梦⾥⾯她看到有⼀些⼈想要加⼊你们.然后这也就好像就是⼀个⼀些背后的事情.

JO: Wait a moment. She dreamt that she was bleeding profusely from her body, and what does blood symbolize? It symbolizes vitality because you cannot survive without blood for even one moment; it's like an essential element required for life. So when she dreams of blood flowing out of her body, this dream is akin to her seeing her own energetic state of high vitality. The sensation of endless bleeding indicates that she experiences herself in a state similar to having health points, right? When its health points dwindle, it eventually disappears. Then, if her health points are continually replenished… She's currently experiencing a time when her health is exceptionally abundant and lively. And then you mentioned that in the dream, some people want to join your group. This also symbolizes some behind-the-scenes action.

因为你们不只是体验的是你们⾃⼰看到的、眼前的⼀些事情,还有很多是背后的⼀个,就好像⼀个主机的后⾯是不是还有很多别的(功能)在运作.那也就是说你们的⼀个能量状态,就好像是⼀个振动频率⼀个灯塔在呢⾥,会⼀席很多很多来加⼊你们.就好像是志同道合吧,因为你们有共同的⽬标和共同的梦想和共同热爱的和共同的激情.所以说这个只是来让你们看到你们得到的关注会越来越多.然后你们就是⼀起同⾏.这么说吧,你们像是⼀个班级的学⽣是吧? 最开始可能就你们俩个在呢学习学习.慢慢慢慢第三个第四个第五个第六个,这个班级就越来越⼤越来越⼤,就这样⼦.

Because what you experience is not just the things you see and before you, but also many more behind the scenes, like there are many other functions operating behind a mainframe. This means your energy state is like a lighthouse emitting vibrations that draw in many others. It's akin to having common goals, shared dreams, mutual passions. This is just to show you that you'll receive increasing attention and that you're moving together. Imagine, you're like students in the same class? At first, it might just be the two of you studying. Over time, as more join – perhaps three, then four, five, six – the class grows larger and larger, just like this.

问: 我今天凌晨的时候梦见⼀个穿着⽩⼤褂的⼈从我的胳膊和肋⾻下扎针,弄的我⾮常的疼,把我活活疼醒了.然后我想问⼀下这个梦它是想要带给我什么信息呢?

Questioner: I dreamed last night that someone in a white coat was piercing me with needles under my arm and rib cage, causing me so much pain that I woke up screaming. Now, I'm wondering what message this dream might be trying to convey to me?

JO: 你稍等.这么说吧,就好像你的⾝体它本⾝就有⼀个伤⼜.然后你会演化成外在的⼀个⼈来刺激它,然后来让你看见这个伤⼜.然后实际上你呢个地⽅本⾝就是有疼痛感的有刺痛的.然后呢,通过这个⽅式来让你看到.因为你的⾝体也在不断地不断地就好像是升级的⼀个过程,就不断地转变的⼀个过程.那你的⾝体残留的呢些紧张感,它会通过这样⼦… 你们最开始是感受到什么? 痛,然后知道我这边有⼀个伤⼜.那就可以拿出来处理这个伤⼜,那你就不会痛了,对吧? 就好像是这样⼦的⼀个过程⼀样.所以说这个并没有外界的任何来伤害你,你⾸先要知道的是这⼀点.

JO: Wait a moment. Imagine that your body has an inherent wound inside itself. You develop an external persona to stimulate it and make you aware of the injury. In reality, the area in question is actually painful or stinging. Through this method, you can see it because your body is constantly undergoing what one might call an upgrade or transformation process. The tension in your body is communicated through this process; at first, you feel pain, realizing there's a wound on this side. Once you address and heal that wound, the pain ceases. It's like understanding this process without any external harm. You should first acknowledge that it's not about being hurt by someone else; you just have to deal with your own injuries in order to stop the pain.

只是说你通过做梦梦见你被蛇咬了,其实你呢个地⽅它本⾝就是,就好像还没有发出来的⼀个疼痛在呢⾥.所以这只是你⾃⼰成长的⼀个,就好像你们在长个的时候也会肌⾁疼⾻骼疼.

Just as if you dreamed of being bitten by a snake, in reality, that place where you're at already contains an unfulfilled pain, like a growing ache. This is simply your own growth process, similar to how muscles and bones hurt when you grow.

问: 明⽩了.那这个伤⼜它是什么? 需要我去刻意的处理或者是怎么做吗?

Questioner: Understood. But what is this injury? Do I need to intentionally handle it or do something specific about it?

JO: 不需要.为什么呢? 因为你⼀直在变化当中.你现在在跟我们接通信息,对不对? 那我们现在就好像是⽔源接通到你⾝上,然后你不断地在洗刷洗刷.你说你需要做什么呢? 因为你⼀直⼀直⼀直⼀直在更新.那如果你⼀直在更新,你看你们的⼿机电脑更新的时候,百分之多少多少⼀直在变,⼀直呢个状态.那你需要处理呢些旧的东西吗? 所以你只需要不断地去更新⾃⼰.

JO: No need. Why not? Because you're always changing. You're now connecting with us to receive messages, right? So it's like water being connected to your body, and then constantly being washed away. What do you need to do, as you've been continuously updating yourself all along. If you are always updating, when you see your phone or computer updates, the percentage keeps changing, always in a state of flux. Do you need to handle those outdated things? So, you just need to keep updating yourself constantly.

连接Florence Scovel Shinn问: 能不能请你帮我们连接⼀下Florence Scovel Shinn? JO: 你稍等.

Connect Florence Scovel Shinn asks: Can you help us connect with Florence Scovel Shinn? Wait a moment.

Florence: 你说吧,什么问题?

Florence: Go on, what's your question?

问: 您如何评价您在物质世界的呢⼀⽣?

Questioner: How do you evaluate your life in the material world?

Florence: 这么说吧,如果我让你去评价你的⼀⽣,你说你在你⼗岁的时候,⼆⼗岁三⼗岁四⼗岁五⼗岁然后到你七⼗⼋⼗⼀百,然后到你⽣命结束的时候,每个阶段是不是都会不⼀样? 所以说当你在⼀个不断地在变化的⼀个状态,你看到事物的⼀个⾓度和… 你⾃⼰都有经历过,就⽐如说你⼩时候对你来说⼀件⾮常伤⼼的事情,可能你的玩具被⼀个⼩朋友弄坏了,你特别伤⼼哭了好多天你都不能释怀.等你七⼗岁的时候,你再回过去看.如果我让你当时去评价呢件事情,你说呢是你最⼼爱的玩具,然后你存了好久好久才买到的,舍不得吃舍不得喝,你就是在这样的⼀个状态下,对吧?那等到你七⼗⼋⼗后再来让你去评价.你说什么,我怎么不记得有这件事.

Florence: Let me put it this way, if you were to evaluate your life at different stages—when you were ten years old, twenty years old, thirty years old, forty years old, fifty years old, and then when you reached eighty, a hundred, all the way up until the end of your life. Would each stage offer a different perspective on how you saw things? So when you're in a constantly changing state, you view situations from different angles, experiencing them through your own journey. For example, something that was very upsetting to you as a child might have been like having your favorite toy destroyed by a friend, causing you to cry for days and not be able to let it go. When you look back at this situation in your seventies, if I were to ask you about it then, would you say it's the cherished toy you've saved up for so long, something you couldn't bear to part with even in times of food or drink scarcity? And when you reach eighty and beyond, reflecting on that same event. What would you say now? Why can't I remember this incident anymore?

问: 您当年在世的时候写过⼀本书叫 ‘Life is a game’.这本书⾮常的出名.请问这本书您最想要传达给世⼈的信息是什么?

Question: When you were alive, you wrote a book called 'Life is a game.' This book was very famous. Could you please tell me what message you most want to convey to the world through this book?

Florence: 只是让你们看到我从我个⼈的体验,我们,就好像每⼀个存在每⼀个⼈他都是独⼀⽆⼆的⼀个体验者,每⼀个都好像是造物主的细胞或者造物主的⼀个触⾓.你想⼀个有⽆限⼤的蜈蚣,然后它有很多很多⼩脚.所以说它纯粹就是我站在我的⼀个⾓度去,就是个⼈的⼀个体验和感受.但是它并不是真的.为什么呢? 因为有的⼈他来到物质世界他就是想要体验沉重的能量状态,因为他不知道什么是沉重.所以说如果你不停的去摇他告诉他: life is a game,那你不是在阻碍他想要的体验吗? 就这么看吧,你们在拍电影的时候,是不是有各种题材的电影? 有的是悲剧、有的是喜剧、有的是科幻、有的是暴⼒,各式各类的.

Florence: Just to let you see me from my personal experience, each one of us, every single being is a unique experiencer, each like a cell or an appendage of the Creator. Imagine an infinitely large centipede with many, many tiny legs. It's purely from my perspective as an individual experience and feeling. But it isn't really true. Why? Because some people come into the material world wanting to experience heavy energy states because they don't know what heaviness is. So if you keep shaking them and telling them 'life is a game', aren't you hindering their desired experience? Look at it this way, when you're making movies, do you have various genres of movies? Some are tragic, some are comedic, others are sci-fi, and there's violence too. It's like that with different experiences in life as well.

还有你们写书和表达也是,对吧? 所以说它只是⼀个属于我⾃⼰对⽣命的⼀个⽚刻,就好像你⽣命的这⼀辈⼦有⼏万天,对吧? 那其中的⼀个⼩时,呢会⼉的⼀个想法⽽已.还不是说整个⽣命.呢⼀会⼉升起来的⼀个念头⽽已.所以说我不去肯定我的,我也不去否定别⼈的.为什么? 因为只有适合你⾃⼰的,你在你⾃⼰的节奏上,你在你⾃⼰的道路上就可以.因为这⾥没有好的坏的对的错的,就是你们⼀定要朝着这样呢样.因为你迟早会发现 Life is a game.那⼀开始你开始你在玩 game 之前,我就不断地说 life is a game 不就影响了你去投⼊的⼀个状态吗? 你本来可以完完全全的投⼊,体验感是百分之百的.⽐如说你进⼊⼀个⿁屋,你进⼊

And also when you write books and express yourself, right? So it's just a moment in my life, like one of your lifetimes having tens of thousands of days, right? That single hour is merely one fleeting thought. Not the whole of life. Just a passing thought. So I don't go to affirm or deny others'. Why? Because only what suits yourself, on your own pace, on your own path can you have it that way. There's no good bad, right and wrong here; you must follow this direction. You will eventually find that 'Life is a game.' At the beginning when you start playing before entering the game, I constantly told you that life is a game doesn't affect your state of engagement? You could have been completely immersed with a 100% experiential quality. For example, stepping into a haunted house, you enter...

⿁屋你本⾝就是找刺激的,对不对? 想去感受呢种惊吓感、恐怖的感觉.那我却告诉你,呢个⿁是个⼈扮演的.它怎么样都会影响你⾃⼰的⼀个体验值.就像你买票去做个什么,如果你的体验值被影响了,你是不是要投诉他们? 你觉得我买了这么贵的票,根本就不值得.我吃了这么贵的饭,你看⾥⾯有⼀只苍蝇在呢⾥,影响了我的体验值啊.有苍蝇可以,那我没看到,那我体验值还是百分之百.我⼀看到苍蝇,我的体验值就为零了.所以说不要把它当成是真理和是唯⼀的.为什么? 就好像说我的⽣命有⽆数天,呢只是⼀个⽚刻,⼀个念头⽽已.⽽且它是随时在变的.

You inherently seek excitement, right? Wanting to experience that sense of fear and the feeling of horror. Now let me tell you, this ghost is someone扮演ed. It will inevitably affect your own experience value. Just like buying a ticket for something, if your experience value is affected, would you complain to them? You think I bought such an expensive ticket but it's not worth it at all. I ate a costly meal and there was a fly inside that ruined my experience value. Flies are fine as long as I don't see them; my experience remains 100%. But if I do see a fly, my experience drops to zero. Thus, don't treat it like the ultimate truth or the sole reality. Why? Because life has countless days and this is merely one moment, just an idea. And it's constantly changing.

问: 你最喜欢⾃⼰所写的哪⼀本书呢?

Question: Which book of yours do you like best?

Florence: 如果没有喜好呢? 你想你⽣命中⽆数个⽚刻,那如果我问你等你到了⼀百岁的时候,我问你你⽣命中的每⼀分钟每⼀秒钟,你到底喜欢那⼀秒钟的状态呢? 为什么呢? 你只有在你的物质头脑⾥⾯,你才存在这种⽐较.你只有在⾮常有限的⾥⾯,就是你必须要把它加上时间.你说如果你拿开时间,你如何去⽐较? 因为这⾥是⽆限.所以你必须要加上很多外在的⼀些,就是我只拿这⼏本书来⽐较,我只拿这⼏个观念来⽐较,然后我只拿这个时间怎么怎么样.我刚刚就告诉你,你⼩时候觉得很伤⼼的事情,你七⼋⼗岁的时候你还会为了被⼈弄坏的玩具伤⼼吗?

Florence: And if there were no preferences? If I asked you to imagine all the moments of your life and pick the one second that was most enjoyable to you when you're a hundred years old, why would you choose it specifically at that moment? Why are you only able to make such comparisons in your physical mind? You can only do this within very limited circumstances where time has to be considered. How could you possibly compare without taking into account the passage of time? Because here, everything is infinite and limitless. Hence, you have to introduce external factors for comparison, like comparing a few books or ideas and how time might affect them. I just told you that something that upset you as a child would still upset you in your seventies or eighties when someone breaks your toy.

问: 您在呢⼀⽣学习到最宝贵的课程或者是东西是什么?

Question: What is the most valuable lesson or thing you have learned in your entire life?

Florence: 最宝贵的东西? 我觉得这应该是属于你们⼈类的物质头脑,总是喜欢⼀个最好最快或者是最怎么样.你们才会说是最宝贵... 这么说吧,你们可能觉得世界上会有特别,就是⼈有⾼低之分吧.但是我可以告诉你,这⾥没有⾼低之分.为什么呢? 因为呢个⾼的也曾经低过,呢个低的也曾经⾼过.他们只是在不同的⼀个时间,应该是⽚刻.为什么呢? 对你们来说可能很漫长,但是实际上就是⼀个⽚刻,就是⼀转眼的事情.你说当你发现这⾥有⽆数个⽚刻,你如何去对⽐? 所以说如果拿掉时间的话,你们没有办法去对⽐,你们头脑会崩溃的.这么说,我可能给你⼏⼗个以内的东西,我让你对⽐⼀下这⼏个东西⾥哪⼀个是最宝贵的?

Florence: The most precious thing? I feel that this should belong to your human material mind, always liking the best fastest or the most whatever. You will say is the most precious... Let me put it this way, you may think there are particularities in the world, where humans have a hierarchy. But let me tell you, here there is no hierarchy. Why? Because the high ones were once low, and the lows were once high too. They just exist at different moments, should be moments. Why? For you it might seem long-lasting, but actually it's just a moment, just a blink of an eye thing. You say when you discover there are countless moments here, how do you compare them? So if I take away time, you cannot compare; your mind would break down. This way, let me give you within tens perhaps, for you to compare which one is the most precious among these things?

你只能在你,你现在三⼗岁,你在你这个年龄阶段你是可以做出抉择的.那我把你的年龄拿开,你是⼏亿岁呢? 然后你把呢个拿开,就是说这⾥有⽆限个呢? 不是⼏个给你去对⽐呢? 你还能去做这件事情吗? 还能去对⽐哪个是最宝贵的吗?

You can only decide when you are yourself, now at the age of thirty. At this stage of your life, you have the capacity to make choices. But let's take away your current age; how many billions old would you be? Then, if we remove that factor, it implies an infinite number of possibilities. Is there not just a few options available for comparison? Can you still undertake such tasks and compare what is truly valuable?

问: 您的这⼀⽣最⼤的收获是什么?

Question: What is the greatest achievement of your life?

Florence: 就像前⾯说的,因为就像前⾯说的,你们头脑⾥⾯总会有⼀个最字.最,实际上就是⽐较.你们应该放下所有的⽐较,因为呢个⽐较只在你加上有限的时间加上有限的数量,它才能成⽴.如果这⾥没有时间和数量,都是⽆限,你还能⽐较吗? 你就算是电脑你也计算不出来.为什么? 因为你会持续在计算的状态.你这边刚计算完,新的又产⽣了.

Florence: As mentioned before, because as mentioned before, there will always be a "most" in your mind. Most actually means comparison. You should let go of all comparisons, as that comparison only holds when you add limited time and quantity. Without time and quantity here being infinite, could you still compare? Even if you were a computer, you wouldn't be able to calculate it. Why? Because you would continuously be in the state of calculation. As soon as you finish calculating, new ones are generated.

问: 您在世的时候您也在传授所谓的吸引⼒法则.我想问⼀下您想对现在在物质世界教授吸引⼒法则的⼈说什么呢?

Question: You were teaching what you call the Law of Attraction during your lifetime. I would like to know what advice you have for those who are now teaching this principle in the material world?

Florence: 对呢些⽼师们有没有想说的话? 为什么是⽼师呢?问: 因为会有很多⼈觉得他们很厉害,然后跟随他们学习.

Florence: Are there anything you want to say to those teachers? Why teachers specifically? Asking this because many people would feel they are very capable and follow them to learn.

Florence: 那为什么不是跟这些所谓的跟随的这些⼈呢? OK,然后如果你问有没有信息是想要带给呢些学习吸引⼒法则的,然后你们⾃⼰就是你们⾃⼰的⽼师.然后你们⾃⼰有⾃⼰独⼀⽆⼆的去体验和学习的⽅式⽅法.你不需要去跟随外在.因为你迟早会发现所有的东西其实都是你⾃⼰创造的,这只是⼀个早晚的问题.但是我们这⾥没有⼀个you have to be so quick,

Florence: Why not follow these people who are supposedly following you? Alright, if you ask for information that can bring value to the Law of Attraction, then you yourselves are your own teachers. You each have unique ways of experiencing and learning. There's no need to follow externally because sooner or later, you'll realize everything is created by yourself; it's just a matter of time. But here we don't say you have to be so quick.

就是没有⼀个时间说你快点你快点.它没有⼀个时间,因为只有你的⾁体会有⼀个所谓的时间.你就觉得你好像⾮常有限,但是往往当你在拼命的想要快的时候,实际上你就在错过,你就在慢.你根本就是在完全错过,所以你根本快不了.你没有办法快.当你去放下你要去,就是我⼀定要达到某⼀个⽬的某⼀个⽬标或者是如何要怎么快的时候,那你当下就已经在了.

There's no single moment that says hurry up, hurry up. There is no single moment because only your physical body has a so-called time. You feel as if you are very limited, but often when you're desperately trying to be fast, in reality, you're missing it, you're actually slowing down. You're completely missing the point, so you can't possibly get faster. There's no way for you to do so. When you try to force yourself towards a certain goal or target or how to speed up, then right there is where you are already stuck.

问: 那以您的⾓度能不能来解释⼀下到底什么是吸引⼒法则?

Questioner: Could you explain, from your perspective, what is the law of attraction?

Florence: 什么是吸引⼒法则? 吸引⼒法则只是来让你看到你才是呢个主⼈,你才是呢个决策者,你才是呢个掌控者,就如此简单.因为你们会觉得你没有⼒量或者是你要碰运⽓或者是你的运⽓不好或者是为什么你⼀直什么什么的.那如果你知道所有的⼀切都是你⾃⼰创造的⾃⼰去体验的,那你当然就可以去选择我到底有什么喜好,我到底想要什么不想要什么.你就可以更加的是在你个⼈的⼀个喜好,因为是你个⼈的喜好嘛.这么说吧,就好像你出去吃⾃助餐,那我们告诉你你⾃⼰有选择的权⼒去拿你⾃⼰喜欢吃的菜,⽽不是说⼀堆⾷物什么都塞给你.

Florence: What is the Law of Attraction? The Law of Attraction simply means recognizing that you are the master, the decision-maker, and the controller, it's just that simple. You might feel like you lack power or rely on luck, think your luck isn't good, or wonder why certain things happen to you. But if you understand that everything comes from within yourself, creating experiences for yourself, then of course you can decide what you like, what you want and what you don't want. This allows you to be more in tune with your personal preferences, as they are your own. To put it another way, imagine going to a buffet where you have the power to choose the food you want to eat instead of having all sorts of dishes forced upon you.

问: 那我们如何在还拥有⾁体的时候可以更加有意识的掌控⾃⼰的能量和投射出来的这些相?

Question: So, how can we be more mindful of controlling our energy and the manifestations when we still have a physical body?

Florence: 那⽐如说你经历⽆意识的,就是你经历呢个混乱的时期它也是⾮常宝贵的,也是你必须去经历的⼀堂课,也是part of them.你不能把它拿⾛,明⽩吗? 所以说当你不去抗拒它,不去抱怨它,不去说 why my life is so miserable? 然后在这样⼦的⼀个状态下.明⽩吗?

Florence: That's like experiencing the unconscious, where the chaos you go through is incredibly valuable and necessary for your growth. It's part of it all. You can't take it away, understand? So when you don't resist it, don't complain about it, and stop asking why my life is so miserable, in such a state. Understand?

问: 在物质世界显化⾃⼰喜欢的事物的最重要的因素是什么?

The most important factor in manifesting what one likes in the physical world is...

Florence: 这么说吧,你其实如果你⼀直是追求⾃⼰喜欢的喜欢的.你要知道呢些你喜欢的也只是⼀个假象,也只是你⾝体创造的⼀个假象给你.这么说吧,你喜欢猫猫不喜欢狗狗,那也可能是因为你⼩时候被狗咬过.你⼼⾥的恐惧导致你不喜欢狗狗,然后你不喜欢狗狗它就阻碍了你真的去跟狗狗发⽣连接.为什么呢? 你看到它你就已经不喜欢,就害怕.所以那你的不喜欢实际上也是假象,因为你 base on 你的memory,你 base on 你曾经经历的.然后你就这么去认为,就是你还是囚禁在你的过去.当你去发现实际上没有什么喜欢不喜欢的,就是没有好的没有坏的.为什么呢?

Florence: Let me put it this way, if you've been pursuing what you like, knowing that those likes are just illusions, just a figment of your body's creation for you. Say you fancy cats but not dogs; perhaps it's because as a child you were bitten by a dog. Your fear stems from the dislike towards dogs, then your aversion to dogs prevents you from truly connecting with them. Why? You dislike and fear it the moment you see it. So, your aversion is also an illusion, based on your memories and experiences that have confined you in your past. When you realize there's no such thing as liking or disliking, no good or bad at all – why is that so?

如果你真的是⼀个艺术家,即使是呢些丑陋的或者是垃圾或者是任何什么,你都可以把它创造出像神⼀样创作的作品,明⽩吗? 那就是看你这个创造者如何去创造、如何去运⽤、如何去利⽤、如何去变废为宝? ⽽不是说我只去挑呢个.因为当你说我只去挑选呢个,因为我喜欢它.你其实还禁锢在你过去的⼀个记忆当中.

If you truly are an artist, even those that are ugly or trash or anything else can be transformed into works of art as divine as you like, right? That's all about how the creator chooses to create, utilize, adapt, and turn waste into treasure. And it isn't just because I only choose this one; because when you say you only pick this, because you like it, you're still trapped in your past memory.

问: 如果您还可以再过⼀次您的呢⼀⽣,您有没有什么想要改变的地⽅呢?

Questioner: If you could live your life again, is there anything you would like to change?

Florence: 这也是你只有你的头脑被困,你才有这样⼦的⼀个想法或者是才会这样⼦的⼀个,就是你进⼊你受困的头脑⾥⾯,我如果再给你⼀次机会… 为什么呢? 因为你会去⽐较,我当初做的不好或者是你定义,觉得呢个路是错的.你还是会进⼊你的头脑⾥⾯,你进⼊有限你才会去产⽣这样⼦的问题,明⽩吗? 所以这也只是你们还被物质头脑… 还活在物质头脑⾥,这样⼦的⼀个存在才会产⽣这样⼦的⼀个问题.也就是说在⾮常有限的⾥⾯,你才能回答这个.那如果是⽆限呢?

Florence: This is precisely why you have such an idea or behave this way when your mind is trapped – because you enter the confined space of your own mind again. I give you a second chance… Why? Because you would compare my performance back then and determine that it was wrong, just like you do now. You still fall into the trap of your mind, which operates within limited parameters leading to such issues. Understand? This only arises because you're still trapped in the physical realm, living within the confines of your material mind. It's only possible when operating under such constraints. But if it were infinite...

问: 在您的呢⼀段的⼈⽣旅程中,有没有哪些是您没有察觉到的执着,然后影响到了您的呢⼀⽣?

Question: In your life journey, are there any attachments that you were not aware of and that have influenced your entire life?

Florence: 没有.

Florence: None.

Abdullah: 你说,什么问题?

Abdullah: You say, what question?

连接Abdullah

Connect Abdullah

问: 您怎么去回顾或者是评价您在物质世界的呢⼀⽣?

Questioner: How do you look back on or evaluate your life in the material world?

Abdullah: 我是想让你们知道你们也不需要去评价你⾃⼰的任何⾏为或者你的任何反应或者你的任何.因为你只是⼀个⼩⼩的细胞⼀样,你说你的⾁体在运作,对吧?⾥⾯⼀个⼩⼩的细胞,你去问这个细胞你如何来评价你存在的这⼀⽣?为什么?因为你快死了或者是什么. OK,那我现在来评价,我是主⼈的⼀个能量状态,随着它的变化⽽变化.如果它是⼀直情绪⾼涨,那我就⾮常的活跃.如果它⾮常痛苦悲伤或者抑郁不正的话,那我也是⾮常的 down.因为你们还会觉得⼀个⼈他只是单独的存在,并不是的.他只是所有的,就像⼀个⽆限⼤的拼图其中的⼀点⽽已.然后整个能量状态都会影响着这⼀⽚,就是呢⼀⼩块,它到底是跟其它块相互排斥呢?

Abdullah: I want you to know that you don't need to evaluate yourselves or any of your actions, reactions, or life because you are just like a tiny cell. You say, "My body is operating," right? A tiny cell inside, and you ask this cell how you would evaluate your entire lifetime in existence? Why? Because you're about to die or something. Alright, so let me evaluate: I am an energy state of the owner as it changes. If it's always emotionally high, then I'm very active. If it's extremely painful, sad, or disoriented, then I'm also down. Because you still think that a person exists separately, but no, he is just all of it, like just one piece of an infinite puzzle. And the entire energy state affects this part, meaning this tiny bit, whether it repels other pieces or not?

还是紧密合作呢?

Or stick together closely?

问: 您当年教导Neville的故事就是 you are already in Barbados,这个故事⾮常的出名.然后您不能评价⼀下这个事件? 就是我们要从这个故事当中得到的养分是什么?

Questioner: The story you taught Neville is already in Barbados, which is very famous. Then can you evaluate this event? That is, what nourishment can we get from this story?

Abdullah: 你觉得是⽼师教会了学⽣或者是你觉得这个⽼师好厉害.NO.是他本⾝⾃⼰就很厉害,明⽩吗? ⽼师就好像给了他⼀把剑.你能把这把剑运⽤的淋漓尽致,那都是来⾃于你到底要花多少时间或者是到底有没有这个意愿去运⽤它.那你⽤不好也会伤到你⾃⼰呀.⽼师是不是就变的误导了? ⽼师是不是就变成罪⼈了? 如果他运⽤好了,⽼师就变成了⼀个名师.名师出⾼徒.所以说是他本⾝⾃⼰的⼒量,是他⾃⼰⽣命的⼒量.⽽不是作为⽼师的⼒量.

Abdullah: Do you think it was the teacher who taught the student, or do you think this teacher is very impressive? No, he himself is already very impressive, right? The teacher is like giving him a sword. Your ability to use that sword to its fullest extent comes from how much time and effort you're willing to put into using it. If you can't use it well, you might end up hurting yourself as well. Does this mean the teacher has become misleading or even guilty? If he uses it well, then the teacher becomes a great teacher. A great teacher produces great students. So it's his own strength, his own life force that matters, rather than the power of being a teacher.

问: 那请问您跟Neville的相遇是注定的吗? 您怎么去看待您的这位学⽣呢?

Question: Or was your meeting with Neville destined? How do you view this student of yours?

Abdullah: 即使是注定的你们会见⾯,那你们见⾯到底是加深你们⾃⼰内在的恐惧呢? 还是相互的去加深你们之间对⽣命的⼀个喜悦或者是爱或者是智慧? 你到底是强化哪⼀种呢? 那来⾃于你们当下.也就是说我把你们这俩个⼈放到⼀起,你们到底要成为朋友还是成为敌⼈,打⼀场还是握握⼿,好好坐下来聊聊天让你们相处的时间过得更愉快呢? 还是说你们要相互的去排斥对⽅,然后让你们彼此都miserable,来⾃于你们的选择,明⽩吗?

Abdullah: Even if it is destined that you will meet, what kind of connection are you deepening through this meeting – one filled with self-fear, or the joy and love for life, or wisdom? Are you strengthening which aspect? This comes from your present moment. Essentially, when I place these two individuals together, are you choosing to become friends or enemies, to fight or to shake hands and have a meaningful conversation that makes your time together more enjoyable? Or are you going to reject each other, causing misery for both of you, all based on your choice, do you understand?

问: 那请问能从您的⾓度能否再跟我们解释⼀下到底什么是吸引⼒法则?

Questioner: Could you explain again, from your perspective, what the Law of Attraction is?

Abdullah: 吸引⼒法则是你们,这么说吧,是⼀些头脑它去追求好的,排斥不好的⼀种,我要吸引丰盛,我要吸引⾦钱,我要吸引财富什么的.你不需要去做任何这些.为什么呢? 因为其实所有东西它都是能量.那你本⾝你就是能量的⼀个操控者.你需要什么能量,你都会,就像你们武功⾼强的⼈,你都会在当下去运⽤这个能量.它是取值不断的.所以你不需要去抓任何东西,抓到你⼿上.抓到你⼿上它只会成为你的⼀个障碍.为什么呢? 因为你不想丢掉它啊.你不想丢掉它,你就会放弃掉很多东西啊.这么说吧,你们去追求事业是吧? 我事业发展的很好,呢个事业我不想放弃它.所以你放弃什么? 放弃你⾃⼰的健康.你宁愿死了,⼀⾝病.

Abdullah: The Law of Attraction is you, so to speak, it's some mind that goes after what's good and rejects what's bad. I want abundance, I want money, I want wealth, etcetera. You don't need to do any of this. Why? Because actually everything is energy. And you yourself are a controller of energy. Whatever energy you need, you will get it, just like those who excel in martial arts, they use that energy right there and then. It's an ever-changing value. So there's no need for you to grab anything and have it end up in your hands. Having it in your hands will only become a hindrance to you. Why? Because you don't want to let go of it. You don't want to let it go, so you abandon many things. To put it this way, you're going after career, right? My career is going well, I don't want to give up that career. So what are you letting go of? Letting go of your own health. Rather die than be sick for the rest of your life.

你也不愿意放弃你 build up 的⼀个事业.你说你们物质世界是不是每⼀个⼈都在做这样的事情? 我⼀定要紧紧抓住这个所谓的事业.为什么呢? 它象征着我的⼀个power、它象征着我的⼀个能耐、它象征着我的⼀个⾝份地位、它象征着我的⼀个安全感,没有它我就不会被⼈看到不会被⼈听到,所以你就紧紧的抓住它.当你在紧紧的抓住它,你的能量不断不断地在消耗.你的⾝体不断不断在变弱.那你会丧失什么? 你们都是拿东西交换来的.丧失你⾃⼰的健康是⼀回事,你也会丧失,⽐如说丧失和你⾝边最爱的⼈相处的机会,对不对? 你没有时间去陪你刚出⽣的孩⼦.你不知道你们是等了多久才能⽤⾁体的⽅式汇聚在⼀起.

You don't want to let go of the career you've built up. You ask if everyone in this material world is doing something similar? I must hold onto this so-called career tightly. Why would you do that? It represents my power, ability, status, and security. Without it, I won't be seen or heard by others. So, you should hold onto it tightly. When you're holding on to it tight, your energy is continuously being drained away. Your body is weakening constantly. What will you lose in this process? You all are trading things for this. Losing your health is one thing; you'll also lose opportunities, such as spending time with the people you love most, right? You don't have time to be with your newborn child. You're unsure how long you had to wait before being able to gather together in a physical manner.

你却抓住⼀个冰块在⼿上,呢个冰块迟早会消失.它没有办法不消失.所以你们很多都是为了⼀个冰块,在呢不断不断地去交换.

You hold onto an ice cube, which will inevitably melt away; there's nothing it can do to escape that fate. Therefore, many of you are constantly trading for these ice cubes in a never-ending cycle.

问: 那我们怎么样可以更好的更有意思的去掌控⾃⼰的能量?

Questioner: How can we better and more interestingly control our own energy?

Abdullah: 这么说吧,你如果想要去体验更好,那你为什么要避开更坏呢? 因为你体验更坏也是为了让你找到更好的⽅式呀,明⽩吗? 所以说呢个更坏就好像是呢个桥,你想要到桥对⾯去,你必须要经过它.那你把桥拆掉,我就直接要过去.你刚迈出你的脚,你就掉到河⾥⾯淹死了.为什么? 你头脑告诉你,呢个更坏是坏的东西,是不好的.我只要好的,我⼈⽣中只要好的好的好的,全是好的.那如果我告诉你你的⼈⽣中只能⽩天⽩天,不要⿊夜,只要⼯作不要睡觉,你看你能活多久? 我⾛路我只要左脚,我不要右脚.所以说你所谓的⼀个更坏或者是什么什么,它其实也在服务你.不去排斥任何,任何它都是在以它们的⽅式在服务于你们.

Abdullah: So, if you want to experience something better, why would you avoid the worse? Because experiencing the worse is actually helping you find a better way, do you understand? In essence, this worse thing acts like that bridge; in order to get to the other side, you have to go through it. If you just remove the bridge, I'll simply walk over. The moment you take your first step on the removed bridge, you drown in the river. Why? Your mind tells you that this worse thing is bad and not good. I only want what's good; my life should be all about goodness, endless goodness. Now, if I told you that in your life, there can only be days with no nights, just work and no sleep, how long do you think you could survive? Walking, I only use the left foot, not the right one. So even what you call a worse thing or any other thing is actually serving you. Do not reject anything; everything serves you in its own way.

还有就是你们在提所有的这些问题,你们都是在头脑⾥⾯产⽣的东西.所以说你就会发现当你脱离这个头脑的时候,这些问题都不会产⽣.你也不会去⽐较什么是最好的、什么是最坏的、什么是最快的、什么是最慢的.为什么? 因为你已经脱离头脑了呀.你们世界上最少不了就是给你们出点⼦的⼈.你看写了各式各样的书,他们就是给你们出点⼦给你们出捷径.秘诀、秘籍、什么什么的各种各样.你们的脑⼦已经就是要受⽆数个信息去捆绑这着.我们不需要再继续创做更多的绳索来捆绑你们,明⽩吗? 因为我给你传授再多,我都是在创做更多的绳索再捆绑你.跟你们世界上呢些专家没有什么区别.专家怎么说的?

And it's all the questions you're asking, things that are produced in your mind. So when you get away from this mind, these problems wouldn't arise. You won't compare what is best or worst, fastest or slowest because you have already left the mind. The people in your world can't do without giving you ideas, offering shortcuts and various secrets. Your brain has to be saturated with countless pieces of information. We don't need to continue creating more ropes to bind you, right? Because I am just creating more ropes for you when I teach you more. There's no difference between me and the experts in your world. What do the experts say?

专家说这个是最好的东西,这个你不要碰不要吃,你空腹不能吃这个不能吃呢个.我跟你讲,你要死的时候,饿死的时候,放⼀个东西在呢.你去抱着专家说的话,空腹不能喝⽜奶空腹不能吃⾹蕉,你都快死了,你就不吃呢个⾹蕉.为什么呢? 专家说空腹不能吃⾹蕉.你怎么死的啊? 我饿死的.怎么饿死的? 你旁边不是有这么多吃的吗? 专家说空腹不能吃⾹蕉,所以我不能吃,所以我就死掉了.

The experts say this is the best thing; you must not touch it, do not eat it; you cannot have it on an empty stomach. I'm telling you, if you're about to die of starvation, put one of these things there. Hold onto what the expert says: don't drink milk or eat bananas without eating something else first. If you're nearly dead, then don't eat that banana. Why? The experts say you cannot have bananas on an empty stomach. How did you die? I starved to death. How exactly did starvation kill me? There were plenty of things around you could've eaten. The expert said you can't eat bananas without having something else in your stomach, so I didn't eat it and that's how I died.

问: 那下⾯的问题是不是都是⽐较…Abdullah: 你说.你觉得我们没有给你⼀个明确的解决事情的⽅式⽅法.但是我们的每⼀句话都是在拿开你的绳索,⽽不是再给你加⼀个绳索,明⽩吗? 并不是说⼀定要告诉你⽤这个⽅式⽤这个⽅法.为什么? 呢是你们⼈间的⽼师做的事情.

Questioner: Then are all these questions somewhat...

Abdullah: You're saying that we haven't given you a clear way to solve things, right? But every word from us is like removing the rope around you, not adding another one. Do you understand? We're not necessarily telling you to do it this way or that way because your human teachers did similar things.

问: 您的呢⼀⽣⾥最⼤的收获和遗憾是什么?

Questioner: What is your greatest achievement and regret in your entire life?

Abdullah: 没有收获和没有遗憾呢? 你们头脑是不是就坐不住了? 怎么会没有收获呢? 怎么会没有遗憾呢? 那又回到刚才的信息,这都是来⾃于你头脑的⼀个定义.你去把这个定义成收获,把这个定义成遗憾.你才会去产⽣所谓的收获和遗憾.但是⽣命不是⽤来定义的.定义是你们头脑的参与才会产⽣的.

Abdullah: Without gains and without regrets? Can your mind remain inactive? How could there be no gains? How could there be no regrets? This all comes from the definition that your mind imposes on itself. You are making that definition of gain, and you are making that definition of regret. That's when you create所谓的the concept of gains and regrets. But life is not meant to be defined. Definitions come into play only because of your mind's involvement.

问: 您当年是如何建⽴对⾃⼰百分之百的信任的?

Questioner: How did you build a hundred percent trust in yourself back then?

Abdullah: 不需要去建⽴它.你应该是去发现是什么让你不能做到信任.你永远是信任的.只是说你信任了什么? 你为什么不信任⾃⼰,你要信任专家? 因为专家厉害,你看所有⼈都说他厉害.我是个什么都不懂的.你在否定你⾃⼰,你就在否定神.那你把神都都否定了,你能遇到它吗? 你能见到它吗? 你能跟它合⼀或者是成为它感受它体验它,去创造去展现它吗?不可能的呀.它已经被你否定掉了,已经被你杀死了,明⽩吗?

Abdullah: There's no need to build it. You should be going out and finding what prevents you from trusting. You are always capable of trust; it's just a matter of what you're choosing to trust in. Why don't you trust yourself when others might suggest that you should trust experts? Because the experts seem better, as everyone says they're great. I know nothing about this stuff, and you're rejecting yourself, which is equivalent to rejecting God. If you reject God, how can you encounter it, see it, or merge with it, experiencing its essence through creation and manifestation? It's impossible because what you've already dismissed and killed off. Can you understand that?

问: 因为您留给这个物质世界的资料⾮常的少,请问您有没有什么智慧或者是信息是想要带给现在的⼈类的?

Question: Given that you have left very little material behind in this world, could you share any wisdom or information you wish to impart to humanity today?

Abdullah: 不要去看书.就像刚才说,你在追随什么的时候,你就在… 你就好像刚刚说,明明你家⾥⾯就有⼀个神,对不对? 你却对它不理不问,然后把它给否定掉了.然后到处去外⾯找啊找啊.你永远都找不到.为什么呢? 因为你的神在你家⾥呀.你回到家坐下来才发现神原来在这⾥,它就坐在这⾥,明⽩吗? 所以说这就是你们为什么永远都找不到神.你们永远找不到它.

Abdullah: Don't go read books. Like what I just said, when you follow something, then you are… like you just said that there's a god in your house right? And yet you ignore it and deny it, then look for one outside. You'll never find it. Why is that? Because your god was inside you all along. When you come home and sit down, you realize the god has been here, sitting here, get it? So this explains why you will always be unable to find God.

问: 我们如何可以更好的突破物质世界的幻像?

Question: How can we better penetrate the illusory nature of the material world?

Abdullah: 你本⾝就选择来这⾥体验幻像,你为什么要突破它呢? 你⾸先要知道你本⾝就选择来体验这个幻像,我跟你讲,就算你体验到你突破幻像了,呢还是⼀个幻像.呢也只是你创造的另外⼀个幻像⽽已.如果你真的要突破幻像的话,那就是当你的物质⾁体结束了⾃然⽽然就没有任何呢些所谓的什么了.这么说吧,你就是醒着的神⼀样,你可以去体验任何.你可以去体验⼈间疾苦,你可以去体验⼈间的酸甜苦辣,你可以去体验⼈间的⼤爱⼩爱温情浪漫,你去尽量的去体验它,你体验的越多你就越饱满.那你怎么样才能完完全全的进⼊去体验这些呢?放下你们对物质的⼀个追求.当你眼⾥只有物质只有⾦钱这些东西的时候,它会阻碍你去体验更多的.

Abdullah: You chose to come here and experience the illusion, why would you want to transcend it? Firstly, you need to understand that you have chosen to experience this illusion yourself. I'm telling you, even if you think you've transcended the illusion, it's still just an illusion. It's simply another illusion that you've created. If you truly want to transcend the illusion, then when your physical body ends naturally, there will be nothing else. To put it plainly, you are like a conscious god, capable of experiencing anything. You can experience human suffering, the sweet and bitter flavors of life, the warmth of love big or small, romance, and try to immerse yourself in these experiences as much as possible. The more you experience, the fuller you become. How do you completely dive into experiencing all this? Let go of your pursuit of material things. When your eyes are only on material possessions like money, it hinders you from experiencing more.

为什么呢?因为你⼀⼼就想着钱的事,其他东西你不能细细的品位和体验和感悟它.那你能体悟感悟的东西少了,那你这个⼈的饱满度是不是也就,就是你是⼀个很贫穷的⼈吧.因为你们创造了这个⾁体,你们体验⽣命的⽅式就是通过这个所谓的幻像.那你问怎么突破这个幻像,你的意思是说因为你的⼈还在受这个外在的⼀些控制,所以你想脱离它.但是如果你去知道外在是幻像,然后这些都是来供你体验的.它对你来说就不是⼀件事了.为什么呢?就好像是你⾛路你⾝下有⼀个影⼦,对不对?你在阳光下有⼀个影⼦.你会说 get rid of it 吗? 你会说把它给我拿开吗? 为什么你不会说? 因为你知道有影⼦不是很正常吗?

Why is that so? Because you fixate on money, you can't appreciate and experience the richness of other things. As a result, your capacity for insight and understanding diminishes, making you feel impoverished - not in terms of wealth, but as a person lacking fullness. You've created this body to experience life through these illusory forms. Your question about overcoming this illusion suggests that you're trying to escape the grip of external influences. But if you understand that externals are illusions meant for you to engage with, they become insignificant. Why is that? Imagine walking and having a shadow beneath you; isn't it normal to have a shadow when in sunlight? Would you say "get rid of it"? Or would you insist on moving it away? The reason you don't is because acknowledging shadows as part of nature is not unusual - similarly, engaging with illusions doesn't make them less valid for experiencing life.

影⼦它对我又不会有伤害有影响.这是⾃然⽽然的事情.所以这个才是最重要的.就是你就是好像是在对待影⼦⼀样,你不会去天天在呢对着影⼦说我要把这个影⼦给拿开.所以当你们的任何追求,就⽐如说追求我要怎么样怎么样,我要脱离幻像什么什么的,实际上你们就在加深.你们就在把它呢个变成⼀个束缚在束缚着你.这些东西对你都没有影响的.你可以去很好的利⽤它,它是宝贵的东西.你不是要 get rid of it.因为当你在提出这

The shadow has no harm or impact on me; this is a natural occurrence. Hence, what's most important is that you should approach it as if you're dealing with a shadow, not trying to constantly eliminate it every day. When you pursue anything, such as striving to achieve something else or seeking to escape illusions, in reality, you are intensifying them. You are binding yourself further within these illusions which have no effect on you. They can be beneficial to you if utilized well; they are valuable resources, not something to discard because you're questioning their presence.

个问题,实际上你已经知道它是个幻像了.因为如果他不知道物质世界是个幻像的⼈,他不会产⽣这样的问题,明⽩吗?

A question, actually, you already know it's an illusion. Because if he doesn't know that the material world is an illusion, he wouldn't have asked such a question, understand?

其他问题问: 怎么样可以让⾝体怎么吃都是很瘦很轻盈很有活⼒的?

Other questions asking: How can one maintain a slim, light, and energetic body by eating anything?

JO: ⾸先当你的⾝体是很轻盈的⼀个状态,你不会总是想着吃,明⽩吗? 只有你还在⽤你的⾁体在运⾏,就是我们之前说狗和主⼈,你还是⼀条狗的时候,你才会不停的想着吃吃吃.因为你需要你不断地去好像填满.因为在你⼀种很轻盈,就⽐如说你的⾝体好像是打开了连接了宇宙能量,是吧? 你不需要⼤量的⾷物,你就在⼀个很饱满的⼀个状态,明⽩吗?

JO: First of all, when your body is in a light state, you won't always be thinking about eating, right? Only when you're still using your physical body to operate, like when we talked about the dog and its master before, will you keep thinking about eating because you need to constantly fill yourself. Because if you are very light in essence - for example, your body feels connected to cosmic energy, isn't it? You don't need large amounts of food, you're already in a state of fullness, right?

问: ⼈类⽤微波炉煮饭做菜,微波炉的辐射对⼈体会有影响吗?

Questioner: Humans cook food and prepare meals using microwaves. Could the radiation from microwave ovens affect the human body?

JO: 她的这个害怕这个害怕呢个的思绪对她才会有很⼤的影响.

English: JO: Her fear of being alone has a huge impact on her.

问:有⼈想问他在⼯作的学校感受不到任何的快乐,压⼒很⼤,然后还⽣了⼀场病.然后觉得同事们也在针对他.他说他看到⼈群就感到害怕,看到这些⼈就会想他们做的事情,他就会很害怕很想哭.他就不想去上班想躲着这些⼈.他想问他还需要继续在这个环境⾥忍耐吗? 他要怎么做?

Question: Some people wonder how he feels about not experiencing any joy at work in his school and feeling great pressure, then falling ill. They also suspect that his colleagues are targeting him. He gets scared when he sees crowds and worries about what these people might do, causing him to feel very anxious and want to cry. As a result, he doesn't want to go to work and wishes to avoid them. He wants to know if he should continue enduring this environment or what steps he should take?

JO: 这么说吧,当然我们的信息是要告诉你,实际上你是命运的创造者,你可以去转化转变⼀切.但你如果现在是能量不⾜的时候,你就疗伤呀.因为你去转变所有的这⼀切,你是需能量的.有强⼤的影响⼒,你才能把影响到外在.那当你的能量值很低的话,那你就需要去储存你⾃⼰的能量,明⽩吗? 所以我们不会在你能量值很低或者是⽣重病或者是⼤病的时候告诉你,哎呀,你可以使⽤你的内在、内功.那不是更加消耗你吗? 因为你现在没有办法.所以说最好的⽅式⽅法就是说,如果你觉得已经是这样⼦的话,就先去换另外⼀个环境先让⾃⼰… 像你这样⼦的情况最好是没有⼈的环境.为什么呢? 因为你们⼈⽆论都到哪⾥都会是⼀样的.

JO: So let's put it this way, of course, our message is to tell you that you are the creator of your destiny, and you can transform everything. But if you're currently lacking in energy, then heal yourself first. Because transforming all these things requires energy. You need substantial influence to affect the outer world. When your energy level is very low, you need to store your own energy instead, understand? That's why we wouldn't tell you when your energy levels are low, or you're dealing with serious illness or major issues, that you should use your inner power. Wouldn't it be more draining for you? You simply can't now. So the best approach is this: if you feel like you're in this situation already, then change to another environment first and allow yourself... In a situation like yours, it's best to have an environment with no people. Why? Because wherever you go as humans, you will always be that way.

所以你可以试图去接触动物.动物它会疗愈你,然后给你能量.跟你建⽴呢种就是说你不惧怕它们,给你建⽴安全感.但是还是呢句话,是因为你的⼀个能量值很低,所以你会觉得外在的⼈都很有⼒量,就是他们都欺负你.的确,是因为你的能量值低了,外在的

So you can try to connect with animals. Animals will heal you and give you energy, building a sense of security where you're not afraid of them. However, that statement is still true because your energy level is low, making you feel that everyone else has power over you - indeed, it's due to your low energy levels in the external world.

⼀切变强⼤了.当你的能量值⾮常⾼了,外在强⼤的都变弱了.为什么呢? 就好像你是⼀个⼩⽕苗的时候,我们说⼀⼜⼜⽔都能把你灭了,对不对? 那当你是熊熊⼤⽕,整个⼭全部都被你烧掉了,⽔都灭不了你.

Everything becomes strong. When your energy level is very high, things that appear powerful externally seem weak in comparison. Why is that so? It's like when you're a small flame, we say even water can extinguish it; right? But when you become a raging fire, you burn down an entire mountain, and water cannot extinguish you.

问: 有⼈想问如何感受丰盛和富⾜? 就是他可能在某⼀⽅⾯是有匮乏的,⽐如说⾦钱的匮乏.他想问如何可以感受已经拥有? 他想从⼀个匮乏的状态调整到⼀个富⾜的状态当中.那他想问怎么样可以调整到内在感受到丰盛和富⾜的状态?

Question: Someone wants to ask about experiencing abundance and prosperity. He might be lacking in certain areas, such as financial scarcity. He is asking how one can experience already having it. He wants to transition from a state of lack to one of abundance. He wants to know how to adjust to an inner sense of abundance and prosperity.

JO: 那你能先去感恩你没⽬前所经历的⼀切都好像是你中彩票才能拿到的吗? 还是说你想赶快去脱离这个状态? 我为什么要去学吸引⼒法则? 我为什么要去学习什么什么? 因为我想赶快的脱离这个状态,我不想体验这个状态,明⽩吗? 就像前⾯信息说的,you have nowhere you want to go,就是你没有任何⽬的地你想要去.我没有任何⽬标我想要去追求.明⽩吗? 所以说如果你真的想要去体验什么是丰盛、体验什么是好的,就是说你不排斥当下,去感激你当下现在拥有的⼀切.因为当你在这样⼦的状态,你会发现所有的事情其实都是来⽀持你的.只是你们的物质头脑有⼀个定义有⼀个追求: 活着就要有钱.

JO: Could you start by being grateful for everything you're experiencing now as if it's what you'd win in a lottery? Or do you want to get out of this situation as soon as possible? Why should I learn about the Law of Attraction? Why should I learn all these things? Because I want to get out of this situation quickly, and I don't want to experience it. Do you understand? As mentioned before in the information provided, "you have nowhere you want to go" means that you have no destination you wish to reach. I have no goal I wish to pursue. Do you see? So if you really want to experience abundance, experience goodness, then you shouldn't reject your present state and be grateful for what you currently possess. Because when you're in this situation, you'll realize that everything actually supports you. It's just that your physical mind defines a pursuit: survival requires money.

昨天你们的信息梵⾼,他如果他在呢个时候就变得特别有钱有势活着有地位,那他会被多少⼈去影响到他没有办法创作,是不是? 那他是不是就不能完全的成为他⾃⼰? 所以说你们应该放下头脑对⽣命的⼀个定义.因为你们最⼤的⼀障碍还是对物质对⾦钱的⼀种追求,对没有钱的⼀种恐惧.没有钱是⼀件⾮常好的事情呀.为什么? 因为只有我可以开始,⽆论我拿多少钱,我都是在⼀种收的状态,就是增的⼀个状态.那你们有钱有存款的⼈,你做什么 你都是在减.那你想是收还是减呀?你想收,对不对? 那你现在就是在这样的状态呀.那你为什么还想要… 你在没有钱的时候,你才有机会去认识到⽣命中真正关⼼你⽀持你的⼈,他们不是因为你的钱⽽吸引过来的.

Yesterday's message was Van Gogh. If he had been rich, powerful, and esteemed during that time, how many people would have influenced him to the point where he couldn't create? Would he then be unable to fully become himself? Therefore, you should let go of your definition of life with your mind because the biggest obstacle is still your pursuit of material possessions and fear of being penniless. Being penniless is actually very good. Why? Because I can start with nothing, no matter how much money I have; it's all about receiving, an accumulation state. For those who are rich with savings, everything you do involves subtraction. Do you want to receive or subtract? You want to receive, right? And that's your current state. But why still want... In times of poverty, you get the chance to recognize the people in life who truly care for and support you; they don't attract themselves to you because of your money.

因为当你⾝边拥有很多钱或者⽆限的钱的时候,你很难分辨别⼈靠近你到底是对你的好或者是对你的付出是为了什么,明⽩吗? 所以说处于⼀种没有钱的状态下,有很多很多宝贵的礼物,呢些礼物都是⽤钱买不到的.所以你先去把这些礼物拿到.

Because when you have a lot of money or infinite money around you, it's hard to tell whether someone approaches you out of genuine concern for you or if their motives are financial, right? So being in a state without much money yields countless valuable gifts - these gifts cannot be bought with money. Therefore, go and acquire those gifts first.

问: 有⼈想问他的⼈际关系很差,说话总是很⽣硬,⼼⾥藏不住事.说话不顾及别⼈的⾝份地位还有⾯⼦,就惹来了很多⿇烦,⾃⼰也觉得很难受.他想问他要怎么改变才能变得顺⼼顺利?

Question: Some people wonder how to improve when they have poor interpersonal relationships, always speaking rudely, and are unable to keep things to themselves. They don't consider others' status, dignity, or face when speaking, which leads to many troubles. They also feel uncomfortable about this. He wants to know how he can change in order to make everything smoother?

JO: 这又是你们集体的⼀个功课,他不单⼀是你.所以你也不需要从⼀个单⼀的你这边出发.为什么呢? 因为你们社会上还会对⼈有很多评判.你是怎么样的⼈去贴标签.对你的某些⾏为或者是对你有个期待,你应该怎么样.这么说吧,就少了⼀个圣⼈.圣⼈是什么? 在圣⼈⾯前你就是圣⼈.他可以发现你是圣⼈的点,普通⼈发现不到,所以他就可以要求你,觉得你要这样呢样.他觉得你都是问题导致你现在⾃⼰都觉得⾃⼰有问题,你就想改,明⽩吗? 你唯⼀要改的就是改变你⾃⼰对你⾃⼰的看法,就是即使我现在笨⼿笨脚,嘴巴笨.我也允许我⾃⼰去呈现我⾃⼰真实的样⼦,⽽不是去跟随他们去呈现他们嘴巴⾥想要的样⼦.我来到这⾥我不是来去应付谁的.

JO: This is a collective lesson for you all; it's not just about one person. So you don't need to start from your single self either. Why? Because there will still be many judgments of people in society, labeling them according to how they perceive certain behaviors or what they expect from you. Essentially, you're missing the perspective of a saint. What is a saint? They can see the saintly aspects within you that others cannot. So, they demand that you act accordingly, believing you should embody those characteristics. In essence, it feels like there's only one saint around. You're that saint in their presence. They can identify your saintly traits; ordinary people might not. Hence, they feel entitled to ask and expect more from you because they see the issues as causing your current self-consciousness about problems. Understanding this, you realize that the only thing you need to change is your perception of yourself. Even if I'm clumsy now, have a tongue that's not so good, I accept myself for who I am and allow my true self to come out, rather than trying to match their expectations or desires as expressed in their mouths. I'm here not to cater to anyone else's needs.

我的⼈⽣不是为了别⼈⽽定的,不是取悦他⼈的.因为什么呢? 因为当你这样不去应付外⾯,你就可以… ⽽且说实话,外界对你的不欢迎也是⼀件好事啊.像昨天的信息,你看梵⾼.为什么? 这样可以减少你多少⽆⽤的社交.你要知道你们社会上的社交基本上都是⽆⽤的.⼀个⼈抓住另外⼀个⼈来填满⾃⼰的空虚或者⾃⼰的⼀个恐惧或者⾃⼰的⼀个虚荣.这么说吧,当你能完完全全的活出你⾃⼰,当你能完完全全的展现你⾃⼰,你说的话就变成了⼀个名⾔了.就是有你独特的个⼈的魅⼒,你的个性你的⾊彩在⾥⾯,呢是独⼀⽆⼆的.也就是说去做你⾃⼰,因为当你不去否定⾃⼰.然后你就不会去拿别⼈的剑或者⼯具来伤害你.为什么?

My life is not designed for others, nor am I seeking to please them. Why? Because when you don't cater to the outside, you can... And honestly, unwelcome from the outside can also be a good thing. Take yesterday's message as an example; why did we look at Van Gogh? This allows you to reduce how much fruitless social interaction you engage in. You need to understand that most of the social interactions in your society are useless. One person grasps onto another to fill their emptiness, or their fear, or their vanity. To put it simply, when you can fully live out yourself, and fully展现 yourself, what you say becomes a profound quote. It is about having your unique personal charm, your personality, your color within it, which is one-of-a-kind. In other words, be yourself because when you don't negate yourself, then you won't take on others' swords or tools to hurt yourself. Why?

别⼈说不定就是⼀句⽆意的话,说了就过了.但是你⾃⼰还在呢评判⾃⼰,觉得哎呀我这个⼈不好,真实失败.你怎么不知道这是⽼天安排把你⾝边的⼈全部都赶⾛,所以可以让你可以有跟你内在的神连接的机会呢? 刚不是说了嘛,你⼀直在外⾯找神找不到,⼀回到家,咦,在这⾥,是你⾃⼰.那当你合⼀过后,你是不是就是在展现神迹了? 所以这并不是⼀件坏事.

Perhaps others might say something unintentionally and it would just pass over them. But you are the one who continues to judge yourself, feeling like oh, I'm not good enough, a true failure. Don't you see that perhaps this is how God has arranged for everyone around you to be pushed away? So that you may have the opportunity to connect with your inner divine self? Didn't I just say it before, that you've been searching externally and couldn't find anything, but when you're at home, suddenly, here it is, it's you. So, when you integrate yourself after this realization, aren't you then manifesting miracles? Therefore, this isn't necessarily a bad thing.

问: 请问有没有什么⽅法可以帮助得了脊损伤患者的恢复?

Question: Is there a method that can help patients with spinal injuries recover?

JO: 任何的疾病都是因为你们没有完完全全的做你们⾃⼰.因为当你们完完全全的做你们⾃⼰,你们的⽣命的⼒量,就是⽣命值,就像这个⼥孩⼦她前⾯做的呢个梦,她的⽣命值很⾼.那当你⽣命值很⾼的话,你的⾝体是在⼀种就好像是跟源头连上了,不断不断有源头的

JO: Any disease is due to the fact that you are not fully being yourselves. Because when you are fully being yourselves, your life force, or life value, like this girl's dream she just shared, her life value was very high. And if your life value is very high, your body is in a state as if it's connected to the source and constantly receiving from the source.

能量,就是⽣命⼒,你能感受到呢股⽣命⼒.疾病就是堵塞,疾病它就不会堵塞在你⾥⾯.所以如果你能不去考虑你的疾病,只是去告诉你⾃⼰,OK,我在有限的⽣命⾥⾯,我的⽣命还有⼀百天或者还有三五年,我⼀定要把我的每⼀个⽚刻每⼀个⼩时都做我激情的事情,然后什么都不想,沉浸在你的激情⾥⾯.你就会发现你的⽣命之⽕就会越来越旺.它可能最开始是⼀点⼩⽕,然后越来越旺越来越旺,熊熊的燃烧.

Energy is vitality, can you feel this vitality? Illnesses are blockages; if there's illness, it won't block within you. So if you don't think about your illnesses but tell yourself that in the limited time of my life – say I have 100 days left or three to five years – I must do everything with passion for every moment and every hour, without any thoughts, immersed in your passion. You'll discover that your life's fire will become increasingly intense. It might start as a small flame at first, but it grows stronger and stronger until it burns fiercely.

问: 有没有所谓的双⽣灵魂? 如果有的话如何连接⾃⼰的双⽣灵魂?

Question: Is there such a thing as twin souls? If so, how do you connect with your own twin soul?

JO: 双⽣灵魂就像之前我们的通灵信息说这个⼥孩⼦和她⽼公是来⾃同⼀个灵魂.⼀个灵魂共同去体验不同的,然后他们也有不同的品质,然后⼀个阴⼀个阳这样⼦的⼀个状态.然后这个就是你们所谓的双⽣灵魂,就是你们实际上是⼀.但是我想告诉你,你们整个世界都是⼀个灵魂,明⽩吗? 就是所谓的道⽣⼀⼀⽣⼆⼆⽣三这样⼦的状,如果真的是要不断地呢个什么…. 还有就是说并不是所有⼈都有所谓的双⽣灵魂的.因为你们每⼀个⼈来到这个世界上体验的都不⼀样的.那有的⼈他就是来体验他完满的⾃⼰,就不需要去通过外在去体验完整.因为你们有的⼈就会觉得我跟另外⼀个⼈在⼀起我才是完整的.那有的⼈他⾃⾝本⾝就是完整的.

JO: Twin souls are like the spiritual information we've shared before about this girl and her husband coming from the same soul—a soul experiencing different aspects together, they have their own qualities, then one yin and one yang states of being. This is what you call twin souls; essentially, you are all one. But I want to tell you that your entire world is one soul, understand? That's like Tao giving birth to one, one leading to two, two leading to three—continuously. And it's not about everyone having a so-called twin soul because each person has a different experience when they come into this world. Some people come here to fully experience themselves without needing to complete through an external entity. There are those who believe they're whole only when they're with another person, whereas some are inherently whole on their own.

所以说这个跟你们⾃⼰选择的⽣命主题有关系.但是⽆论怎样,就是说当你⾛在⾃⼰的路上,呢就是最好的.他们⾛在他们的路上,呢就是最好的. 你只有没有⾛在⾃⼰的路上,你才会去羡慕别⼈,别⼈有的你才想要.所以当你真正的⾛在⾃⼰的路上,你是不会去羡慕任何⼈的.

So it's related to the life themes that you yourself choose. But no matter how, what I mean is that when you are walking on your own path, that is the best. They walk on their paths, and that is the best. You only start envying others when you're not walking on your own path; you desire what they have because you don't have it. Therefore, when you truly walk on your own path, you won't envy anyone.

问: 我能不能邀请我以前的宠物⼩狗⼩乖在合适的时候再次加到我的⽣命⾥来?

Question: Can I invite my former pet dog Xiao Gui, my little cute one, to be added back into my life at the right time?

JO: 这么说吧,就好像是叫呢个来了又⾛,来了又⾛,明⽩吗? ⽐如说你在特别悲伤的时候,你抱着呢个⼩狗狗,随便抱着其它的⼩狗狗在哭.那有可能它呢会⼉就通过这只狗狗来到你的⾝边,明⽩吗?因为在你们的概念当中,你们还会觉得灵魂就好像实体⼀样,就只有这⼀个⾁体.啊,JOJO⽼师在我这个房间就没有在另外⼀个房间.她现在在四川,就没有在北京.她现在在中国就没有在英国.你们还会有这样⼦的⼀个去看待灵魂的眼光.它不是说只有这⾥没有呢⾥.

JO: Let me put it this way, like someone coming and going, coming and going. Do you understand? For example, when you are very sad, holding that little puppy, crying with any other little puppy in your arms. It might happen that it comes to your side through that dog because according to your concept, souls seem as tangible entities just having one physical body. JOJO Teacher is not here but in another room; she is now in Sichuan and not in Beijing; she is now in China and not in the UK. You still have this perspective of viewing souls, thinking they can only exist in one place at a time, neither here nor there.

# 2023/06/20 — 觉得⽣活不轻松是因为你把物质世界当真You find life hard because you take the material world too seriously.

JO: 你问吧,什么问题? 问: 我今⽣的使命是什么?

You ask, what question? Questioner: What is my mission in this life?

JO: 你稍等.你叫什么名字?问: XXXJO: 你这⼀⽣最主要的就是学会如何静⼼,就是如何可以在⼀个特别繁忙或者烦躁或者不安或者就是有很多琐碎的事情,就是在⼀个就好像熙熙攘攘、特别嘈杂的地⽅可以达到⼀种全然的静⼼,就是好像是你修炼或者是磨练或者是去成为的⼀个过程.所以你会去选择你在整个⼈⽣的道路上,你总是很难有⾃⼰独⾃的空间和⼀个安静的外在环境给你,明⽩吗?

You wait a moment. What's your name? Question: XXXJO: Throughout your life, the most important thing is to learn how to be calm, how to achieve a state of complete tranquility even in a particularly busy or agitated or restless or cluttered place, like being amidst a bustling crowd with loud noise. This represents a process where you cultivate or hone yourself into becoming someone who can maintain serenity under such circumstances. Therefore, in your entire life journey, it is hard for you to have personal space and a quiet external environment consistently, understand?

问: 就是说我可以静下来是吗?

Questioner: Does that mean I can be calm?

JO: No No No No,你的灵魂选择了⾮常不利于静⼼的⼀个环境,就⽐如说⾮常吵闹的⼀个地⽅,到处都是杂⾳.通过这些地⽅来让你达到静⼼.为什么呢?因为在这样⼦的环境你很难达到静⼼.就⽐如说你在深⼭⽼林只有你⼀个⼈,就是各种⼲扰都没有,你可能⼼会静下来.为什么呢?因为外在的环境导致你静⼼.但是呢,你选择了⾮常多的⼲扰.就⽐如说⼀会⼉忙这个⼀会⼉忙呢个,⼀会⼉这又事⼀会⼉呢有,⾮常多外在的影响.就是各种的牵连,导致你处于⾮常多的忙碌或者是⾮常焦虑,就是不能真正的让你有⼀个喘⽓的机会,就这么说吧.

JO: No No No No, your soul chose an environment that is very unfavorable for meditation, such as a noisy place full of distractions. By doing so, to reach a state of calmness. Why? Because it's hard for you to achieve calmness in such surroundings. For example, if you're in the deep mountains and forests alone with no disturbances, your mind might become tranquil. Why? Because the external environment helps you achieve tranquility. But you chose an environment with many distractions. Such as being busy here and there, having things to do at one moment and nothing at another, influenced by numerous external factors. All this leads to a lot of busyness or anxiety, preventing you from truly getting a chance to breathe, so it goes like that.

问: 就是我这⼀⽣都在忙,但是我静不下来.是这个意思吗?

Question: I've been busy all my life, but I just can't seem to find peace. Does this convey the right meaning?

JO: 就是说前半⽣的⼀个状态,就是外在导致你很难静⼼.

JO: It's about being in a state during the first half of your life where external factors make it hard for you to concentrate.

问: 那我适合找什么样的⼯作? 我就喜欢⼀个⼈安静的在家呆着,我不喜欢吵闹.

Question: Then what kind of job would suit me? I just like to be alone at home in peace. I don't like noisy environments.

JO: 这就是你,刚刚我们说的你的灵魂主题,你想要去达到呢样⼦的⼀个状态.所以你内在…. 你说.

Jo: This is what you just spoke about, your soul's theme that you want to achieve - this kind of state. So within you... you said.

问: 我就是不愿意跟⼈打交道,我内⼼不愿意吵闹.我就愿意⼀个⼈在家⼲点别的活.

Question: I just don't want to deal with people; my inner self doesn't like the noise. I prefer to do other things at home alone.

JO: 你刚才都说了,呢是你想要的⼀个状态,对吧? 呢也会是你的⼀个⽅向,是你步向迈⼊,就是你朝着呢个⽅向去⾛.这就是你为什么来到这个世界上.因为你想要修炼然后达到呢样⼦的状态,就是你想成为的样⼦.因为你们来到这⾥你们都想…. ⽐如说我去了这个舞蹈学院,我想学会跳舞.我去了这个⾳乐学院,我想学会唱.明⽩吗? 那你来到地球,你想通过外在对你的⼲扰,你想达到静⼼这样⼦的⼀个状态.你继续问.

JO: You just described the state that you want to achieve - it's what you desire. This is also the direction you're heading towards, the path you're taking as you move forward. That's why you were born into this world. You want to cultivate yourself and reach this kind of state, becoming exactly who you envision yourself to be. Just like when you enroll in a dance school because you wish to learn how to dance or attend a music college so that you can learn to sing. Do you understand? When you're on Earth, your goal is to achieve mental peace amidst the external distractions. And now you continue asking...

问: 我没听明⽩,我就是…JO: 没有关系,有录⾳.到时候你看⽂字.

Questioner: I didn't understand clearly; I...JO: It's okay, there's a recording. You'll see the text later.

问: 我的意思是说我适合在家⼯作,我就是说要是找⼯作的话,我可以找个静的⼯作,我不愿意在吵闹下⼯作,就那个意思嘛.

Questioner: What I mean is that I'm suitable for working at home. That means if I were to look for a job, I could get one where there's quietness, because I don't like the noise when I work.

JO: 我们这⾥没有告诉你任何.我们只是告诉你这⼀次你的灵魂主题,为什么选择这个⾁体.选择这个⾁体要去达到什么样⼦的状态.就是为什么来到这个世界上,来到这个世界上你想要去做什么或者想要取得什么成就取得什么成果,达到某⼀个状态,明⽩吗? ⾄于你选择什么⼯作或者什么什么的话, 你⾃⼰⼼⾥知道的.你刚才都说了你喜欢什么样⼦.你喜欢安静的环境,不喜欢和⼈打交道.这都是你⾃⼰知道的.那你继续提问,你听不懂没有关系.因为后⾯会有⽂字,你看⽂字.

JO: We haven't told you anything specific here. We've only shared with you this time your soul's theme, why you chose this physical body. Why you chose to embark on achieving a certain state by being in this world - understanding the purpose of your existence and what you desire or aspire to accomplish within it. Do you comprehend that? As for choosing a specific job or anything else, it's personal knowledge for you. You've already mentioned what you prefer - liking a quiet environment and disliking interacting with people. These are all things that you're aware of yourself. Go ahead and ask your questions, there's no need to worry about understanding as there will be written text available for reference after this conversation.

问: 我想问⼀下我跟孩⼦交流,为什么我没有话说? JO: 你孩⼦多⼤?

Questioner: I want to ask why I have nothing to say when communicating with my child?

A: How old is your child?

问: 我⼉⼦20,我闺⼥23.

Question: My son is 20 and my daughter is 23.

JO: 那你没有话说不是⼀个很正常的状态吗? 因为你们很多⼈都是没话找话呀.就觉得要创造⼀些话题,不然⽓氛很尴尬.

JO: Isn't it normal that you have nothing to say? Because many of you are just looking for something to talk about, feeling the need to create topics otherwise the atmosphere would be awkward.

问: 对,我就是跟他们没话说.别⼈都是特别多话,说这说那.我就没有话跟他们聊.

Questioner: Yes, I just can't find anything to talk about with them. Others are full of chatter, talking here and there. There's nothing for me to discuss with them.

JO: 那你们本⾝都是处在不同的⼀个世界⾥⾯,就没有很多共同的东西.他讲什么你不知道,你讲什么他不知道.

English: JO: Then you are both in different worlds, so there isn't much common ground between you. He doesn't know what you're talking about, and you don't know what he's talking about.

问: 给他打电话,⼼⾥觉得没啥对他说的.就感觉没啥给他说的.

Questioner: Call him, feeling like there's nothing to say to him. It just feels like there's nothing to say.

JO: 这⾥有问题吗? 你的问题是什么?

JO: Is there a problem here? What's your question?

问: 我的问题就是说,是我的问题还是就是… 我感觉特别不舒服这⾥.

Questioner: My question is that, is it my problem or... I feel extremely uncomfortable here.

JO: 也就是说你想要去跟你的孩⼦之间创造⼀个连接感,对吧?问: 🗎JO: 然后你现在感觉不到你们之间的连接感,对吧?问: 对,跟他没有连接.

JO: That means you want to create a sense of connection with your child, right? Questioner:

JO: Then you don't feel the connection between you two, right? Ask:

Yes, there's no connection with him.

JO: 然后你⾸先要知道你们⼈与⼈之间所谓的连接感,很多基本上都是你们表⾯上看上去的呢种有⼀个关系往来.但是真正的连接感呢? 很少会有建⽴⼀个真正的连接感,明⽩吗? 所以你没有问题.因为这本⾝就是你们⼈类需要去学习和看到的问题.你们整个⼈类都是在迈向⼀个更好的连接感,就是恢复你们的连接感吧.因为你们本⾝是有连接感的.是什么导致你们断开连接? 所以这个问题它是你们集体意识,但是你既然提出来,我们也可以给你⼀些信息来让你看到什么是真正的连接感.你们想要和对⽅产⽣真正的连接感.你必须要知道是什么导致你们之间没有连接感? 是什么导致的? 是呢个我导致的.我是什么?

JO: Then you first need to understand that the so-called connection between people is mostly just superficial relationships, visible on the surface. However, genuine connections are rare and hardly ever established. You see, there's nothing wrong with this. It's actually something humans need to learn and observe as a problem because it involves improving your overall human condition. The whole human race is moving towards better connections, essentially restoring their sense of connection. Since you inherently have connections, what causes the disconnection between you? This question ties into your collective consciousness. But since you've asked, we can provide information to help you understand true connection. You want to generate a genuine connection with another person. To do that, you need to know what causes the lack of connection in your relationship and why it occurs. What's causing this disconnection? I am...

我的思想活动、我头脑⾥⾯的记忆、我头脑⾥⾯的定义、我头脑⾥⾯的看法、我头脑⾥⾯的感受.你的所有这些东西,你们都把它当成是真实的.但是恰恰这些东西就是阻碍了你与其他个体产⽣连接感.你想,你⾃⼰产⽣⼀个阻碍,对⽅也产⽣阻碍.你有⼀堵墙,他也有⼀堵墙,你们都是在厚厚的墙⾥⾯.你怎么去产⽣连接感,明⽩吗?

My thoughts, my memories in my mind, the definitions within me, my opinions, and my feelings – all these things you consider as real. But it's precisely these elements that prevent you from forming a connection with others. You think you create an obstacle, so does the other person. Both of you have walls, and you're both inside thick walls. How do you even attempt to generate any sense of connection, understand?

问: 那我怎么把这堵墙拆除呀?

Question: How do I remove this wall?

JO: 那你⾸先要知道这堵墙是什么组成的呀.你都不知道有没有这堵墙存在,你都不知道这⾥有⼀堵墙.所以你⾸先要意识到是什么导致你们⼈与⼈之间没有这种连接感.

JO: First of all, you need to know what this wall is made of. You don't even know if there's a wall at all; you don't know that there's a wall here. So the first thing you have to realize is what leads to the lack of connection between people.

问: 现在我不知道⽤啥去跟他们连接.

Question: Now I don't know what to use to connect with them.

JO: 不过你不需要刻意的去做任何.为什么呢? 因为就算你想建⽴连接感,也不代表对⽅就敞开了愿意跟建⽴连接感,明⽩吗? 所以这并不是说你⼀⽅能做的事情.因为这是双⽅都愿意在敞开的⼀个环境下条件下做.但是呢,你需要要记住的是,⽆论你们如何去体验,⽆论你们断开或者体验你们有隔阂,这些都是假象.所以它不会影响你们真正的关系,所以你也不需要去着急或者是想要去处理.为什么呢? 因为随着你们⼈类集体意识的转变和提升,你们⼈与⼈之间的连接感会逐渐的恢复、加强,明⽩吗?

JO: But you don't need to刻意 do anything. Why is that? Because even if you try to build a connection, it doesn't mean the other person will be open and willing to build a connection too. Understand? So this isn't about what one side can do; because both sides have to be willing in an environment of openness. However, you need to remember that no matter how you experience things, whether there's disconnection or you feel apart from each other, these are just illusions. Therefore, they won't affect your genuine relationship, so there's no need for you to rush or want to fix them. Why is that? Because as the collective human consciousness shifts and elevates, your connection with others will gradually improve and strengthen, understand?

问: 我跟我爱⼈,我⽼是感觉不到他爱我.我也不喜欢他.我想问我的爱⼈给我带来什么功课? ⽼是让我觉得好烦.

Questioner: I feel that my partner doesn't love me, and I don't like him either. I want to know what lessons my partner is teaching me? Age just makes it annoying for me.

JO: 你稍等.你爱⼈叫什么名字?问: XXXJO: 这么说吧,你爱⼈就好像是他⾃⼰也有⼀堵墙,然后你也有⼀堵墙.你们好像都是在彼此的墙内,双⽅都不愿意去敞开或者交流.然后会导致你们之间有隔阂,明⽩吗?

JO: Wait a moment. What is the name of your loved one? Question: XXX

JO: In other words, your loved one acts as if they have their own wall, and you have your own wall too. It feels like you're both within your respective barriers, neither willing to open up or share with each other. This creates a barrier between you, do you understand?

问: 他拥有⼀堵墙,我也有⼀堵墙?

Question: He has a wall, and I also have a wall?

JO: 对,然后都不愿意去敞开⾃⼰.因为你们个⼈的意愿是⾮常重要的.你有什么意愿? 因为如果对⽅觉得他需要去关闭⾃⼰,让⾃⼰进⾏⼀个深刻的体验.他是被允许的,你也⼀样.

JO: Yes, and then they're not willing to open themselves up. Because your personal will is very important. What is your willingness? Because if the other person feels that he needs to shut himself down and have a profound experience, he's allowed to do so, and you are too.

问: 那我们现在⼲的不是我想的活,也不是他想⼲的.我们俩想⼲的不是⼀回事,⾛不到⼀起.

Question: Now we're doing something neither of us intended, and it's not what he wanted either. We're on two different pages.

JO: 你的问题是什么呢?

Your question is what?

问: 我的问题就是说我⽼是⼼烦.为什么我⽼是想发⽕?

Questioner: My question is that I always feel anxious. Why do I always want to get angry?

JO: 因为你需要去学习静⼼呀.静⼼是你的⼀个课程啊.静⼼是你需要去拿到的⼀个… 就好像是你此⽣来到这⾥就是需要去拿到静⼼的.

JO: Because you need to learn how to be calm. Calmness is one of your courses. You need to obtain it, like this lifetime you came here specifically to acquire calmness.

问: 那我这⼀⽣会有钱吗?

Question: And will I have money in my entire life?

JO: 你稍等.⾸先我们只能通过你⽬前的能量状态看.你是说有⾜够的资⾦去⽀撑你的⽣活.但是你⾃⼰在你⽬前的⼀个状态你很难去轻松的获得钱.你的钱跟你的付出或者你的精⼒、你的时间是成正⽐的.所以它就决定着你愿意在上⾯消耗你多少的时间和精⼒.

JO: Wait a minute. Firstly, we can only assess based on your current energy level. You're saying you have enough funds to support your lifestyle, but it's difficult for you to easily acquire money in your current state. Your wealth is proportional to your efforts or your energy, and the time you invest. Thus, it determines how much time and effort you are willing to spend on it.

问: 就是说我付出的多,我就挣的多点? 我付出的少,我就挣的少点?

Questioner: So, does it mean that the more I put in, the more I get paid? And the less I put in, the less I get paid?

JO: 对.

JO: Yes.

问: 那我想问我⽼公他的使命是什么?

Questioner: I'd like to ask my husband, what is his mission?

JO: 这需要他来连接我们.需要他⾃⼰有这个意愿想来探索这个主题.需要他的许可.问: 我这⼀⽣找活⼲的话,就适合⼲能静下来的⼯作,对不对呀?

JO: This requires his connection to us. It requires that he has the willingness himself to explore this topic. And it requires his permission. Questioner: Is it true that I am suited for doing jobs that allow me to settle down and focus throughout my life?

JO: 不是.前⾯信息已经说的很清楚,上半⽣你会⽣活在⼀个特别考验你的地⽅,明⽩吗? 特别考验你,然后通过这个考验去帮助你达到⼀个随时随地都能静⼼的状态.

JO: No. The previous information has been very clear, in your first half of life, you will live in a particularly challenging place to help you achieve a state where you can be calm and centered anywhere at any time.

问: 那我怎么可以和我⽼公的关系缓和? 就是我们能在⼀起不急不躁的呢种感觉? JO: 这是你想要达到的⼀个状态是吗?

Questioner: How can I make my relationship with my husband better? Specifically, how can we be together in a calm and unhurried manner?

A: That's the state you're aiming for, isn't it?

问: 就是⼼⾥不舒服,感觉他做⽣意的时候,我好不舒服呢种.

Question: It's just that I feel uncomfortable in my heart when he does business, as if I'm feeling ill.

JO: 你做多久了?

JO: How long have you been doing it?

问: 我们俩个做⽣意⼀直挣不到钱,我就特别看不惯,⽣意⽼是做不好,没有钱.

Question: We two have been doing business but unable to make money; I'm particularly annoyed by this, the business just can't be done well, there's no money.

JO: 所以你的问题是什么?

So, what's your problem?

问: 我的问题就是说我们怎么能把⽣意做好呀?

Question: How can we run our business well?

JO:如果你没有去成为你⾃⼰,你做什么⽣意都做不好.你只有在成为你⾃⼰的时候,你不需要去做⽣意,你只是做你⾃⼰.表⾯上别⼈看上去就觉得你有⽣意.但是实际上是什么?是你创造的.所以没有单独的只是⼀个⽣意的存在.因为你们很多⼈就会把你的⽣意跟你的⼈分开.

JO: If you don't become yourself, you won't do business well no matter what kind of business it is. Only when you become yourself do you not have to do business; you just be yourself.表面上别人觉得你好像在做生意。但实际上，是什么在创造这一切？那就是你自己。所以，并不存在仅仅存在一个单独的生意。因为你们很多人会将你的生意和个人分开。

问: 就是说我就是不享受这个⽣意.

Question: Which means I'm just not enjoying this business.

JO: 是.

JO: Yes.

问: 做了这么多年,我就是不享受.我看了就⼼烦,我就做不下去.

Question: Having done this for so many years, I simply don't enjoy it. Just by looking at it, I feel agitated and can't continue with it.

JO: 所以呢? 我们没有办法来去给你任何,就是找⼀个你做的下去的.为什么呢? 因为这只是你们物质世界才会有的⼀个… 但是我们可以让你达到⼀种,就是成为你⾃⼰,你的真实⾝份是什么.然后你就去尽情的绽放你⾃⼰成为你⾃⼰.然后⽣意就会⾃然⽽然的来到了.⽽不是说单纯的去追求⼀个⽣意.也就是这么说吧,你否定你的⽣命,你没有办法有⽣意.为什么? 就算有⽣意,那也是你透⽀的,就是你消耗出来的.⽽且呢个钱也留不住的.

So what? We have no means to provide you with anything that would make you succeed. Why is that? Because such things only exist in your material world... However, we can help you achieve something where you become yourself and discover who your true identity is. Then, you'll be able to flourish as your authentic self. As a result, business will naturally come to you, rather than chasing after it. In other words, if you deny your life, there's no way for you to have business. Why? Even if you do have business, it would be at the cost of exhausting resources; and that money wouldn't stick with you anyway.

问: 对的对的.那我来到这⼀世的⽬的使命是什么?

Question: Yes, yes. What's my purpose and mission in this life?

JO: 刚才前⾯说了,你到时候看⽂字.到时候看⽂字你就会很清楚.你现在不清楚没有关系.因为有的⼈必须要花⼏年才能消化⼀些信息.

JO: As mentioned previously, you will understand by reading the text when the time comes. You will find it very clear then. It's okay if you're not clear now because some people take several years to assimilate certain information.

问: 那我以后就知道我以后可以找个静的活.就是能静下来,⾃个⼉喜欢的⼯作⼲了? JO: 你来这⾥的⽬的就是….

Questioner: That means I'll know in the future that I can find a job where I can be calm and do something I enjoy?

A: The purpose of your coming here is...

问: 我来的⽬的就是想问问我适合⼲什么?

Question: The purpose of my coming is just to ask what I am suited for.

JO: 那你可以⾃⼰在物质世界去试呀.就好像前⾯有很多菜,你来问我们: 我适合哪个菜? 我适合哪个⼜味? 你⾃⼰尝⼀下,不喜欢吃就吐出来,喜欢吃就继续吃咯.你的⼯作也⼀样.但是我们就是告诉你,你最⼤的⼯作就是认识你⾃⼰做你⾃⼰.你这样⼦的话,你的⽣意⾃然⽽然就会呈现出来.如果你只是去找⽣意的话,呢又是另外⼀种⽣命状态了,明⽩吗? 所以说⼀个只是找⼜饭吃,那你就把⾃⼰卡在呢⾥.这就是为什么你说你这么就你不快乐,反正就是不是很顺畅开⼼的⼀个状态.因为你的眼⾥只有⽣意呀.你的眼⾥只有钱.你并没有想要去处理你个⼈内在的⼀个成长.你们内在的成长就好像⼀个圆规,你调的⾓度就只能画出来这样的圆.

JO: So you can try it out in the physical world yourself. Imagine there are many dishes in front of you, and you ask us which dish suits you or what flavor you would like. You should taste them yourself. If you don't like something, just spit it out; if you do, keep eating it. The same goes for your job. But we're telling you that the largest part of your work is to know yourself and be yourself. Once you adopt this mindset, opportunities will naturally unfold before you. However, if all you're doing is chasing after business transactions, that's a different state of life altogether. Do you understand? In other words, if you're just looking for food, you're limiting yourself in a way that keeps you from enjoying life smoothly and joyfully. Your focus should be on your personal growth; it should be like adjusting the angle of a compass where your path is determined by the degree you set, not by external factors such as food or money.

你想要⼤的跨度,那你是不是需要调整内在? 明⽩吗?

You want a large span, then do you need to adjust internally? Get it?

(提问者想叫她⽼公来问他的使命,但是她⽼公不愿意)问: 他不问.

He doesn't ask.

JO: 对,我刚才也说了NO NO NO.只有对⽅有呢个意愿,他想要敞开,我们才能提取信息,明⽩吗? 你稍等,我再给你提取⼀下你的信息.⾸先在你的内在你很清楚的知道你想要去哪⾥,想要达到⼀个什么样的状态.就好像你知道什么是你呢个什么的.但⽬前最⼤的⼀个障碍就是,你还被物质世界困住.因为对你来说,你的头脑不允许你去放松下来,就是不允许你去放⼿.你还抓的很紧,就是你会有⼀种觉得如果我不去做不去⾟苦,如果我不去做这件事情我就活不下去,就是很难存活下去.所以你⾝体的求⽣欲它会不允许你去放⼿.那你不放⼿的话,你就不会放松,明⽩吗? 但是你内在的⼒量它又不停的在推着你.你会发现你越来越烦躁.

JO: Yes, I just said it before - NO NO NO. Only when the other person has that willingness to open up can we extract information. Understand? Please wait; let me extract your information again. Firstly, within you, you are very clear about where you want to go and what state you want to achieve. You know exactly what that is for you. The biggest obstacle currently is that you're still trapped in the material world. Your mind doesn't allow you to relax, it doesn't let you let go. You hold on tightly; there's a sense of fear that if you don't do something, make sacrifices, you can't survive. Your body's instinct to survive won't let you release. If you don't let go, you won't be able to relax. Understand? But your inner strength constantly pushes you. You'll find yourself increasingly restless.

但是呢,你又很难去松下来去放松.你就会反反复复的经历这样⼦的⼀个,就是很难跨出去的⼀个体验,明⽩吗? 但是我们想让你知道你体验的这些东西它不是真实的.它之所以真实是因为你,是因为你相信它是真实的.因为你觉得这个物质世界是真的,你不⼲活你就⽣存不下去又,你是真的….. 这是你⾃⼰去觉得它是个真实的,所以它就很真实的来让你体验,让你感觉你突破不了.呢种真实感它背后的⼒量是来⾃于你.所以你会卡在这⾥,然后再继续地去深化呢种被困住的能量,可困住的这种感受感觉.所以说如果你的⾃我,就是它很难放⼿.那你就需要去让外界来影响来松动你.因为你⾃⼰内在的⼒量不够.为什么呢?因为你觉得外在的幻像太真实了.

But it's hard for you to let go and relax. You'll find yourself going through this experience repeatedly, where it's difficult to move past. Do you understand that? But we want you to know that the experiences you're having are not real. They feel real because of you; they seem true because you believe in their reality. Because you perceive the physical world as genuine – if you don't participate, survival is hard; you exist genuinely... These are your own perceptions making them feel real, so they come to you very convincingly, making it difficult for you to overcome these feelings. The sense of truth behind this comes from within you. So you get stuck here and further entrench the feeling of being trapped, the sensation of being confined. Hence, if your self finds it hard to let go, then you need external influences to affect and ease you out. Your internal power isn't enough because you perceive the external illusions as too real.

就是你给了它赋予它真实,太真了.就是对你来说你半点不怀疑它是个假象,明⽩吗?所以你就很难突破.那如果你经常去跟呢些⼈,就

You gave it life, making it real, too real. You understand, you have no doubt that it's an illusion, right? Therefore, it's hard for you to transcend. If you often engage with such people, then

是他们来告诉你物质世界是个假象.你如果经常去进⼊到这样⼦的状态下,你有可能会怀疑⼀点点.因为你现在连怀疑的态度都没有.就是你都没有怀疑这个物质世界是个假象.那当这个物质世界你给它赋予的是真实的,是坚不可摧的.你没有办法去破掉它.所以你必须要去你⾃⼰赋予这个物质世界是个幻像,它可以随⼼⽽转,它可以随着我⾃⼰的意念、⾃⼰的想象、⾃⼰的喜好⽽改变,明⽩吗? 所以说呢堵厚厚的墙之所以如此的坚硬、如此的坚不可摧是来⾃于你.

It's them who tell you that the material world is an illusion. If you frequently enter into such states, you might start to question a little bit. Because right now, you don't even have the attitude of doubt towards this material world being an illusion. It means that you haven't doubted that the material world is an illusion at all. So when you attribute reality and invincibility to this material world, it's impossible for you to break it down. Therefore, you must yourself assign this material world as a fantasy; it can be changed according to your will, imagination, preferences, understanding me? Hence, what makes such a thick wall so hard and indestructible originates from you.

问: 来⾃于我⾃⼰?

Question: Coming from myself?

JO: 对.不过你也不⽤着急,你也不需要去着急.因为你迟早还是会去撞⼀下的.你还是会去朝这个⽅向去试探的.

JO: Yes. But you don't need to rush; there's no need for you to rush. Eventually, you will still end up hitting it anyway, and you'll still try to move in this direction eventually.

问: 我的内⼼⼀直渴望就是想找个⼀个⼈⼲活,就是静的地⽅.我内⼼⼀直想要静.

Question: What I deeply desire in my heart is to find a place where I can work alone, in peace and quietness. Deep inside me, I've always yearned for solitude and stillness.

JO: 是的.

Yes, JO.

问: 我⼀直有这个愿望.我⼀直在找.跟我⽼公这,他做的事我就烦,我不喜欢.我这个⼈也不喜欢钱.我⼀直就想着我做这个事我⾼兴不⾼兴.我的⼼⼀直这样想的.我感觉对孩⼦⽗母都没有呢么多的爱,不舍得花钱是为什么?

Question: I've always had this wish. I've been looking for it. With my husband, he does things that annoy me; I don't like them. As a person, I also don't like money. All I've ever thought about is whether doing this thing makes me happy or not. My mind has always been like this. I feel that I don't have much love for children and their parents, why can't I spend money?

JO: 你有爱吗? 就好像你这个井,你这个池塘⾥⾯都没有⽔.你从哪⾥给他们拿⽔啊? 你都是⼲枯的,你怎么拿⽔给他们呀? 明⽩吗?

JO: Do you have love? Like there's no water in your well or pond - where would you get the water for them from? You're all dried up; how could you give them any water? Can you understand that?

问: 明⽩,就是我没感受到别⼈的爱,我也没有爱给别⼈.

Question: I understand that I am experiencing a lack of love from others, and I also don't have anything to give in terms of love to others.

JO: 爱就好像是⽔⼀样,那你这个碗⾥⾯都没有装⽔是空的.你怎么去给别⼈⽔? 你⾃⼰都没有⽔.这是你逐渐去认识所有⼀切的⼀个过程.也是你们集体意识,集体需要去⾯临的⼀个功课.你现在不⽤担⼼.

JO: Love is like water, so if your bowl doesn't have any water in it, it's empty. How can you give others water when you yourself don't have any? You need to acquire this on your own. This is a process of gradually understanding everything around you, which is also a collective responsibility that you and the group must face together. So there's no need for concern now.

问: 那我妈妈现在不会说话,她偏瘫了.我想问问我妈妈她有什么压制着她? 我能为她做什么吗?

Question: If my mom can't speak now and has partial paralysis, I want to know what is restraining her. What can I do for her?

JO: 你说的她不会说话是她是哑巴?

You mean she can't speak because she's mute?

问: 就是她这⼏年得病得的不会说话.

Question: It's because she has been sick for several years and can't speak.

JO: 以前会说话?

JO: Did you use to speak?

问: 昂,她吃喝拉撒都是我姐姐管.我想问问我能为她做什么?

Questioner: Alright, everything she eats, drinks, uses the bathroom with is managed by my sister. I want to know what I can do for her?

JO: 你发出提问说你想要探索你们之间的灵魂主题.问: 昂,跟我母亲之间的关系.

JO: You asked about exploring soul themes in your relationship with me. Questioner: Ah, my relationship with my mother.

JO: 你稍等.你承载了你母亲⾝上的就好像是对⽣命的苦.这么说吧,她⾝上的苦⽔都流到你⾝上了.

JO: Wait a minute. The suffering you carry is like that of life itself. To put it simply, all the sorrow from her has transferred to your shoulders.

问: 她⾝上的苦⽔流到我⾝上了? JO: 对.明⽩吗?

Questioner: The bitterness on her has been transferred to me? A: Yes, understand?

问: 她受的苦还是咋回事?

Question: What about the suffering she endured?

JO: 怎么来解释这层关系呢? 就好像你⾝上的⼀个重量,就⽐如说你肩负的⼀个重量有你⾃⼰⽣命的,那也有你母亲⽣命的重量.那你本⾝你只需要举⼗公⽄,但是加上你母亲你就变成⼗五公⽄,明⽩吗? 所以你主动的去让你母亲对⽣命的⽆⼒感或者是绝望感,然后也在影响着你,明⽩吗? 所以这就是为什么你⾃⼰会觉得⽣命是⼀件⾮常吃⼒的事情,就是它不轻松,就是很沉重.所以要快乐和轻松或者是愉悦,这些事情对你来说是⽐较难的.

How do you explain this relationship? It's like a weight on your body, for example, the weight of life that is yours and also the weight of your mother's life. You would only need to lift ten kilograms by yourself, but when adding your mother into the equation, it becomes fifteen kilograms, understand? Therefore, you are influencing each other with your mother's feelings of powerlessness or hopelessness towards life, making it clear? This is why you feel that life is a very demanding endeavor; it's not easy. Hence, achieving happiness, ease, or pleasure is more challenging for you.

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JO: 你问吧,什么问题?

JO: Ask away, what's your question?

问: 我跟这个通灵的⼥孩⼦之间的灵魂关系是什么?

The soul relationship between me and this medium girl?

JO: 你稍等.我看到你们彼此就好像在你们内⼼都有⼀团熊熊的⽕,就是都有⼀个⾮常⼤的⼼愿,⼀个共同的愿⼒、共同的愿望、激情.这是你们内在的⼀个驱动⼒.然后你们的灵魂关系就好像是并肩作战的,就好像是在⼀个战场上,然后你们都想要攻略、打下同⼀个地⽅,就是你们的⽬的地、⽬标都是⼀致的.所以你们的关系更像是战友,就是⼀起作战的战⼠,明⽩吗? 所以就像是战场上的战友⼀样.

JO: Wait a moment. I can see that both of you have intense flames within you, indicating great desires and passion in common, which is driving force from inside you. Your spiritual connections are like comrades at war, akin to soldiers on the same battlefield. Both of you want to conquer and establish yourselves in the same place, sharing the same destination or goal. This makes your relationship more like that of comrades, fighting side by side. Understand? It's like having comrades on the battlefield for each other.

问: 我们⼀起如何更好的传播我们的信息?

Question: How can we better disseminate our message together?

JO: ⾸先这⾥没有更好.为什么呢? 因为其实路已经被铺好,明⽩吗? 如何更好的…. 就是说去跟随你们内在的驱动⼒,⽽不去在乎,就是不去想细节.因为如果你要,哎呀,我刚刚说我们要去美国办⼀次.美国呢边我⼀个⼈都不认识,美国呢边我语⾔不通,然后你的头脑⾥⾯会跳出来很多… 就是说你不去在乎细节.你们只是去focus专注于你们的⽅向在哪⾥.你们想要呈现什么、去做什么.⽽不去想这个事情要如何的⼀步⼀步.步骤交给什么呢? 步骤不是你去想的.因为你内在如果有这个动⼒、有这个驱动⼒、有这个声⾳出来了.那就是说明你的⾼我在给你指引.步骤,那不是你头脑能想到的.因为你们头脑太有限了,你们头脑是想象不出来的.

JO: First of all, there is no better here. Why? Because the road has already been paved, do you understand? How to improve... that means following your inner drive, not worrying about details. If you think about it, like when I said we're going to America for once. There's no one I know over there, and my language doesn't work well there, so many things will pop up in your mind... which is that you don't worry about the details. You just focus on where your direction lies. What you want to present and what you want to do. And not think about how it should step by step. The steps are given to whom? Steps aren't something you think of. Because if there's this drive within you, a voice coming out, that means your higher self is guiding you. The steps aren't something your mind can imagine because your mind is too limited.

但是呢,所有的⼀切,就⽐如说你想你内在有个声⾳,对吧? 你要知道你更⼤的存有可以给另外⼀个完全陌⽣的⼈他内在出现⼀个声⾳,他就会去做某⼀件事情,他也不知道为什么要这么做,明⽩吗? 这就是为什么你们有些杀⼈犯在杀⼈的时候说: 我脑⼦⾥⾯有个魔⿁⼀定让我这么做,他们其实也是不知道的,明⽩吗? 然后他们觉得我刚才好像做了⼀场梦,不知道发⽣了什么事.所以说内在的能量才是真正的去左右你们、驱动你们.是内在的呢个东西,不是你们表⾯上看得到的东西,明⽩吗? 就好像这么说吧,你们有舞狮,对吧? 就你们有耍龙舞狮.那如果没有⼈站进去,呢个狮⼦会活起来吗?

But, everything, for example, you might imagine that there's a voice inside you, right? You need to understand that your greater being can give another completely stranger person an inner voice that appears and they will do something; they don't know why they are doing it, do you see? This is why some killers say when they're committing murder: "There was a demon in my mind telling me to do this," and they actually didn't know either. Do you get it? Then they feel like they just had a dream, wondering what happened. So the inner energy is what truly influences and drives you. It's the inner thing, not what you see on the surface, do you understand? Like saying this, you have lion dancing, right? You have dragon lion dances. But if no one stands inside it, will that lion come alive?

那你们的这个⾁体,你们的⾏为⾏动或者是所有的这⼀切,如果它内在没有这股像⼀个⼈站进去的话,他也不会去产⽣这种,明⽩吗? 所以你的内在就会有很强烈的意愿,它就要把你牵着往呢边⾛.你也不知道是为什么.那你的头脑不去阻挡.为什么呢? ⼀旦去阻挡,你只会消耗你更多.然后你更会觉得⽣命是没意义或者是痛苦.为什么呢? 因为你并没有去顺着呢个能量,却是抵触.那当你的内在发⽣抵触,你混乱的话,是不是机器就会出现故障? 那你的⼈体也会出现故障.所以所有的疾病产⽣都是他们没有顺着内在的呢股⼒量去⾏动.为什么? 还有很多恐惧,他觉得如果我离婚了,我孩⼦就活不下去.这就是他内在的恐惧.所以他不会去离婚.

That's why your body and actions or all of this if it doesn't have that feeling inside like someone standing in it, it wouldn't produce such understanding, right? So there is a very strong inner desire within you that pushes you towards something you don't fully comprehend. Your mind doesn't oppose because resisting would only consume more energy from you. You might feel life has no meaning or pain. Why? Because instead of following the energy, you're opposing it. When your inner self resists and is in chaos, does a machine malfunction? Similarly, your body would fail as well. All diseases arise when they don't act according to their internal force. Why do many fear things like fearing that if they divorce, their child won't survive? This fear stems from within them, so they avoid divorcing.

但是呢,他内在发⽣混乱.就打个⽐⽅.因为你们物质世界很多这样⼦的⼀个情况.就是他不能跟随他内在的驱动,因为他们头脑⾥⾯还有很多恐惧.也就是说不要让任何头脑⾥⾯的声⾳和恐惧和担忧,任何该怎样如何怎么样,这些东西都通通放下.因为这不是你能想到的事情.

But within him there is chaos. Let me give you an example. There are many such situations in your physical world where he cannot follow his inner drive because of the fears that exist inside their mind. In other words, don't let any voice or fear or worry from the mind dictate how things should be done, and just let all of that go. Because it's not something you can think about.

问: 那你的意思就是说就简单的跟随…JO: 跟随你们内在,你内在的指引.然后去做去⾏动去开⼼的… ⽽不去考虑.因为⼀旦你考虑,因为你们⼈类都会去考虑去策划去做这些动作.那你就放下这点.为什么? 因为你们本

Questioner: So you mean just follow... JO: Follow your inner guidance, the one within you. Then act and be happy with it without thinking too much about it. For once you start considering or planning these actions, you will do them like humans do. Just let this go because...

A:

⾝就是要去好像打造⼀个新的世界的规律和次序.你们本⾝就是来突破和转变的.所以你就放下所有社会上陈旧的系统和思想、观念、⽅式、⽅法.你不去课本上找,不去经验⾥⾯找,不去跟你的任何什么导师⽼师请教,明⽩吗?因为你们是来突破的,你们并不是来去⾛同样的路的.你们是来铺⼀个新的路.

You are here to establish the new rules and order of a world that doesn't exist yet. You yourselves have come to break and transform things. So you should let go of all outdated systems and thoughts, notions, ways, and methods in society. Don't look for answers in textbooks, experiences, or from any kind of mentor or teacher. Understand? Because you are here to break the mold, not to follow the same path as before. You are here to pave a new way.

问: 那我跟这个通灵的⼥孩⼦如何更好的合作呢?

English: Questioner: How can I better cooperate with this spirit-communicating girl?

JO: 就像前⾯的信息⼀样,当你们的头脑不出来挡路,就是更好的合作.你头脑⾥⾯总是出来说: 我好像看不到钱,我赚不到钱,我活不下去.前⾯⼀个朋友说呢个马上就能赚⼏万块钱,我去做呢个.因为你们头脑它会关注物质世界的⼀些看得见的东西,然后看不见的东西它们就不太容易去追求或者是去跟随.所以说你也需要放下头脑⾥⾯去追呢些看不得见的东西,因为这也是⼀个阻碍.但是⽆论你去… 就是尝试⼏次你⾃然⽽然就会放下了.所以就算你去尝试⼏次像这样的选择,它也不会阻碍你去到真正的路上,明⽩吗? 只是可能你体⼒消耗的多⼀点.就好像我明明告诉你,你可以拿你的推车推东西.你偏偏要抱⼏下.然后你还是觉得推车好,你还是要⽤推车.

JO: Just like in the previous information, when your mind is not getting in the way, it's better cooperation. Your mind always pops up and says: I can't see the money, I'm not making any money, I can't survive. A friend said they could make a few hundred thousand dollars right away, so I went for that. Because your mind tends to focus on tangible things in the material world, whereas intangible things are less easily pursued or followed. So you also need to let go of the pursuit of those unseen things in your mind because this is also an obstacle. But no matter what you do… By trying a few times naturally leads to letting go. Therefore, even if you try such choices a few times, it won't hinder you from reaching the true path. It's just that you might expend more physically. Like I told you clearly, you can use your trolley to carry things. You insist on carrying them instead and still prefer using the trolley.

这不就消耗了⼀点你的⼒⽓⽽已嘛.仅此⽽已.

It's just a matter of using up a bit of your strength, that's all. Nothing more.

问: 那就像刚才你说的,在我们前进的路上,你其实每时每刻都会给我们传递信号或者指引..

Questioner: That's like what you said earlier, that all along as we move forward, you're actually sending signals or guiding us every moment.

JO: 它都在你的内在.其实你们每⼀⼈都有,只是他不去听.因为他害怕,他有很多恐惧.他觉得我怎么敢有这个念头? 就⾃⼰把⾃⼰给打消了.

JO: It's all within you. Actually, each and every one of you has it, but he just doesn't listen because he is afraid, full of fear. He feels how dare I have this thought? And then he just self-deflates himself.

问: 那如何区分有的信息是来⾃JO,是你给我们传递的? 有的仅仅是我们头脑的声⾳呢?

Questioner: How do we distinguish between information that comes from JO, which is being communicated to us, and just the sounds in our own minds?

JO: 你知道JO的信息它永远不会说你需要怎么样才能怎么样.JO永远都会告诉你,⽆论你想要怎么样,你都是被⽀持的.这⾥没有对和错,没有好和坏.你觉得你需要⾛这个痛苦的过程,那你就去⾛这个痛苦的过程.因为这⾥没有哪⼀个是真的,哪⼀个是假的,哪⼀个是最好的,哪⼀个是最差的.⽆论怎样你都是被⽀持的.但是头脑会跑出来告诉你,我们要选择这个,因为这个对你是最⼤的利益.你有没有看到这⾥⾯的区别? 它会来告诉你这个是为了你好,然后你的头脑就会上当.我只有这么做才是对我最好的.它会有⼀个你和我之分.但是我们在这⾥没有你我之分.为什么呢? 表⾯上是不好的,但是实际上是好的.你头脑是不知道这些的.它看不清楚.

JO: You know the information about JO is that it will never tell you what to do in order to achieve something. JO will always tell you, regardless of what you want, that you are supported here. There is no right or wrong, good or bad. If you feel you need to go through this painful process, then you can go through it. Because there is no truth or lie, no best or worst here. You are still supported no matter how you act. But the mind will come out and tell you that we should choose this because it's in your greatest interest. Have you noticed the difference? It will tell you it's for your benefit, then your mind gets tricked. I have to do this to be best for me. There is a sense of you versus me here. But here in this place, there is no concept of "you" and "me". Why not? Something that appears bad on the surface but is actually good. Your mind doesn't understand these subtleties; it can't see them clearly.

所以它只是被蒙蔽,它双眼是被蒙蔽的.它只能⽤仅有的⼀点点它抓到的线索去归类分析⽐较.它⾥⾯永远都会有⽐较.

So it's just being deceived; its eyes are being covered. It can only categorize, analyze, and compare based on the limited clues it has managed to grasp. There will always be comparisons within it.

问: 那我们就只需要在每⼀个当下跟随⾃⼰的激情,其它所有的思虑都放下.然后⽆论选择任何都是最好的?

Question: So, we only need to follow our passion in every single moment, letting go of all other thoughts. Then, no matter which choice we make, it would be the best?

JO: ⾸先,如果你在这个阶段你还有思虑的话,对你来说也是好的.为什么呢? 因为你在⾥⾯去体验了头脑对你的限制.你体验过、⾛过这条路.你说如果你没⾛过这条路,你如何去带领别⼈⾛出来? 你从来都没体验过什么叫受困于头脑? 什么叫限制? 什么叫头脑⾥的恐惧? 所以为什么你会觉得这个不好呢? 如果你⾃⼰都不懂这个技术,你都没有体验它过… 我告诉你⼀个头脑受困,你说什么叫头脑受困呀? 我头脑⽣下来就没有被困过.那你如何去带领他们? 你会觉得他们和你⼀样.但是如果你体验过,你达到过呢⾥.那你就知道他们现在是在什么地⽅或者在哪⼀个阶段.

JO: First, if you still have doubts at this stage, it's good for you because you're experiencing the limitations of your mind. You've tried and gone through this path. If you say you haven't experienced being trapped by your mind, how can you guide others out? Have you ever felt what it means to be confined within your mind? What does limitation feel like? What is fear that exists in your mind? So why do you think it's bad for you if you don't understand this technique or have never experienced it yourself… I'll tell you about being trapped by the mind. What does it mean to be trapped by the mind? My mind was not born confined; how can you guide them when you can't relate to their experience?

So, why do you think this isn't beneficial for you if you've never been through these experiences yourself and don't understand them? If you've never experienced being trapped within your own mind, or have no understanding of limitations, fear, etc., how are you supposed to guide others out of such a situation when you can't even empathize with their struggles? You might think they're just like you, but if you've actually been through it and reached that point, you'd understand where they're at or the stage they're in.

所以说你想要带领别⼈⾛出来的话,那别⼈需要⾛的每⼀步都必须是你⾃⼰⾛过的.只是说有的⼈可能会停留在呢⾥很长时间,你可能只是去看⼀眼,⾛

So if you want to lead others out, then every step that others need to take must be a step that you yourself have taken. Just some might stay there for a long time, and you might only look and then walk away.

⼀下,⼀带⽽过.它不会消耗你很长很长的物质时间在呢⾥.为什么呢?因为你的任务是来带领他们⾛出来,⽽不是停留在⾥⾯.停留在⾥⾯他需要像你们这样的⼈带出来,明⽩吗?只是你们在⾥⾯的时间不⼀样.只是你可能需要花⼀两天你就能从⼀段痛苦的感情⾥⾛出来.有的⼈⼀辈⼦都⾛不出来,因为他没有⽅向、没有⽅式⽅法.他就⼀直因为呢个痛苦⼀直在呢⾥,动弹不得,明⽩吗?所以说并不是说呢个是不好的,你要去避免或者怎样怎样.你都要去… 如果⽣命把你带到呢⾥,那⼀定是有礼物给你的.⽽不是头脑说,哎呀,呢⾥是陷阱,不要去.你没进⼊过陷阱,你如何去体谅呢些⾝处在陷阱的⼈.

All at once, it passes by. It won't consume a lot of your physical time in there. Why? Because your mission is to lead them out, not to stay inside. Staying inside requires people like you to bring them out, do you understand? Just that the time spent inside varies for each person. Some might be able to get out of emotional pain in just one or two days. Others may remain trapped their whole lives because they lack direction, a way, or method. They are bound by their suffering and unable to move on, can you see? Therefore, it's not about avoiding what is bad; you should embrace it… If life leads you there, it means there's a gift for you. Not the mind saying, oh no, this is a trap, stay away. You've never been in a trap, how could you empathize with those who are?

如果你体谅不到呢些⾝处陷阱的⼈,你如何有呢个愿⼒想要把他们带领出来?

If you cannot empathize with those who are trapped, how can you have the will to lead them out?

问: 所以说我们⽆论怎么样⾛怎样选择其实都是更好的?

Question: So, no matter how we go about it or what choices we make, everything will be better?

JO: ⽆论你哪⼀步,你们⽣命都礼物给你.你记住这句话.不是你头脑去选择,⽽是你⽣命⾛到哪⾥它都有礼物给你.你只需要去接受这个礼物,⽽不是去排斥掉.⽽不是说我的命怎么这么差?

JO: No matter which step you take, your life is giving you a gift. Remember this sentence. It's not about choosing with your mind, but the gifts come to you wherever your life goes. You just need to accept that gift and not reject it. Not asking why my life is so tough?

问: 那我会以什么样的⾓⾊去加⼊?

Question: What role will I play when I join?

JO: 你已经加⼊了呀.你的灵魂层⾯你已经做出了选择,明⽩吗?问: ZF会对灵性推⼴会敞开⼤门吗? 会给与⽀持吗?

JO: You have joined already. Your spiritual level has made a choice, understand? Questioner: Will ZF open its doors to the Spiritual Promotion Association and provide support?

JO:⾸先你要知道你们所谓的ZF、你们所谓的观念思想,它都是你们集体意识的⼀个产物.因为你们的集体意识需要管压你们的ZF,它就会出现.为什么?因为你们觉得你们单独是没有⼒量的.你们需要ZF来帮你们变得强⼤.哎呀,ZF、国家强⼤了,那我就强⼤了,我就更强⼤了.国家武器多了,那我就不怕别⼈来打我.所以这都是你们的⼀个思想和观念去导致的.⾸先你要知道你们现在在做的事情就是从根本转变⼈的思想,⽽不是转变政策.因为你知道转变政策是没有⽤的,明⽩吗?因为是当你们这⼀波⼈,你们的思想彻底转变过后,政策、ZF所有的东西它也会变.它会变的就好像可有可⽆或者是没有任何… 这么说吧,因为这些⼈他们还会⼲坏事.

First of all, you need to understand that what you call the ZF (government) and your so-called ideas and thoughts are products of your collective consciousness. This happens because your collective consciousness needs to govern your ZF; thus it appears. Why? Because you feel that individually you lack power. You need a ZF to help you become stronger. Well, if the ZF is strong, then I am strong too; even more so. If the country has more weapons, then I don't fear others attacking me. So these are all your thoughts and beliefs leading to this situation. Firstly, you must realize that what you're doing now involves fundamentally changing human thought, not policies. You see, changing policies alone is useless, do you understand? Once this wave of people's thoughts have completely changed, the policies, as well as everything about the ZF (government) will also change. It will become something somewhat irrelevant or even nonexistent because these individuals still engage in bad actions.

所以你们有很多法律法规坐牢什么的,⽤这种⼿段,对吧?那当这批⼈他们的意识都不断地成长,然后他们内在都是合⼀的,都知道⾃⼰是丰盛的,都知道他们有⼒量去做任何他们想要做的选择.他还会去⼲坏事吗?他不需要.为什么呢?你说我想要⼀堆黄⾦,我马上就可以拿到⼀堆黄⾦.我还⼲嘛要去偷黄⾦,对不对?就是我想要多少钱,我就能拿到多少钱.我⼲嘛还要去偷别⼈的钱呢?那当你背后有⼀个远远不断的⾦库,你还会想着偷别⼈的钱吗?你可能会说,哎呀,我⾦⼦太多了⽤也⽤不完,你赶快拿去.你说我今天⽤⼀个,明天多⼗⼏个.这个真的是烦⼈.怎么样才能把你们消耗掉,你就不断地想要把它送出去,对不对?

So you have many laws and regulations that imprison people using such means, right? When these individuals' consciousness constantly grows and becomes unified, realizing they are abundant and possess the power to make any choice they desire, would they still do bad things? They wouldn't need to. Why not? If I want a pile of gold, I can get it instantly. So why would I steal gold instead when I already have access to so much wealth? It's like saying I want a certain amount of money, and immediately I receive that exact amount. Why would I still go about stealing others' money? Wouldn't you say that if I have an endless treasury behind me, there'd be no reason to steal from others? You might think, oh my gold is too much for me to use up, take it as soon as possible. If I need one today, and then dozens more the next day, this really becomes a bother. How can you keep these things from being used or consumed, constantly wanting to send them out instead?

就好像你们农民不断地想要分享他们丰收的果实⼀样,他们很慷慨.为什么?他知道我种⼦会产⽣很多,他没有内在的匮乏.所以说那你说法律法规还有⽤吗? 它还有效果? 还需要它吗? 就算它存在,它也是名存实亡啊,对不对? 你如果觉得法律法规有⽤的话,那你觉得你们的结婚证有⽤吗?结婚证能让两个⼈彼此相爱吗?所以说所有的法律法规还是什么也好,它这些就好像是⼀个结婚证⼀样.它不能去让两个不相爱的⼈相爱,没有办法.

Just as farmers continuously desire to share their bountiful harvests, they are generous. Why? They know that my seeds will yield plenty, and they lack inner scarcity. So then, is there still a use for laws and regulations? Do they still have an effect? Is it necessary? Even if they exist, they are merely symbolic, right? If you believe that laws and regulations are useful, do you also think your marriage certificate is useful? Can a marriage certificate make two people love each other? Therefore, all laws or any form of documentation might as well be like a marriage certificate. They cannot make two non-loving individuals love each other; there's no way it can happen.

问: 那其实你的意思也就意味着我们⾃⼰的世界我们创造,我们可以不受外在的任何影响?

Questioner: That means you are saying that we create our own world and can be不受 any external influence?

JO: 外在没有任何影响.你⾸先这句话就问的有问题.为什么呢? 你觉得外在有个影响.外在它只是⼀个镜像⽽已,只是呈现出你们⽬前的⼀个状态,你们的集体意识是个什么状态,什么⽔平,还在哪⾥.

JO: There is no external impact. You are asking the question wrongly from the beginning. Why? You think there's an external influence. The outside world is merely a reflection, showing your current state - what your collective consciousness looks like and where it stands in terms of its level.

问: 那你刚才说我已经加⼊了,但是我对我⾃⼰没有多⼤信⼼,我感觉…JO: 那是来⾃于你头脑⾥⾯.你头脑⾥⾯还有⼀个⽐较,还有⼀个最好的.什么是最好的? 应该是什么样⼦,明⽩吗?

Questioner: But you said I had joined just now, but I don't have much confidence in myself, I feel... J: That's coming from your mind. There is still a comparison, and there is a best in your mind. What is the best? And what should it look like? Do you understand?

问: 对,我感觉我⾃⼰好像不好.

English: Questioner: Yes, I feel like I'm not good enough myself.

JO:那我们的信息告诉你,⼀个瘫痪在床的⼈和⼀个医⽣,他们之间没有差别.你的头脑是不会相信的.你说医⽣天天救呢么多的⼈,你⼀个瘫痪在床的⼈什么都做不了.你能救什么?那医⽣要不是对呢个瘫痪在床的⼈发出呢个慈悲⼼、呢个动⼒、呢个愿⼒,让他去不断地去探索前进.那他前进的⼒量在哪⾥?来⾃于瘫痪在床上的呢个⼈.是他唤醒了他悲悯的⼼,是他推动了他的⼒量前进.这跟你们的⽼师有什么区别? 跟你们的导师有什么区别.就好像没有呢个,他车就没有油.他前进不了.那你还觉得你的存在是要以所谓的优秀的样⼦存在吗? 只是来⾃于你们头脑的分别.因为它不能看到⼀个⼤的画⾯.

JO: Then our message tells you that there is no difference between a paralyzed person and a doctor, one to the other. Your mind cannot comprehend this. You say doctors save so many people every day, but for someone who's paralyzed, they can do nothing. What can you save? If not for the compassion, motivation, or aspiration of the doctor towards the paralyzed person, would he be able to keep exploring and moving forward at all? Where does that driving force come from? It comes from the paralyzed individual. Their awakened sense of empathy fueled his spirit and propelled him forward. Is there any difference between this and your teachers? Between you and your mentors? It's like a car without oil; it cannot move forward. Do you still believe that your existence should be portrayed as superior or exceptional, just because of how your mind perceives things differently due to its inability to see the bigger picture?

它只能看到它眼前的⼀个⼩⼩的图⽚,它看不到⼀个big picture.它不知道什么是⼀个whole picture.它不知道什么是⼀个⼤的画⾯,它只知道⼀个⼩⼩的眼前的呢⼀丁点东西,还是幻像还是假象.

It can only see a tiny picture in front of it; it cannot see the big picture. It doesn't know what a whole picture is. It doesn't understand what a large scene entails. It's aware of just a little bit right before its eyes, which might be an illusion or a false perception.

问: 那你的意思是说我只需做真实的我⾃⼰就OK了?

Questioner: So your point is that I just need to be myself?

JO: 你只需要反复的去听呢段话.问: 我⽬前还有什么局限和限制呢?

JO: All you need to do is keep listening to that speech. Question: What limitations and restrictions do I currently have?

JO: 你也不需要去考虑这个.你就好像是⼀棵树,你现在是⼩树苗的样⼦.你问它: 我⽬前还有什么局限呢? 我还有什么脆弱的地⽅,什么什么的.这是你成长的⼀个过程.所以你不需要去担忧它,你只需要去信任⽣命每⼀步都有礼物给你.这样你就会把它当成是礼物,⽽不是当成是⽣命的挫折.因为这⾥没有挫折两个字.

JO: You don't need to worry about this. Think of yourself as a young sapling now growing. You ask it, "What limitations do I currently have? What are the weak points in my growth?" This is part of your development process. So there's no need for concern; you just need to trust that life bestows gifts with every step. You will see these as blessings rather than setbacks because there are no words for 'setback' here.

问: 那这个通灵的⼥孩⼦她以后的通灵会以什么样的形式去开展更好呢? ⽐如说线下的.

Questioner: What would be the better form for this spirit-medium girl's future spirit communications, such as offline events?

JO: 形式没有统⼀的.你们总会觉得它是什么风格,它是哪⼀个… 这⾥没有统⼀的.为什么呢? 因为具体会⽤什么形式呈现,它是根据当时的能量状态,根据对⽅是⼀个什么能量,会把什么样的带出来.就⽐如说对⽅他是⼀个⾝体有疾病的,那她可能就会出来给他疗愈,就是给他治病,对吧? 给他⾝体疗愈.那有的⼈他是⼼理层⾯的,那就给他就是⼼理.那有的⼈他是什么…. 是根据对⽅的⼀个能量需求⽽变.这⾥没有⼀个统⼀的,没有⼀个规定的,没有⼀个死的东西.你们所说的这些全是死的.你头脑⾥⾯的概念,它应该是这个⽅式呢个⽅式,要跟这个⽼师学跟呢个⽼师学.这⾥是活的.为什么呢? 因为她连接的是源头,源头这⾥没有死的.

JO: There is no uniformity in the forms used. You always perceive it as a certain style or belonging to a specific... Here there is no unity. Why is that? Because what form will be presented specifically depends on the energy state at that moment, the type of energy the other person possesses, and what kind of manifestation will come forth. For example, if the other person has a physical illness, she might manifest to heal them, meaning to treat their illness, correct? To heal their body. Others may have issues at a psychological level; they would receive psychological manifestations instead. Some people's... It changes based on the energy needs of the other party. There is no uniformity here, no fixed rule, no rigid structure. All that you've mentioned are dead concepts in your mind. Your notions about how it should be this way or that way, learning from this teacher or following a specific method, these do not apply here. It's alive because she connects to the source, and the source has no death.

只有你们头脑⾥⾯才会储存呢些死的东西.这⾥没有障碍.但是呢,你们可以拭⽬以待,欣赏这场盛宴.

Only things that die would be stored in your minds. There are no barriers here. But you can watch and enjoy this feast.

问: 那她可以不是提问来牵引信息形式? 就是她去核查所有在场学员的能量,然后来讲课.可以以这样的形式呈现吗?

Questioner: Could it be that she doesn't have to lead with questions to extract information in this way? Instead, could she assess the energy of all the participants present and then proceed to teach based on that?

English:

JO: 你不需要去指引它或者是给它做任何规划、策划.因为刚刚信息告诉你们了,放下你们头脑⾥⾯的任何策划.为什么呢? 因为你们不是去copy,你们不是去复制,你们不是去模仿任何⼈,明⽩吗? 你们世界上的任何东西,都是⽤来去突破,去重新组织重新编排.如果你头脑⾥想的任何这些策划的东西,你全是把死的,就是继续在build up,就是继续在建死的东西.但是这⾥没有死的,这⾥是推翻⼀切.这⾥完全是⼀个新的.所以说你不需要有任何去操⼼或者是策划规划.你们只需要去,刚才呢句话就是拭⽬以待去欣赏这⼀场盛宴.因为它会越来越精彩.⽽且没有⼀个在外.

JO: You don't need to guide it or plan anything for it. Just let the information flow to you without any preconceived notions in your mind, because we told you earlier to let go of all plans and ideas in your heads. Why is that? Because you're not going to copy, replicate, or imitate anyone; you understand? You don't have to stick with what's available in the world; instead, it's about breaking barriers, reorganizing, and rearranging. If you have any plans that are forming in your mind, they will only build upon death, perpetuating things that might not lead to growth or progress. However, here there is no concept of 'death'; this place is about overthrowing everything and starting anew. Therefore, you don't need to worry or plan anything; you just have to wait for the grand event unfolding before you with anticipation because it will only get more captivating as time goes on. And remember, there is nothing external that defines or limits you in any way.

问: 没有⼀个在外是什么意思?

Question: What does "outside of which" mean?

JO: 没有⼀个被排外.你们会觉得我们这是⼀个帮派或者这是⼀个组织或者这是⼀个宗教或者这是⼀个什么什么的.别⼈他们是他们的帮派,我们是我们的帮派.他们是他们的思想,我们是我们的思想.没有⼀个在外的.

JO: None of us is exclusive. You might think we are a gang or an organization or a religion or something else. Others have their own gangs, we have our own. They have their beliefs, we have ours. There isn't anyone being excluded.

问: 那最后你还有没有什么要告诉这个通灵的⼥孩⼦的?

Question: And do you have anything else to tell the medium girl?

JO: 没有.因为任何需要被带到的信息会当下,就是呢个时候,不会错过任何.需要的任何都会在正确时间正确的地点正确的出现.

JO: No. Because any information that needs to be conveyed will appear right then, ensuring no missing of any necessary details. Whatever is needed will correctly surface at the right time and place.

# 2023/06/23 — 先成为你⾃⼰,⼀切⾃然会到来First be yourself, and everything will naturally follow.

JO: 你问吧,什么问题?

English: JO: Ask away, what's your question?

问: 我这⼀⽣的灵魂主题是什么? JO: 你叫什么名字?

Questioner: What has been the central theme of my soul's journey in this lifetime?

A: What is your name?

问: 我叫XXX.

Question: I'm named XXX.

JO: 我们这边感应到的是你选择这⼀⽣想要有⼀个整合的⼀个过程,就好像要把你很多世积累的各个⽅⾯的特质整合到⼀起.这么说吧,你以前可能不断地通过很多事去搜集了很多你需要的素材.那么这⼀世你就会通过这些素材进⾏⼀个创作.所以你会发现在你的内⼼深处你会有很多的梦想或者是很多的事想要去做或者是有很多事情,就是挺多事情你都想要尝试⼀下.就是想要去施展你的拳脚施展你的才华.所以说如果你能知道如何去专注和运⽤你的能量的话,你就会拥有⾮常多姿多彩和丰富绚丽的⼈⽣.

JO: What we perceive is that you have chosen to embark on a process of integration in this lifetime, as if to bring together various aspects of your accumulated traits. To put it simply, you might have gathered what you needed through many experiences in past lives. In this lifetime, you will use these gathered resources for creation. You will find that deep within yourself, there are numerous dreams or desires you wish to pursue, or many things you want to try out. You wish to showcase your abilities and talents. Thus, if you learn how to focus and utilize your energy effectively, you will live a rich, colorful, and vibrant life.

问: 那我的天赋和才华是什么?

Question: What are my talents and gifts?

JO: 你的天赋和才华就像刚刚信息说因为你不断地会从以前积累的经验… 这么说吧,你⼩时候你又在学⾳乐又在学舞蹈又在学画画又在学厨艺,就好像各种你都学了⼀下.

JO: Your innate talent and abilities are akin to the various pursuits you undertook as a child - learning music, dancing, painting, and culinary arts, essentially dabbling in everything.

问: 是的,⼩的时候都有学⼀点.

English: Questioner: Yes, we all learned a bit when we were young.

JO: 然后你长⼤过后就想把你的学的都能整合在⼀起都可以运⽤上.那么就到了运⽤的时候.那到底怎么样才是你的天赋才华? 就是你能运⽤的很好.那运⽤的很好就来⾃于你⾃⼰强⼤的⼀个意愿和焦聚⼒.就是你想把你的attention焦距在哪⾥? 就是你有⼀个放⼤镜,你想要放⼤在哪⾥,明⽩吗? 当你放⼤在哪⾥,然后持续的去进⾏这样的专注,呢个就会成为你所谓的天赋和才华,明⽩吗? 因为就算你拥有天赋才华,如果你不去加以利⽤和运⽤.那你也不能很好的去把它给施展出来展现出来,明⽩吗? 你说就算是⼀个舞蹈家,如果她⼗⼏年不跳舞了,你觉得她的⾝体还会配合她去展现舞姿? 它会很僵硬的.

JO: And then after you grow up and want to integrate what you have learned to apply in various ways. That's when you start applying it. But how do you know if your abilities are indeed your talent and gift? It comes from a strong willpower and focus, essentially where you direct your attention. Do you understand that like having a magnifying glass, there is something you want to zoom into?

When you choose an area of focus and consistently apply such concentration over time, it becomes what people recognize as your innate talents and gifts. Do you get that? Even if you have the potential talent, without utilizing and applying them, they cannot be fully displayed or expressed.

For example, even a dancer would find their body unresponsive to performing choreography after years of inactivity. It would become stiff and uncooperative.

但是呢,她会⽐呢种没有学过跳舞的会更快的去适应.

But she would adapt faster than someone who hasn't learned to dance.

问: 那我的天赋才华这辈⼦更偏向于艺术性专业类的东西,是吧?

Question: Then, my talents tend more towards artistic and professional fields in this generation, right?

JO: 没有.刚刚信息说是你⾃⼰对什么有激情? 你愿意朝这边花时间,你愿意不吃不喝的不断地去投⼊它,是这个.

JO: No. The message just said about what you are passionate about? Are you willing to invest time in this direction, and are you willing to put in endless efforts without eating or drinking, like that?

问: 我明⽩了.我⽐较喜欢画画,但是我也很喜欢跟数字类有关的事情.我和我先⽣之间的灵魂课题是什么?

Questioner: I understand. I prefer drawing, but I also enjoy things related to numbers. What is our soul topic between my husband and me?

JO: 你稍等.你先⽣叫什么名字?问: XXXJO: 你先⽣会是你的⼀个束缚.什么束缚呢? 就好像如果你要完完全全地去展现你⾃⼰,那你必须要,它就像是你的⼟地⼀样,那你必须要突破它,你这颗种⼦才能突出到地⾯上,你这颗种⼦才能得到⽣长、就是⽣根发芽.所以他的存在对你来说就好像是你是种⼦,他是⼟地.你必须要从他呢⾥得到养分和滋养,那你必须也要突破这层束缚.你想如果你不突破⼟地的话,那你这颗种⼦是不是就会开花结果?就不会有结果,对吧?所以说如果你⼀直⽐如说就是不突破它,那你就没有办法去展现你⾃⼰没有办法去成为你⾃⼰.

JO: Wait a moment. What's your husband's name? Asked: XXX JO: Your husband will be like a restriction for you. Which kind of restriction? As if you need to fully express yourself, then you have to break through it; it's like breaking through the soil where you are the seed and he is the land. You must get nutrients and nourishment from him, thus you also have to break through this layer of restriction. Think about it, if you don't break through the soil, will your seed blossom or bear fruit? There won't be any outcome, right? Therefore, if you constantly do not break through these restrictions, you won't be able to fully express yourself and become who you are.

问: 但是他像⼟地⼀样的话,他也是会给予我帮助的,对吧?

Question: But since he is like the earth, wouldn't he also give me assistance, right?

JO: 像⼟地⼀样,那如果你的种⼦要开花结果是不是必须要依赖⼟地给你养分,给你⼀个扎根的地⽅,对吧?

JO: Like soil, if your seeds are to bloom and bear fruit, they must rely on the soil providing them with nutrients and a place to take root, right?

问: 所以我们也是命中注定⾛到⼀起的了?

So were we destined to come together?

JO: 所以你们就是像刚刚说的,你是种⼦他是⼟地.如果你想完完全全地绽放⾃⼰,你就必须要突破这层束缚,明⽩吗? 所有你在你⽣命当中遇到的都是命中注定.

JO: So you are like what was just said - you're the seed and he's the land. If you want to fully blossom yourself, you must break through this layer of constraint, understand? Everything that happens in your life is destined.

问: 我想和我肚⼦⾥的宝宝对话.

I want to converse with my baby inside my stomach.

JO: 多⼤?

JO: How old?

问: 5个⽉了.

Question: It's been five months.

JO: 你稍等.我们想要知道他有没有信息想要传达给你.他想要你不去担忧或者是考虑或者是思虑任何的⼀起.然后只是沉浸在喜悦当中.因为你过多的去想太多的话,会给你的⾝体造成⽆形的压⼒和压迫感.然后他能感受到呢种压迫感.

JO: Wait a moment. We want to know if he has any messages he wants to convey to you. He wishes for you not to worry or think or contemplate anything together. Just沉浸in joy. Because overthinking can cause无形stress and pressure on your body, which he can sense.

问: 他觉得我想太多了?

Question: He thinks I am overthinking it?

JO: 他觉得不是需要去操⼼的事情或者不需要过于的⽤头脑考虑要怎么做或者怎么样才能做的更好这样⼦.然后当你处于这样⼦的能量状态,他会感受到⽆形的压⼒.

JO: He doesn't think it's something to worry about or that he needs to overthink how to do it or how to improve in such a way. And when you are in this energy state, he feels an无形 pressure.

问: 他为什么要在这个时间点来选择我和我⽼公呢?

Questioner: Why did he choose me and my husband at this particular time?

JO: 你稍等.他说他选择这⼀⽣来到你们的⽣命当中最重要的主题是想要和你们共同的去突破.因为在你⾝上你还需要有⼀股内在的⼒量,你才能形成⼀个真正的完整的⼈格.所以他是你这个⼒量的来源.刚才信息他说你需要⼀股强⼤的⼒量,然后你才能完全的绽放.所以他会是你这股⼒量的来源.

JO: Wait a moment. He said that the most important theme he chose to come into your lives in this lifetime is to work together with you to overcome challenges. Because within yourself, you still need an inner strength to develop a genuine and complete personality. So, he is the source of this strength for you. Earlier information was that you need a powerful force, then you can fully bloom. Therefore, he will be the source of this strength for you.

问: 我和我⼤⼥⼉的灵魂主题是什么? JO: 她多少岁?

Question: What is the soul theme between me and my older daughter? Answer: How old is she?

问: ⽼⼤5岁.

Question: An elderly person is five years older.

JO: 你稍等.五岁的⼤⼥⼉就好像是来扩展你的包容度或者是磨练你的耐⼼.她想要你更加的拥有定⼒或者是耐⼼或者是更平和的情绪.所以她在你的这⽅⾯是来让你可以让你更加的完善,就是朝这⽅⾯.

JO: Wait a moment. Your five-year-old daughter seems to be here to expand your tolerance or challenge your patience. She wants you to cultivate more inner strength, patience, or calmness. So, she's coming into your life to help you become even better by focusing on this aspect.

问: 就是说⼤⼥⼉是来磨练我的耐⼼,⽼⼆的话是…JO: 内在的⼒量.他是你⼒量的来源,因为他觉得你需要完全地绽放你⾃⼰还差⼀⼜⽓.他就是你差的呢⼀⼜⽓.

Questioner: So the elder daughter is to test my patience, and for the younger son it's... JO: Internal strength. He is your source of power because he feels you need to fully blossom without missing a breath. He represents that one missing breath in you.

问: 绽放⾃⼰指的是⼯作上⾯的吗?

Question: Does "blossoming" refer to career-wise?

JO: ⼯作只是凸显出来你是个完全绽放的⼈,但是不是指⼯作,明⽩吗? 当你绽放,你的每⼀个⽅⾯都是完整的.就⽐如说你在情感⽅⾯你会不需要你的另⼀半你都是完整的,你都是喜悦的,你都是愉悦的.你们只是去分享你的欢乐你的快乐你的爱.⽽不是说他不爱我,我就要死要活.他离开我,我就要要死要活.我离开他,我活不了.明⽩吗?

JO: Job is just a way to show you're blossoming completely, but not in the sense of job itself, do you see? When you blossom, every aspect of you is whole. For example, in emotional terms, you don't need your partner anymore because you are complete, you are happy, you are joyful. You simply share your happiness, joy, and love with each other. Not that he doesn't love me, I have to be all dramatic and suicidal over it. He leaves me, I go crazy and suicidal. If I leave him, I can't survive. Do you see?

问: 我和我⽼公现在⼀起做⽣意.我想问后⾯怎么样可以让⽣意开展的更加顺利⼀些?

Question: My husband and I are now running a business together. I'd like to know how we can make the business run more smoothly in the future?

JO: ⽣意也好事业也好其它所有的也好,它其实只是⼀个展现出你⾃⼰⼈格特质的⼀个点⼀个⾯⽽已.所以你不能单独的只是把这个⾯给弄好.⽽是说你⾃⼰内在的所有的⼀个⽣态,它都会通过⽣意这个平台或者事业这个平台给呈现出来.它呈现出来的其实是你内在的能量状态,你的思想.你明⽩这个不同吗? 这么说吧,就⽐如说你是⼀个⽣意⼈.那如果你是奸诈的狡猾的唯利是图的,那你做⽣意别⼈都会知道你是⼀点点利益都不放过,你是能知道对⽅是这个样⼦的,对不对? 那如果你是慷慨的、给与的、服务的,⼈家⼀下就能知道你们家是以客户为中⼼、是服务的、你们是不计较的,对不对?

Business or career, or anything else, is merely a manifestation of your personality traits – just one aspect of you. You cannot solely focus on polishing this particular side. Instead, all aspects of your inner ecosystem will be reflected through the platform of business or career. What is being shown is your internal energy state, your thoughts. Do you understand this? To put it another way: imagine you are a businessman. If you are deceitful and money-oriented, everyone will know that you leave no stone unturned for profit; they can tell that you're aware of the other party's nature. Conversely, if you are generous, giving, service-oriented, people will immediately perceive your business as customer-focused, service-driven, and non-斤斤计较 (careful with petty calculations).

问: 我们现在都是像你说的第⼆种,都是以服务为主.但是受⼤环境的影响,总觉得就是差⼀⼜⽓.

Questioner: Now we are all like what you said, service oriented. But being affected by the big environment, I always feel that there's something missing or lacks energy.

JO: 这么说,你们每个⼈都有⼀个能量值,对吧? 那你的能量值就好像你的⼀个压⼒,你的呢⼜⽓.就是你能突破到多少就突破到多少.就⽐如说你的⼒⽓能达到⼋⼗,那它就达到⼋⼗.那你只有不断不断地去锻炼你的⼒⽓,去把它加⼤.然后再不断不断地去激发你内在的⼒量,那你可以突破⼀百、⼀千,明⽩吗? 所以说那你是不是还要向内? 就是你内在的点,你去锻炼.你去不断地突破⾃⼰,不断地刺激它.那如果你不去突破它,只是点到为⽌.那你永远只能维持在呢个度.所以你能做出来的事情也只在呢个度.那既然你来找到我们的信息,就是⼀个信号.就是你⾃⼰内在的⼀个信号,你要知道你需要的是什么?

JO: So, everyone has an energy level, right? Your energy level is like your pressure or your strength; you can only push yourself to that limit. For example, if your strength can reach eighty, it does. You need to continuously exercise and increase your strength. Then, by constantly stimulating your inner power, you might be able to exceed one hundred or even a thousand. Do you understand? Therefore, do you have to go inward? You need to train your internal points and push yourself continuously, exciting it further. If you don't challenge this limit, just stopping at that point, you will always remain at the same level. Hence, the things you can achieve will also stay within that limit. Since you've come seeking our information, it's a signal from within you; you must know what you truly need?

是时候让你知道是你⾃⼰去突破绽放的时候,明⽩吗? 刚才不是说你需要突破呢个束缚吗? 但是没有关系.刚才信息不是说你⼥⼉是你的差的呢⼀⼜⽓嘛.她就是你⼒量的来源嘛.所以说等你以后⽣了孩⼦,你应该会变的.她可能是你们转运的开始.

It's time for you to know that it is you who should break through and blossom, understand? Didn't we just say you needed to overcome your limitations earlier? But don't worry. The information given previously was not suggesting that your daughter is a source of bad karma; she is actually the source of your strength. Hence, it signifies that once you have children in the future, you should see changes within yourself. She could mark the beginning of turning things around for you and your family.

问: 我还想问⼀下我的宝宝.我怀⼆胎坚信它是男孩⼦,现在五个⽉查了后,知道她是⼥宝.我想问⼀下她为什么想从男孩变成⼥孩?

Question: I also have a question about my baby. I was sure that my second child would be a boy, but now at five months, the check has revealed that she is a girl. I want to know why she wants to change from being a boy to a girl?

JO: 那你为什么觉得它是从男孩变成⼥孩呢? 为什么你会有这个念头呢?

JO: Why do you think it transforms from a boy to a girl? Why does this idea come to your mind?

问: 就是怀孕的时候所有的征兆都不⼀样…JO: 你这些都是你头脑⾥⾯⾃⼰去捕捉的信息,然后去给它的定义.它不是事实.明⽩吗? 这是你们⼤脑最喜欢做的.

Questioner: All the symptoms during pregnancy are different... JO: These are all the information that you're capturing in your mind and giving it a definition. It's not a fact, understand? This is what your brain likes to do most.

问: 我们⼀直也有算⼀些卦….

Question: We've always been calculating some fortunes...

JO: 但是他们也可能是告诉你这个是个男性能量,明⽩吗?问: 也就是说它⼀开始就是⼀个⼥孩,是这样吗?

But they could also be telling you that it's male energy, right? Questioner: In other words, it started out as a girl, correct?

JO: 因为这没有开始不开始.你还会觉得它是从⼀个男孩变成⼀个⼥孩.因为你头脑⾥有这个想法、这个认知.然后你才会觉得是不是⼀开始是个男孩? 这⾥没有什么开始不开始的.但是呢,这只是你⾃⼰需要从你的内在去看到,这只是你⾃⼰纠结的⼀个问题.但是呢,她是你⼒量的来源.就像刚刚说你需要绽放你⾃⼰,你还差⼀⼜⽓.其实你有很多的地⽅,你没有办法去施展你的才华,你也没有办法把你内在真正的⼒量给激发出来.就是你是⼀颗种⼦,你还没有开花结果,你都不认识你⾃⼰.

JO: Because there's no beginning or end to this. You still feel that it transforms from a boy into a girl because your mind has the idea and the understanding of it. Only then do you think if it started out as a boy? There is nothing about a beginning or an end here, but this is just something you need to see within yourself; it's just your own dilemma. But still, she is the source of your power. Just like when we talked about needing to bloom yourself and are missing that last bit of energy, you have many places where you can't fully display your talents or unleash your true strength. You're like a seed that hasn't blossomed or produced fruit yet and doesn't even know yourself.

问: 我担⼼我以后抚养这两个….我怕我⼀碗⽔端不平.

Question: I worry about taking care of both of them in the future...I'm afraid I won't be able to treat them fairly.

JO: 她刚才的信息已经告诉你了,让你不要去想不要去担忧.因为这些都给她形成⽆形的压⼒.因为她已经感受到你的顾虑或者是担忧或者是想把事情做得更好的这种担忧.你听前⾯的信息就已经告诉你了,让你放下这些.为什么呢? 因为当你开始进⼊这种状态,就好像开始给他施压⼀样,给她压⼒.

JO: The message she just sent you has already told you not to think about it and not to worry about it because these things are putting invisible pressure on her. She can feel your concern or worry or the desire to do better for her, which is causing this pressure. You were advised in the previous information to let go of this. Why? Because when you start entering this state, you're essentially starting to put pressure on her, creating stress for her.

问: 她不开⼼了.

She became unhappy.

JO: 没有.她只是来告诉你.没有开不开⼼的.⽣命的到来都是喜悦.她只是想要你沉浸在喜悦当中,⽽不是沉浸在头脑当中.因为当你在进⼊这样⼦的状态,你只是被你的头脑给禁锢了.这不是事实,明⽩吗? 这不是真的,因为你会觉得这是真相.但是这只是你被你头脑禁锢被你头脑束缚的⼀个信号⽽已.

JO: No. She just came to tell you that there is no happiness or sadness. The arrival of life itself is joy. She wanted you to immerse yourself in this joy, not in your mind. Because when you enter into such a state, you are bound by your mind. This isn't the truth, right? It's not real because you would feel it as the truth, but that's just a signal that your mind is imprisoning and constraining you.

问: 这个话真的很治愈.就是我前两天伤⼼哭的都不是真的,对吧?

Question: This sentence really heals. It's just that my heartbreak wasn't real these past two days, right?

JO:她是你⼒量的来源,她是你最⽋缺的呢⼀⼜⽓.就好像你的⽣命得不到绽放,是因为你还差⼀股⼒量,还差⼀⼜⽓.那么她就是你的呢⼀⼜⽓.当她到来后,你的⽣命会得到绽放.所以你应该怀着⼀个⾮常好的期待去迎接这个⽣命的到来.她会改变你们全部.你想当你改变了,你的所有⼀切,你的事业、你的关系、你的感情关系、你们全家所有东西都会改变呀.它不是单⼀⼀个⽅⾯改变呀.

She is the source of your strength, she is what you are missing most – a kind of energy. It's as if your life can't blossom because you're still lacking that force, that energy. So she is that force or energy for you. Once she arrives, your life will blossom. Therefore, you should embrace this arrival with great anticipation, knowing that she will change everything. You imagine when you change, all of you, your career, your relationships, emotional connections, every aspect of your family – everything will change. It's not just one area that changes; it's the whole picture.

问: 好.为啥我觉得我从2015年开始就没有开⼼过,觉得充满压⼒.

Questioner: Alright. Why do I feel like I haven't been happy since 2015, feeling stressed all the time?

JO: 你想象⼀下你是⼀颗种⼦,你没有办法去发芽开花结果,⼀直在泥⼟⾥⾯包裹着.因为你还没有突破呢个束缚.就是你没有做你⾃⼰,就简单⼀点.你没有完全的做你⾃⼰.为什么呢? 因为你头脑⾥⾯可能给⾃⼰有另外⼀个⾝份,你觉得你应该做这个应该做呢个.总之你没有完全绽放你⾃⼰.就刚刚你的胎宝宝给你带来的信息就是说,她是你的⼒量是你绽放你⾃⼰的⼒量.那她就知道你⽬前的呢个点是哪⾥,是不是? 就是你绽放你⾃⼰还需要⼀股⼒量,你才能突破.那她就成为你的⼒量.那你是不是就可以突破了? 那你看到没有,你正是在这样⼦的⼀个节⾻眼你需要⼀个这样⼦的⽣命来给你这个⽀持.她就来了.那你是不是很幸运?

JO: Imagine you are a seed, unable to sprout, blossom, or bear fruit because you're trapped in the soil. You haven't overcome that confinement; you haven't fully been yourself. Why? Because your mind might have assigned you another identity; you think you should be this or do this. Essentially, you haven't fully bloomed as yourself. The message from your unborn child is: she's your strength, empowering you to bloom as yourself. She knows where your current point lies - isn't that right? You need more strength to break through, and she becomes that force for you. Wouldn't you then be able to break through? Don't you see how fortunate you are in needing such a life to support you at this pivotal moment? And it arrived just as needed. Aren't you lucky?

因为当他们在选择你们的时候,他们知道你们的卡点在哪⾥.他们也知道你内在的

Because when they choose you, they know where your trigger points are. They also know about the inner workings of

⼀个… 他们知道你们需要什么,他们需要的不是你头脑⾥⾯需要的.你头脑⾥⾯可能需要钱或者需要更好的事业.并不是的.因为你们所有所有来到这⾥,你们要记住你们不是来赚钱的.你们是来绽放你们⾃⼰的.你们都是⼀颗颗种⼦,你们都是需要开花结果的.不然就失去了⽣命的意义,⽣命就不会发⽣.但是当你们绽放过后,就是当你开花过后,你结果是不是就是⾃然⽽然的事? 所以你们所有⼈都在专注在呢个钱,眼⾥盯着呢个钱.当你得到绽放,它是⾃然⽽然地事情.但是它却不是你追求的⽬标,明⽩吗? 因为当你追求呢个⽬标,眼⾥只有钱的时候,它会阻碍你绽放.不是吗? 你说我不要开花,我只要果⼦.那你跟杀鸡取卵有什么区别啊?

One... They know what you need, but they need something that isn't necessarily what your mind desires - be it money or a better career. Not so. Because all of you here have come with the intention not to seek financial gain, but rather to bloom and express yourselves. You are all seeds needing to flower and bear fruit. Otherwise, your existence loses meaning, and life cannot unfold. However, after blooming, when you have blossomed, does it not follow naturally that you will bear fruit? Hence, everyone is fixated on money, eyes glued to the prize. When you achieve bloom, this becomes a natural outcome. Yet, this is not what you are pursuing as your goal. Do you understand? Because when you pursue such goals with only eyes set on material gain, it hinders your ability to bloom. Isn't that correct? You say you do not wish to blossom but merely bear fruit. But isn't that no different from slaughtering chickens for eggs?

问: 我这⼀辈⼦到底⼤概要到什么时候⼼态才能放松下来?

Question: When will my mindset probably loosen up for good in this lifetime?

JO: 当你得到完全绽放的时候,成为你⾃⼰的时候.当你能突破你的束缚的时候,完完全全地成为⾃⼰的时候.

When you achieve full bloom, becoming your true self. When you break free from your constraints and fully become yourself.

问: 那这个⼤概是⼆胎⼏岁的时候? 这个能知道吗?

Questioner: About how old would that be when they have their second child? Can we know this?

JO: 这是⼀个过程,它不是⼀步到位的.我告诉你你⼥⼉两岁的时候,你就完全绽放了? 你想象⼀下,⼀颗种⼦从它突破⼟地到发芽到再长出树枝树⼲,然后再开花结果.这不是⼀个过程吗? 所以并不是说过⼏年你就呢个什么什么了.这是⼀个过程.这个过程它也会有影响,外在的影响.就⽐如说⽔分够不够呀? 害⾍多不多呀? ⽓候啊、⼟壤的情况啊,它也会有外在因素的影响,明⽩吗?

JO: This is a process, it doesn't happen overnight. When I told you that your daughter would blossom at two years old, did you think you'd be able to do everything then? Imagine, a seed breaking through the soil, sprouting, growing branches and trunks, then flowering and producing fruit. Isn't this a process? So it's not just something that happens after a few years. This is a process. And this process does have external influences as well. For example, is there enough water? Are pests plentiful? The weather, soil conditions - they all can affect the process externally, right?

问: 未来事业的发展到底什么才是适合我的?

Questioner: What is truly suitable for me in terms of future career development?

JO:你们都需要放下做事业或者是做⼯作的概念.你们第⼀个应该放到⾸要的是如何做⾃⼰.因为当你在做⾃⼰的时候,你就会开启你独有的功能.就是你做⾃⼰,外界就会给你定义⼀个你做的这个事情是个什么名字.就好像你在把果实拿出来,那⼈家会拿他的东西跟你交换你结的果⼦.那他可能⽤钱给你交换,那不就成了⼀个所谓的⽣意了嘛.那其实这也是⼀个能量交换的过程呀,明⽩吗? 所以如果你不能做你⾃⼰,你只是去赚钱的话.那你看你们社会上的例⼦还不够多吗? 基本上都是这样的情况.那你就看⼀下他们是什么样的状况.他们⼲的很吃⼒,他们觉得赚钱很⾟苦,他们其实不快乐,明⽩吗?

JO: You all need to let go of the concepts of pursuing a career or working. The first thing you should prioritize is how to be yourself. Because when you are being yourself, you activate your unique abilities. You become the center, and the outside world assigns a name to what you do based on that authenticity. It's like taking fruits out; people will use their offerings for yours. They might pay money in exchange, turning it into something resembling a business—a transaction of energy, don't you see? If you can't be yourself, if your sole focus is on making money, have you noticed enough examples of this in society? This is essentially the norm. Take a look at their state; they struggle greatly, find earning money exhausting, and they're generally unhappy, do you understand?

问: 我⼀直觉得⾃⼰很难突破.我过的也不算差.

Questioner: I've always felt it hard to make progress. My life isn't bad, either.

JO: 你所谓的过的不算差只是你们物质头脑觉得我有车有房有吃有穿能买奢侈品.这些不是的.不是所谓的脚过的不错的.什么叫过的不错呢? 就是你能做任何你想做的事情.你能跟随你的激情,⽽不是跟随你⾝上所谓的负担或者是⾝份,明⽩吗? 我在这个位置,我必须要怎么样怎么样.但是呢,跟随你内在的呢股激情、动⼒,能完完全全的去做你⾃⼰展现你⾃⼰.在这样⼦的状态下,你不可能有任何迷茫的.你知道你是谁,你知道你想做什么,你该

JO: What you call 'not bad' is just your material mind thinking I have a car, a house, clothes, and can afford luxury items. That's not the case. Not what we're talking about when it comes to living 'not bad'. What does 'not bad' mean? It means you can do anything you want. You can follow your passion instead of being bound by burdens or identities imposed upon you. Understand? I'm in this position, and I have to do things a certain way. But following that inner drive, that energy, allows you to fully express yourself and be yourself without any confusion. In such a state, there's no possible room for uncertainty. You know who you are, what you want to do, and what you should

做什么.这才是所谓的不错.这⾥没有半点关于物质的.物质的所有的⼀切它只是你呈现出你是⼀个圆满的状态.就是他什么都得到⽀持,那当然包括物质了.你需要钱,钱在呢⾥.你需要⼈,那⼈在呢⾥.你需要有⼈辅助你,那⼈也在呢⾥.所有的东西都在呢⾥,⽽不是只有钱.你只有钱没有其它,就⽐如说你召集⼀个团队,别⼈都不⽀持你,有什么⽤呢? 你不能做你想做的事情.为什么呢? 因为所有⼈都排斥你,他们都不跟你在⼀条⼼上的,明⽩吗? 你没有呢个凝聚⼒.然后你的客户他也不⽀持你,明⽩吗? 所以说真正的圆满呈现在所有所有的地⽅,它不单单是在事业.那你的家庭也是幸福完美的,你跟孩⼦的关系也是融洽快乐的.为什么呢?

What should be done. This is what's called nice. There is nothing about material here; everything materialistic is just that you present yourself as being complete. That means it supports everything you need, of course including material things. You need money? Money is there. You need people? People are there. You need support from someone? The person is there. All the stuff is there, not only money. If you have nothing but money, like assembling a team where nobody supports you, what's the point? You can't do what you want to do. Why? Because everyone rejects you; they don't share your heart. Can you understand? You lack cohesion. And then your clients don't support you either. So true completeness is manifesting everywhere, not just in business. Your family is happy and perfect, your relationship with children harmonious and joyful. Why?

因为你好像是中间的呢⼀个点.从你这个点散发出去的每⼀个东西每⼀个⽅向,你的事业、爱情、亲⼦关系、跟社会的关系、跟其他员⼯的关系所有关系它都是⼀条线.那从你这中间输出去的线全部都是喜悦、丰盛、爱,全是和谐的东西.那你外⾯开花是不是就全是和谐的? 那从你这个中⼼输出去的是苦⽔,那你结的果是不是全部都是苦果?你的婚姻关系也苦,你的孩⼦也苦,你的事业你的员⼯全部都苦.为什么呢? 因为都是从你这条线⾥⾯输出去的呀.所以说外在的⼀切它只是呈现者,它呈现的东西只是你⾃⼰内在的⼀个状态.⽽不是单独的我事业好,家⾥不好.或者是我这个好,呢个不好.那这个只是假象.好的都好,不好的都不会好.

Because you seem to be the central point from which everything radiates in every direction - your career, love, relationships with family and society, interactions with other employees, all your relationships form a line. The lines emanating from this center are filled with joy, abundance, and love, conveying harmony everywhere. Does that mean everything around you is harmonious? If the output from this central point is bitter water, then would every result be a bitter fruit? Your marriage could be sour, your children could suffer, and your career along with your employees could all face hardships. Why is that so? Because it's all coming from the same line within you. Therefore, the external world merely reflects what's inside; it shows only your internal state. It's not about having a good career while family suffers or one area being good while another is bad. Such distinctions are illusions. If things are good in one aspect, they're equally so in all others; if there's suffering in one, it will be found everywhere else as well.

就和谐的都和谐,不和谐的都不会和谐.

Everything will be harmonious if it's meant to be, nothing else will be harmonious.

问: 那⼀切都要等我有了这个⼆胎以后才能…JO: 你现在就在突破呀.我们在交流当中,你就在突破呀,明⽩吗? 你就知道是什么导致你不能绽放.那如果你知道是什么导致你不能绽放,难道你还不叫突破吗?

Questioner: Well, everything will have to wait until I have this second child... JO: You're already breaking through right now. We're communicating, and you're already breaking through, understand? You know what's preventing your blossoming. If you know what prevents your blossoming, don't you think that counts as a breakthrough too?

问: 那⽐如向前⾯说我⽼公是⼟地,我是种⼦.我是要来突破它.那他是来阻碍我的吗? 也不是吧?

Questioner: What if I say to him that I am a seed and he is land in front of me; I am here to transcend it. Is he there to hinder me? Not really, huh?

JO: 你⾃⼰去想⼀想.你⾃⼰最清楚.

JO: Think it over by yourself. You know best.

问: 那我突破了⼀些以后,我们的关系会不会变得恶劣呢?

Questioner: But will our relationship worsen after I make some breakthroughs?

JO: 你看,你⾃⼰就把你⾃⼰内在让你不绽放的东西说出来了.你担⼼不能做你⾃⼰.为什么呢? 因为你觉得要是按照你⾃⼰的想法去成为你⾃⼰会不会我⽼公就离开我了? 会不会我们关系就变得不好了? 会不会他觉得我不听他话了? 会不会他觉得我们没有在同⼀条战线上了? 这些才是你⾃⼰应该去看清楚的⼀些东西,明⽩吗? 因为这⾥⾯有很多东西.为什么呢?

JO: You see, you've just articulated the thing inside of you that's preventing you from blooming. Why are you afraid to be yourself? Is it because you think if I were to become myself according to my own thoughts and ideas, would my husband leave me? Would our relationship turn sour? Would he feel disrespected or ignored by me? Would he feel like we're not on the same page anymore? These are the things that you should really understand clearly. Do you see why there's so much at play here?

⾸先你觉得你是需要有他,你不能离开他.所以你不能去违背他.明⽩吗? 呢已经是你的⼀个不完整了.然后你觉得你成为你⾃⼰,别⼈就会抛弃你.这又是另外⼀个你需要处理的信念.所以就从当中就可以看出你有很多你⾃⼰需要去处理的观念.这些观念导致了你不能去展现你⾃⼰.它是你的阻碍.为什么呢? 因为你去展现你⾃⼰你去成为你⾃⼰,你去发芽开花,这是⼀个正常的过程.为什么呢? 因为你是⽣命.那只有你内在不愿意去突破,就是你内在没有呢股⼒量.为什么呢? 因为你退缩,你害怕、你有恐惧.你的恐惧来⾃于哪⾥? 来⾃于怕被抛弃.所以说你的胎宝宝看到你这个点,看到你需要这⼀⼜⽓,所以她就来成为你的这⼀股⼒量,明⽩吗?

Firstly, you feel that you need him and cannot live without him. Therefore, you can't go against him. Do you understand? This already makes your completeness incomplete. Then, you believe that once you become yourself, others will abandon you. This is another belief that needs to be dealt with. Hence, it becomes evident that there are many concepts you need to handle within yourself. These concepts lead to your inability to express yourself. Why is this so? Because expressing yourself, becoming yourself, and growing like a flower are natural processes. Why? Because you are life. The only reason you're unable to progress is because of an unwillingness within you to push forward; there's no strength inside you. Why is that? Because you're afraid, you're fearful. Your fear stems from the fear of abandonment. Thus, your fetus perceives this aspect of you and realizes your need for assistance in dealing with these issues, so she steps up as a force to support you, understand?

这么说吧,我就打个⽐⽅啊.我们是在打⽐⽅讲故事,这个不是真的也不是事实啊.⽐如说你这个⼥⼉出现了,然后你们俩的关系变的恶劣了.为什么? 因为他觉得你怎么⽼是⽣⼥⼉⽣不出⼉⼦.他可能会出轨,他可能跟其他⼈⽣个⼉⼦.那你是不是就必须要跟他脱离关系,对不对? 那你就必须要去⾃⼰成长了,对不对? 为什么呢? 因为他

Let me put it this way, I'll make an analogy. We're telling a story by making comparisons; it's not real nor factual. For instance, your daughter shows up and the dynamics between you both worsen. Why is that? She feels like you can never produce a son despite having daughters. He might cheat on you or have children with someone else. Wouldn't you then have to cut ties with him? Correct? You'd need to grow independently as well. Right? The reason being... because he

已经不能成为你的⽀撑了.那你看你这个⼥⼉是不是把你最后呢⼜⽓给你激发出来了?让你可以去得到绽放.那你离开他过后,你就必须要靠⾃⼰的努⼒去独⾃的⾛出来.那你才发现你变得越来越强⼤.你说: 哇,这些⼒量这些能⼒,我以前从来没见过.因为为什么? 因为我以前总是在服务他,跟着他的想法他的idea.现在我有⼀个⾃⼰的idea,对不对?那等你得到完全的绽放,你成为⼀个事业⼥强⼈,各⽅⾯都发展的⾮常好.你有⾮常⾼的知名度和社会影响⼒.那你⽼公看到原来我的前妻呢么优秀.他又来追你.那你就选择你到底要不要跟他在⼀起了.那你可以选择跟他在⼀起,你们关系恢复的特别好.但是你也独⽴,他也独⽴.那他更加欣赏你,明⽩吗?

It can no longer support you. Have you noticed that this daughter of yours has somehow been the catalyst for your final burst of energy? This enables you to achieve blossoming. After you part ways with him, you must rely on your own efforts to navigate through life alone. It's then that you realize how strong you have become. You say: Wow, these powers and abilities; I've never seen anything like this before. Why is that? Because previously, I was always serving him, following his thoughts and ideas. Now, I have my own ideas, don't I? Once you achieve full bloom, becoming a successful businesswoman with all-around development, you gain high public recognition and social influence. Your husband then realizes how excellent your ex-wife was and starts pursuing you again. You can choose whether to be together with him or not. If you decide to be together, your relationship can improve significantly, but both of you maintain independence. He appreciates you even more, understand?

这些只是说你看到表⾯上好的东西,它不⼀定好.表⾯上好是什么?你们夫妻关系还不错.你们有个⽣意在做,你们还能赚点钱.这是表⾯上好的,对不对?那如果突然你⽣个⼥⼉,⽼公把你抛弃了.在别⼈眼⾥这个是不好,对不对?但是他怎么知道这个不好可以把你变成你们世界上有影响⼒的⼥⼈呢?明⽩吗?当你成为世界上有影响⼒的⼈,谁会看到你呢个不好?你这个⼥⼈太强⼤了,经历呢些事情你还能这么强⼤,对不对?所以你们不要⽤你们的头脑去看⼀个事情好还是不好.你们看不到的.但是你们唯独相信的就是说外在所有的⼀切都是来⽀持你们的.哪怕你的爱⼈抛弃你,哪怕你没有如愿⽣个⼉⼦.

These are just saying that you see the good on the surface, it doesn't necessarily mean it's good. What is good on the surface? Your relationship as a couple isn't too bad. You have a business going, and you're making some money. This is good on the surface, right? But if suddenly you have a daughter, your husband leaves you. To others' eyes, this is not good, right? But how does he know that this not-good can turn you into a powerful woman in the world? Do you understand? When you become a powerful person in the world, who would see your not-good? You're such a strong woman, enduring those things and still being so strong. Right? So don't use your mind to judge whether something is good or bad. You can't see it. But what you uniquely believe in is that everything outward supports you. Even if your loved one leaves you, even if you don't get the son you want.

它都是来⽀持你让你得以绽放,因为你⽣命只有你完完全全的绽放它才是完整的.不然它就好像是⼀个没有孵化成功的⼀颗蛋.它只是⼀颗坏蛋,它不是⼀只⼩鸡,明⽩吗?那你想成为⼀颗坏蛋还是成为⼀只⼩鸡呢? 有⽣命的.

It's all there to support you so that you can bloom because your life is only complete when you fully blossom. Otherwise, it's like an unfertilized egg – it's just a bad egg, not a chick, right? So, do you want to be a bad egg or become a chick? With life.

问: 因为如果真的是完全的突破,不⼀定会很轻松.

Question: Because if it's truly a complete breakthrough, it might not be that easy.

JO: 那不⼀定会很轻松,这是你⾃⼰的定义.如果你这么去定义的话,你的确会有… 哎呀这个太不轻松了,还是去做我的家庭主妇吧.那如果你是⼀个fighter呢? 就是你是⼀个战⼠呢?

That might not necessarily be easy; that's your own definition. If you define it that way, indeed, you would have... oh gosh, this is too hard for me, maybe I should just stick to being a housewife. And what if you're a fighter? That is, if you're a warrior?

⼀个内在有强⼤能量的⼈,他不断想要去突破突破.为什么呢?因为所有这些不轻松都让他不断去发现⾃⼰更强⼤的⼀⾯,明⽩吗?通过⼀次⼀次的不轻松和所谓的压⼒你就知道,你不加重量,你的肌⾁维度会变⼤吗? 你会变得更加强壮吗? 你的肌⾁会增长吗? 不会的.那所谓的这些不轻松它是来让你变强⼤的.那如果你⼀直就是维持呢个度,不突破的话.你是软弱的,因为你的肌⾁没有得到锻炼.你如果是在这样的状态下,⽣命任何⼀个⼩东西就可以把你打死了.为什么呢?因为你根本就没有⼒量,所以你迟早会被打死.为什么呢?你⽣活中会遇到,⽐如说你做个⼩⽣意,那你也会遇到外在的竞争.别⼈开⼀家店就把你给打死了,明⽩吗?

A person with a strong internal force constantly seeks to transcend and push boundaries because all this effort makes them continuously discover their more powerful self, do you understand? Through repeated exertion and what's often termed 'stress,' one realizes that without adding weight or increasing intensity, will your muscles expand? Will you become stronger? Will muscle growth occur? No, it won't. Those periods of exertion are designed to strengthen you. If you maintain a constant level without pushing through barriers, you remain weak because your muscles aren't being exercised. If you're in such a state, even minor life events can defeat you. Why is this so? Because you lack the strength, and inevitably, you'll be defeated at some point. This weakness manifests when facing external competition, for example, if someone opens a store that outcompetes yours, understand?

你觉得你能永远轻松下去,维持现状? 你们不得不去…要么你是⾃发的去突破不断地去强⼤⾃⼰.要么就是外在.⼀个疾病就可以把你打死.为什么?你根本就没有坚强的意志⼒.你没有强⼤的意愿、意志⼒.⼀个疾病你就:哎,我得了什么什么病,我投降了,然后死了.你战胜不了任何,任何东西都可以把你... 为什么? 就好像我们之前说你的⽣命之⽕太弱了.就像⼀根⽕柴,⼈家⼀⼜⼜⽔都可以把你扑灭.当你的⽣命之⽕熊熊的燃烧,再多的⽔都把你扑灭不了,明⽩吗? 所以说呢个只是你的⼀个观念⽽已.呢个不是真正的你,呢个不是事实.观念只是⽤来在呢等着你,让你来突破让你来看清楚它是个假象、它是个幻像、它是你⾃⼰给你⾃⼰的束缚.

Do you think you can indefinitely live in ease and contentment without making any changes? You have to either voluntarily push yourself beyond your limits constantly striving for growth, or face external threats like illness that could end your life. Why is it so? Because you lack the strength of will; you don't possess a strong desire or willpower. With just one disease, you might say: "Oh, I have such and such ailment, I surrender," and then die. You are incapable of overcoming anything, as almost any obstacle can defeat you. Why is that? It's because we previously mentioned that your inner flame of life was too weak; it's like a matchstick, even water could extinguish it easily. But when your inner fire burns fiercely, no amount of water can extinguish it. Do you understand this? The concept you're holding onto merely awaits for you to realize that it is an illusion, a mirage, and that these are constraints imposed upon yourself by your own mind.

你们每个⼈都在给⾃⼰束缚.就好像你们每个⼈都在牢房⾥⾯,呢个牢笼都是你们⽤所有的观念铸成的.呢个牢笼是不是有很多铁? 每⼀根铁都是你的⼀个思想⼀个观念,是你⾃⼰铸成的.

You each are binding yourselves. It's as if you're all in prison cells, and the cages that imprison you are made of all your concepts. Does this cage have many bars? Each bar is one of your thoughts or ideas, created by yourself.

1. 初始版本，欢迎大家共同校对：https://kdocs.cn/l/cj0vDOvRmHEy [↑](#footnote-ref-0)